



THE
**OAKHAM
HERALD**

Number 9

OCTOBER 2014

Senior Center Phone
508-882-5251

**Published by the Oakham Council on Aging
Mission Statement:**

It is the mission of the Senior Center and 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, and providing opportunities for community involvement

S.H.I.N.E. COUNSELOR

SAVE THE DATE!!

SHINE information session

**THURSDAY, OCT. 30, 2014
12:30 P.M.**

**Oakham Senior Center
2 Coldbrook Rd
Oakham, MA**

More important health insurance changes are coming and we want you to have accurate information.

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO) you should be receiving information from your health plan by the end of September. **IT IS IMPORTANT** to understand and to save this information because it explains the changes in your plan for 2015. During the annual **MEDICARE OPEN**

ENROLLMENT OCTOBER 15 – DECEMBER 7, 2014 you will have the opportunity to change your plan for next year. Did you find yourself in the **DONUT HOLE** this year? Come and learn how to avoid this situation in 2015.

S.H.I.N.E Counselors can help you understand your plan changes as well as other options you may have. We will have a S.H.I.N.E. (Serving Health Information Needs of Elders) representative at the Back Door Café on October 30, 2014 to update all of us of the changes. This meeting is important and you should plan to attend. Last year's meeting was well-attended and very well received by those in attendance. If you missed it, do come this year.

And, **Remember:** You should ask any doctor if he/she takes Medicare before you begin receiving services.

If any one would like an individual conference with a S.H.I.N.E. counselor, we have access to this service on Fridays. Please call ahead to make an appointment.

HALLOWE'EN

We will celebrate Halloween this year at the Back Door Café on Friday, October 31, 2014 beginning at 11:15 a.m. with Hors D-oeuvres and punch followed by a delicious lunch of Sloppy Joe's, vegetables Pumpkin Spice Cake, and other surprises. Be sure to wear Orange and black colors. Prizes will be awarded to the best use of these colors and the best non-costume outfit. Wear all of your holiday accessories, too.

WACHUSETT SENIOR SOCIALS

As mentioned in last month's Herald, this is a newly formed group for all seniors in the area. They have sponsored several different programs for our enjoyment and these have been extremely well attended. Last month they held a fun covered wagon for a hayride followed by a delicious meal. This month they are offering a "SPOOKTACULAR HALLOWEEN" on Saturday, October 18, 2014 12:00 p.m. – 3 p.m. Costumes are optional. Donation is \$5. Lunch will be served and lots of ghoulish surprises to follow, including prizes for original and scariest costumes. This event is hosted by the confirmation class of St. Columba's Church, 10 Richards Ave., Paxton, MA. Please RSVP by October 10, 2014 by calling Cindy at 508-397-5471.

BAKE SALE

HELP US, PLEASE. The COA is sponsoring a bake sale to be held during the November 4 elections in the Selectmen's Room of the Town Hall. The proceeds from this event will go toward future programs and activities.

We hope that many of you will be able to donate at least one food item that we can sell. Please let us know if you can help by calling 508-882-3358. We will need whatever you feel that you enjoy making – pies, cakes, cupcakes, all types of cookies, muffins, breads, etc.

If you are able to bake for the sale but cannot get your items to the town hall Tuesday morning, give us a call and someone will pick up your donations early Monday evening..

We will also need people to help sell. If all goes well, we will be open at 7 a.m. and close whenever we run out of food. If you can give even 1 hour of time, please let us know. Those who worked at the last bake sale seemed to have enjoyed the experience. You get to meet a lot of people. Thank you to those who have already signed up.

We'll be in touch.

DON'T FORGET TO VOTE ON November 4, 2014.

SIT AND BE FIT – Chair exercises for everyone

Our first classes of this new program were very successful and fun. The exercises were easy but effective. Gordo, our instructor, kept us moving to a nice even pace and we found that the time went by very quickly. Why not consider joining us in the future. This is good class to keep us moving during the winter. Classes are held on Mondays at 10:30 a.m. Stay for lunch at 11:45 a.m., too. The fee for each class is just \$2.

