



# Center Voice

12 East Locust Street, Oxford, PA 19363  
 610-932-5244  
[www.oxfordseniors.org](http://www.oxfordseniors.org)  
 email: [contact@oxfordseniors.org](mailto:contact@oxfordseniors.org)

January 2025



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

## Director's Corner

We're all entering a new year, with new thoughts, new goals and new challenges. Approach them positively, carefully, and safely. If you encounter any challenges causing you concerns, please contact us with any questions or concerns you may have. We might be able to assist you or point you in the proper direction. We're here to help you!

Thanks to all of you who helped sell our Sub Sale tickets. If you purchased tickets they can be used until February 28, 2025! A Big Thank You to Jane Freeman and her committee for their dedicated work making this another successful fundraiser!!

Please read the Annual Support Fund Drive information on page 11. These funds are used to keep the Senior Center operating at a level all of you have come to expect, deserve and enjoy. A list of contributors to date is listed on page 11. A huge Thank You to all who have contributed so far!!

### **Income Tax Preparation**

Please read the article on page 8 regarding  
 Income Tax preparation!

*Please continue to be safe!*

*Enjoy A Happy and Healthy New Year!!*

*Jim*

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### Contact Us

**Our email address:**  
[contact@oxfordseniors.org](mailto:contact@oxfordseniors.org)

This is for general questions and information. Each staff member has their own email address.

## THANKS TO LAST MONTH'S...

### VOLUNTEERS

All of our wonderful volunteers who helped us throughout the entire holiday season!!

Mary Baringer	Monique Manfield
Nancy Baringer	Diane Marucca
Paul Baringer	Barbara Morris
Howard Billings	Rose Morrone
Isabella Carron	Beverly Parsons
Jerry Coleman	Peggy Patterson
Tom Craft	Betty Poole
Coleen Cruz	Pauline Riegel
Christine Dolinger	Kathie Roy
Jerry Ferguson	Noel Roy
Jane Freeman	Bonnie Smith
Valerie Irving	Kathleen Smith
Shirely Lamkin	Susan Snook
John Lane	Theresa Taylor
George Lauer	Lorie Walton
Russ Lomax	

And to our always reliable friends:

### IN KIND GIFTS

Chester County Food Bank  
 Chester County Department of Aging  
 Giant Food Store - Jennersville  
 McCormack Orthodontics  
 Four Seasons Garden Club of Kennett Square  
 Beth MacMillan  
 Millie Emerson  
 Pam Simmers  
 Melanie Simmers



### DONORS

Oxford Area Civic association  
 East Nottingham Township  
 Pierce Family Foundation  
 Scholler Foundation  
 See Annual Appeal Thank You on page 12  
 Thanks to everyone you donated to our Charitable Donation Collection for Veterans Administration - Coatesville. We delivered the donations before Christmas.

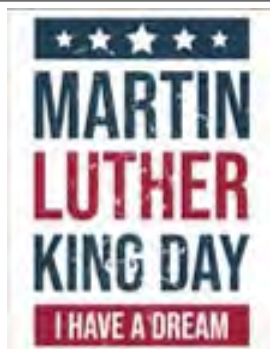
*Many thanks to  
Beth MacMillan and the Four Seasons  
Garden Club of Kennett Square*

*for the beautiful Centerpieces  
for our Lunchroom tables*



### Donating made easy

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



## Day of Service Monday January 20, 2025

Why is MLK Day called a day of service?

