



THE  
**OAKHAM**  
**HERALD**

Number 7

AUGUST 2014

Back Door Cafe  
Closed Wed.  
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.

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**SUMMER BIRTHDAY LUNCH**

All seniors celebrating a birthday in July and August are cordially invited to join us for a complimentary baked ham celebratory lunch at the Back Door Café on Thursday, August 7, 2014 at 11:45 a.m. As usual, cake and ice cream will be served for dessert and attendance prizes will be awarded. Those having birthdays in these months were listed in the July "Herald" and have received Happy Birthday post cards. We hope that many will be able to be with us. The deadline to make reservations is Monday, August 4, 2014. Let us hear from you whether or not you will be there. Thank you.

**CHICKEN BAR-B-QUE**

The annual chicken bar-b-que sponsored by the Oakham police department will be held at the Lake Dean Campground on **Saturday, August 9, 2014**. Lunch will be served at 12 noon. Reservations are necessary. Please call 508-882-5251

to sign up or come to the Back Door Café to register. There is no charge for this event. If you have already signed up and find that you cannot attend, PLEASE let us know!!! The deadline to make reservations is Tuesday, August 5, 2014. This is one of our most popular events of the year, so sign up ASAP.

**BINGO**

Every first and third Tuesday of each month we play 5 games of bingo with those present, provided that there are least 6 attendees. Everyone is welcome to join us at 12:20 p.m. whether or not they come for lunch. This month bingo will be held on August 5 and August 19.

**TRIVIAL PURSUIT**

Every first and third Friday of each month we play trivial pursuit at 10:30 a.m. at the Sr. Center. All are welcome to participate whether or not they come for lunch. This is a Council **on Aging** event, which has no ties to the Back

Door Café lunch program. This month we will play Trivial Pursuit on August 1 and 15.

### **CRIBBAGE**

Cribbage players normally meet on the second and fourth Friday mornings at 11:00 a.m. All are welcome to play and/or learn.

### **CARDS**

Card players meet on Sunday afternoons at 2:00 p.m. in the Sr. Center. New players are always welcome. Don't know how to play? They are willing to teach. Refreshments are served around 4 p.m. This month they will meet on August 3, 10, 17 and 24.

### **YARD SALE REMINDER**

The Annual Town Wide Yard sale will be held on **Saturday, August 24, 2013** from 8:00 a.m. – 3:00 p.m. To register a yard sale and to be placed on the map for \$15, please call Lucy at 508-882-3358 for information. Maps, which include all yard sales, will be given out to shoppers at the Town Hall beginning at 8:00 a.m. until 12 noon. The Oakham Historical Assoc. sponsors this event and all proceeds go to the benefit of the Historical Museum. We hope that many will support this event. It has been very well received in the past.

### **SENIOR CENTER YARD SALE**

The Sr. Center will be participating in the annual town wide yard sale on August 23. Items to be donated to the Sr. Center for sale can be left at Claudia LaCerte's garage before August 20 or

dropped off at the Sr. Center on August 22 between 12:30 p.m. and 3:00 p.m.

The COA appreciates all the support it has received in the past and hopes that you will support us again by your donations of saleable items or of homemade cookies, brownies and squares for us to sell. It would also help us tremendously if each one of you who is reading this newsletter could donate one or two items to our yard sale. The proceeds from our endeavors go to the continuation of the many "extra" events we provide for you such as our bingo games, monthly birthday celebrations, informational speakers, \$5 lunches to various restaurants, attendance prizes, our cook-out, pizza party, holiday offerings and favors, Mardi Gras, St Patrick's Day, etc. Without your help, we could no longer support these activities that are planned specifically for you. This year a portion of the proceeds will help us in the planning of a special Veteran's Day Program on Wednesday, November 12.

Also, we still need help setting up on Friday, August 22. We still need people willing to donate an hour who have access to a truck or two to help us transport items from Claudia's garage to the Sr. center. We need workers willing to help sell these items on Saturday throughout the day. Our schedule is flexible, we can fit you in anywhere, just give us call at 508-882-3358 if you can help. Thank you.

