Oxford Area Senior Center

Center Voice

12 East Locust Street, Oxford, PA 19363
610-932-5244
www.oxfordseniors.org
email: contact@oxfordseniors.org

May 2024

Find us on Facebook

Center's Hours are:
Monday-Friday
9:00 am - 3:00 pm

Director's Corner

Spring is officially here, and summer is just around the corner! Just heard someone say "play ball". We can say goodbye to cold, snowy weather. We've escaped a harsh winter season, and except for the rain, should all feel fortunate about the past few month's weather.

We want to give a special shout-out to this years volunteer AARP Tax Preparers. They provided hours and hours of time each Thursday and every other Wednesday, assisting seniors in preparing their tax returns. A tremendous service to our senior community. A Huge Oxford Area Senior Center **"THANK YOU"** to each one of the six volunteer tax preparers! They completed 200 federal and state income tax returns.

We wish to give ***Chesco Connect*** a big thanks for providing the senior bus transportation service to those over 65 years of age. It's been a year since taking over from Rover Bus Service and they have done a marvelous job coordinating all the rides for our consumers. If you're not registered to ride, stop by the center and pick up an application. It's a tremendous service. See page 9 for additional information.

We are asking everyone coming for lunch to arrive a little early. We will begin our lunch procedure at 11:50am on Mon, Tues, Thu and Fri. Wednesday is our busiest day so we start at 11:45am. Please arrive early enough to be seated by our starting time.

Remember, FREE SWIM at the Jennersville YMCA every Thursday 11am to 1pm. See the article on page 14.

The COVID Virus, with all of it's variants, isn't over yet! It* remains a threat to all, especially you, the senior residents of our community**. ***Be aware of the people you're around and their health situation. Continue to be safe.

Read the informational articles in this newsletter and see the daily activities we offer.

Come and join us!!

Jim

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Contact Us

Our email address:
contact@oxfordseniors.org
This is for general questions and information.
Each staff member has their own email address.

MISSION STATEMENT: The mission of the Oxford Area Senior Center is to enhance the quality of life of senior citizens in Southern Chester County by providing programs and services that promote health, wellness, and fellowship.

THANKS TO LAST MONTH'S…

VOLUNTEERS

Thank you to AARP Tax Volunteers
- Verne LaRosa
- Frank Campbell
- Peggy Cole
- Jim Elmore
- Sue Green
- Dave Schindler

And to our always reliable friends who help:
- Vickie Arnold
- Mary Baringer
- Paul Baringer
- Howard Billings
- Isabella Carron
- Jerry Coleman
- Tom Craft
- Coleen Cruz
- Christine Dolinger
- Gerry Ferguson
- Jane Freeman
- Valerie Irving
- Monique Manfield
- Giuliana Mascali
- Rose Morrone
- Gigi Odom
- Betty Poole
- Pauline Riegel
- Kathie Roy
- Tina Sauk
- Bonnie Smith
- Kathleen Smith
- Susan Snook
- Theresa Taylor
- Ashley Webster

IN KIND GIFTS

Giant Food Store, Jennersville
Philips Florist
Bingo Donors
Barbara Morris

DONORS

Patricia Anderson
Kristie DePew
Jane McNamara
Darlene Ruffatt

Thank You!

Donating made easy

For your convenience you can donate from our website. Check out http://oxfordseniors.org/donateoasc.htm and click on DONATE

PayPal

Donate

PARTICIPATION INFORMATION

Oxford Area Senior Center does not have a membership fee. We have a **Voluntary Participation Contribution**. We encourage everyone to make your voluntary participation contribution in the same month every year. The date that you last contributed is located on the front cover of your newsletter above your name and address.

Please update your Information Form at the same time. An Information Application is available at the Center's hostess desk or on our website (www.oxfordseniors.org). Thank you for staying current as it helps us maintain the programs and services of the Center. If you need help in completing this form, please ask for assistance. We'll be glad to HELP.

Come Join Us...

Participate and be more active! Come for the companionship and camaraderie.

It is our purpose to offer activities and programs that are of utmost interest to our senior friends.

These include:
Health Care Issues, Daily Lunch, Nutrition and General Interest Topics, Daily Living Skills, Exercise Classes, Computer & Technology Help, Art and Crafts Programs, Day trips, and other various activities.

We provide a great many avenues for the seniors in our community to explore. So, come join us. We would enjoy having you.

IN MEMORY

We wish to offer our condolences to the family and acquaintances of our dear friends:

Ruth Ann Ankney
C. Robert Barnett
Catherine Shoop

OUR BEST WISHES & THOUGHTS GO TO:

Charles Ankney
June Brown

And to the Families of:
- Ruth Ann Ankney
- C. Robert Barnett
- Catherine Shoop

INFORMATION & REFERRAL

Spring has really blossomed into a beautiful thing. Flowers grace our lawns and the flowering trees are beautiful. I love the fresh colors of spring.

