



THE
OAKHAM
HERALD

Number 7

AUGUST 2015

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.

SUMMER IS IN FULL SWING – no vacation time for us at the drop-in center and the Back Door Cafe. Bingo and trivial pursuit were held as usual as were the Monday morning exercise classes. Cribbage has been played on Friday mornings at 11:00 a.m.

We had a good showing for an excellent presentation by the Sheriff's department and the Oakham Police Department on July 2. We were given some good ideas on protection from home invasions. Everyone was quite pleased with this program and we may sponsor another in the future. One of the attendees told us that not only did the officers present with professionalism but also with heart and caring for the residents. Our appreciation goes to both law enforcement agencies.

On July 15 we had great weather for our cook out. Our chefs, Eliot Starbard (selectman), Fred Gehring (police chief) and Linda Saupe (council on aging) did a superb job in preparing and serving the food in a timely manner and hot. Many of our guests provided delicious salads

for the buffet and no two were alike. What a great variety from which to choose. Also, several attendees kindly gave donation to help defray the cost of the event. We heartily thank all of you for your continued support and many compliments.

Christmas in July as usual is just a simple fun time to help renew the holiday spirit even though it is hot and muggy. And the birthday lunch was well attended. We met several new friends who celebrated July birthdays and joined us for a birthday lunch. It was a very nice day.

Now we look forward to **AUGUST**

The annual chicken BBQ sponsored by the Oakham police department will be held at the Lake Dean Campground on **Saturday, August 22, 2015**. 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 17, 2015. This is one of our most popular events of the year and spaces are filling up fast, 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 at 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 4 and August 18.

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 7 and 21.

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 2, 9, 16 and 23 and 30.

TOWN WIDE YARD SALE REMINDER

The Annual Town Wide Yard Sale sponsored by the Oakham Historical Association will be held on **Saturday, August 29, 2015** from 8:00 a.m. – 3:00 p.m. rain or shine. Anyone who wishes to hold a sale can register the yard sale and be placed on the map for a fee of \$15 by calling 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

Anyone who has items no longer wanted may donate them to the COA. The Sr. Center will be participating in the annual town wide yard sale on August 29. Items to be donated to the Sr. Center for sale can be left at Claudia LaCerte's garage before August 27 or dropped off at the Sr. Center on August 28 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 gently used 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.

Also, we will need help setting up on Friday, August 28. We need people willing to donate an hour or two who have access to a truck 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.

IN OUR THOUGHTS:

Please keep the following friends in your thoughts: Betty Spinney, Jill Talevi, Bettyanne Parsons, Kay McKeen, Maureen and Ron Wilkins, Gwen Sandford, James Bealand, Nancy and Ralph Hughes, Bob Lindquist, Lill Nichols, Alice and Kenneth Buckless, Evelyn Donohue, Dot Urbanovitch, John Cordiner, and Ray Bergman.

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

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.

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.
3. Keep well hydrated. Drink water several times throughout the day.
4. Don't forget to wear sunscreen daily.
5. Keep your pets safe and cool. Never put them in a car during hot weather.

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AUGUST BIRTHDAY LUNCH

All those celebrating an August birthday are cordially invited to join us at the Back Door Café for a complimentary lunch on August 27, 2015 at 11:45. The menu will include buttermilk chicken, red bliss potatoes, mixed vegetables and blueberry pie a la mode for dessert.

Our Birthday wishes go to:

Dennis Rush, Olive Grenier, Ann Lambert, Linda McKeen, Linda Lebel, Richard Simmons, Pat Ide, Joan LoMax, Carole Dwelly, Scott Tourtellot, Alden Brodmerkle, Nancy Dignan, James Smith, Dennis Creed, David Enos, Tom Saupe, Karen Fayton, Rosemarie Dolan, Pat Daley, Marilyn Brunelle, Miriam Reid,

Stephen Tilton, Denis delaGorgendiere, Phyllis Phoenix, Catherine Graham, Jane Pease, John Amidio, Ann Hardiman, Brian Janaitis, and Robert O'Keefe.

We wish you all a splendid day with family and friends.

HOSPICE HELP NEEDED

Central Mass Hospice needs volunteers for their Hospice Program. Please join their team to help with patient support, companionship, visiting, reading, playing cards, walking or feeding a pet. Minimum time required. Training provided. A DEFINITIVE WAY TO PAY IT FORWARD. Contact Mary Riggs at 508-755-4500 Ext 15. They could really use your help. Kind, compassionate and caring hospice volunteers needed.

