Director’s Corner

It seems like we’ve been in the hot & humid August weather since early June. Well, August is now here so I guess it will be around a little longer. If you are going to do anything outside, it will probably be in heat or high humidity. Use caution during your outside activities, drink plenty of water and rest.

This is a great time to get your body back in shape for those cold wintry days ahead. Join instructor Barbara McAdams for our SilverSneakers exercise classes here at the Center on Tuesdays & Thursdays from 10am to 10:45am. It’s a great exercise class (and it’s in an air conditioned room) specifically designed for senior citizens to increase muscular strength and range of motion. You just might have a little fun and it’s free. Stop by the Center on Tuesdays & Thursdays at 10am, enjoy the air conditioning and strengthen your body. We also have Gentle Stretching classes Mondays & Fridays from 11:15am to 11:45am (no cost) and Zumba classes on Tuesdays & Thursdays at 4:30pm in the afternoon, just $3 per class.

Come and see us!!!! Enjoy the rest of your summer.
Jim

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Senior Expo
Wednesday, September 19, 2018
10 a.m. to 1 p.m.
at the
Technical College High School
in West Grove, PA

Rep. Lawrence cordially invites all residents age 60 and over to attend an exposition for senior citizens.

Exhibits and programs will include: health care, insurance, county services, state government services, and more…

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AARP DRIVING CLASS
INSTRUCTOR, FRANK CORNELL
FRIDAY, OCTOBER 11th & 12th
TIME: 9 AM TO 2 PM
COST: AARP Members $15
Non members $ 20

Sign up to sharpen your driving skills and qualify for a discount on your automobile insurance. Class is limited - 30. Call: 610-932-5244, Lunch is available, please check out page 4 for menu and costs. Must sign up in advance for the class and lunch.

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
All of our kitchen & lunchroom helpers
Participants Council members
Board of Directors

IN KIND GIFTS
Giant Foods, Jennersville
Philips Florist

DONORS
Richard & Nancy Dawson
Joyce Goad
Issamoti Gemological Consulting, Inc.
Oxford Area Civic Association
Oxford United Methodist Women’s Club
Ralph Roten

SEPTEMBER

4 1:00pm-2:30pm  Line Dancing
5 10:30am-11:30am Rover Outreach
14 6:30pm-8:30pm  Line Dancing
17 1:00pm  Medicare 101
18 1:00pm-2:30pm  Line Dancing
19-21 New York City Overnight Trip
19 10:00am-1:00pm Senior Expo in West Grove, PA
19 12:00pm  Birthday Party
28 10:30am-12:00pm Constituent Outreach
28 6:30pm-8:30pm  Line Dancing

OCTOBER

2 1:00pm-2:30pm  Line Dancing
11-12 9:00am-2:00pm  AARP Driving Class
12 6:30pm-8:30pm  Line Dancing
16 1:00pm-2:30pm  Line Dancing
17 12:00pm  Birthday Party
22 10:30am  Neighborhood Health
22 7:00pm  Medicare 101
26 6:30pm-8:30pm  Line Dancing
30 1:00pm-2:30pm  Line Dancing

NOVEMBER

12 1:00pm  Medicare Update
21 12:00pm  Birthday Party

Endowment Fund Donation
We wish to thank the following donors for their donations:

Amy O’Donnell
In Memory of Dan Margist

OUR BEST WISHES & THOUGHTS GO TO:

Family of Jean Castelli
Nicholas Castelli
Family of Jean Pierce
Peg Patterson family
Family of Louise Van Horn
Chauncy Boyd

NEW MEMBERS
Howard Menzel
Colean Willis
Fay Brown
Patsy Fisher
Linda Saubier

In Memory
We wish to offer our condolences to the family and acquaintances of our dear friend:

Jean Castelli
Jean Pierce
Louise Van Horn
Now that we’re in the “good ole’ summertime” it’s time to kick back and relax. Get a good book and sit by a fan, prop up your feet and “chill out”! Seriously, be careful; drink cool beverages, avoiding alcohol & caffeine, wear lightweight clothing, avoid strenuous activity, and come to the center where it’s air-conditioned!!