Now is the time for a fresh start, time to get rid of the depressive winter blues. Some of you will be able to start planting flowers and vegetables. Be careful not to overdo, start gradually. SilverSneakers classes can do a lot to loosen your joints and prepare for spring and summer activities. You might even want to try Zumba Classes or Gentle Stretching!! Any activity does much to improve mental and physical well being. GET INVOLVED!! I understand some of these classes are available through Zoom. (see page 14)

TAX/RENT Rebates have been extended with a Dec. 31st. deadline. Call for an appointment to get these filed. The increased income allowance is awesome!!!

Chester County Food Bank in Exton is supplying us with Senior Food Boxes. They are delivered to the Oxford Senior Center on the first Monday of each month. If you are at least 60, live in Chester County and fall within the income guidelines, you may qualify for the monthly box. Income is based on ***household*** *income, not individual. Husband & wife may each receive a box if their combined income qualifies. Boxes contain vegetables, canned meat, pasta, milk, cereal, fruit, and non-fat protein. Great way to nutritionally supplement your food supply. See page 15 for more food information.*

We are always open to talk with those ready to begin Medicare. If you, or someone you know is turning 65 or getting ready to retire, be sure to make an appointment to talk about all the choices necessary to be made. Missing the timetable for making these decisions can be costly! Call to register for my in person Medicare 101 on Monday, May 6th at 7:00pm. Also available the PAMedi county number, (610) 344-5004, to sign up for the Medicare 101 classes available through Zoom. For info go to: Chester County Library Events Calendar at ccls.org then click on Events. Search for "Medicare".

I recently returned from a Pace plus training event. Some things have changed but, for the most part, Pace/Pacenet is the best kept secret in PA. Recent increases in income apply. If you are single, with yearly 2023 income below $33,500 you qualify for one of the programs. Married combined income must be below $41,500, even if only one is applying. If you've never applied, you can apply on-line or by calling them at (717) 651-3600 or (800) 225-7223. This plan is restricted to PA residents and for use in PA pharmacies only. (Can't use while snow birding in Florida!!) Get the word out—Pace plus is credible coverage for Medicare Part D. Call if you have any questions.

Enjoy the month of May with all it's beauty. Summer is coming and with it comes the ***Farmers Market Food Vouchers. As soon as we have the information on the program we will announce this years procedure.***

Have a great May!!

Sally

WHAT IS INFORMATION & ASSISTANCE?

From time to time we all know we need information but have no idea how to find answers.

WHO IS SALLY ARTER?

Sally is the Center's very own Information & Assistance Specialist. Her responsibilities include helping you find the answers to your questions.

REFER WEB

The Chester County Department of Human Services is pleased to introduce Refer Web, an Information and Referral web-based application. Simply visit their web-site at www.chesco.org/human. Once on the site, locate the Refer Web icon, click on it and start searching.

MAY 2024 MENU

Call 610-932-5244 - Business Hours: 9:00 am - 3:00 pm
Call or email to sign up for lunch TWO days in advance.
Cancellations should be called in asap or no later than 10am to help in not wasting food.

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

MON	TUE	WED	THU	FRI
Lunch announcements will begin at 11:50am so we can start serving by noon. Cleanup at 12:30, Program at 12:45pm				
SENIORS 60 & ABOVE A voluntary confidential requested $2.00 donation INDIVIDUALS UNDER 60 $5.70	**Food Vendor** **Oxford Area Senior Center** 	1. Beef Stroganoff Brown Rice Carrots Dinner Roll Mandarin Oranges	2. Tomato Soup Crackers Meatloaf Gravy Mashed Sweet Potatoes Broccoli Peaches Dinner Roll	3. Tuna Noodle Casserole Winter Blend Vegetables Pears
6. Deconstructed Chicken Pot Pie Brussel Sprouts Peaches	7. Escarole Soup Crackers Cheese Steak w/ American Cheese, Sautéed Onions on Roll Sweet Potato Fries Mandarin Oranges	8. Chicken Parmesan Spaghetti California Blend Vegetables Pineapples	9. Cream of Potato Soup Crackers Chicken Cacciatore w/Peppers & Onions Marinara Sauce Pasta Dinner Roll Pears	10. Seafood Newburg Brown Rice Winter Blend Vegetables Dinner Roll Fruit Cocktail
13. Open Faced Roast Beef Brown Gravy Wheat Bread Mashed Potatoes California Blend Vegetables Tropical Fruit	14. Vegetable Soup Crackers Chicken Marsala Oven Roasted Potatoes Brussel Sprouts Dinner Roll Mandarin Oranges	15. **Birthday Party** Roast Turkey w/ Gravy Mashed Potatoes Green Beans Dinner Roll Cupcake Ice Cream Cup	16. Beef & Cabbage Soup Crackers Baked Chicken Breast Au Gratin Potatoes Winter Blend Vegetables Vanilla Pudding	17. Lasagna Marinara Sauce Parmesan Broccoli Oatmeal Cookies
20. Rotisserie Seasoned Chicken Au Gratin Potatoes Winter Blend Vegetables Dinner Roll Chocolate Pudding	21. Beef Barley Soup Crackers Turkey Cheese Hoagie w/ Lettuce & Tomato Pineapples	22. Chicken Cordon Bleu Roasted Potatoes Brussel Sprouts Dinner Roll Tropical Fruit	23. Salisbury Steak Brown Gravy Mashed Potatoes Peas & Carrots Dinner Roll Mixed Fruit	24. Corn Chowder Soup Crackers Garlic & Herbed Baked Tilapia Scalloped Potatoes Carrots Mandarin Oranges
27. Closed for the Holiday 	28. Chicken Noodle Crackers Turkey Burger w/ American Cheese on Hamburger Bun Cole Slaw Tropical Fruit	29. Beef Stroganoff Brown Rice Carrots Dinner Roll Mandarin Oranges	30. Tomato Soup Crackers Meatloaf Gravy Mashed Sweet Potatoes Broccoli Peaches Dinner Roll	31. Tuna Noodle Casserole Winter Blend Vegetables Pears

