



# THE OAKHAM HERALD

Number 5

June 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

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### OAKHAM SENIOR/ DROP-IN CENTER:

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

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

**PHONE:** 508-882-5251

**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  
Lill Nichols  
Project Create Students

### JUNE AT THE CENTER:

- **SUMMER/VACATIONS/  
RISKS**

*Identity theft is on the rise. One out of four has already been affected. Are you at risk? The truth is we are all at risk. If it should happen to you, then what do you do?*

*Take time to learn ways to protect yourselves from Identity Theft and scammers while away or at home. To help you with this very important clear and present risk, a representative from Country Bank, who is conversant with these issues, will be present at the drop-in center to give us the most up to*

*date information that we should know. We have gotten several calls at the Sr. Center this year asking about scams, so we hope that many of you will attend this presentation on Tuesday June 13 at 10:30 a.m. Everyone who attends will have his/her name entered into a drawing for a \$25 gift card kindly donated by Country Bank. Take advantage of this opportunity to become educated and aware.*

*As usual, lunch will be served at the Back Door Café at 11:45 a.m. Everyone is welcome to join us, but we need a two day advanced reservation by calling Jan at 508-882-5251.*

Don't forget – scammers target Senior citizens!!

**Important thought:** Setting up a joint account essentially removes the financial firewall between both parties named on the account. There are often safer alternatives available that will protect the assets of the senior customer as well as those of financial caregivers. These include “view only” accounts, financial powers of attorney and a “payable upon death” notice on the account.

• **STUDENT VOLUNTEER RECOGNITION PICNIC:**

The project Create students of the Oakham Center School invite all seniors to attend their annual picnic to be held on **Wednesday, June 14, 2017** outside (weather permitting) at the Back Door Cafe at 11:30 a.m. These are the same students who have been volunteering their time every Tuesday throughout the school year at the Back Door Cafe. This picnic will give us the opportunity to thank them for their assistance and to wish them a safe and happy summer vacation. Each student will receive a Certificate of Appreciation from the Council on Aging to recognize his/her good work.

We encourage Oakham seniors to show **support and appreciation** for their efforts. The members of the class, along with their teacher, Karen Melanson, prepare the lunch which consists of a turkey or ham sandwich with lettuce/tomato/cheese/pickle. Also included is a bag of chips, a beverage and a dessert.

Won't you join us? Please call in your reservations as soon as possible or sign up at the Senior Center. See you there!

**JUNE 18- HAPPY FATHERS' DAY TO ALL OUR DADS**

- **BEMIS FARMS NURSERY**

On Tuesday, **June 20, 2017** Tina Bemis of the Bemis Farms Nursery will be at the Back Door Café at 12:30 p.m. to help us create an eye-catching patio pot arrangement that will grow and bloom throughout the summer and well into the fall. For a fee of **\$10** per person per pot, everyone will get a pot, the soil with which to fill it, at least 6 or 7 healthy plants – a filler, a thriller a chiller and a spiller – for each pot plus a special touch. If this class were held at the nursery each of us would pay \$39. This is a super program that we are happy to provide for you. Reservations are necessary on or before June 13, 2017. We need a minimum of 15 participants for the class to be held. Call 508-882-5251 to register.

This class is returning due to popular request. It has been a great success in the past few years.

- **PEN PALS**

The Senior pen pals participated in a delightful meet-and-greet with their secret fourth grade partners. We were met in the entrance hall by our pen pals and escorted to the cafetorium where we had an opportunity to speak one-on-one with our correspondent and enjoyed a well- practiced presentation that starred every student. The final event was the ever popular sharing of a delicious ice cream sundae social. This has always been such a

wonderful experience for all those who participate and we hope that the program will be able to continue in the next school year. In order to do that, we need senior volunteers who would be willing to respond to three letters from the students throughout the year. Please contact Jane Pease at 508-882-0040 if you would like to join in this educational and fun effort.

We would like to thank all of this year's volunteers. It was a great program once again and the students were very enthusiastic about receiving letters of their own. It doesn't happen very often to them in this day and age. Let's keep this pathway open for them☺.

- **STATE SENATOR**

Anne Gobi's aide Tyler Wolanin will be present at the Back Door on the fourth Tuesday of each month from 9:30a.m.-10:30 a.m. Anyone who has questions, concerns, or suggestions for the Senator is welcome to come and speak with Tyler. He will get you answers and relay your thoughts to the senator.

- **ANNUAL TOWN MEETING**  
**To settle the town budget for FY2018 – now is the time to come and make your voice heard, complaining later will not help. June 20, 2017 at the Oakham Center School, 7:00 p.m., sharp.**

- **ACTIVITIES:**

Mondays- Chair Exercises -  
10:30 a.m.

First and third Tuesdays – Bingo  
– 12:20 p.m.

Trivial Pursuit – first and third  
Fridays – 10:30 a.m.