One area you don’t want to relax in is protecting your identity. I’ve recently obtained a list of ways to minimize your risk of **Identity Theft**:

1. Never give your whole S. S. #. **Last 4 digits** or other I. D. will do.
2. When buying new checks, use only your first initial and last name. PO Box is best for address. Your bank knows how you endorse a check, a thief won’t! **Close all inactive accounts.**
3. Keep your hand over the ATM key pad. Memorize your pin # - don’t write it anywhere. Be sure the ATM “looks” like a real ATM.
4. Cut up old or expired credit cards. **Close inactive accounts.**
5. **Invest in a shredder.** Shred any trash with account and/or S.S. numbers on it.

Another area not to relax in is **Investment Fraud**. Here are some tips to avoid becoming a victim:

1. Before you invest, talk to someone you trust – family member, banker, accountant.
2. Junk Mail? Delete or tear it up. The Web site [www.opt-out.cdt.org/online](http://www.opt-out.cdt.org/online) provides links to remove your info from sites containing personal information.
3. Before making investments, check with $AIF. Visit [www.corp.ca.gov](http://www.corp.ca.gov) or call 866-ASK-CORP. If it sounds too good to be true, it probably is.
4. Register with the National Do Not Call Registry, a free government service, so you won’t receive telemarketing calls. [www.donotcall.gov](http://www.donotcall.gov).
5. If you have already fallen for a scam, change your phone number so you won’t be on a “sucker’s list” that is sold to other crooks.

Seniors are targeted because many are lonely or bored. That’s why it is so important to keep occupied. Come to the Senior Center regularly and be around other people. Idle minds can think of a lot of foolishness. Stay busy.

Those of you who have a Medicare Part D Plan remember that the “open enrollment period” to reevaluate & change your plan is from October 15, 2018 to December 7, 2018. Don’t procrastinate!! Wait until after Dec. 7th & you’ll be stuck with your old plan all of 2019 which may go up in price and/or change formulary so as to not cover what you take now.

If you or someone you know is turning 65 or going on Medicare soon, be sure to attend the **Medicare 101 Seminars** here at the Center on Wed. Aug. 15th, Mon. Oct.22nd & Dec. 10th @ 7:00PM & Mon. Sept. 17th at 12:45pm. **Medicare Update** will be on Nov. 12th at 12:45pm. We will have answers to questions regarding how to sign up, what to look for in insurance and what is good information or junk mail that will be flooding your mail box. There will be handouts of resources & information. Bring friends and relatives with you to these informative classes.

**Be sure to return & sign the white info sheet that was included in last months newsletter, and please answer all of the questions.** The Department of Aging requires us to obtain this information and our future funding could be determined by the number of people we serve and can substantiate by having this info. You need to be counted so please **help us assist you.** Thanks for your cooperation. We want to be able to serve you the best we can.

The deadline for filing PA RENT & TAX REBATE Forms has been extended to December 31st. Stop by if you need help.

Stay cool and have a great August!  

Sally

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**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.

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**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 website at [www.chesco.org/human](http://www.chesco.org/human). Once on the site, locate the Refer Web icon, click on it and start searching.
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.

