



THE  
**OAKHAM**  
**HERALD**

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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 for community involvement, and providing services as needed.

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**OAKHAM SENIOR/DROP-IN CENTER:**

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

**CLOSED:** Wednesdays, Saturdays, Sundays  
And major Holidays

**PHONE:** 508-882-5251

**STAFF:** Lucy Tessnau, part-time Director

**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

**BACK DOOR CAFÉ**

**Coordinator:** Jan Pierce

**Volunteers:** Pauline Dwelly  
Diane Rochette  
Lil Nichols

**NEWSLETTER** Lucy Tessnau  
Rick Hendra

**HAPPY HOLIDAYS EVERYONE!**

**HAPPY CHANUKAH, KWANZAA, CHRISTMAS  
AND NEW YEARS TO ALL OF OUR READERS.**

**ENJOY THE SEASON! FEEL THE SPIRIT. ☺**

The members of the Council on Aging are anxiously waiting to begin the season with you.

**First: PERSONALIZE A CARD:** We invite you to enhance someone's happiness this season for by coloring a Christmas card. Don't forget to stop in at the Drop-in Center to choose a card and to color it with your special touch during the week of **December 4 - December 8** (except Wed.) from **12:30 p.m. to 1:30 p.m.** We have all the materials needed, we just need **YOU!** Don't you have 30 minutes you can spare to make someone else happy? Info: call 508-882-5251 or 508-882-3358.

**Second: GIFT WRAPPING SERVICE:** We are offering a gift wrapping service Dec.16 at the Back Door Café to help ease the time constraints of those falling behind in their Holiday tasks. If anyone has a knack for wrapping or simply likes to wrap or would just like to help us in this endeavor, please let us know that we can count on you. Call Lucy at 508-882-3358.

Third: **COME ONE COME ALL!**  
**YOU ARE INVITED TO ATTEND THE**  
**SPECIAL HOLIDAY PARTY WE'VE**  
**PLANNED FOR YOUR ENJOYMENT**  
**THIS YEAR!**

The Council on Aging is proud to sponsor a Holiday Concert of seasonal songs on **Thursday, December 21, 2017 at 11:00a.m.** The **SENIOR SWINGING SINGERS**, the renowned chorus from Hubbardston, will be here to infuse the season with spirit and joy. This relatively new chorus has been highly praised for their work and have performed in Baldwinville, the Unitarian Church of Hubbardston, Barre Senior Center, Rutland Senior Center, several nursing homes, and on our bus ride home from Lake Webster! They have kindly accepted our invitation to share their talents with us. This will be a treat! Come and enjoy. Following the concert we will have holiday appetizers, then the holiday lunch baked chicken w/sage dressing, veggies, potatoes – and a cream puff(!) for dessert from the Back Door Café about noon, and then a surprise treat and other entertainment provided by the COA. Since we are expecting a good sized group this year, the festivities and lunch will be held at the Oakham Congregational Church. There is no charge for this event, just come and enjoy. (See enclosed flyer).

*Reservations by Dec. 15 a must!*

**DECEMBER BIRTHDAYS:** in addition to the above holiday events, all Seniors celebrating a December birthday are cordially invited to attend any complimentary lunch they choose at the Back Door Café this month. Just call in your reservation to Jan by calling 508-882-5251 48 hours in advance. **HAPPY BIRTHDAY TO ALL DECEMBER CELEBRANTS** from the Council on Aging and your friends at the Back Door Cafe.

**NEWLY SCHEDULED IDEAS FOR 2018:**

As everyone looks to the end of 2017, the Council on Aging has been working hard and spending much time coming up with new ideas to offer in the New Year. Many hours have been spent researching, emailing and telephoning contacts to sketch out this calendar of events that will be firmed up with more details in the January Herald.

**1. DINE-OUT NIGHT:** To our monthly schedule of Monday morning exercises, Tuesday bingo and Trivial Pursuit on Wednesday, we are adding a **dine-out night** (probably a Wednesday) each month where anyone who would like to dine out with friends may join us at 5:00 p.m. at a preselected restaurant. We will vary the restaurant monthly. We have several in our area as the Barre Mill, J & J, the Black and White, Charlie's, Val's, Tavern on the Common, The Mountain Barn, Ladd's, etc. Each person will be responsible for his/her own dinner, tax and tip. Transportation may be available for those who need a ride. You will need to sign up for a dine-out night ahead of time so that reservations can be made. You can sign up at the senior center or call Lucy at 508-882-3358.

**2. A Self Defense for Seniors** class will be led by William May of West Warren, a master instructor at the Blue Stone Dojang. This is an important presentation and should be attended by everyone.