United We Serve

While Dr. King believed the Beloved Community was possible, he acknowledged and fought for systemic change. His example is our call to action. MLK Day is the only federal holiday designated as a National Day of Service **to encourage all Americans to volunteer to improve their communities.**



### IN MEMORY

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

**Shirley Bunjo  
Joan Gomez  
Clifford Gray, Jr.  
Raymond Twadell  
Everline Wilson**

### OUR BEST WISHES & THOUGHTS GO TO:

Ray Bunjo  
Iris Dowling  
Hazel Duncan  
Jim McLeod  
Nancy Ortega  
Beth Pellegrini  
Irene Tingley

Families of:  
Shirley Bunjo  
Joan Gomez  
Clifford Gray, Jr.  
Raymond Twadell  
Everline Wilson





# INFORMATION & REFERRAL

If time flies when you're having fun, we must be having a blast! 2024 is history already. Hope you're ready for whatever Winter throws at us!! Thoughts of the New Year conjure up thoughts of fresh starts. We thought this would be a good time to freshen up your phone contact list. This is far from inclusive, but, I hope it fills in some of the gaps in your needs. This is list along with links to various websites is also available on our website Resources page ([www.oxfordseniors.org/resourceoasc.htm](http://www.oxfordseniors.org/resourceoasc.htm)). *Sally*

## Senior Citizen Quick Index of Important Services in Chester County

AARP	800-389-5654	LIHEAP	610-466-1042
AARP Tax Aide	610-932-5244	Luther House	610-869-4240
Adult Day Care of Chester County Kennett Square, PA	610-388-1166	Meals on Wheels	610-430-8500
Adult Day Care: Rising Sun Family Care Center	410-658-6000	Office of Vocational Rehabilitation	800-442-6351
American Red Cross	610-692-1200	Oxford Hotel & Oxford Village	610-932-9290
Apprise (local)	610-932-5244	Oxford Municipal Building	610-932-2500
Association For Blind	610-384-2767	Oxford Neighborhood Services	610-932-8557
Bur. Consumer Protection	800-441-2555	Oxford Terrace	610-436-9200
Catholic Social Services	610-269-4060	PA Income Tax	610-353-4051
CHESCO Connect	610-344-5545	PA Insurance Department	717-787-7000
Chester County Cares	610-436-4040	PA Link to Community Care	<a href="http://www.carelink.pa.gov">www.carelink.pa.gov</a>
Chester County Court House	800-692-1100	PACE/PACENET	800-225-7223
Chester County Dept. of Aging	610-344-6350	PECO-CAP Rate Discount for Qualified Customers	800-774-7040
Community Choice Hotline	800-566-1901	Property Tax/Rent Rebate Status Only	888-222-9190 888-728-2937
Community Vols in Medicine	610-836-5990	Retired Senior Volunteer Program	610-696-4900
County Information & Assistance	610-344-6350	SCCOOT	877-612-1359
Crime Victims' of Chester County	610-692-7420	Sect. 8 Rent Certificate	610-436-9200
Department of Health	610-344-6225	Senior Healthlinc	610-431-1852
Domestic Violence of Chester Co.	610-431-3546	Senior Home Care Services	610-431-7877
Elder Abuse Hotline	800-567-7000	Seniors Helping Seniors	610-590-4888
Good Neigh. Home Repair	610-444-1860	Shelters/Housing Needs - 24/7	2-1-1
Governor's Action Hotline	800-932-0784	Social Security	800-772-1213
Hospital - Chester County	610-431-5000	State Assistance Office	888-814-4698
Hospital - Union Hospital Elkton	410-398-4000	State Offices:	
Housing Assistance of Chester Co.	610-436-9200	Senator Carolyn Comitta	610-692-2112
Information & Assistance (OASC)	610-932-5244	State Rep. John Lawrence	610-869-1602
IRS	800-829-1040	Veteran's Benefits	800-827-1000
IRS - Status only	800-829-4477	Voter Services	610-344-6410
La Comunidad Hispana	610-444-7550	Ware Presbyterian Homes	610-998-2400
Legal Aid of So. Eastern PA Intake Application	610-436-4510 877-429-5994		

# JANUARY 2025 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**

Lunch announcements will begin at 11:45am so we can start serving by noon. Cleanup at 12:30, Program at 12:45pm