ALL MEALS SERVED WITH MILK, COFFEE OR TEA (HOT OR COLD)

Senior Center membership is not required for those 60 and older to participate in the lunch program. Chester County residents 60 and older are invited to attend their local Senior Center to enjoy a noon time meal. There is no cost for the meal but you must reserve your meal TWO days in advance. (Cancellations should be called in asap or no later then 10am to help in not wasting food.) A voluntary confidential contribution of $2.00 is appreciated toward the cost of the meal but is not required. *The official registration and financial information of Chester County Department of Aging Services may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.*

Chesco Connect Transportation Available for 65+

MAY 2024 ACTIVITIES

MON	TUE	WED	THU	FRI
Lunch announcements will begin at 11:50am so we can start serving by noon. Cleanup at 12:30, Program at 12:45pm				
 Sunday **May 12, 2024**	**(OS) = Off-Site via Zoom** **ABC = Always Best Care**	1. 8:30 Gentle Stretching & Balance (OS) 10-11 Blood Pressure 10-11 Q&A/Tech Help 10-12 Cards/Games 11:45 Lunch **12:45 Bingo** 2-3 Q&A/Tech Help	2. **8:45-3:30 Trip - Barnstormer's Baseball Game** 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch **12:45 Cards/Games** 2-3 Q&A/Tech Help 4:30 Zumba	3. 8:30 Gentle Stretching & Weight Lifting (OS) 10-12 Cards/Games 11:50 Lunch **12:45 Cards/Games**
6. 8:30 Gentle Stretching & Balance (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch **12:45 Cards/Games** 2-3 Q&A/Tech Help 7:00 Medicare 101	7. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch **12:45 ABC Bingo** 2-3 Q&A/Tech Help 4:30 Zumba	8. 8:30 Gentle Stretching & Weight Lifting (OS) 10-11 Blood Pressure 10-11 Q&A/Tech Help 10-12 Cards/Games 11:45 Lunch **12:45 Bingo** 2-3 Q&A/Tech Help	9. 9:30-2 **Senior Picnic at Springton Manor Farm**, Glenmoore, PA (Reservation required by 4/25/24.) 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch **12:45 Cards/Games** 2-3 Q&A/Tech Help 4:30 Zumba	10. 8:30 Gentle Stretching & Balance (OS) 10-12 Cards/Games 11:50 Lunch **12:45 Cards/Games**
13. 8:30 Gentle Stretching & Weight Lifting (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch **12:45 Give your Brain A Boost with Matt Thompson** 2-3 Q&A/Tech Help	14. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch **12:45 Human Trafficking, part 2 Sound of Freedom** 2-3 Q&A/Tech Help 4:30 Zumba	15. **Birthday Party** 8:30 Gentle Stretching & Balance (OS) 10-11 Blood Pressure NO Q&A/Tech Help 10-12 Cards/Games 10-12 Constituent Outreach 10-12 Edward Jones Advisor 11:45 Lunch **12:45 Entertainment: Rich Blane**	16. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch **12:45 Cupcake Decorating** 2-3 Q&A/Tech Help 4:30 Zumba	17. 8:30 Gentle Stretching & Weight Lifting (OS) 10-12 Cards/Games 11:50 Lunch **12:45 Cards/Games**
20. 8:30 Gentle Stretching & Balance (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch **12:45 Civil War Presentation** 2-3 Q&A/Tech Help	21. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch **12:45: Cards/Games** 2-3 Q&A/Tech Help 3pm Board of Directors Meeting 4:30 Zumba	22. 8:30 Gentle Stretching & Weight Lifting (OS) 10-11 Blood Pressure 10-11 Q&A/Tech Help 10-12 Cards/Games 11:45 Lunch **12:45 Bingo** 2-3 Q&A/Tech Help	23. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch **12:45 Petals Please** 2-3 Q&A/Tech Help 4:30 Zumba	24. 8:30 Gentle Stretching & Balance (OS) 10-12 Cards/Games 11:50 Lunch **12:45 Cards/Games**
27. **Closed for the Holiday** 8:30 Gentle Stretching & Weight Lifting (OS)	28. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch **12:45 Cards/Games** 2-3 Q&A/Tech Help 4:30 Zumba	29. 8:30 Gentle Stretching & Balance (OS) 10-11 Blood Pressure 10-11 Q&A/Tech Help 10-12 Cards/Games 11:45 Lunch **12:45 Bingo** 2-3 Q&A/Tech Help	30. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch **12:45 Cards/Games** 2-3 Q&A/Tech Help 4:30 Zumba	31. 8:30 Gentle Stretching & Weight Lifting (OS) 10-12 Cards/Games 11:50 Lunch **12:45 Cards/Games**

