



THE
**OAKHAM
HERALD**

Number 11

DECEMBER 2015

Senior Center Phone 508-882-5251

**Published by the 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.

LOCAL ACCESS CHANNEL

As of the printing of this newsletter, the local access channel on the television is now on channel 191 if you receive cable.

REMINDER: The annual Medicare Open Enrollment deadline is December 7, 2015.

FLU SHOTS: Have you had your flu shot yet? It is a good idea for everyone to get one soon, before the flu season is upon us. Flu shots are available at a number of pharmacies and other venues. Why not get one now? Be prepared. **If you have symptoms of the flu or cold, we ask that you be considerate of others and not come to the Sr. Center until your symptoms have dissipated.**

WE KNOW IT'S COMING.....

Like it or not, winter is on our doorstep. The time to take safety measures is before the storms arrive. Think safety first. Have you checked the batteries in your smoke detectors and fire alarms and other safety alarms? Do it now. How about your flashlight batteries, too? Have you placed Oakham's pamphlet for emergencies near your telephone? These were sent to every home 2 or 3 years ago. Procedures are still the same. Have you placed your name on the wellness check-list (especially if you live alone) for the Council on Aging and the Police and Fire Departments to help out when necessary? Have you made arrangements to clear walkways and driveways to lesson the risk of falling outdoors? Have you cleared your walkways in your home? Many

seniors have reported falling in their homes over the past few months. Several of these falls could have been prevented. Please exercise great care. Falls can be quite detrimental and can lead to other complications. Do you have at least a three-day supply of nonperishable food items and bottles of drinking water on hand in case power goes out and traveling is dangerous? Keep enough medications on hand so you do not run out during emergencies.

CENTER CLOSING-

When school is closed, there will be NO programs or meals held at the Back Door Café or the drop-in center. If in question, call first before venturing out.

FOOD COLLECTON

We are still collecting donations of food at the Back Door Café. All donated items will be given to the Barre and Rutland Food Pantries. Please bring items as soon as possible. Also, please check to be sure that the expiration date is current.

T'IS THE SEASON

**At Christmas be merry, and thank with all
And feed thy neighbors, the great with the small.
(An olde English proverb reminding us to remember those less fortunate**

at this time of good cheer and to help ensure that no one goes hungry.

BARRE FOOD PANTRY: We have been informed that Oakham residents who qualify are welcome to access the Barre Food Pantry located at the Barre Cong. Church for supplementary food items. If anyone would like to access the facility but is unable to get there, call and your order will be delivered (#508-882-3358)

HOLIDAY LUNCH AT SCHOOL

Wednesday, December 16, 2015: The Oakham Center School is sponsoring the annual Holiday Lunch for Oakham Seniors at **12:45** p.m. There will be a sign up sheet at the Back Door Café or you may call the Café and register. We hope to see a larger group this year to support their efforts. Immediately following the lunch, there will be a short program in the dining hall put on by a few of the classes. This is always a most enjoyable time and we hope many will plan on attending if at all possible.

TUESDAY, DECEMBER 22, 2014 – The Back Door Café will be serving baked ham, sour cream-chive potatoes, carrots and a special dessert. This is a perfect time to meet with friends and neighbors to wish them all a Merry Christmas and Happy New Year. Please reserve on or before December 19, 2014. The COA will provide a few special appetizers and punch

beginning at 11:15 a.m. Attendance drawing will be held after lunch. Bring a donation for our food collection.

REGULAR PROGRAMS IN DECEMBER:

Chair exercises– 10:30 a.m. every Monday – a good holiday stress reliever.

Cards- December 6 – 2:30 p.m.

Bingo – December 1 and 15 12:20 p.m.

Trivial Pursuit – December 11 and 18 at 10:30 a.m.

IN OUR THOUGHTS: Please keep the following in your thought: Robert Lindquist, Gwen Sanford, Ken Buckless, Everlyn Donohue, Dot Urbanovitch, Catherine Grinke, Raymond Bergman, Ralph and Nancy Hughes, Jean and Pat Pariset, Harold and Melanie Thurber, George Wells, Jocelyn Wile, Betty Spinney and all families who have lost loved ones this year. We send our best wishes to all. Do you know of someone who is in the hospital or some other healthcare facility? Please let us know!

LAST MONTH as we all know was a very busy and a very successful one for the Council on Aging and the drop-in center.

We thank Ann Lambert and Linda Saupe for taking over the daily responsibilities for the Senior Center

while some of us were on vacation. They did a great job and kept everything running smoothly and efficiently.

THANK YOU – THANK YOU- THANK YOU to everyone who so kindly sent birthday cards to Dot Urbanovitch and Catherine Grinke in celebrating their 100th birthdays. Those many cards truly added a special touch to their special days.

Our next event was the annual Thanksgiving Dinner at Charlie's in Spencer. This is always a fun event, and as usual, our reservations were filled up. We are pleased to announce that the winners of the gift card drawing were Calvin Stewart and Alan Stanhope. Congratulations to both. We hope you will enjoy using these cards for another delicious meal at Charlie's in the near future.

DECEMBER BIRTHDAYS:

All those celebrating a December birthday are cordially invited to a complimentary lunch at the Back Door Café on Tuesday, December 22, 2015 (the same day as our Christmas celebration and holiday lunch) beginning at 11:15 a.m. Lunch will be served at 11:45 a.m. The menu will consist of sliced ham, vegetables and a special holiday dessert.

OAKHAM COUNCIL ON AGING
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Those celebrating December birthdays are: Jack Metterville, Richard Sandman, Malcolm Ide, Robert and Lynne May, Earnest Brunelle, John Derr, George Hair, Marna Mucha, Judith Lane, Paul Sokol, Tom Snay, Helen Cushing, Art Deschamps, Robin Leisha, Harold Black, Deborah Donlin, Gail Totas, John Jensen, Marilyn Cote, Edna Holloway, Robert Ramaska, Laurie rosenkranz, Jack Jameson, Joyce Lizotte, Lee Dougan, Doris Settle, James Barys and Ken Buckless.

We wish each of you a very happy birthday and a special day with your family and friends.

FUTURE DATES TO PLAN:

January – Lunch at the Empire Buffet Chinese Restaurant – Date to be announced

February – Valentine Dinner – Saturday, February 13 at 6:00 p.m. at the church.

March – a special class on designing and decorating eggs for spring in the Ukraine style

May – presentation of the Great American song Book by Pat Perry

THE COUNCIL ON AGING SENDS IT'S BEST WISHES TO EVERYONE FOR A VERY MERRY CHRISTMAS.

Pauline, Linda, Ann, Jane, Tammy and Meg