MON	TUE	WED	THU	FRI
<p><b>Food Vendor</b></p> <p><b>Oxford Area Senior Center</b></p> 	<p>SENIORS 60 &amp; ABOVE A voluntary confidential requested \$2.00 donation INDIVIDUALS UNDER 60 \$5.70</p>	<p>1.</p>  <p><b>Center is Closed</b></p>	<p>2. Tomato Soup Crackers Chef Salad Turkey, Ham, Shredded Cheddar, Romaine Mix, Shredded Carrots, Sliced Cucumbers, Tomatoes Fruit</p>	<p>3. Chicken Soup Crackers Chicken Marsala Orzo Pasta Sweet Potatoes Green Beans Fruit</p>
<p>6. Chicken Cacciatore Brown Rice Tuscan Blend Vegetables Dinner Roll Fruit</p>	<p>7. Cream of Broccoli Soup Crackers Chicken Salad Hoagie on Roll w/ Lettuce &amp; Tomato Fruit</p>	<p>8. Roast Turkey w/gravy Sweet Potatoes Brussel Sprouts Dinner Roll Margarine Fruit</p>	<p>9. Chicken Parmesan Penne Pasta Cheese Tuscan Blend Vegetables Dinner Roll Fruit</p>	<p>10. Swedish Meatballs Egg Noodles Carrots Dinner Roll Fruit</p>
<p>13. Open Faced Roast Beef Gravy Roasted Potatoes Carrots Bread Pudding</p>	<p>14. Chicken Vegetable Soup Crackers Meatloaf Mashed Potatoes Gravy Broccoli Fruit</p>	<p>15. <b>Birthday Party</b> Pork Loin Gravy Scalloped Potatoes White Sauce Spinach Biscuit Cupcake &amp; Ice Cream</p>	<p>16. Vegetable Beef Soup Crackers Chicken Kiev Broccoli Egg Noodles Fruit</p>	<p>17. Chicken Bruschetta Brown Rice Green Beans Garlic Knot Fruit</p>
<p>20. Tilapia Brown Rice Winter Blend Vegetables Carrots WW Dinner Roll Fruit</p>	<p>21. Vegetable Soup Crackers Crispy Chicken Hamburger Roll Sweet Potatoes Fruit</p>	<p>22. Shrimp Scampi Linguini Brussel Sprouts Garlic Knot Pudding</p>	<p>23. Minestrone Soup Crackers Honey &amp; Pineapple Glazed Pork Loin Brown Rice Collard Greens Fruit</p>	<p>24. Beef &amp; Broccoli Brown Rice Teriyaki Sauce Edamame Dinner Roll Applesauce</p>
<p>27. Salisbury Steak w/gravy Egg Noodles Green Beans WG Dinner Roll Fruit</p>	<p>28. Roast Beef Au Jus Provolone Cheese Roll Potato Wedges Winter Blend Vegetables Horseradish Sauce Ketchup Applesauce</p>	<p>29. Baked Ziti Romaine Salad w/ Cucumbers, Tomatoes, &amp; Shredded Carrots Italian Dressing Garlic Bread Fruit</p>	<p>30. Tomato Soup Crackers Chef Salad Turkey, Ham, Shredded Cheddar, Romaine Mix, Shredded Carrots, Sliced Cucumbers, Tomatoes Fruit</p>	<p>31. Chicken Soup Crackers Chicken Marsala Orzo Pasta Sweet Potatoes Green Beans Fruit</p>

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. 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+**