Rover Transportation Available
<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
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<tbody>
<tr>
<td>1.</td>
<td>8:30-11:30 Paint Class 10-11 Blood Pressure 10-12 Cards/Games 12:00 Lunch 12:45 Bingo</td>
<td>2.</td>
<td>10-12 Cards/Games 10:00 SilverSneakers 12:00 Lunch 1:00 Cards/Games 4:30 Zumba</td>
<td>3.</td>
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<td>6.</td>
<td>10-12 Cards/Games 10-11 Q&amp;A/Tech Help 10:30 Participants’ Council 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 2-3 Q&amp;A/Tech Help</td>
<td>7.</td>
<td>10-12 Cards/Games 10:00 SilverSneakers 11-12 Q&amp;A/Tech Help NO Practice Tai Chi 12:00 Lunch 1:00 Line Dancing 1:00 Make It &amp; Take It 4:30 Zumba</td>
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<td>13.</td>
<td>10-12 Cards/Games 10-11 Q&amp;A/Tech Help 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Smore’s 2-3 Q&amp;A/Tech Help</td>
<td>14.</td>
<td>10-12 Cards/Games 10:00 SilverSneakers 11-12 Q&amp;A/Tech Help NO Practice Tai Chi 12:00 Lunch 1:00 Cards/Games 4:30 Zumba</td>
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<td>20.</td>
<td>9-4 Sturgis &amp; Miller Trip 10-11 Q&amp;A/Tech Help 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Chester County Food Bank w/ Phoebe 2-3 Q&amp;A/Tech Help</td>
<td>21.</td>
<td>9-12 Jane Freeman 10-12 Cards/Games 10:00 SilverSneakers 11-12 Q&amp;A/Tech Help NO Practice Tai Chi 12:00 Lunch 1:00 Line Dancing 1:00 Make It &amp; Take It 4:30 Zumba</td>
<td>22.</td>
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<td>27.</td>
<td>10-12 Cards/Games 2-3 Q&amp;A/Tech Help 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 2-3 Q&amp;A/Tech Help</td>
<td>28.</td>
<td>9-12 Jane Freeman 10-12 Cards/Games 10:00 SilverSneakers NO Practice Tai Chi 11-12 Q&amp;A/Tech Help 12:00 Lunch 1:00 Always Best Care 4:30 Zumba</td>
<td>29.</td>
</tr>
<tr>
<td>30.</td>
<td>10-12 Cards/Games 10:00 SilverSneakers 12:00 Lunch 1:00 Cards/Games 4:30 Zumba</td>
<td>31.</td>
<td>10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Ice Cream Floats</td>
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Rover Transportation Provided
<table>
<thead>
<tr>
<th>Programs &amp; Events</th>
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| **Fine Jewelry, Watch, Clock Repair, & Appraisal Clinic**  
  Wednesday, August 1, 8, 22, & 29  
  12:45pm |
| **Fiesta Friday Themed Lunch**  
  Friday, August 17  
  12:00pm - 1:30 pm |
| **Cards/Games**  
  August 2, 3, 6, 9, 10, 14, 17, 24, 27, & 30  
  1:00pm |
| **Chester County Food Bank**  
  w/ Phoebe  
  Monday, August 20  
  1:00pm |
| **Make It & Take It**  
  w/ Amy  
  Tuesdays, August 7 & 21  
  1:00pm |
| **Sturgis & Miller Trip**  
  Monday, August 20  
  9:00am - 4:00pm |
| **LINE DANCING - Daytime**  
  w/ Shirley Mackey  
  Tuesday, August 7 & 21  
  1:00-2:30pm (Auditorium) |
| **The Conversation Project**  
  w/ Beth  
  Thursday, August 23  
  1:00pm |
| **LINE DANCING - Evening**  
  w/ Shirley Mackey  
  Friday, August 10 & 24  
  6:30-8:30pm, $5 per person |
| **Smore’s**  
  Monday, August 13  
  1:00pm |
| **Always Best Care**  
  Tuesday, August 28  
  1:00pm |
| **BIRTHDAY CELEBRATION**  
  Our Birthday will be held on:  
  Wednesday, August 15  
  Our entertainment will be:  
  Two Pipers Piping  
  Sign up early. If you wish to give a Birthday card, please note it is your responsibility to deliver them. Do not leave any cards at the Center, we cannot distribute. |
| **Genealogy Research Workshop**  
  Wednesday, August 29  
  7:00pm |
| **Ice Cream Floats**  
  Friday, August 31  
  1:00pm |
| **Medicare 101**  
  w/ Sally  
  Wednesday, August 15  
  7:00pm |
| **Neighborhood Health Senior HealthLink**  
  w/ Linda Clay, MSN, RN  
  Friday, October 5  
  10:30am - 11:10am |
| **Chester County Veterans ID Program**  
  Thursday, August 16  
  1:00pm |

*Come and learn, explore and have fun!*
CONSTITUENT OUTREACH

State Senator Andrew Dinniman’s Constituent Outreach Representative Tyler Arkatin will be at our Senior Center to answer any question you may have regarding Commonwealth of PA programs and services they offer. In addition, he will have the 2017 Rent and Tax Rebate forms with him!

Tyler will be at our center on the 4th Wednesday of every month.

Wednesday, August 22
from 10:30am to noon

ROVER OUTREACH

September 5, 2018
10:30am-11:30am

Jahayra Santiago will be here to answer your questions and help you to sign up with Rover.

Neighborhood Health Senior HealthLink
w/ Linda Clay, MSN, RN

Friday, October 5
10:30am - 11:10am

Please join Senior HealthLinks “Health Club”, attend a lecture and at the end of a program you have a chance to win a gift card from Walmart.

Veterans, You’re Invited!

Date: August 16, 2018
Time: 1:00 PM until 3:00 PM
Oxford Senior Center
12 East Locust Street
Oxford, PA 19363

The Chester County Recorder of Deeds office has a Veterans ID Program where you can have your photo taken for a discount card that will provide you with discounts at participating businesses around Chester County. If you have not already recorded your discharge papers with the Recorder of Deeds office please bring them with you!

