



THE OAKHAM HERALD

Number 6

July 2017

Senior Center Phone:508-882-5251

Closed Wednesdays

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.

OAKHAM SENIOR/ DROP-IN CENTER:

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

CLOSED: Wednesdays, Saturday, Sundays
And major Holidays

STAFF: Lucy Tessnau, part-time, interim 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

Sunshine: Meg Goodrow

BACK DOOR CAFÉ

Coordinator: Jan Pierce

Volunteers: Pauline Dwelly
Diane Rochette
Lil Nichols
Project Create Students

JULY AT THE CENTER:

Truth is, there's not much going on anywhere here in Oakham in July, aside from the Thursday evening band concerts on the Common (see inside for more). Time to sit back, take a breath – maybe take stock. Where are we? We've just had our patio pot workshop with Tina Bemis. We've finished this year's series of workshops on safety (we're still happy to install lock boxes by your door to allow quick emergency medical entry - but supplies are limited). We've said "goodbye" to our student volunteers and pen pals. And we're awaiting the August picnic and barbeque season (for more on that, see inside).

But for all that things slow down in July, there are some things at the Senior Center you can always count on:

Chair exercises on Mondays at 10:30

Bingo: on first and third Tuesdays at 12:20

Trivial pursuits: first and third Fridays at 10:30
Cards: every Sunday at 2:00 – with refreshments! Hope to see you there!!

Happy July birthday wishes go out to:

Kathleen Smichinsky, Carol Mann, Dennis Martin, Scott Corey, Shirley McAfee, Russell Willet, Nancy Apholt, Diane Smith, Anthony Carnevale, Peter Cross, Nancy Richards, Valerie Ford, Ronald McCann, Linda Salerno, Ron Skowyra, Irene Berube, Michael PelusoAnn Larrabee, William Aldrich, Barbara Bechan, Elizabeth Montgomery, Valerie Cote, Tom Tashjian, Mark Mattson, Paul Rochette, Ken Williams, Charles Ebert, Maureen Wilkins, Bill Mucha, John Barringer, Richard Cushing, Michael Place, Kathleen Zack, Ralph Mann, Alfred D'Ambra, Kathleen Whyte, Lawrence McGee, Marylou Berglund, and William Parsons.

May you each enjoy a wonderful day filled with loved ones and great memories!

You are all cordially invited to join us for a complimentary lunch on July 20, 2017 at 11:45 am to celebrate your special day. The menu will include: Hot Dog with baked beans, a pasta salad, Fresh melon and cake with ice cream for dessert. Bring a friend. Please make reservations on or before July 20, 2017 by calling Jan at 508-882-5251.

Hope you can make it – we look forward to wishing you a Happy Birthday in person. 😊

BLUEBERRY PICKING at Derrick Farm: We are tentatively scheduling Oakham Blueberry Picking Day for Wednesday, July 26, 2017. We will meet at the Blueberry Farm on Sanders Road at 8:30 a.m. If you are interested in joining the fun this year, please sign up at the Back Door Café. We cannot give a price yet for this year.

TOWN WIDE YARD SALE: AUGUST 26 (Saturday)

Okay: time to get serious about the yard sale, which is a big annual fundraiser for the Senior Center. We need many gently used items (no books or coins, however, no jewelry or large appliances). And we need volunteers.

If you have any items to donate, they may be left at the garage on 16 Flint Rd., at the home of Claudia Lacerte. Let her know when you come by calling 508-882-5269, any day up to August 24. After that, please bring your items to the Senior Center.

We also need help on the Thursday and Friday prior to the yard sale, from 12:30 pm till 3:00 pm for setting up and bringing items from Claudia's garage to the Senior Center. And we need help from folks willing to bake items like cookies, brownies, etc., that we can see with our lunches for dessert and for morning snacks with coffee. Please sign up to help at the Back Door Café or call Rick Hendra at 508-882-3083 and leave a message.