**3. We will enjoy a \$5 lunch at the Empire Buffet Chinese Restaurant in Southbridge** again this January, 2018 to celebrate Chinese New Year. This has always been a popular event. Sign up at the Back Door Café ASAP. Date and time to be announced.

*.Newly Scheduled Ideas for 2018 (cont.):*

**4. Laugh for Wellness:** Studies have shown that senior populations need stress-relieving laughter for wellness more than ever now! The Council on Aging is pleased to offer a laughter workshop led by **Trevor Smith**, B.A., M.A., M.Ed, CLL that brings the healing power of therapeutic laughter to people of all ages, especially seniors. This is one workshop you do not want to miss. Lighten up, have fun, and **laugh for the health of it.**

**5. Your Autobiography:** We are truly excited to offer a Guided Autobiography program. If you were a pen pal, you might be very interested in this endeavor. The leader, **Seema Kenney**, will be available at the senior center early in 2018 to do a one hour presentation of what the course will entail. By your involvement and interest or lack thereof, we will make the decision as to whether or not to offer the complete 10 week class.

**5. Worcester Bravehearts:** We may have the opportunity to see the Worcester Bravehearts for a fun day out at the ballpark for Oakham Seniors. Tickets for a game will be discounted, with a free Bravehearts hat with each group ticket. The ballpark has a public address system, player autographs, catered barbecue buffet, free parking, tours of the ballpark, and much more. Very handicapped accessible.

**6. Trips:** We hope to offer two trips next year. One will be near the holiday season and the other will be voted on by you and the COA.

**7. Pain** may be a fact of life, but there is help and hope for relief through a variety of ways. Millions of Americans live with pain from injuries, autoimmune and inflammatory disorders, cancer, and other disabilities. Pain can be acute, with a beginning and end, or may be chronic and

last a lifetime. Chronic pain may be more difficult to treat, requiring help from several sources: doctors, clinicians, pain management specialists and mental health professionals. People with chronic pain may also turn to complementary integrated health specialists who may focus on supportive therapies like meditation, mindfulness and **hypnosis**. **Bob Martel of Holden, will be addressing relaxation and hypnosis for pain management, thus, perhaps, cutting down on the number of medications needed for pain management, such as opioids.**

**8.** Also on our list: **Oktober Fest** in the fall, "Things that go bump in the Night" at Halloween; a few **dinners** as a Taste of Italy; Taste of Sweden; a trip to Elm Bank, the Mass. Horticultural Association venue at the holidays; a **yard sale** in August; a **bake sale** in November at the elections; a summer **cook-out, eat-in;** and the **Chicken BBQ** sponsored by the Oakham Police Association and one **historical performance.**

**9.** One item is still up in the air. We would like your thoughts on this matter. **Shall we continue with the tradition of having a Valentine Dinner in February as we have done since 1995? Your vote???**



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**ODDS and ENDS:**

1. Do you have any other ideas that interest you and we might consider? Bowling or Cornhole, for example? Or a digital jukebox? Or... ??
2. Don't forget to spend some time with us mornings at the Senior Center and for lunch at the Back door Café. We need your support and involvement to keep us up and running. Without you, we will not and cannot move forward. As you can see, we have created a long list of excellent programs designed for you, your edification and enjoyment. We hope you will take the time to do us the favor of participating in several.
3. Thank you to Betty G. and Shirley B. for their kind donation to the Senior Center.  
Also, Thank You to Bettyanne Parsons for her donation made in memory of her husband, Jim Parsons, and to Lucy Baily for her donation given in memory of her friend, Catherine Grinke.

**4. SAFETY FOR THE HOLIDAYS - This time of year often becomes deadly due to multiple fires that occur. Please Keep Christmas trees moist at all times.** Be careful with pellet stoves, fire places and wood stoves. Check all wiring used in decorating. Check all batteries in smoke and fire alarms. Replace those that have expired. Test fire alarms and carbon monoxide detectors.

**5. If you would like to have a safety check done,** please contact Lucy at the senior center or the fire department. We will set up a date and time for the inspection. If you do not have a fire/smoke alarm in your home, call us immediately and we will give two to you and, if you wish, installations can be performed. Make sure you have a working fire extinguisher in your kitchen and near other danger areas. Just remember, in case of fire **GET OUT** immediately and don't go back in. Call 911 and wait for help.

**This message comes from our SENIOR S.A.F.E. program initiated by the Council on Aging and our Fire Department in 2017.**

**Have a safe and happy holiday season!**