Cards – Sundays 2:00 p.m. with  
refreshments. No cards on  
Fathers' Day

**Identity Theft Awareness –  
Tuesday, June 13 , 10:30 a.m.**

Student Volunteer Recognition  
Picnic – June 14, 11:30 a.m. – Back  
Door Cafe

Patio Pots with Tina Bemis –  
June 20, 12:30 in parking lot. \$10

June Birthday lunch, June 23 at  
11:45 a.m.

- **JUNE BIRTHDAYS**

Happy Birthday wishes go to:  
Gary Donlin, Donald, Douglas  
Kuzneskus, Melinda Bechan,  
Joscelyn Wile, Leonard  
Sansoucy, Celeste Methot, Ray  
Moulton, Cheryl Benoit, Geri  
West, Guy Boyer, Patti Vanasse,  
Neil Watson, Julia Gutowski,

Jean St. Pierre, Carol Gonier,  
June Patsky, Andrzej Zawora,  
Joe Zelnia, Jeffrey Haynes,  
John Cordiner, David Thistle,  
June Branham, Howard Bechan,  
Dudue Jensen, Bob Crawford,  
Jeffrey Haynes, Janina Zawora,  
James St. Laurent, Richard  
Hardy, Mike Finch, John  
Hughes, Paula Makovitch,  
Florence Muldoon, Kathleen  
Salvadore, Adam McClintock,  
Peter Civilik, Ralph Hughes,  
Leslie Burton, Corrine Drouin,  
Cindee Lyden, Ed Ostrout, and  
Evelyn Enos.

May you each enjoy a  
wonderful day filled with great  
memories.

You are all cordially invited to  
join us for a complimentary  
lunch on June 23 at 11:45a.m. to  
celebrate your special day. The  
menu will include meatloaf,  
mashed potato, vegetables,  
vanilla mousse, birthday cake  
with ice cream.

Hope you all will attend. We  
look forward to wishing you a  
Happy Birthday in person☺

**TOWN VOTE – depending on  
outcome at annual town  
meeting, there may be a town  
vote (paper ballot) on 2½  
override, Friday, June 23,  
2017 10a.m.-8:00p.m. Keep  
watching the news and signs.**

- **FLAG DAY**

Did you remember that June 14 is celebrated as Flag Day in the U.S.? Please display your flag proudly on this day.

Did you know that the idea of an annual day just for celebrating the flag was begun in 1885 by BJ Cigrand, a schoolteacher in Wisconsin? Over the next three decades, other teachers planned ceremonies for their students. Then the idea caught on by several organizations until, finally, inspired by these local celebrations, Flag Day – the anniversary of the Flag Revolution of 1777- was officially established by the Proclamation of President Woodrow Wilson on May 30, 1916. It was not, however, until August 3, 1949, that President Harry Truman signed an Act of Congress designating June 14 of each year as National Flag Day.

- **FUTURE EVENTS**

**TOWN WIDE YARD SALE**

**☺ HELP NEEDED ☺**

*The Council on Aging will be participating in the annual town wide yard sale again this year scheduled for Saturday, August 26. To make this event worthwhile and successful we are asking for support and help from our readers. We need many gently used items to sell (no books, coins, large*

*appliances, jewelry, please). Items 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, bring your items to the Senior Center.*

*We also need help on the Thursday and Friday prior to the yard sale 12:30 p.m.-3:00p.m. for setting up and bringing items from Claudia's garage to the Senior Center. And, we need help from people willing to bake some items as squares, cookies, brownies, etc. that we can sell with our lunches for dessert and morning snacks with coffee.*

*We open for business on the yard sale day around 7:45 a.m. and close at 3:00 p.m., 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 give us would be extremely appreciated. Please let us know what you can do to assist. Thank you.*

- **NEW SENIOR S.A.F.E. PROGRAM** initiated by your Council on Aging as noted in the April Herald (Please read enclosed flyer.)

- **SHERIFF'S ANNUAL SENIOR PICNIC**

This year's picnic will be a wonderful fun filled day to give back to the seniors of Worcester County who have given so much to their communities over the years.

The picnic will be held at SAC Park, Shrewsbury, on August 19, 2017 – 11a.m.-3p.m. This event is free of charge.

In addition to a traditional BBQ menu, the picnic will also include complimentary bingo games, raffle prizes and music entertainment.

If you wish to go, we will car pool from the senior center leaving at 10:15a.m. Call 508-882-5251 to make your reservation.

**OAKHAM Sr. BLUEBERRY PICKING DAY:**

Date and time to be announced in the July Herald.

**CHICKEN BBQ SPONSORED BY OAKHAM POLICE DEPARTMENT:**

tentatively scheduled for Saturday, **August 5, 2017** at the Lake Dean Campground pavilion. Mark your calendar now.

