



THE
OAKHAM
HERALD

Number 8

SEPTEMBER 2014

Back Door Cafe
Closed Wed.
508-882-5251

**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.

A THOUGHT FOR THE DAY:

**AGE IS NOT LOST YOUTH BUT A
NEW STAGE OF OPPORTUNITY
AND STRENGTH. AFTER ALL,
LIFE DEPENDS ON
OPPORTUNITY.**

Your Council on Aging works hard every day to create opportunities that benefit you. What are they? We work tirelessly to provide our residents with educational opportunities of subjects pertinent to them, to foster a caring community, to provide up-to-date health and legal information, fuel assistance information, tax assistance, exercises for continued good health, programs on nutrition, art, literature and history so we never stop learning, entertainment, special events and we are now part of the Wachusett Area Social Seniors open for everyone's participation.

So often we hear from seniors that they are not "ready yet" for our Back Door Café or drop-in center. Our question,

"Not ready for what?" Not ready to have fun? To learn? To meet with friends and to make new friends in town? To socialize with your peers? To help others in town? To stay connected? To take advantage of your taxes at work?

If we have missed providing what you would like to see or that would entice you to give us a try, please don't hesitate to contact us. We are in need of suggestions and ideas.

Here are a few opportunities for September:

SIT AND BE FIT:

The Council on Aging is sponsoring an **opportunity** for everyone to maintain muscle tone, to improve over all health, to improve spinal strength, to experience some pain relief, to increase range of motion and to increase movement in joints and muscles, to increase energy level, vitality and metabolism, to build

muscle strength and to remain flexible by doing low impact exercises while seated.

Beginning on Monday, September 8, 2014 at 10:30 p.m. our new program of chair exercises will begin. Why not join us and give the program a try. With fall and winter arriving we all have a tendency to become more sedentary. These simple exercises will help to keep us moving and less stiff. The cost is \$2 per class for an 8-week session. This is a very low price. Sign up at the Back Door Café or call 508-882-5251 or just show up on the 8th.

FALL IS JUST AROUND THE CORNER:

Have you noticed the nights are getting shorter? The leaves have already begun to change color? The blueberry season has just ended?

The Council on Aging is taking this as an **opportunity** to welcome the fall season, to gather with our friends and to enjoy Penny Bingo, a pizza lunch and apples, apples and more apples.

On Wednesday, September 17, 2014, the COA will serve hot apple cider and apple cider donuts at 11:00 a.m. as we begin a series of Penny Bingo games. The first game will cost 5 cents per card played. After that, each card played will be 2 cents. Token prizes will be awarded to the winners of each game starting with U-pick bingo, Death Row Bingo, Bingo Bonanza, Blood, Sweat and Tears, Dotted Picture Frame and Blackout bingo.

At 12 noon, if all goes well, a homemade green salad will be served to those

staying for lunch followed by pizza slices. An apple dessert will put the finishing touch on our fall program.

Reservations are required. Please call 508-882-5251 to save a seat. Space is limited, so call now and mark your calendar.

FALL BIRTHDAYS

All those celebrating September and October birthdays will be given the **opportunity** to celebrate with their friends and the Council on Aging at the Back Door Café on September 23, 2014 at 11:45 A.M. Lunch will consist of one of our most popular meals: hot dog, beans, cole slaw and, of course, cake and ice cream for dessert. Attendance prizes will be awarded as usual.

Those having September birthdays include:

Marion Eames, Marsha Holm, Karen Kilday-Harper, Ed Schuster, Frank Packard, Jason Goodrow, Deborah Williams, Paul Northway, Mary Warbasse, Jordan Dean, Gordon Wentzell, Kurt Brierly, Lynda Schuyler, Earlene Lajoie, Linda Barringer, Marcia Casault, Karen delaGorgendiere, Elaine Narrow, Denise Packard, Don Apholt, Janet Janaitis, Michael Johnston, Barbara Laborde, Sheryl Moulton and Sheryl Parker.

October Birthday celebrants are: Hazel Sokoloski, Dennis Desplaines, Bill Brank, Kevin Ford, Gwen Sanford, Dennis Casault, Bob Trzpit, Wes Dwelly, Evelyn Donohue, Lill Nichols, Karen McDougall, Linda Housman, Lynn Novak, Cheryl Habink, Mary Martiros, Melvin Heard, Becky

Cameron, Bob Tefft, Ken Kozberg, Patricia O'Connor, Leo Antonio, Bill Connor, Larry Mascroft, Linda Saupe, Dot Urbanovitch, Joanne Alley, Ruth Guillette, Eleanor Simmons and Richard Cline.

These celebrants are most cordially invited to join us for a complimentary lunch on Tuesday, September 23, 2014. Please call and make reservations on or before Thursday, Sept. 18, 2014. We hope many of you will do us the honor of attending.