Questions? Contact Kayla Murphy at 610-344-4083 or ksmurphy@chesco.org

AUGUST BIRTHDAYS

1  Helen L. Johnson       16  Herbert Francis Grofcsik
1  Thomas Carr           16  Marie A. Sipala
2  Roswitha M. Strange   17  Charlotte Marie Adams
3  Bernadine A. Barnum   18  John W. Bork
3  Peggy Lee             18  Evelyn E. Stumpo
3  Mary E. Baily         18  Mary Ann Ecker
3  Thomas Joseph Gamber  19  Barbara M. Wiley
3  Jeanmarie Momme      19  Frances L. Moses
4  Sandra T. Schrass    20  Barbara A Ankey
4  H. Grant Troop       20  Frances M. Dryden
4  Patricia G. Bush     20  Barbara Bussard
4  Beverly C. Hartgrove 20  Lawrence F. Cozzone Sr.
5  Mildred J. Loughhead 21  Larry L. Cole
5  Robert L. Keys       21  Audra C. Shuler
5  Terry A. Lepold      22  Maynard Eugene Bare
6  Billie R. Mattson    22  Dale Wayne Blounts
6  Helen L. Harris      22  Gertrude Dever
6  Roberta K. Webb      23  Harry D. Skelton
6  Parley Elroy Hess    23  Allan Dennis Barwise
6  Robert E. Grobosky   23  Jessie F. Crotti
6  Clifton W. Pennewell 23  Linda R. Caudill
6  Claudia D. Sullivan  23  Dorothy E. Hackman
6  Judith A. Henry      23  Mary M. Bledsoe
7  Constance F. MacNeal 24  Lydia J. Bowers
7  Joanne C. Crosson    24  Eleanor H. Bahel
7  Modell M. Allred     24  Frank X. Murphy
8  Trenor E. Neeves     24  Helen E. Maley
8  Linda K. Saunders    25  William J. Nicholl
8  Marjorie J. Jones    25  Ann Marie Devine
8  Kathleen Holmes      25  Sylvia J. Reyburn
9  Deborah Frances Bleau 25  Carolyn Bernice Wharton
9  Jack R. Hontz        25  Craig L. Dorer
9  Myron W. Wagner      25  Raymond S. Twaddell
9  Patricia Anne Clark  26  Rose M. Flynn
9  Thomas P. Kepler     26  Anna C. Mozer
9  George J. Kamm       26  Anita Bower
10  Alec F. Vince       26  Joseph V. Steacker
10  Louise Fortuna      26  Ira Binder Esq.
11  Lucille H. Fulton   26  Nancy J. Snyder
12  Lloyd R. Knolles Jr. 27  Louise Chimenti
12  James R. Chandler   27  Kathleen Mary Lockhart
12  James M. McKelvey   28  Audrey E. Kaufman
12  Richard N. Dawson   28  Dotty M. Philips
13  Doris J. Warren     28  Ruth Ann Moore
13  Michael J. Devine   28  Fern A. Campbell
14  Robert C. Bradley   29  Laura Linda Lewis
15  Ronald W. Fields    29  Samuel E. Dunn
15  Nancy G. Petrucci   30  George I. Lowry
15  Janet M. Barkowsky  30  Mary V. Cartledge
15  Joan E. Rohrer      30  Theresa M. Walsh
16  Ruth P. Holmes      30  Mary E. Rzucidlo
16  Deanna Stephens     31  Huey Beattie
16  Helen Perry         31  Betty J. Lattanzio
16  Norma Kaeprzyzcki   31  "Trailer's Best friend"
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.

NEW YORK CITY

3 DAYS - 2 NIGHTS
SEPTEMBER 19 - 21, 2018

PACKAGE INCLUDES:
- 2 Nights lodging, 2 Breakfests, 2 Dinners in Manhattan,
- Tour of Upper Manhattan, Broadway Show, Ferry Ride and visits to the Statue of Liberty & Ellis Island featuring a self-guided audio tour, National 9/11 Memorial Museum, Shopping along Fifth Avenue or at Rockefeller Center, Souvenir gift, Luggage handling, Taxes and meal gratuities, Motorcoach transportation
- Cancellation insurance available upon request

NEW YORK

"...Be a part of it - New York, New York!