We open for business on Yard Sale Day around 7:45 am and close at 3:00 pm, so we need helpers to sell items from the floor and to help box all unsold items for removal from the site. Any time that you can give us would be very much appreciated. Please let us know what you can do to assist.

Our Senior Center is the nerve center and heart of Oakham's Annual Yard Sale. Please help us make it a good one – and help support your Center! Thank you.

IN APPRECIATION:

We'd like to shout a very special "Thank YOU"! to Bettyanne Parsons for her donation to the COA.

SUMMER SAFETY ISSUES:

It's 94° as I'm writing this! We know you've heard these cautions before, but some things bear reminding:

- Stay out of the sun! Especially between 10 am and 4 pm. Your skin will thank you
- Drink plenty of water – 2 quarts a day, if you can. I like to add crushed ice to make it more palatable. Or try flavored seltzer if it will help you drink more. There are various drinks available now for restoring your electrolytes – like Gatorade. They're great thirst quenchers
- The same cautions about sun and water apply equally to your pets. And be sure to check for ticks as you pet them!
- The same caution about ticks applies equally to yourself: a full length mirror in the bath or bedroom can help...

Senior S.A.F.E Program:

Co-sponsored by your COA, Fire and Police Departments, Senior S.A.F.E is a free home safety inspection of smoke and carbon monoxide detectors, including:

- replacement of expired or non-working detectors, battery changes where needed,
- installation of detectors when none are present in a home
- a new File of Life card for each person
- a MOLST (MA Medical Orders of Life-Sustaining Treatment) each person
- a safety checklist booklet so homeowners can perform their own inspections for hazards
- a booklet of information for planning ahead
- a pet emergency form
- and the installation of lock boxes on the exterior of homes.

To request an inspection, call: 508-882-3358

FUTURE EVENTS

July 4 - CLOSED

August 1: Property Taxes due!

August 5: The Oakham Police Department's annual Chicken BBQ will be held at 12 noon at Lake Dean Campground. Sign up at the Back Door Café/Senior Center ASAP!

August 19: The Sheriff's Dep't will hold its annual Senior Picnic at 11:30 a.m. at SAC Park in Shrewsbury. It's a fun day with everyone seated under cover, not out in the sun. We'll have a car pool for those interested in going. Sign up at the Back Door Café (flyer enclosed).

August 26: Town-wide Yard Sale!

September – Nothing yet; any ideas?

October 5: Our paddle boat trip on Webster Lake (for short)! \$79 includes the boat ride with a shopping stop, lunch, and bus transportation there and back. Get away for the day! Contact Rick Hendra at 508-882-3083.

November 15: Early Thanksgiving Lunch at Charlie's in Spencer. Always a good time. Look for more info here in the September Herald.

Also:

Thursday evenings from 6:30 p.m.-8:00 p.m. there will be concerts at the gazebo on the Town Common, sponsored by donations from the community. Bring a deck chair – admission is free! Schedule:

- July 29 – Quabbin Community Band
- July 13 – Quintessential Band
- July 27 – Lalla Rookh
- August 10 – Nashville Blue
- August 24 – The Otters

OAKHAM COUNCIL ON AGING

2 COLDBROOK RD. #6

OAKHAM, MA 01068

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IN MEMORIAM:

Oakham lost two of its most senior members this past month: **Edwin Pease**, age 89, and **Catherine Grinke**, at 101. Both were frequent visitors at the Back Door Café and Senior Center.

Ed Pease described himself as a fisherman and outdoorsman, a traveler, a veteran (of the USS Missouri), a poetry lover, a husband and father, and a “happy man”. He delighted in story-telling and reciting, and he will be much missed.

As will Catherine “Kitty” Grinke: she earned her RN at St. Vincent Hospital School of Nursing and then joined TWA as one of their first “hostesses”. Nursing skills were required then, and she was a Senior Hostess throughout much of her career. Later, she supervised the Operating Room at Memorial Hospital in Worcester. That’s a very impressive resume – and remarkable for a woman starting her career back in the WWII era! She lived with daughter Dianne and Paul Rochette here in Oakham, who will miss her as we all will.