### **OUR SINCERE APPRECIATION TO:**

**Frank Maguire** for his kind and thoughtful donations of fresh picked strawberries, summer squash and yellow beans. They were greatly appreciated by

all those who were present or who stopped in during June and July.

And to:

**Peter O'Connor** who willingly gave up an entire summer weekend to strip, wash and wax the floors of the senior center. Having bright shiny floors adds a lot to the ambiance of our rooms.

Thank you to both gentlemen for their spirit of volunteerism and generosity. They certainly exemplify the spirit of Oakham.

### **IN OUR THOUGHTS:**

Please keep the following friends in your thoughts: Betty Spinney, Jill Talevi, Bettyanne Parsons, the family of Armand Williams, Maude Stone, Gilbert Boucher, Louise Brandon, Kay McKeen, Maureen Wilkins, Becky Cameron, Gwen Sandford, the family of Arthur Bealand, Bob Lindquist and the family of Dot Patch.

Please let us know of any illness, sorrow or joy so that we may respond appropriately and so that no one may be forgotten.

### **CHEERING SECTION WANTED!!**

Saturday morning, August 9! Come to the Oakham common to cheer on the Oakham "militia" as they start off on the 16.5-mile "March for Independence" to Worcester. The walk, sponsored by the Oakham Historical Association, will leave the common at 8:00a.m. sharp, so come early. Bring your morning cup of coffee and your best rah-rah voice.

The 2014 militia company will hike along the same route that the 50 men from Oakham took in 1774 to get to

Worcester where they joined up with 36 other towns to close the British-controlled courts. It worked. And no shots were fired. Those 4,622 militiamen lined both sides of North Main Street and forced the magistrate to walk the gauntlet while recanting their allegiance to the British Crown. A re-enactment of this dramatic event will take place on Sunday, Sept. 7<sup>th</sup> at the end of a free, daylong festival in Worcester to celebrate the 240<sup>th</sup> anniversary of this successful historic event that banished the Red Coats from Worcester County. Watch for more details about the Sept. 7<sup>th</sup> event.

If you'd rather walk, there is still time to sign up for the August 9<sup>th</sup> "March for Independence." Participants can do the entire 16.5 miles or just a portion of the walk. The walk is broken into three 5-6 mile segments to suit each person's abilities but volunteers will be available to drive anyone back to their vehicle anywhere along the route. For a registration form and full details, go to [www.revolution1774.org/walk](http://www.revolution1774.org/walk) or call Lee Dougan at 508-882-5293.

### **SUMMER HEALTH TIPS:**

We have been fortunate so far this summer. The weather has not yet been unbearable. But there is still time and we should be prepared.

1. Know the signs of Heat Stroke: Seniors need to be aware of this life-threatening condition. Signs of heat stroke include confusion and disorientation, headache, dry skin, lethargy, nausea, vomiting, rapid pulse, fainting and a lack of sweating despite the heat. Heat stroke most often occurs after prolonged exposure to hi temp.

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2. Poison Ivy- a summer hazard you want to avoid. During the nice summer weather, most seniors like to get outside and enjoy the great outdoors. Although we hear a lot in the news about bears and white sharks, there's one danger we are much more likely to encounter outside – poison ivy. Some cases of exposure get to be so severe that medical attention is required. Stay clear of the three-leaved plant at all costs. Oakham is full of poison ivy along the sides of all the roads. Keep dogs and cats away. The oil can get into the fur and then on to you when you pet them.

### **SURPRISING THINGS THAT ARE CONTAGIOUS:**

Germs are not the only things you have to worry about “catching”. Emotions are also infectious

**STRESS** – the brain is hardwired to detect stress in other people, such as increases in breathing rate. This triggers a cascade of our own stress hormones. And you don't need to be in the same room to catch someone else's stress, which is transmittable via email, texts, and social media. When you feel stressed, take breaks and get enough sleep – that is not selfish. It benefits everyone around you.

