



THE OAKHAM HERALD

Number 6: August 2017

Closed Wednesdays

Senior Center Phone: 508-882-5251

Published by the Oakham Council on Aging

Mission Statement:

It is the mission of the Senior Center Council on Aging to identify the total needs of the community's Senior Citizens, to link services to those needs and to improve the quality of life of our seniors by providing an active outreach program, providing intergenerational opportunities, opportunities for community involvement, and providing services as needed

OAKHAM SENIOR/ DROP-IN CENTER:

HOURS: Mon, Tues, Thurs, Fri 9a.m.-1p.m.

CLOSED: Wednesdays, Saturday, Sundays
And major Holidays

PHONE: 508-882-5251

STAFF: Lucy Tessnau, Interim Director
(part-time)

COA BOARD MEMBERS:

Chair: Pauline Dwelly
Vice-Chair: Rick Hendra
Members Steve Ober
Priscilla McGlynn
Alt. Members Tammy Gehring
Meg Goodrow
Assoc. Members: Jane Pease
Jan Pierce
Joan Kimball
Sunshine: Meg Goodrow
BACK DOOR CAFÉ
Coordinator: Jan Pierce
Volunteers: Pauline Dwelly
Diane Rochette
Lill Nichols

AUGUST AT THE SENIOR CENTER:

Well, summer's warming up: the barbecue season is upon us. Get out and enjoy yourself – let someone else do the cooking! First up: the **Oakham Police Dept's annual Chicken BBQ** will be held at 12 noon on August 5, at the Lake Dean Campground. It's always a good time – and a good way to show our appreciation for all they do. Sign up at the Back Door Café/Senior Center if you get this in time... it's free!

The **Sheriff's annual Senior Picnic** will follow on August 19, at 11:30 am, at SAC Park in Shrewsbury. It's a nice venue, right on Lake Quinsigamond, and the seating is all under cover. We'll have a carpool for those interested in going. Again, just sign up at the Back Door Café. And again: it's free!

Speaking of food: the COA is adding some salad and dessert(!) enhancements to the lunches at the Back Door Café – See inside for more details...

Remember: no Bingo, Trivial Pursuits, or cards at the Center till September. But Exercise Mondays!

Happy August Birthday Wishes go to: Stella Fortune, Olive Grenier, Ann Lambert, Linda McKeen, Linda Lebel, Richard Simmons, Pat Ide, Joan Lomax, Carole Dwelly, Scott Tourtellot, Alden Brodmerkle, David Enos, Tom Saupe, Karen Fayton, Marie Levasseur, Pat Daley, Marilyn Brunelle, Miriam Reid, Denis delaGorgendiere, Ronald Smith, Phyllis Phoenix, Catherine Graham, Chris Ott, Jane Pease, Jack Amidio, Ann Hardiman, and Robert O'Keefe JR.

You are all cordially invited to join us for a complimentary lunch on August 24, 2017 at 11:45 am to celebrate your special day. The menu will include: salad, spaghetti and meatballs, green beans, birthday cake and ice cream.

Bring a friend! Please make reservations on or before August 21, 2017 by calling Jan at 508-882-5251.

We have changed the format a bit for the monthly birthday lunches. We will no longer be sending out birthday reminder post cards. Pauline will be making personal contact with those celebrating birthdays. We will still hold a raffle, but in order to cut costs, the birthday winner's prize will be \$10 instead of a Hannaford gift card and the winners for attendance will receive a complimentary lunch coupon for the Back Door Café.

Lunch Enhancements:

August 3 – Meal will include a fresh salad bar, meatballs with gravy, bowtie pasta, vegetables and a special dessert. The salad bar and dessert are provided by the Council on Aging for your enjoyment.

August 22 – A fresh salad bar with beef and pearl onions, rice pilaf, corn and a homemade brownie sundae for dessert. The salad bar and special dessert are provided by your Council on Aging. Enjoy!

August 28 – salad bar, mac& cheese, stewed tomatoes, green beans and homemade peach cobbler.

Cruise on Lake Chaubunagungamaug!

You've seen the name. Maybe you've seen it on a map – or in person, maybe while attending a concert at Indian Ranch. But you can't really know Lake Chagogaggoggmanchauggaggoggaungamaugg (full 45 letter name) until you've cruised its 17 miles of shoreline and several islands, leisurely, on an old fashioned, paddle-wheeled riverboat.

It's especially beautiful in foliage season. So we've scheduled a cruise on the Indian Princess for any and all who'd like to join us on **October 5**. A Silver Fox coach will pick us up at 9:00 am outside Town Hall. You'll have your choice of a haddock or chicken lunch onboard in the glass walled dining room, and we'll anchor at the locally famed Foppema's Farmstand in Northbridge along the way for some healthy shopping. We'll arrive back in Oakham at 5:00 pm. All for just \$79. That's really not bad. If interested, contact Rick Hendra at 508-641-5952 or at hendra284@charter.net (preferred). Or, just make a check out to Rick Hendra and send it to 284 Adams Rd., Oakham, MA 01068. **INCLUDE your choice of haddock or chicken!**

And just for fun, check out Ethel Merman and Ray Bolger singing "The Lake Song":
<https://www.youtube.com/watch?v=n8LZvivePbM>

No Senior Center Town Wide Yard Sale This Year:

Due to a lack of donated items, the COA has decided to postpone our participation in the Town Wide Yard Sale till next year. In past years, we've had estate sales and home closings to help stock our shelves. Not the case this time. But we're still patiently collecting any items you might care to contribute!