$579.00 per person double occupancy
$729.00 per person single occupancy

FOR INFORMATION AND RESERVATIONS CONTACT:
Oxford Area Senior Center
Maria Reyes
12 E. Locust Street
Oxford, PA 19363
(610) 932-5244

ON AUGUST 20, 2018

Itinerary: Motor Coach ride to and from the center, a tour of the Julius Sturgis Pretzel Factory in Lititz, PA, followed by a Smorgasbord Lunch at Miller’s, Includes Entrees, Features, Carving Station, Grilled Chef’s Veggies, Signature Soups, Salads, Breads, Appetizer Station, and Miller’s Bakery Fresh Desserts.

Cost: $65.00 (includes driver tip)
Leave: Promptly at 9:00 am from Luther House (be there at 8:45 am) (Building #3)
Promptly at 9:30 am from Center (be here at 9:15 am) (Parking available at the Nazarene Church)
Return: 4:00 pm (approx.) to center
We need 40 people to go,
Reserve your seat – Call 610-932-5244

ON DECEMBER 18, 2018

Itinerary: Motor Coach ride to and from center, lunch at Bird In Hand, and Christmas Show.

Cost: $79.00 (includes driver tip)
Leave: Promptly at 9:00 am from Luther House (be there at 8:45 am)
Promptly at 9:15 am from Center (be here at 9:00 am)
Return: 4:30 pm (approx.) to center
We need 40 people to go,
Reserve your seat – Call 610-932-5244

Any trip suggestions? Let Maria know where you would like to go this year.

Thanks for supporting us this past year.

610-932-5244
oxsretr@zoominternet.net
mreyes@oxfordseniors.org
Instructor Shirley Mackey has over 23 years of dance experience ranging from Lines Dances and Swing to Jitter Bug and Two-Step. She will teach an assortment of popular line dances such as the Electric Slide, Cha Cha, Tush Push, Boot Scootin’ Boogie and more!!

Daytime Fun and Dance

Beginners and experienced dancers are welcome

Join us on the following Tuesdays from 1:00pm to 2:30pm:

August 7th & 21st, September 4th & 18th, October 2nd, 16th & 30th

Cost is FREE

Oxford Area Senior Center, 12 E. Locust Street, Oxford, PA
610-932-5244 or oxsrctr@zoominternet.net

EVENING WORKSHOPS

Oxford Area Senior Center

Evenings of Fun and Dance

Instructor Shirley Mackey has over 23 years of dance experience ranging from Lines Dances and Swing to Jitter Bug and Two-Step. She will teach an assortment of popular line dances such as the Electric Slide, Cha Cha, Tush Push, Boot Scootin’ Boogie and more!!

Beginners and experienced dancers are welcome

Join us on the following Fridays from 6:30 to 8:30pm for a fun evening:

August 10th & 24th, September 14th & 28th, October 12th & 26th

Cost is $5 per class/per person

RSVP for your spot on the dance floor by contacting the Oxford Area Senior Center at 610-932-5244 or oxsrctr@zoominternet.net.
A national newspaper recently posted an article that said genealogy is one of the most popular hobbies in our country. Genealogy websites are one of the most searched websites on the internet these days. DNA testing kits are also very popular. The DNA kit gives people history of their ancestors and medical information about their genetics.

Our Genealogy expert Kristine Parks will be teaching a monthly class at the Oxford Area Senior Center starting in August. She will be available to help participants research their family history and also share some of her experiences. Whether you are advanced in your Genealogy hobby or just starting out, Kristine will give you great direction.

**Oxford Area Senior Center**
12 E. Locust Street, Oxford, PA
Wednesday, August 29, 2018
7-9 pm

Class is limited to 15 participants
RSVP for this free program
Call 610-932-5244 or Email: oxsrctr@zoominternet.net

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**Sewing with Janet**
Monday, September 10, 2018
6:30pm - 8:30pm
Join us as we make a cute, versatile shopping bag!!!

Bringing your own bag to the store helps our planet, so let's do it in style with your own custom, unique shopping bag. This will be a great easy sew project lead by our own Oxford Area Senior Center staff member and seamstress, Janet Rivera.