Chesco Connect Transportation Available for 65+

TRIPS

TAKE ME OUT TO THE BALL GAME

THURSDAY, MAY 2, 2024

Itinerary: Lunch, admission, bus and a souvenir

Cost: $45.00
Payment due at sign-up

Leave: Promptly at 9:00am
(be here at 8:45am)

Return: 3:30pm (approx.)

JERSEY BOYS THE DUTCH APPLE THEATER

TUESDAY, AUGUST 27, 2024

Itinerary: Bus ride to and from center, Admission to show and buffet lunch at Dutch Apple Theater.

Cost: $99.00
Payment due at sign-up

Leave: Promptly at 10:30am
(be here at 10:15am)

Return: 4:00pm (approx.)

PRIDE OF THE SUSQUEHANNA

Tuesday, July 16, 2024

Come join us on one of the last remaining paddle-wheel riverboats in America

**Along with lunch at Stock's on 2nd Street
Fine dining at it's best**

**Choice of
Eggplant Parmesan
Slow-Roasted Brisket
Jumbo Crab Cake**

Itinerary: Bus Transportation, Lunch, Paddle-wheel riverboat

Cost: $99.00
Payment due at sign-up

Leave: To be determined
(approx. 10:00am)

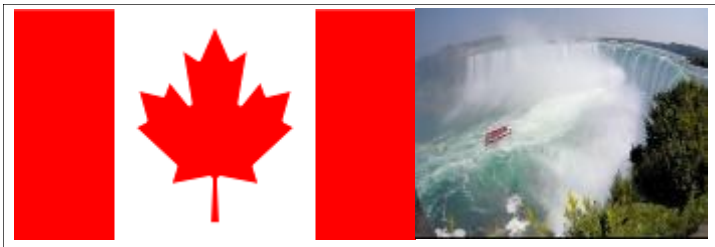
Return: To be determined
(approx. 5pm)

**Seats are limited
Sign up with Beth**

Trip Policy

- Reservations required for all trips, no refunds after deadline date.
- Payment due at sign up, please see Beth
- Questions regarding trips, call 610-932-5244 or email us at contact@oxfordseniors.org

TRIPS



NIAGARA FALLS ONTARIO

4 DAYS-3 NIGHTS
September 10-13, 2024
Includes

- 3 Nights lodging
- 3 Breakfast
- 3 Full Course dinners
  - Including Skylon Tower
- All day tour of Niagara, including Niagara–on-the-Lake
- All day tour of Toronto
- Toronto Harbor Cruise
- Famous Hornblower Boat Ride
- Tour of the Falls
- Visit to Welland Canal
- The Beautiful Floral Clock
- Visit to Niagara Fallsview Casino
- Souvenir gift, Luggage Handling
- And all taxes & meal gratuities
- Escort for entire trip

Price per person for Double Occupancy $950.00
Sign up with Beth with a $200.00 deposit
Valid Passport is a requirement

TRIP DAYS AND PARKING

Due to our limited parking, we ask that when you go on one of our trips, please park in the Nazarene Church parking lot. The church has graciously allowed us to park there. This will keep the limited street parking spaces open for folks visiting us during the day.

Thank You.

GETTYSBURG

THURSDAY, OCTOBER 3, 2024

8:00am Depart from Center (be here at 7:45am)

10:00am 2-Hour Battlefield Tour – A Licensed Battlefield Guide will board our bus. As we travel the 26 miles and 6,000 acres of this hallowed ground, we will hear the stories of the men from the North and the South who fought so valiantly for 3 days in July of 1863.

12:15pm The Farmhouse Restaurant - Delicious food served buffet style! Lovely atmosphere! Something for everyone! (Formerly Pickett's Buffet)

1:30pm Jennie Wade House Museum: Jennie was the only civilian to perish during the 3-days of the Battle. Learn about her family's struggles and fight for survival during those harrowing days as we explore the house that she fled to for safety. (45 minutes to an hour.)

2:30pm World War II America Experience – This Museum has a wide variety of authentic WWII vehicles, uniforms and artifacts in realistic dioramas and exhibits that portray, not just the battlefield, but the home front as well, from this greatest generation.

3:00pm: Depart for home, be back approximately 5:00pm

PRICE PER PERSON: $125.00

We are planning upcoming trips.

Any trip suggestions?
Let Beth know where you would like to go.

610-932-5244

bpellegrini@oxfordseniors.org

What's Happening!!