# JANUARY 2025 ACTIVITIES

MON	TUE	WED	THU	FRI
<p>(OS): Off-Site via Zoom</p>		<p>1.  Center is Closed</p>	<p>2. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games NO Q&amp;A/Tech Help 11:50 Lunch <b>12:45 Cards/Games</b> NO Q&amp;A/Tech Help  4:30 Zumba</p>	<p>3. 8:30 Gentle Stretching &amp; Weight Lifting (OS) 9:30-11:30 Cards/Games 11:50 Lunch <b>12:45 Cards/Games</b></p>
<p>6. 8:30 Gentle Stretching &amp; Balance (OS) 9:30-11:30 Cards/Games 10-11 Q&amp;A/Tech Help 11:50 Lunch <b>12:45 Cards/Games</b> 2-3 Q&amp;A/Tech Help  <b>7:00pm Medicare 101</b></p>	<p>7. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&amp;A/Tech Help 11:50 Lunch <b>12:45 Weight Wise Plus</b> 2-3 Q&amp;A/Tech Help  4:30 Zumba</p>	<p>8. 8:30 Gentle Stretching &amp; Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&amp;A/Tech Help 11:45 Lunch <b>12:45 Bingo w/ ABC (Always Best Care )</b> 2-3 Q&amp;A/Tech Help</p>	<p>9. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&amp;A/Tech Help 11:50 Lunch <b>12:45 Cards/Games</b> 2-3 Q&amp;A/Tech Help  4:30 Zumba</p>	<p>10. 8:30 Gentle Stretching &amp; Balance (OS) 9:30-11:30 Cards/Games 11:50 Lunch <b>12:45 Cards/Games</b></p>
<p>13. 8:30 Gentle Stretching &amp; Weight Lifting (OS) 9:30-11:30 Cards/Games NO Q&amp;A/Tech Help 11:50 Lunch <b>12:45 Cards/Games</b> NO Q&amp;A/Tech Help</p>	<p>14. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games NO Q&amp;A/Tech Help 11:50 Lunch <b>12:45 Weight Wise Plus</b> NO Q&amp;A/Tech Help  4:30 Zumba</p>	<p>15. <b>Birthday Party</b> 8:30 Gentle Stretching &amp; Balance (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure NO Q&amp;A/Tech Help 10-12 Constituent Outreach 10-12 Edward Jones Advisor 11:45 Lunch <b>12:45 Entertainment: "Elvis"</b> NO Q&amp;A/Tech Help</p>	<p>16. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games NO Q&amp;A/Tech Help 11:50 Lunch <b>12:45 Cards/Games</b> NO Q&amp;A/Tech Help  4:30 Zumba</p>	<p>17. 8:30 Gentle Stretching &amp; Weight Lifting (OS) 9:30-11:30 Cards/Games 11:50 Lunch <b>12:45 Cards/Games</b></p>
<p>20. 8:30 Gentle Stretching &amp; Balance (OS) 9:30-11:30 Cards/Games NO Q&amp;A/Tech Help 11:50 Lunch <b>12:45 Cards/Games</b> NO Q&amp;A/Tech Help  </p>	<p>21. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games NO Q&amp;A/Tech Help 11:50 Lunch <b>12:45 Weight Wise Plus</b> NO Q&amp;A/Tech Help  3pm Board of Directors Meeting  4:30 Zumba</p>	<p>22. 8:30 Gentle Stretching &amp; Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&amp;A/Tech Help 11:45 Lunch <b>12:45 Bingo</b> 2-3 Q&amp;A/Tech Help</p>	<p>23. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&amp;A/Tech Help 11:50 Lunch <b>12:45 Cards/Games</b> 2-3 Q&amp;A/Tech Help  4:30 Zumba</p>	<p>24. 8:30 Gentle Stretching &amp; Balance (OS) 9:30-11:30 Cards/Games 11:50 Lunch <b>12:45 Cards/Games</b></p>
<p>27. 8:30 Gentle Stretching &amp; Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Q&amp;A/Tech Help 11:50 Lunch <b>12:45 Cards/Games</b> 2-3 Q&amp;A/Tech Help</p>	<p>28. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&amp;A/Tech Help 11:50 Lunch <b>12:45 Weight Wise Plus</b> 2-3 Q&amp;A/Tech Help  4:30 Zumba</p>	<p>29. 8:30 Gentle Stretching &amp; Balance (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&amp;A/Tech Help 11:45 Lunch <b>12:45 Bingo</b> 2-3 Q&amp;A/Tech Help</p>	<p>30. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&amp;A/Tech Help 11:50 Lunch <b>12:45 Cards/Games</b> 2-3 Q&amp;A/Tech Help  4:30 Zumba</p>	<p>31. 8:30 Gentle Stretching &amp; Weight Lifting (OS) 9:30-11:30 Cards/Games 11:50 Lunch <b>12:45 Cards/Games</b></p>