Class is limited to 10 participants
RSVP for this free program
Call 610-932-5244 or
Email: oxsrctr@zoominternet.net
Oxford Senior Center, 12 E. Locust Street, Oxford, PA
POLICY AND PROCEDURES FOR OUR LUNCH PROGRAM

LUNCH - Policy and procedures that we follow are based on our Food Vendor, the Chester County Health Dept. and the Chester County Department of Aging (CCDAS), who helps fund the program. We need your assistance to make our noon meal run smoothly and efficiently. The procedure we follow is:

1. Approximately one-two weeks before the 1st of each month, Lunch Sign-up sheets are placed at the Hostess desk for each week day of the month
2. You sign up for lunch by printing your First and Last Name. There are no take-out meals. In addition, the Health Department and CCDAS discourages taking any leftovers home due to possible health risks of food contamination. Therefore, we cannot provide any wrap, containers or storage for this purpose. You must sign up for lunch by 3pm every Tuesday for the ENTIRE following week. You can also sign up for the entire month.
3. The lunch order is placed with our Food Vendor every Tuesday afternoon. When the meals are ordered, the sign up sheet will indicate the # of meals available. Below that will be lines indicating no more meals are available.
4. If you forget to order lunch in time, you can sign up in any open spots on the sign up sheet. If there are no open spots, we can place you on a waiting list.
5. Day of the Lunch - when you enter the building, please sign into the Copilot and indicate you are eating lunch. Pick up your name card and take it into the dining room. You may place your name card on any table at an empty spot that has a placemat.
6. Reason for Placemats - We use placemats to indicate the number of consumers eating lunch. We only place them on tables that have been sanitized. When the staff/volunteers are serving the meal, we only serve consumers sitting at placemats. Before lunch, for sanitary reasons, please do not sit and socialize at a placemat where there is someone else’s name card. (Sanitization guidelines dictated by Health Department.) To help accommodate larger groups or friends sitting together, it is best that you come in early to save your seat. If you are having difficulty finding places for everyone in your group, we ask that you get assistance from our Kitchen Supervisor and let her assist you. DO NOT MOVE NAME CARDS.

7. A money envelope is provided for your voluntary, confidential lunch donation. WE CANNOT PROVIDE CHANGE AT THE LUNCH TABLE. We do provide change at the Hostess desk before lunch. Please get change by 11:45 am.
8. If you are not able to make your lunch reservation, please call us so we can find someone else to purchase your lunch. Help us prevent waste.
9. We serve lunch promptly at 12:00 pm. You need to be seated by 11:55 am so we can efficiently serve all components of your lunch. If you are not seated when we are delivering milk, juice, serving coffee, tea and lunch, you will probably not be served a meal. We do not serve an empty place setting. By standing or walking around in the Dining Room during this time, you become a safety hazard to those who are trying to serve you. Please remain seated.
10. It is your responsibility to clean the table, dispose of your trash and return utensils and cups to the Kitchen window for cleaning. All condiments are to be placed on the buffet table as well as your Name cards which should be put in the basket provided, which is also on the buffet table.

Remember that lunch is a great opportunity to not only get a nutritious meal but a way to socialize and get to know others. Please help us give you an enjoyable experience.

Revised 8/1/18
Legal Services

Free Legal Advice
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.

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
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.

Do Alkaline batteries expire?
Yes, all good things must come to an end. To find the Best If Used By (BIUB) date of the batteries in question, please look on the uppermost section of the cells, near the battery type (AA, 9V, etc.). You will see a white box with the Best If Used By year printed within it. You can find smaller cells BIUB on the packaging. The best consumer experience and battery performance occurs with battery usage before the Best If Used By Date. The battery may function beyond that date but with lower performance.

Manufacture and expiration dates most likely have little to do with each other. It will probably depend on the manufacturer. The expiration date is usually the date past which the manufacturer will not guarantee that full life is left. It is probably a conservative date, so most batteries will have a full life after that time. Better batteries will show a later expiration date. Alkaline battery life is so dependent on how the batteries are used, and there are no standards.

Button Cells – One important piece of information that's missing…there is no battery expiration date code. Nothing is written or printed on the packaging or on the battery.

How long do hearing aid batteries last?
Battery life varies with hearing aid styles. Some hearing instruments require more power to function at optimum levels. Digital hearing aids contain sophisticated circuitry to deliver near-to-natural hearing in a variety of environments, and this requires more power than analog hearing aids need. Typically, wearers of digital hearing aids can expect a battery to last from 5 to 7 days. If you experience shorter battery life, your hearing care professional can check the battery contacts in your hearing aids, as well as, test for battery drain. Most batteries have a “shelf-life” of about three years.