Medicare 101
w/ Sally

Monday, May 6
7:00pm
Sign up requested

Bingo with Vanessa
from
Always Best Care

Tuesday, May 7
12:45pm

Give your Brain a Boost

Monday, May 13
12:45

Presented by Matt Thompson
from Humana

Join us for part 2
A.C.E
Peggy Russell

Tuesday, May 14

Starting 10:00am-11:45am
Finishing 12:45pm-2:00pm

Birthday Party
Entertainment
Richard Blane

Wednesday, May 15
12:45pm

Cupcake Decorating
Sponsored by Ashley Webster

Join Us for More Cupcake Fun

$10.00 for two cupcakes and all supplies

Sign up with Beth
Space is limited

Thursday, May 16
12:45pm

Civil War Presentation
with Brian Mackay
A civil war reenactor
Learn about the
History of Our Country
and see authentic memorabilia

Monday
May 20

12:45pm

Craft day where we will be either decorating and painting jars or floral arrangements, depending on availability of flowers.

Thursday, May 23
12:45pm

They have asked that we help to spread the joy by collecting small vases, soup cans, and small baskets.

CARDS/GAMES
Monday-Friday mornings: 9:30am-11:30am
Afternoons no other program:
12:45pm-2:45pm
When there is a program: 2:00pm-2:45pm

Our afternoon programs will start at 12:45pm (right after lunch).

CONSTITUENT OUTREACH

State Senator Carolyn Comitta's Constituent Outreach Representative is available to answer any question you may have regarding Commonwealth of PA programs and services they offer.

The representative will be at our center on the **3rd Wednesday of every month.** The next visit is:

Wednesday, May 15
from 10:00am to noon

West Chester District Office: 610.692.2112
Harrisburg Office: 717.787.5709

Joe Oliver, Financial Advisor will be at our center on the **3rd Wednesday of every month.** The next visit:
Wednesday, May 15
from 10:00am to noon

Shared Ride Program

Chester County Department of Community Transit "CHESCO CONNECT"

Chesco Connect provide trips to individuals age 65+ for the following:

- Riders traveling for health care or medical services covered by Medical Assistance
- Persons with disabilities traveling for recreation, work, shopping, and medical trips
- General public riders paying the full fare

Contact 610-344-5545 to schedule rides

FARE RATE

Seniors riding with Chesco Connect are required to pay a **$1.00 fare per ride for essential trips**. **Please ensure you have the correct fare** as Chesco Connect drivers do not make change.

If you have any questions or are interested in setting up a pre-paid account with Chesco Connect, please contact them at 610-344-5545.

MAY BIRTHDAYS

Jane A. Hershey
Harold C. Broomell
Maryann French
Wheeler E Lee III
Martha K Makanna
Nikolaus S. Fingerle
RC Bledsoe
Russell D Lomax
Robert L. Dawson Sr.
Carolyn W. Lindsay
Lawrence C Reese
Nancy C. Harpe
Alpha F Kirk
Carolyn L. Osborn
Mary A. Sumner
Jane L. Freeman
Mary Rebecca Miller
Diane H. McMichael
Patricia J. Brolley
Sylvia Gosztonyi
Gayle Fisher
Wanda F. Forbes
Catherine M Dubosque
Josanne E Hubscher
Judy A. Strawbridge
Angeleta Havelow
Joan F Sheets
Sonja Mellinger
Ellen F. Howell
Dennis R Laker
Nellie L. Patrick
Mary V. Smith
Dorothy A. Bradley
Charles P. Miller
Deborah A. Rubincan
Judith D. Menzel
Edith H. Sumner
Sandra E. Stuart
Robert G Manocchio
Diane M. Brough
Barbara A. Price
John D. Baker
Steven Trout
Janet L. Wagner
Patricia Barker
Irene E Meadows
Sharon M. Bruno
Janice Lorene Weaver
Virginia L. Noblit
Stephen Roberts
Jane L O'Neil
Rufus P. Willis
Marsha E. Swift
Gayee P. Fye
Charles H. Wichhart

Monday, May 27, 2024

Oxford Area Senior Center

1974 - 2024

Thursday, June 6, 2024

Special Program
Daily Participants
12:45pm-2:00pm

Open House
General Public
4:00pm-7:00pm

Door Prizes

Raffles

Food

History

Celebrating 50 years of service to older adults

Heroes

By Ralph Roten

Most everyone has a hero
Myself, I have four
They keep America safe
From all evil forces and all hostility
On land, in the air, and on our seas
They make it possible for you and me
To have our hopes and pursue our dreams
My heroes are the Army, Navy, Air Force and Marines

They don't make a fortune running for touchdowns
Or catching fly balls in the outfield
They don't do commercials selling shoes and automobiles
They aren't hitting golf balls up the green
My heroes are the Army, Navy, Air Force and Marines

They fought and won many wars
No doubt they will fight many more
To all evil forces around the world
This I think you should know
America has the most powerful team
Our Army, our Navy, our Air Force, our Marines

Any place on the face of this earth
Should violence erupt
They will be there to protect
Each and all of us
So to those daring and serene
You will forever be my heroes
The Army, the Navy, the Air Force, the Marines