# TRIPS



**Sight and Sound  
Noah Live On Stage  
and  
Lunch at  
Hershey Farm Restaurant**

**April 1, 2025**

**All aboard the ark**

With a catastrophic storm on its way, Noah is given a monumental task: build a boat big enough to save his family from a flood that will cover the entire earth. As Noah endeavors to live faithfully in the midst of an increasingly chaotic world, can he trust that God's promises run deeper than the rising waters around him?

Returning for one season only, this landmark production takes you on board one of the world's best-known voyages as live animals fill the stage and aisles. Set sail inside the enormous ark as this extraordinary story comes to life in this special 30th anniversary season!

**Sign up by Thursday, February 27, 2025  
Deadline date to cancel, Thursday, February 27**

**Itinerary:** Motor Coach ride to and from center, enjoy buffet-style lunch at Hershey Farm and Live on Stage Show.

**Cost:** \$155.00 (Payment due at sign-up)

**Leave:** Promptly at 9:15am from Center  
(be here by 9:00am)

**Return:** 4:30pm (approx.) to Center

**American Treasure Tour  
Spring 2025**



**Listed as one of the Top Ten things  
to see in Pennsylvania**

We are planning upcoming trips.

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

610-932-5244  
bpellegrini@oxfordseniors.org



**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.

**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

**Trip Information**

We are able to accommodate foldable walkers and foldable non-motorized wheelchairs. Unfortunately, the bus cannot transport motorized wheelchairs. Everyone needs to be able to navigate several steps entering and exiting the bus. Most trips require the ability to get on and off the bus, walk a short distance into the venue and/or restaurant. We will endeavor to include in our description any trip that has excessive walking or obstacles.



# What's Happening!!



**Wednesday,  
January 1, 2025**

**WE  
ARE  
CLOSED**

**Bingo with  
Always Best Care**  
**Wednesday, January 8  
12:45pm**



**Birthday Party**

**Entertainment  
Elvis**

**Wednesday, January 15  
12:45pm**



**Medicare Update  
w/ Sally**  
**Monday, January 6  
7:00 pm**  
**Sign up requested**

**No January Class  
Scheduled  
Will Return in February**



**WEIGHT WISE PLUS**  
**8 week program**  
**Lead by Barbara Myers**  
**Overweight, Underweight  
or Just About In Between?**



**Collecting Bingo  
Prizes**



**Our bingo prizes come from  
your generous donations.**

**We need your help!!  
No clothes please**

**So please consider donating some awesome  
items to be used as bingo prizes.**

Weight Wise is expanding to include all nutrition information that every senior should know to live a healthy life. Recent research work that shows us what we should be eating or not eating will be included in every class. Topics such as the mediterranean diet (what's great about it and what's not), foods that cause inflammation and those that prevent it, bone and cardiac health and so on will be discussed.

Those of you who are interested in losing or gaining weight will be able to be weighed privately and we will devote the last part of every class to weight control.

Please **sign up** so we can ensure enough program materials for everyone. I am looking forward to meeting you at our first class.

**Barbara Myers, Licensed Dietitian**  
**Chester County Department of Aging Dietitian**

- |         |   |
|---------|---|
| 1/7/25  | The Mediterranean Diet  |
| 1/14/25 | Inflammation in Your Digestive Tract, Prebiotics & Probiotics |
| 1/21/25 | Volumetrics   |
| 1/28/25 | Vitamins & Minerals   |
| 2/4/25  | Carbohydrates - 3 Levels                                      |
| 2/11/25 | Proteins - Sarcopenia   |
| 2/18/25 | American Heart Association - Fats & Sodium                    |
| 2/25/25 | Bone Health   |



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

**CARDS/GAMES**

**Monday-Friday mornings: 9:30am-11:30am**  
**Afternoons with no program: 12:45pm-2:45pm**  
**When there is a program: 2:00pm-2:45pm**

# What's Happening!!



## INCOME TAX PREPARATION



We've had discussions with the AARP Tax Advisors regarding Income Tax preparation here at the senior center. The Coordinator for the tax preparers has informed us that AARP **WILL** be preparing income taxes at the senior center again this year, on Thursdays and a few Wednesdays beginning in early February.