Shelf life of batteries
The length of time, under specified conditions, that a battery can be stored so that it keeps its guaranteed capacity.
FLU & PNEUMONIA VACCINES

Citizens ages 65 and older are at increased risk of developing serious illness, complications and death if flu is contracted. A person’s immunity declines in the year following immunization, therefore everyone needs a flu shot annually.

Standard Flu Vaccine & High Dose Flu Vaccines available. Walgreens will not be able to immunize anyone allergic to eggs, latex, gelatin or thimersal and anyone with an adverse reaction to a prior immunization.

Pneumonia is an inflammation of the lungs usually caused by bacteria, viruses, fungi or other organisms. Elderly people are more susceptible to pneumonia. Experts recommend getting your first dose when you are in your 50s and your second dose at age 65, and then a new dose should be administered every five years.

The vaccines are free for clients with Medicare Part B. Clients are asked to present all insurance cards. Insurances accepted are Medicare and most Major Medical Supplements.

You can get most recommended vaccines at your doctor’s office. Many recommended vaccines are also available at local pharmacies, health centers, health departments, and travel clinics.

Adults Need Vaccines, Too

Your need for vaccines doesn’t end when you become an adult. People’s immune systems can become weaker with age, which places older adults at increased risk for infectious diseases, which can result in complications and death. Regardless of age, we ALL need vaccines to protect against serious, and sometimes deadly, diseases. Protection from vaccines you received as a child can wear off over time, and you may be at risk for new and different diseases.

The specific vaccines you need as an adult are determined by your age, job, lifestyle, health conditions, where you travel, and which vaccines you have received in the past. Throughout your adult life, vaccines are recommended to get and maintain protection against diseases:

- Seasonal Flu
- Pertussis (whooping cough)
- Tetanus and diphtheria (every 10 years)
- Shingles (for adults 60 and older)
- Pneumonia.

Other vaccines you may need include those that protect against Human papillomavirus (can cause cancer), meningitis, hepatitis B, hepatitis A, chickenpox, measles, mumps, and rubella.

Take this quiz (http://www2.cdc.gov/nip/adultImmSched/) to determine which vaccines may be recommended for you and follow up with your doctor.

Adults can get vaccines also at pharmacies, community health departments, travel medicine clinics. To find a place near you to get a vaccine, visit: HealthMap Vaccine Finder (http://vaccine.healthmap.org)

Most health insurance plans cover recommended vaccines. Check with your insurance provider for details. If you do not have health insurance, follow up with your local health department for assistance.
Health and Wellness Programs

Exercise Classes
Tivity Health Silver Sneakers Fitness Program is a comprehensive 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. You will have a chair for seated exercises and standing support. Come on Tuesdays and Thursdays from 10am - 10:45am 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.

Practice Tai Chi
for fitness and health
Improve health & well being
Improve balance & strength
Improve concentration
Lower blood pressure
Relieve stress & anxiety

Currently classes are not meeting, will resume at a later date TBD
Barbara McAdams
ATCQA Certified Instructor

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.

Discover the Benefits of Reflexology
Reflexology: A caring touch that reduces stress and enhances quality of life.
Elaine Pinno, certified Reflexologist will be at the Senior Center for half-hour Reflexology sessions. There is a cost for a Reflexology session. This method of relaxation reflexology is used for stress reduction and relaxation and pain relief.
When: August 29, 2018
From 9:00am to 12:00pm
Where: Oxford Area Senior Center
Cost: $20 for half-hour session
RSVP: Space is limited...make an appointment today. Call 610-932-5244 or email: oxsrctr@zoominternet.net

NEED HELP BALANCING YOUR CHECKBOOK?
For those of you who need help balancing your checkbook or paying a few bills, 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. All appointments are here at the Center.

She will be at the Senior Center on:
Tuesday, August 21
Tuesday, August 28

Audiologist
Michael Piscotty, Audiologist: Superior Products, Exceptional Warranty, Outstanding Service.
For appointment call: 610-932-5244

Wednesday, August 22
appointments starting at 1pm

Ditch the Workout and Join the Party!
ZUMBA fitness classes every

Tuesday
4:30-5:15pm

Thursday
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

Gentle Stretching Chair “Yoga Like” Class
Monday & Friday
11:15 am - 11:45 am

Bread
Every Wednesday morning the Giant in Jennersville donate their two day-old bread and pastries to our Center. Pick up some bread while you’re here between 10am-3pm. Pastries used as prizes at Bingo.

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.
**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**, 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
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.