OLDER AMERICANS MONTH

POWERED BY CONNECTION: MAY 2024

Why Social Connections Matter

Social Connections are our relationships and interactions with family, friends, colleagues, and neighbors within our neighborhoods, digital environments, schools and workplaces. Social connection: the structure, function, and quality of our relationships with others—is a critical and underappreciated contributor to individual and population health, community safety, resilience, and prosperity. However, far too many Americans lack social connection in one or more ways, compromising these benefits and leading to poor health and other negative outcomes. Social isolation and loneliness are related, but they are not the same. Social isolation is objectively having few social relationships, social roles, group memberships, and infrequent social interaction. On the other hand, loneliness is a subjective internal state.

How Social Connection Impacts Individual Health and Well-Being

Extensive scientific findings from a variety of disciplines, including epidemiology, neuroscience, medicine, psychology, and sociology, converge on the same conclusion: social connection is a significant predictor of longevity and better physical, cognitive, and mental health, while social isolation and loneliness are significant predictors of premature death and poor health. In fact, the benefits of social connection extend beyond health-related outcomes. They influence an individual's educational attainment, workplace satisfaction, economic prosperity, and overall feelings of well-being and life fulfillment.

A National Strategy to Advance Social Connection

The world is just beginning to recognize the vital importance of social connection. While the evidence of the severe consequences of social isolation, loneliness, and overall social disconnection has been building for decades, a global pandemic crystallized and accelerated the urgency for the United States to establish a National Strategy to Advance Social Connection. Such a strategy not only recognizes the critical importance of advancing social connection, but also serves as a commitment to invest in and take actions establishing that our connection with others is a core value of this nation.

Excerpts from **Our Epidemic of Loneliness and Isolation 2023**: **The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community**
https://www.hhs.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf

Happy Mother's Day

My Mother kept a garden,
A garden of the heart.
She planted all the good things
That gave my life its start.
She turned me to the sunshine
And encouraged me to dream.
Fostering and nurturing
The seeds of self-esteem.
And when the winds and rain came,
She protected me enough.

Sunday, May 12, 2024

But not too much because she knew
I'd need to stand up strong and tough.
Her constant good example
Always taught me right from wrong.
Markers for my pathway
That will last a lifetime long.
I am my Mother's garden.
I am her legacy.
And I hope today she feels the love
Reflected back from me.

Community Services

Whole-Home Repairs Program

The Whole-Home Repairs Program assists eligible low-moderate-income Chester County homeowners in making critical repairs so their homes are habitable, safe, accessible, and healthy.

Chester County WHR Program awards must be below the amount of $25,000 and will support labor and materials needed to complete home renovation activities. Homeowners are required to meet program eligibility requirements and approved scopes of work will only include repairs that directly address immediate health, safety, habitability, and accessibility concerns.

To view the Chester County Whole-Home Repairs Program Policies and Procedures (9/29/23) visit https://www.chesco.org/5441/Whole-Home-Repairs-Program

If you have an interest in the Whole-Home Repairs Program, please call 610-713-8088 or visit www.goodworksinc.org/whrp

Applications will be accepted until all funds have been awarded to eligible applicants.

WHOLE HOME REPAIRS

PA Dept. of Health Updates
As always, stay directly informed on COVID-19 by visiting the Pennsylvania Department of Health's website, which is regularly updated. https://www.health.pa.gov/Pages/default.aspx#

CDC COVID Updates
Visit the CDC website for the latest information, https://www.cdc.gov/coronavirus/2019-ncov/index.html

Chester County COVID Updates
Visit this website for the latest information for Chester County: https://www.chesco.org/4376/Coronavirus-COVID-19

Governor's Websites
Visit the Governor's websites for important information on the COVID-19 situation.

Pennsylvania Governor's website:
https://www.governor.pa.gov/
Maryland Governor's website:
https://governor.maryland.gov/
Delaware Governor's website:
https://governor.delaware.gov/

Veterans Affairs
In case you are a veteran or know of one in need, please call 610-344-6375

Emotional Support
Where people can turn if they need to talk:
Emotional Listening Line at 800-932-4616. http://www.contacthelpline.org/emotional-listening-support
The Chester County Department of Mental Health has compiled information on how to access help and support during the COVID-19 pandemic. Visit their website and help us to get the word out by sharing this message. https://www.chesco.org/615/Mental-HealthIntellectual-Dev-Disabiliti

Chester County Warm Line: 866-846-2722 or visit chesco.org/mhidd

COVID-19 Statewide Support & Referral Line: 855-284-2494

Oxford Area Senior Center
As always be sure to also check our website at www.oxfordseniors.org or Facebook page for any updates.

Community Services

Center Voice
Page 13

Legal Services

Free Legal Advice

Chester County Department of Aging Services

The Chester County Dept. of Aging Services is making an attorney available to senior residents of Chester County on the 2nd Wednesday of every month from 9:00 AM to 12:00 PM. This service is free to senior residents of Chester County. Appointments are required. For more information or to schedule an appointment, contact the Dept. of Aging at 610-344-6350. All appointments are at the Dept. of Aging in West Chester.