- **AVAILABLE SERVICES**

1. **Free Phone if eligible** – Safelink Wireless is a provider of the Government's Lifeline Support Program. The program limits Life Line Support System to one per household. You may participate if you are participating in such programs as Food Stamps (SNAP), Fuel Assistance, Medicaid. You could qualify for up to 350 minutes per month at no charge. Contact the Safe Link Wireless information line at 1-800-723-3546) Monday – Saturday 8a.m.-10p.m. and Sunday 8a.m. to 7p.m. Eastern Standard time.
2. **IT IS ALMOST SUMMER** and the heat will be upon us before we know it. Please follow all the safety rules to ensure you remain well during this vacation season. Wear a hat, wear sufficient sun screen, drink plenty of water, and don't stay out in the sun too long in high heat. During heat waves, please check on your neighbors for their well-being. When an official heat wave may be announced, be aware that the **Senior Center will remain open later as a cooling station if needed.**
3. **EMPTY PILL BOTTLES?** - The Lion's Club of Rutland is collecting empty prescription

bottles. These pill bottles will be sent to Malawi in Africa where prescription bottles are greatly needed. We have a collection box at the Sr. Center where you may drop off your empties.

4. **OUTDATED MEDICATION?**

There is a lock box at the Police Station where you can drop off left over pills, outdated pills or meds no longer needed. They will be discarded properly. When there is an officer present, just knock on the door and the officer will place the pills in the lock box. If an officer is not available, you may call the police non-emergency number at the Rutland dispatch and ask them to let an officer know that you have medication to be collected or you can contact the Sr. Center.

5. **ELDERBUS: 1-800-321-0243**

6. **SENIORS HELPING SENIORS- 508-885-6004-**  
Providing in house services

7. **ELDER SERVICES OF WORCESTER: 508-756-1545-**  
Care givers, housekeeping, Elder Abuse, MEALS ON WHEELS

8. **S.H.I.N.E. – Serving the Health Insurance Needs of Everyone – regional office- 1-800-243-4636 #3 – HELPING TO NAVIGATE MEDICARE**

AND THE INSURANCE SYSTEM.

9. **Home Modification Loan Program** – state loan program-live more independently at home-Provider Agency, RCAP, Central MA- **978-630-6725.**

**IN APPRECIATION**

We would to express our sincere appreciation to the following for their kind and generous donations to the Council on Aging given in memory of our friend Ed Pease who recently passed away:

Mr. and Mrs. Bruce Eggenberger of Rochester, MN

Mr. and Mrs. Donald Gaudette of S. Hadley, MA

Mary Truhel and Deborah Jennette of N. Brookfield, MA

Mr. and Mrs. Henry Zelazik of W. Brookfield, MA

Mr. and Mrs. Gary Rousseau of New Braintree, MA

Mr. and Mrs. Dudley Bowker o Oakham, MA

The family of Ed Pease

**Thank you:**

I would like to express my sincere gratitude to the residents of Oakham and to Oakham's first responders for their outpouring of support to my family and me during this most difficult times. Oakham is a caring community; a lovely place to live.

*Jane Pease*

OAKHAM COUNCIL ON AGING  
2 COLDBROOK RD. #6  
OAKHAM, MA 01068

The printing of this newsletter is partially funded by the Executive Office of Elder Affairs.

**TRIP:**

Join us on Thursday, October 5, 2017 for a leisurely cruise of Webster Lake aboard the Indian Princess, a replica of the original paddle wheel riverboats. Enjoy a lunch of Baked Haddock or Grilled Chicken at the Point Breeze Restaurant on Lake Webster. (See the enclosed flyer).

**OAKHAM HISTORICAL ASSOCIATION**

On Wednesday, June 14, 2017 the OHA will host a presentation by clock historian and appraiser Robert Cheney of Skinner, Inc. He will trace the trade of handcrafting mechanical clocks in the early 18<sup>th</sup> century to the birth of the Connecticut clock making industry about 1825. Overcoming poor training, war, and trade embargos,

which caused a total lack of suitable raw materials, the New England clockmaker overcame these difficulties and produced the most complicated object in the 18<sup>th</sup> century home. Mr. Cheney is a 3<sup>rd</sup> generation clockmaker and is currently Director of clocks, Watches, and Scientific Instruments at Skinner, Inc. He has made numerous TV appearances including the PBS Antiques Roadshow and is the author of numerous articles and reviews. The talk will be held at the Oakham Historical Museum, 1221 Old Turnpike Rd. Guests will have the chance to see and hear the antique William Crawford clock, now a part of the Museum's collection. The event is free and all are welcome. Refreshments will be offered. Contact Linda Housman at 508-882-3990 for more information.



Trip  
Historical Assoc.  
S.A.F.E.

**HAPPY FATHER'S DAY TO ALL  
OUR DADS.** Enjoy your day with  
your family.

# **HISTORICAL ASSOCIATION**

**Future events**  
**Trips**

