



THE OAKHAM HERALD

No. 8

SEPTEMBER, 2017

Back Door Café
Closed Wed.
508-882-5251

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 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

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
Lil Nichols

September at the Back Door:

Well, summer's been fun. But September marks a return to the comfortable routines and ordinary pleasures of everyday life. Here at the Back Door Café, we're looking to resume our own routine enjoyments this month, including:

Chair exercise classes – Mondays at 10:30

Trivial Pursuit – every 1st and 3rd Friday of the month. We welcome all challengers!

Bingo – every 1st and 3rd Tuesday. Prizes will be \$1 for each winning card and a complimentary lunch to the winner of the cover-all. 6 or more players required to play.

Cards – 2 pm every Sunday afternoon, followed by refreshments.

But September also marks the beginning of a new season with new initiatives. We'll kick things off with a **Pot Luck Lunch**. We have many wonderful cooks in Oakham, so please start planning on your special dish to bring with you on September 13 (Wednesday) at 11:30 am. We love to share new dishes and recipes. And, it's a good time to use up the produce from the garden! Please sign up by calling 508-882-5251.

HAPPY BIRTHDAY WISHES go those celebrating a September birthday. You are all cordially invited to join us on September 21 for a complimentary birthday lunch. The menu will include sliced Roast Beef for sandwiches, potato salad, three bean salad, cantaloupe, cake and ice cream. Please call in your reservations on or before September 19, 2017.

Also, don't forget our healthy salad bar days on September 22 – a spinach salad bar and on September 28 – a Waldorf salad bar. We will also serve a garden salad bowl on September 12 for your enjoyment.

Each of these salad days also comes with a special surprise dessert.:)

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A BIG THANK YOU! to the Oakham Police Department for inviting us to their annual Chicken BBQ, and to John and Carole Cordiner for hosting the lunch at Lake Dean Camp Pavilion and to their staff for all the work that went into preparing and serving the meal. It was delicious and the atmosphere was warm despite the rain!



Future Events:

October 5: Fall Foliage Paddlewheel Boat Cruise on Lake Webster. Hurry! Sept. 5 is the last day to get your check in for tickets. See our flyer insert for more information. Call Rick Hendra at 508-882-3083 with any questions.

October 11: Penny Bingo and Pizza Party. So save up your pennies. Please sign up at the Back Door Café and tell us what your favorite pizza is. The COA will provide a salad to go with the pizza and a dessert after. Don't want to play bingo? Come at noon then, and just share a pizza with us.

November 15: pre-Thanksgiving Lunch at Charlie's. This is an annual favorite – only \$5. Sign up at the Back Door Café – and come see Charlie's new addition and remodeling!

New Lunch Offerings: The COA has added some enhancements to the lunches at the Back Door Café. Twice a month, we will be adding a fresh and healthy salad bar prior to our usual lunch and then a specialty dessert after, for everyone to enjoy.

In August at the Café, we made these additions to three of our menu lunches. The desserts were homemade Pineapple Upside Down Cake; a warm homemade brownie sundae dessert complete with vanilla ice cream, chocolate sauce, nuts, whipped cream and a cherry on top; and finally, a delicious homemade peach cobbler. We have more temptations planned for September!

There will be no additional donation for these items, just the usual suggested \$2.50 that's regularly in place. So this is a very good meal – and a very good deal, open to all residents. We hope you will come, enjoy the lunch, and make new friends. Please make reservations 48 hours in advance by calling Jan at 508-882-5251.

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*Any activities you'd like to see? Let us know!*

### Senior S.A.F.E. Program:

Co-sponsored by your COA and Oakham's 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.

That's a lot of free stuff and benefits, all leading to a satisfied mind. Why more folks haven't taken advantage of these inspections is hard to fathom. Do yourself a favor...

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

**News from the Oakham Historical Association:**

Because we know that many seniors are interested in our Town history and because we are fortunate to have a very active Historical Association (and room in this edition of the Herald)...

On June 14, the OHA held a talk on the history of New England clock making, by Robert Cheney, the Director of Clocks, Watches & Scientific Instruments at Skinner Auctions and consulting conservator of clocks at Old Sturbridge Village, where he has served since 1977. The Oakham Historical Museum was packed for the presentation and Cheney didn't disappoint. With slides and humor, he told of the transition that occurred in New England clock making in the beginning of the 19<sup>th</sup> century. He spoke about the pivotal role the Willard family played in the shift from individual handmade clocks – of which a clockmaker might produce fewer than two dozen over the course of his career – to a manufacturing enterprise, involving division of labor, standardization of parts, and the resultant

production of (in Aaron Willard's case) well over a thousand clocks over the course of his life as a clock manufacturer. Needless to say, their pay improved considerably over the course of this shift.

Cheney's talk also touched on the clocks made by Oakham's own William Crawford, a fine sample of which is now installed at the Oakham Historical Museum. After the talk, listeners partook of refreshments while viewing said timepiece and other Museum treasures.

The Historical Association also sponsored a fundraising "Oakham Garden Tour", which visited a number of impressive gardens in Town, along with the new winery on Ware Corner Rd.

**Poetry Corner:**

**Old things are more beautiful**

*Old things are more beautiful  
 than many things brand new  
 because they bring fond memories  
 of things we used to do.  
 Old photographs in albums  
 love letters tied with lace  
 recapture those old feelings  
 that new ones can't replace.  
 Baby shoes, a teddy bear,  
 a ring that Grandma wore,  
 are treasures waiting there behind  
 a door marked "Nevermore".  
 Old things are more beautiful,  
 more precious day by day.  
 Because they are the flowers  
 we planted yesterday.*

Author: Clay Harrison

OAKHAM COUNCIL ON AGING

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#### Profile for September: Jan Pierce

*This is the first in a monthly series of capsule introductions to some of the staff, volunteers, and regulars who make the Back Door Café and Senior Center such a welcoming and friendly place. We kick off our Profiles series with an intro to our Café Coordinator (and chief cook and bottle washer), Jan Pierce:*

Jan Pierce has been Site Coordinator (chief cook and bottle washer, not to mention meals-on-wheels driver) at the Back Door Café for 7 years now. She and husband Bob (who often joins us for lunch) have been married since 1964(!), and live in Rutland now. They're looking to move to Oakham, as they like its church and its small town charm.

Jan and Bob are both from Auburn, but didn't meet till after Jan had moved and graduated from Oxford High. They moved to a 50 acre farm with a 50' x 100' vegetable garden and many animals, including cows, pigs, and upwards of 2 dozen sheep. Everything but goats. These weren't easy

times, as money was tight, their 200 year old farm house lacked insulation, and they had to build their barn themselves. There were few vacations. "But we ate like kings", Jan says. And they raised two good kids, Ken and Wendy, while they were at it.

They eventually gave up the farm and moved to Rutland where Jan worked in the cafeteria at Naquag. She moved on to delivering meals on wheels in Rutland. She liked the work and the people. And before long, she was recruited for the open Site Coordinator's position in Oakham ("Where's that?", she wondered). She wasn't sure til she met Lucy and Werner Tessnau. But that's a story for another time. Thanks for sharing, Jan!!