SLC SeniorLAW Center
Protecting the Rights of Older Pennsylvanians

Legal Helplines

The Pennsylvania SeniorLAW Helpline is a toll-free, state wide hotline for legal information, advice, and referral service for Pennsylvania senior citizens (60 years and older). This is a free and confidential telephone service, staffed by attorneys Mon-Thu from 10:00am-2:00pm. Call 1-877-727-7529. You can also visit their website http://seniorlawcenter.org/ for more information.

Legal Aid Advice & Referral Helpline

Pennsylvania Legal Aid Network

Legal Aid of Southeastern PA operates a toll-free telephone intake, brief advice and referral system. If eligible, you can receive immediate assistance with a legal question or concern. Call 877-429-5994, Mon-Thu, from 9:00am-1:00 pm.

alzheimer's association

Dementia Caregivers Support Group

Presented by:
Alzheimer's Association, Delaware Valley Chapter

First Saturday of the month
10:00-11:30am

St. Christopher's Episcopal Church House
112 Lancaster Pike, Oxford, PA 19363
610-357-8698

Visit alz.org/delval to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected®, our online community at alzconnected.org

Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system
- Exchange practical information on challengers and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources

800-272-3900 | alz.org®

Health and Wellness Programs

Ditch the Workout and Join the Party!

ZUMBA fitness classes every

Tuesday	*Thursday*
4:30-5:15pm	4:30-5:15pm

ADULTS OF ALL AGES WELCOME!!

Just $3 a class!
Bring a friend or 2 or 3!!

Kim Malone, Certified Zumba Instructor
For more information, call Kim @ 610-620-4676
or OASC @ (610) 932-5244

Free Blood Pressure Checks

A volunteer nurse is at the Center on Wednesday mornings from 10am to 11am. Stop by, have your blood pressure checked, enjoy some coffee or tea and spend some time with us.

NEED HELP BALANCING YOUR CHECKBOOK?

For those of you who need help balancing your checkbook, Jane Freeman can help you. You must contact Jane directly at (610) 932-2619 to schedule your appointment. Leave a message if she's not home. This is a very helpful, free service that she is volunteering her time to do.

OPEN SWIM AT THE JENNERSVILLE YMCA EVERY THURSDAY 11-1

JUST LET THEM KNOW YOU ARE WITH THE OXFORD AREA SENIOR CENTER OR SHOW YOUR KEYCHAIN WITH COPILOT KEYCARD. NO CHARGE!

Exercise Classes Sponsored by Tivity Health
Instructor Barbara Bond
Currently Off-Site at Nottingham Park or Zoom
osc.exercise.instructor@gmail.com or 610-348-6763

Tuesday and Thursday
8:30AM - 9:30AM

Trivity Health's SilverSneakers Classic Fitness Program is a comprehensive **no cost** older-adults physical activities program that addresses the needs of the 60 + year old population. Muscular Strength & Range of Movement is the core class of this exercise program. Come on in and get yourself back in shape. Come and see how much better you'll feel after a 45 minute workout.. There is no cost for this program and Senior Center membership is not required for individuals 60 and older.

Gentle Stretching
SilverSneakers Yoga
Monday, Wednesday, Friday
8:30AM - 9:00AM

The class is a variety of seated and standing yoga postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Come and see how relaxed and refreshed you will feel after a 30 minute yoga class.

Balance

Exercises to Reduce Fall Risk
Monday, Friday or Wednesday
9:00AM - 9:30AM (schedule on pg. 5)

This class is designed to improve fall prevention by increasing awareness of fall risks, focusing on a stronger base and strengthening core muscles.

Weight Lifting

to Increase Bone Density
Monday, Friday or Wednesday
9:00AM - 9:30AM (schedule on pg. 5)

This class focuses on lifting light weights which will help build stronger bones and muscles.

Bread

Every Wednesday morning the Giant in Jennersville donates their two day-old bread and pastries to our Center. Pick up some bread while you're here between **10am -3pm, Wed-Fri**. Pastries are used as prizes at our Bingo or Birthday Party.

Produce

Every Monday, Produce from Chester County Food Bank is available from **11am-3pm**. First come, first serve until gone. Items vary weekly and may be available through rest of the week.

Medicare 101

w/ Sally Arter

Monday, May 6
7:00PM

If you will be joining the ranks of Medicare soon, are already in the Medicare system and have questions, this session is for you. Members of the PA MEDI program, Pennsylvania's volunteer statewide program of insurance consultation, will present an overview of Medicare including the definitions of Medicare A, B, C; exploration of the drug benefit (Part D), types of health care insurance available in Chester County, benefits available to low-income beneficiaries, and things to consider when selecting your medical coverage. A question and answer session will follow the presentations.

Reserve your space
Call 610-932-5244
or email contact@oxfordseniors.org

Technology & Computers with Colleen

Oxford Area Senior Center
Computer Q&A and Technology Help

Do you need help with your electronic device?