Tax preparation will return to normal in-person procedure. We have not yet been given a complete schedule or appointment times, but do know they will begin **early in February 2025, and continue thru April 10th.**

You can call our Hostess' Desk, leave your name and phone number to request a tax appointment, and someone will contact you to set up your appointment when we find out more information regarding scheduling.

### PA Property Tax/Rent Rebate

Sally will certainly be glad to assist you to complete your 2024 Tax/Rent Rebate Forms, if that is all you need completed. Ask to speak with her to make an appointment.



### **SNOW CLOSING**

In an effort to simplify the notification procedure for the closing of the Senior Center on bad weather days, please be advised that if the **Oxford Area School District is closed or on any delay, the Senior Center will be closed.**

Please check the television or radio stations to see if the school district is on a delay or is closed. Also check OASC website, Facebook or call to listen to our greeting for closing announcement (after 8:30am).





## 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, January 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, January 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.



## JANUARY BIRTHDAYS

1	Lillian A. Coates	22	Judith A. Fingerle
1	Judy V. Moran	22	Marian J. Knorr
1	Kristi A. Eisenberg	23	Thomas Adams
1	Raymond Leonardo	23	Margaret R. Lauer
2	Patricia L. Sherman	23	Antoinette Bement
2	Linda J Hoover	24	Becky S. Buckland
2	Doris V. Wilson	24	Barbara J. Capman
2	Patricia Ann Lawson	24	Patricia P. Bailly
3	Ralph W. Hartgrove	24	Lynn V Brown
3	Jo Anne C Reeves	25	Frances T Ruta
5	David M Cornette	25	Catherine B Koncir
6	Jeannie L. Cass	25	Connie W. Bidwell
8	Barbara Shank	27	Ross J. Lloyd
9	Beulah L. Benner	27	Phyllis A Keith
12	Robert Pierce Jr.	27	Norma K. Thompson
13	Noel A. Roy	27	Ernest C Irving
13	Gloria S. Anderson	28	Amy L. Hoffman
14	Flora A. Herr	28	Scott Gold II
15	Julianna M Carlin	29	Eleanor M. Jamison
16	Marsha B Saldanha	30	Barbarann M. Parkhill-Capper
18	Patricia L. Thompson	30	Ron B. Burris
20	Patricia K McComsey	30	Robin I. Baker
20	Janet P. Phipps	30	Ellen Cullen
20	Deborah N. Spencer	30	Mary M. DeLaurentis
20	Loretta B. Rhodewalt	31	John R. Rucker
21	Sondra Morgan	31	Charles C Ankney Jr
21	Lydia Akerman	31	Marilyn Garthwaite



**Happy New Year!**



Newsletter of the 18 Social Security Administration offices in Bucks, Chester, Delaware, Lehigh, Monroe, Montgomery, Northampton, and Philadelphia counties

## We Couldn't Come Up with a Catchy Headline for "Appointments"

Please accept our deepest apologies. Oh sure, there's "Appointment TV," and your "doctor's appointment," but nothing really fits here. So, we'll get right to it. This is about SSA moving to an all-appointment system. Here's a message from our headquarters:

**"To serve the public more efficiently,** we are expanding appointment-based services at our local offices. This will reduce wait times, streamline service delivery, and improve overall customer experience. Some offices have already moved to appointments and they have seen significant improvements in wait times due to more efficient visitor experiences, plus an increase in customers able to complete their business online.

