

FEBRUARY is HEART MONTH. Be kind to your heart

Eat wisely, drink plenty of water, accept that which is inevitable (don't worry), relax completely, sleep sufficiently, check up occasionally, enjoy enthusiastically, and above all exercise rationally. Give 5% of your time to keeping well. You won't have to give 100% getting over being sick.

Since we are now in the midst of the flu and cold season, we respectfully ask that if anyone has any symptoms of a cold or of the flu, please refrain from coming to the Back Door Café/Sr. Center until the fever or coughing has subsided. We are doing our best at sanitizing the areas, but your help at keeping us all healthy and safe from illness would be appreciated

REMINDERS:

Quarterly property taxes are due on February 1, 2016.

Did you remember to check your fire/smoke detectors and carbon monoxide detectors for the New Year? There have been a rash of fires recently, so play it safe, check those life savers!

THANK YOU

The members of the Council on Aging would like to express their appreciation to everyone who sent Christmas cards, notes and thank you cards during the holiday season. It means a lot to us that you took the time during this busy season to remember us.

We also thank all those who practiced the act of giving for the holidays for their kind and generous contributions of food items for the Food Banks.

VALENTINE DINNER- Sign up now

Remember to join us for the annual Valentine dinner sponsored by the Oakham Congregational Church and the Oakham Council on Aging on Saturday,

February 13, 2016. We will begin seating guests at 5:15 p.m. on a first come basis. No seats will be saved except for those with walking difficulties. Seating is limited so, please, reserve as early as possible. We are filling up fast. The deadline to reserve is February 8, 2016.

The dinner will consist of hors d'oeuvres at 5:30 p.m. and a complete turkey dinner with all the trimmings at 6:00 p.m. A variety of homemade pies will be served for dessert.

Tickets for the drawings will be on sale beginning at 5:30 p.m. and sold throughout the evening. Each ticket will be \$1 or 10 tickets for \$5 or 25 tickets for \$10. We hope you will see something you like.

We hope to see many for our first event of the new year. Come meet your neighbors and friends for an evening of congeniality and delicious food. There is no charge for this function.

Keep positive thoughts that the weather will cooperate with us again this year. See you there!

VALENTINE LUNCH AT THE CAFÉ

On Thursday, January 11, 2016 a Valentine lunch will be served at the Back Door Café. The menu will include one of our most popular dishes, meat loaf with gravy, garlic mashed potatoes, French green beans, bread, milk and for dessert, tiramisu. Reservations need to be made on or before February 9, 2016.

FEBRUARY BIRTHDAYS:

This month's birthday celebration lunch will be held on Thursday, February 25, 2016 at 11:45 a.m. at the Back Door Café. We invite all birthday celebrants to join us for a complimentary lunch consisting of BBQ Ribs, red bliss potatoes, corn, bread, milk and cake with ice cream for dessert. We will also have our regular birthday drawing for a gift certificate and 3 drawings for attendance. Hope you will come.

Our Birthday best wishes go to:

Barbara Doss, Ann Dalton, Carole Cordiner, Dot Jodray, Barbara Toupin, Werner Tessnau, Rosemary Cameron, Judith Snay, Dick Bechan, Marilyn Leary, Sigrid Fontaine, Val Fontaine, Ruth Bealand, Linda Mueller, Elaine Griffith, Ebert, Diane Murray, Rosemary Zalneraitis, Martha Skowyra, Marcia Dwelly, David Kennington, and Joan Stewart.

Please reserve a dinner by calling 508-882-5251 on or before February 20, 2016.

Many happy returns to all ☺

IN SYMPATHY

January was indeed a sad month for several families of Oakham as well as the Council on Aging and the Back Door Café. We extend our deepest sympathies to the families of:

William Phoenix, son of Phyllis Phoenix and brother of Robert Phoenix of North Brookfield Rd. William was born and raised in Oakham and is remembered by many with whom he went to school. He died in a bicycle

accident in Worcester as he was traveling home from work on December 30, 2015. Bill enjoyed many outdoor activities as swimming, camping and biking. He was well known for his many Halloween costumes, especially the gorilla outfit. He will be remembered for his love of family and his many dogs.

Gwen Sanford, former tax collector for Oakham and custodian of the Oakham Elementary School for 25 years where she made many friends among the teachers and children with her ready smile, caring demeanor and kindness. Gwen was also a strong supporter of the Oakham Council on Aging and the Back Door Café. She attended many of the events we offered and often came to the Café for lunch with her friends. She will be dearly missed. Gwen leaves her daughter Laurianne Bowman and son-in-law Dana Bowman of New Braintree Rd. and her son Michael Sanford of North Brookfield.

Raymond Bergman who, although a resident of Holden, chose to support the Oakham Council on Aging and to attend the Back Door Café for daily lunches because, as he so often would say, he felt welcome here among friendly people.. He came to feel that those he met here were family. We at the Café will miss his humor, his story telling and his conversations. For the past 7 months Ray was being treated for lung cancer which spread to brain cancer but he still attended the Café whenever possible. We all admired his strength, spirit and determination to fight the disease. Ray collapsed at home suddenly on January 12, 2016. As an avid animal lover, Ray served 35 years as Animal Control Officer for the City of Worcester.

Elmer Smith Sr., son-in-law of our good friend, supporter and former member of the Oakham Council on Aging, Natalie Sokol, died suddenly on Christmas Day at his home at the age of 54. He resided on Parmenter Rd and leaves his wife Stella, daughter of Natalie, and a son, Elmer Smith Jr. of Oakham. Elmer served our country proudly and after completing his service he settled in Worcester for a while before taking up residence in Oakham 22 years ago.

So that none may be forgotten, please let your COA know of any joys, illness or sorrows among our community members so that we may be able to respond quickly and in an appropriate manner. Thank you.

S.C.M. ELDERBUS INC. – 2016 SPECIAL SHOPPING TRIPS FOR OAKHAM

Each of the following trips will cost \$2 each way. Reservations need to be made at least 48 hrs, in advance. Call 1-800-321-0243 for more information and times.

Target, Worcester – February 9
Christmas Tree Shops – Feb. 23
Greendale Mall, Worc. – March 1
Target, Worcester – March 22
Greendale Mall – April 5
Christmas Tree Shops- April 19

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**EGG DECORATING EVENT
MARCH 9, 2016**

The first newly laid eggs are the harbingers of spring. People often celebrate by decorating and coloring these eggs in beautiful designs. We will continue that tradition here at the Café by offering a class on the Ukrainian style of egg decorating which uses raw eggs, several layers of different colors separated by using wax to delineate between the varieties of colors. Whether or not you consider yourself to be artistic or creative, this is just for us to enjoy and to learn something new. Why not join us at the Café on Wednesday, March 9 with

Instructor Simone Germain 10a.m.-12noon. You will complete two projects to bring home. **This event is partially funded by a grant from the Oakham Cultural Council, a local agency supported by the Mass. Cultural Council, a state agency.**

What's In a Turkey?

Since we have been through our annual turkey season, can you guess the answer to this question? First correct answers will be put in a special drawing. Call 508-882-5251 or drop in a tell us.

**This particular piece
Which implies a desire
Is a part to which always
The small folks aspire**