OTHER FALL OPPORTUNITIES:

- Being a **pen pal** through the Oakham COA provides you with the **opportunity** of connecting with a fourth grader at the Oakham Center School and helping him/her to improve writing skills and to improve understanding what it was like to be a fourth grader in our time. Call Jane at 508-882-0040 to sign up for this important program. Connecting intergenerationally is a great experience.
- You have the **opportunity** to join a newly formed group with the express purpose of meeting acquaintances, making new friends and sharing the planned socials with a friend. Senior Socials are social events that bring seniors together for social interactions, conversations and fun. This new group has only just begun! Their events have been well attended by seniors of surrounding towns as Rutland, Paxton, Oakham, Spencer, etc.

All are welcome. Oakham seniors are invited to join them for an autumn hayride on September 14, 2014 1p.m. to 4 p.m. with a covered wagon. Rain or shine. Refreshments and entertainment are planned for after the hayride. Join them at the Community Center Room, The Hills at Paxton Village, 260 Grove St., Paxton, MA.

- Monday, October 20, 2014 – **Painting with Elaine Griffith** will give us the **opportunity** to investigate our potential art talent with Elaine's guidance. The cost for the instruction and all of the materials needed is \$10 due at registration. We still have one opening remaining for this class. This is an excellent value. Where else can you have this opportunity for only \$10? Call 508-882-5251 to register or sign up at the Back Door Café.
- October is that time of year for Medicare Open Enrollment Oct. 15 to Dec. 7th. During this time you will be able to change your prescription drug plan for next year. If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2015: it is important **to review, to understand and to save this information.**
- On Thursday, October 30, 2014 at 12:30 p.m. a **S.H.I.N.E.** representative will be on hand at the Back Door Café to explain all

- relevant issues and to answer your questions. This is a very important **opportunity** afforded you by the Council on Aging. Use it to your advantage.
- If you cannot attend this meeting and have questions or a problem with your insurance plan, the Oakham Sr. Center has access to a S.H.I.N.E. representative on Fridays. Appointments are required for this service. Call 508-882-5251 and we will set up an appointment time for you.
 - Thursday, October 30, 2014 we will celebrate **Halloween** at 11:15 with hors d'oeuvres before lunch and by wearing the proper colors of orange and/or black and any other appropriate accessories. Prizes for best use of colors and best outfit (no costumes). There may be a drawing or two and some puzzles or trivia.
 - On Tuesday, November 4, 2014 everyone will have the **opportunity** to help us operate a successful **bake sale** at the **gubernatorial election**. Home made baked goods may be brought in to the town hall from 7:00 a.m. and throughout the day. We need your help. We can sell everything that is brought to us.
 - On Wednesday, November 12 we all have the **opportunity** to celebrate **Veterans' Day** with a musical program beginning at 11:00 a.m. followed by a buffet lunch prepared by the Council on Aging and friends. It will be our honor to host this event for our veterans. Please reserve a seat by calling 508-882-5251 by November 10.
 - On Wednesday, November 19, 2014 everyone will have the **opportunity** meet for a \$5 lunch at **Charlie's** in Spencer for our annual Thanksgiving Lunch together. This has always proven to be a most delightful time. Why not take this opportunity to wish your friends and neighbors a Happy Holiday Season before the busy time begins. Reservations are necessary. Call 508-882-3358 or 508-882-5251.

SEPTEMBER CALENDAR:

Sept. 1 – Sr. Center and Back Door Café closed for holiday. No Elder Bus service. LABOR DAY.

Sept 2 – Bingo – 12:20 p.m.

Sept. 5 – Trivial Pursuit 10:30 a.m.

Sept 8 – Chair Exercises 10:30-11:15a.m.

Sept 9 – **Primary Election** and Debt Exclusion vote – 7a.m.-8p.m.

Sept 15 – Chair Exercises – 10:30 a.m.

Sept 16 – Blood Pressure Check 11:15 a.m.

Sept 16 – Bingo – 12:20 p.m.

Sept 17 – Penny Bingo, Pizza Lunch and dessert – 11:00 a.m. (bingo), pizza (12:00 p.m.)

Sept 19 – Trivial Pursuit – 10:30 a.m.

Sept 22 – Chair Exercises – 10:30 a.m.

Sept 23 – Birthday lunch for those celebrating Sept and Oct birthdays. 11:45 A.M. Back Door Café.

THANK YOU

To the **Oakham Police Association and Officers**, our gratitude for another wonderful chicken bar-b-queue. What fun! And what a turn out – we had over 65 in attendance and sent out 14 take home dinners for those unable to attend. The support of the Oakham police department is greatly appreciated for the many services the officers have rendered us throughout the year.

To **John and Carol Cordiner and the Lake Dean volunteers**, we express our thanks for opening their pavilion at the Lake Dean Campground for the bar-b-queue and for their hard work in preparing, cooking and serving. It was a difficult job but handled so beautifully.

To **Dick and Barbara Bechan, John Sokol and Joan Kimball** for sharing with us the bounty of their gardens. The tomatoes, cucumbers and summer squash all taste better knowing that they come from friends.

To **Alfred Wilbur** of New Mexico for his kind donation given to help sustain the printing and mailing of the Herald newsletter.