Classes will not be held on October 6 and 13 but will resume on October 20.

CLOSED

The Senior Center and Back Door Café will be closed on Monday, October 13 for Columbus Day.

PAINTING WITH ELAINE

Monday, October 20, 2014, all those who have registered for this class will meet at Elaine's Studio on Barre Plains Rd., Oakham at 1:00 p.m. to begin our first lesson in oil painting with her no-fail method.

TRIVIAL PURSUIT:

Trivial pursuit will be held on October 17 and October 24 this month.

BINGO

Bingo is scheduled for October 7 and October 21.

CARDS

Card players meet on Sunday afternoons at 2:00 p.m. with a light supper at 4:00 p.m.

WEATHER EMERGENCIES

Like it or not winter storms are on the horizon.

It is important to be prepared well in advance of any possible emergency. Having an Emergency Disaster Kit on hand is a great way to plan ahead. Be proactive!

In each kit everyone should have the Oakham Preparedness Handbook that we all received last year in the mail in an easily accessible place. The handbook will tell you exactly what the town's emergency plans are. Check to be sure that you have completed all of your key family information on the inside cover of the handbook

Everyone should have at least a 3 to 5 day supply of food and water in the emergency disaster kit. Stock up! Build your kit over a few weeks. When you go to the store buy an extra item or two to include in the kit.

Have one gallon of water for each person in your house for each day.

Food to place in the kit should include:

- Peanut butter and jelly
- Canned meats, tuna fish, ham, chicken
- Crackers
- Canned fruits and veggies
- Fruit juices
- Bread, cookies
- Medications
- Flashlights and batteries
- Personal Hygiene items

Other items: Shovel, axe, sewing kit, first aid supplies, and battery operated radios, etc.

This is just a short list of important items to have on hand. You will find a more detailed checklist in the Oakham handbook on page 5. Read and become familiar with all the helpful information before an emergency occurs.

IN REMEMBRANCE

Leone Downer, formerly of Lincoln Rd, Oakham, passed away on November 19, 2013 at the age of 99. There will be a memorial service on October 4, 2014 at 2:00 p.m. at the Pilgrim Baptist church, North Brookfield and interment in the South-West Cemetery, Oakham. Leone leaves a son and daughter in California, daughter-in-law Ellie downer and grandchildren residing in Oakham. We send our sincere sympathies to the entire family.

OAKHAM COUNCIL ON AGING
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FAMILY CAREGIVER SUPPORT PROGRAM

Elder Services of Worcester is part of a network which provides frail elders, younger disabled individuals and their CAREGIVERS with services that enable them to live independently with dignity and comfort in their own homes, preventing or postponing the need for institutional care.

The Senior Center has received the new edition of the Caregiver's Guide, a great resource for caregivers that contains a multitude of information and programs that help support the Caregivers . Please see the photocopy of the pamphlet printed on the insert. Copies of the Guide and this pamphlet can be obtained at the Senior Center. Since there is a large number of Caregivers in Oakham, both seniors and non-seniors, the Council on Aging will sponsor a seminar

on the Family Caregiver Support Program early in 2015. **Everyone is invited to attend** this most important event.

LEST WE FORGET:

It would be our pleasure to greet all **VETERANS** at this year's Veterans' Day remembrance Wednesday, November 12, 2014. At 11:00 a.m. there will be a musical program performed by the Retired Men's Club of Greendale in the upper level of the Church followed by a buffet lunch prepared by the COA in Fellowship Hall at 12 noon. This event is being cosponsored by the Oakham Veterans' Agent and the Oakham Council on Aging. This is a special opportunity for veterans to get to know each other, to meet your agent and to have questions on your benefits and rights answered. **We hope that you will grant us the honor of your presence.** Call 882-5251 to reserve. Thank you.