Are you confused about how to use that new electronic device? Please do not fret any longer. Questions can be regarding ANY computer related subject or Technology Help with your Apple or Android mobile/cell phones and iPad/tablets. The goal is to provide hands-on and detailed instruction in a non-intimidating and patient environment.

Bring your device in and learn to use it!
Just stop in during one of the
<u>times listed on the Activity Calendar</u>
$5 per session

QUESTIONS??

Colleen will be happy to answer your technology questions. Here is how to contact her:

- Come to one of the Q&A/Tech Help sessions on most Monday, Tuesday, Wednesdays or Thursdays (see activity calendar for exact dates)
- Call Colleen at 610-932-5244 x106
- Email Colleen at caowens@oxfordseniors.org

www.oxfordseniors.org
Click on Activities,
then click on Computers for more information

Chester County Food Bank Chester County Senior Food Box Program (CCSFBP)

Is a Chester County Food Bank program that helps seniors gain access to nutritious foods so they can better improve their health.

If you or someone you know is at least **60 yrs. old** *and has* **low income (below 150%)**, *please register for the CCSFBP box that is available to qualifying seniors each month.*

Each box may contain fruit, non-perishable proteins, vegetables, carbohydrates & dairy!!

Proof of age is required at sign up. There is no charge for this food. If you qualify then CCSFBP Box can be picked up the 1st Monday of every month between 1:00-3:00pm

For more information contact
Sally Arter
(610) 932-5244

share food program

FREE FOOD FOR SENIORS

Commodity Supplemental Food Program
PA SENIOR FOOD BOX PROGRAM

What do you need to know to be eligible?

- If you are 60 years of age or older.
- If your total household income is below 130%.
  - Household 1 person: Monthly income $1,632
  - Household 2 people: Monthly income $2,215

What will you receive in the food box?

- FRUITS & JUICES: 1 juice & 3 fruits or 1 juice, 2 fruits, 1 raisin
- VEGETABLES: 6-8 vegetables & dehydrated potatoes
- CHEESE: 2-pound block
- MILK: 2 UHT milk –32 oz each
- MEAT, POULTRY & FISH: 1 beef or 1 chili & 1 poultry or fish
- PLANT-BASED PROTEIN: 3 peanut butter, canned beans, dry beans, or lentils
- CEREALS: 2 dry, farina, rolled oats or grits
- PASTA & RICE: 2 pasta or white/brown rice

For more information contact
Sally Arter
(610) 932-5244

Lancaster County Residents
Central PA Food Bank, Eldershare Program
717-564-1700

OXFORD AREA SENIOR CENTER
12 East Locust
Oxford, PA 19363

610-932-5244 phone
610-932-8084 fax
www.oxfordseniors.org
contact@oxfordseniors.org

Bulk Rate
US Postage Paid
Non-profit Org.
Permit No. 9
Oxford, PA 19363

HELP STOP WASTEFUL MAILINGS. IS YOUR ADDRESS CORRECT? CALL US WITH YOUR CORRECTIONS!

RETURN SERVICE REQUESTED

Board of Directors 2023/2024

Officers

Ira Binder	President
George Lauer	Vice-President
Noel Roy	Treasurer
Leda Widdoes	Secretary

Members

Carol Carter	Scott Massey
Kevin Collins	Clyde Prigg
Jane Freeman	William Ringler
Geoff Henry	Bonnie Smith
Edwin Herr	Dian Steffy
Carol Latsch	

United Way of Southern Chester County

Oxford Ares Senior Center

STAFF

Jim McLeod	Executive Director
Beth Pellegrini	Program Coordinator
Jim Jackson	Kitchen Supervisor
Colleen Owens	Information Technology Specialist
Sally Arter	Information & Assistance Specialist
Jean Bender	Hostess (W, Th, F)
Jan Weaver	Hostess (M, Tu)
Chris May	Grant Writer

INSTRUCTORS

Barbara Bond	Exercise Instructor
Kim Malone	Zumba Instructor

The Oxford Area Senior Center is funded in part under a contract with the Chester County Department of Aging Services and PA Department of Aging. Funding is also provided by the Emergency Aid of PA Foundation, Leo & Peggy Pierce Family Foundation, Chester County Community Foundation, James & Lois Herr Family Foundation, Ann S. & Steven B. Hutton, McLean Contribution Foundation, The Gordon Charter Foundation, United Way of Southern Chester County, United Way of Chester County, Luther Management Company of SCC, W. W. Smith Charitable Trust, BNY Mellon, Marshall-Reynolds Foundation, Oxford Area Civic Association, Wawa & Dansko Foundations, The Scholler Foundation, and surrounding municipalities. Funds are also raised by donations, craft sales, and donations given through memorials, wills and bequests. The Oxford Senior Center is a 501(c) (3) non-profit organization. All contributions are tax deductible.

In accordance with Federal Law the Oxford Area Senior Center
does not discriminate on the basis of race, religion, color, handicap, sex, physical condition,
developmental disability, sexual orientation, or national origin.