To **Sheriff Lew Evangelidis** for sharing a member of the Sheriff's K-Nine services with us on August 12. **Deputy Sheriff Chobot** brought his drug detection dog to the Sr. Center for a demonstration of the work that goes into training these special dogs. His dog, Nikita, was very personable and friendly, but when on duty was totally focused on his job and performed very

well. This was a most interesting and enjoyable presentation.

IN OUR THOUGHTS

Please keep the following in your thoughts throughout the coming days: Bob Lindquist, Bettyanne Parsons, Gwen Sanford, Shirley Bunarowski, Evelyn Donohue, Sue Walsh and her family, The family of Fred Talevi, who passed away on Aug. 10, Lill Nichols, Becky Cameron, Arline and Richard Bergeron, Dot Urbanovitch, Marjorie Hamilton, Jean and Pat Pariset, Bob Whyte, Betty Spinney, Jeanne Parker, Harold Thurber, Kay McKeen, Maureen Wilkins, Jill Talevi and Catherine Rutherford.

We send our most sincere Best Wishes to each of these friends in hope that they will soon be well and with us here again.

So that none may be forgotten, please let us know of any joys, sadness or illness among our neighbors and friends.

WORCESTER REVOLUTION OF 1774:

In the August "Herald" we talked about the story behind the 1774 March for Independence in Worcester and how the Oakham Historical Association planned to commemorate this event by walking the 16.5 to Worcester as a re-enactment of the original march on August 9, 2014.

It was a beautiful day for such a walk. The participants gathered at the Oakham Common and started off with flute music of the era by Marcia Dwelly's granddaughter, Jessica, and led by a mounted horsewoman, Colleen Corice. Of the 30 that started the walk, 25

completed the march. Three of these walkers, we are proud to say, represented our senior population well: Bob Benoit, Lee Dougan, coordinator of the event, and Malcolm Ide. Congratulations to each of you. Well Done!!

As the final event to this historical moment in our history, a celebration of the 1774 Worcester Revolution will be held on Sunday, September 7, 2014 from 10a.m. until 5p.m. at the Institute Park area, Worcester, MA.

In September 1774 thousands of Central Mass militiamen put an end to British rule in rural Mass. Two years before the signing of the Declaration of Independence, the men and women of Worcester County fought and won their own revolution – without firing a shot.

At last the time to celebrate Worcester's role in American independence has come! On September 7, join Worcester County for a daylong festival commemorating this historical moment. Find out more at www.revolution1774.org/about and come an enjoy:

- A professional play by James David Moran telling the story of the Worcester Revolution
- Colonial crafts and music
- Kids' activities
- Author Ray Raphael book-signing and talk
- Historical reenactments, tours and discussions
- "Walking the Gauntlet" Reenactment
- Food and more!

Celebrate the 4,622 Militiamen
The 37 participating towns
This 1 Historic Day
That
Liberated Worcester County.

ELDERBUS: OAKHAM SERVICE SCHEDULE: Please keep this information on hand. This service has been acquired for you whenever you might need it.

**OUT OF TOWN MEDICAL:
Tuesday, Thursday and Friday**
Worcester/Auburn or Holden Area

Drop off 10a.m. – Last pick up 2p.m.
Other Out of town:
Drop off 9:30- last pick up 2:30 p.m.
One town out Monday – Friday –
Medical only

Drop off 9:30a.m.–last pick up 2:30pm
OUT OF TOWN GROCERY SHOPPING – WEDNESDAYS

**Hannaford Drop off 10:30 a.m.
\$1.25 Pick up 12:00 p.m.**
Call 1-800-321-0243 for more info and prices. Two-day notice needed for reservations.

SURPRISING THINGS THAT ARE CONTAGIOUS: cont'd from August Herald:

Happiness and other positive feelings rub off onto others. When you feel happy, a friend who lives within one mile is 25% more likely to feel happy and neighbors are 34% more likely to feel happy. Data show that an extra \$5,000 increased happiness by about 2%, a much lower impact than what's gained by having a joyful friend of a friend which can boost your own good feelings by 10%.

OAKHAM, COUNCIL ON AGING
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The printing of this newsletter is partially funded by the Executive Office of Elder Affairs.

**ELDER BUS DESTINATION TRIPS
SCHEDULE FOR OAKHAM**

Many of these destination trips fill up quickly. It is strongly recommended that you call at your earliest convenience to make a reservation

LOCATIONS

Xmas Tree Shoppes or Northborough Crossing \$4 – 3rd Friday of each month

Drop off 10:30a.m.
Pick up – 1:30 p.m.

Greendale Mall \$4
4th Tuesday of each month

Drop off – 10:30 a.m.
Pick up – 1:30 p.m.

Worcester Walmart \$4
2nd Thursday of each month

Drop off – 10:30 a.m.
Pick up – 12:30 p.m.

Auburn Mall \$4
1st Tuesday of each month

Drop off – 10:30 a.m.
Pick up - 1:30 p.m.

Destination trips are not rescheduled due to holidays, inclement weather or other service related cancellations.

The SCM Edlerbus strives to meet the transportation needs of our passengers. If you have a group with a special destination request that is not on our schedule, please call our office.