So think of us when you're cleaning out your attic, basement, or garage this coming year - and we'll plan on a big yard sale next August. Just drop off your donations at 16 Flint Road (off Spencer Rd.), in Claudia's garage. All proceeds from the COA yard sale go to the Back Door Café and Senior Center programs.

FUTURE EVENTS:

August 1: Property taxes due! Collector's working hours are posted at Town Hall and on the Town's website. And smile: local taxes are your best bang for the buck.

August 5: The Oakham Police Department's annual Chicken BBQ will be held at 12 noon at Lake Dean Campground. It's free, it's fun – and it's for us! Sign up at the Back Door Café/Senior Center.

August 19: Sheriff's Dep't will hold its annual Senior Picnic at 11:30 am at SAC Park in Shrewsbury. Lew Evangelidis and Dave Tuttle are well known to many of us locally, so we're especially welcome. And it's free!

Concerts on the Common:

- August 10 – Nashville Blue
- August 23 – Oakham's own: The Otters.

September: Trivial Pursuits, Bingo, and Cards will begin again in September. Exercise classes on Mondays at 10:30.

September 13: to begin our new season, the COA is sponsoring a Pot Luck Lunch. We have many wonderful cooks in Oakham, so please start planning on your special dish to bring with you on Wednesday, the 13th at 11:30 am. It's a good time to use fresh items from the garden – and who doesn't like to share new dishes and recipes? Please sign up by calling 508-882-5251.

October 5: Our paddleboat trip on Lake Webster (for short). \$79 includes the boat ride with a shopping stop, lunch, and bus transportation there and back again. Get away for the day! Just send a check to Rick Hendra at 284 Adams Rd., Oakham. Questions? Call: Rick at 508-882-3083 or email him at hendra284@charter.net Let us know if you want haddock or chicken.

October 11: Penny Bingo and pizza party! Save your pennies. Please sign up at Back Door Café and tell us what your favorite pizza is.

November 15: Early Thanksgiving Lunch at Charlie's in Spencer. Always a favorite. Look for more info in the September Herald.

Senior S.A.F.E Program:

Co-sponsored by your COA, Fire and Police Departments, Senior S.A.F.E is a free home safety inspection of smoke and carbon monoxide detectors, including:

- replacement of expired or non-working detectors, battery changes where needed,
- installation of detectors when none are present in a home
- a new File of Life card for each person
- a MOLST (MA Medical Orders of Life-Sustaining Treatment) each person
- a safety checklist booklet so homeowners can perform their own inspections for hazards
- a booklet of information for planning ahead
- a pet emergency form
- and the installation of lock boxes on the exterior of homes.

To request an inspection, call: 508-882-3358

SUMMER SAFETY ISSUES:

We know you've heard these cautions before, but some things bear reminding:

- Stay out of the sun! Especially between 10 am and 4 pm. Your skin will thank you.
- Drink plenty of water – 2 quarts a day, if you can. Add crushed ice to make it more palatable. Or try flavored seltzer if it will help you drink more. And then there are various drinks available now for restoring your electrolytes – like Gatorade, only better-tasting. They're great thirst quenchers.
- The same cautions about sun and water apply equally to your pets. And be sure to check for ticks as you pet them!
- The same caution about ticks applies equally to yourself: a full length mirror in the bedroom or bath can help...

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The printing of this newsletter is partially funded
by the Office of Elder Affairs.

Odds and Ends:

First, our apologies for misidentifying the ship our
dearly departed friend, Ed Pease, served on. It
was the (much decorated) USS North Carolina. I
knew that. I knew lots of things once, so many
I've had to forget to make room...

Thank you to Kathleen Grinke, Elizabeth King
Morse, Jane Pease and Vincent and Crystal
Lucchesi for donations to COA in memory of
Catherine Grinke, mother of Diane Rochette and
our dear friend. And thank you Edie Mathis for
you're your contribution to the Herald.

No new passings to report, for which we can be
thankful. Keep up the good work folks!

Poetry Corner:

In memory of Edwin Pease:

"Do not stand by my grave and weep,
I am not there I do not sleep.
I am a thousand winds that blow,
I am the diamonds glint on snow,
I am the sun on ripened grain,
I am the gentle autumn rain.

When you awaken in the morning's hush
I am the swift uplifting rush
of quiet birds in circled flight.
I am the soft stars that shine at night.
Do not stand at my grave and cry,
I am not there; I did not die."