**We are implementing this in two phases.** First is a transition period through January 5, 2025, designed to educate our customers about needing to schedule an appointment. **Beginning January 6,** customers must schedule an appointment for service in our offices, including requests for SSN cards. We encourage customers to become accustomed to our [online services](#), as well as our [automated services](#) that are available on our National 800# at 1-800-772-1213. Customers who are not able to handle their business online or with the automated options may call their [local Social Security office](#) or our 800# to schedule an appointment.

**We want to be clear that we will not turn away people** who are unable to make an appointment or do not want to make an appointment. Members of vulnerable populations, military personnel, people with terminal illnesses, and individuals with other situations requiring immediate or specialized attention may still walk in for service. Some offices also have minimal to no wait times, and they will serve walk-in customers.

**We appreciate your partnership** in sharing this information and helping our customers through this transition."

## NEW YEAR RESOLUTIONS

For seniors looking to make New Year's resolutions in 2025, focus on goals that prioritize health, well-being, social connection, and personal fulfillment; always remember to set realistic and achievable goals based on your individual needs and abilities.

### Health and Wellness:

- **Regular exercise:** Aim for moderate-intensity exercise like walking, swimming, or yoga most days of the week.
- **Balanced diet:** Incorporate more fruits, vegetables, whole grains, and lean protein while limiting processed foods.
- **Sleep hygiene:** Establish a consistent sleep schedule and create a relaxing bedtime routine.
- **Stress management:** Practice relaxation techniques like deep breathing, meditation, or mindfulness.
- **Regular checkups:** Stay on top of scheduled doctor appointments and screenings.

### Social Connection:

- **Quality time with family and friends:** Make a conscious effort to spend meaningful time with loved ones.
- **Join a club or group:** Explore interests by joining a local club related to hobbies, crafts, or community service.
- **Volunteer work:** Give back to your community by volunteering at a cause you care about.

### Personal Growth:

- **Learn a new skill:** Take up a new hobby like painting, playing an instrument, gardening, or learning a language.
- **Read more books:** Set a goal to read a certain number of books each year.
- **Travel to new places:** Plan a short trip to a new destination or revisit a favorite location.
- **Digital literacy:** Enhance your tech skills by learning new apps or online platforms.

### Home and Lifestyle:

- **Declutter your space:** Organize your home by getting rid of unnecessary items.
- **Home safety audit:** Review potential safety hazards and make necessary adjustments.
- **Sustainable living:** Reduce your environmental impact by adopting eco-friendly practices.

### Important Considerations:

- **Consult your doctor:** Before starting any new exercise program or dietary changes, talk to your physician.
- **Set realistic goals:** Choose achievable resolutions that fit your current lifestyle and abilities.
- **Track your progress:** Monitor your achievements and adjust your plan as needed.
- **Celebrate milestones:** Acknowledge and reward yourself for reaching smaller goals along the way.



## SUPPORT YOUR CENTER

### Annual Appeal Fund Drive

As mentioned in last month's newsletter, due to continued extremely tight revenue, we find it necessary to again hold an *Annual Appeal Fund Drive* in December.

The FY 2024-2025 budget includes minimal increases in operating expenses which is extremely rare in this economic climate. The Board of Directors has done a tremendous job of managing our expenses in light of the rising costs of operating the center. Even with slight increases in expenses, the income budget must include \$12,000 in Annual Appeal Fund Drive revenue to help offset our revenue decreases due to the loss of revenue from grants and charitable foundations.

United Way, private foundation grants and government grants make up only a portion of what is needed for program operations. Since very few of our programs and activities have fees for participation, the balance must be raised through member-driven fundraising events, our \$15 yearly participation contribution and an Annual Appeal Fund Drive. This is a *Community-Based* appeal reaching out to the entire area which we serve, not just to our senior participants, friends and current supporters.

For those of you who haven't yet contributed to our Annual Fund Drive, you still have time to do so. The fund drive will continue thru January to make sure all who wish to help us have a chance to do so. Thanks to all who have supported us in our efforts to provide the best in services to our senior community.

If you have any questions, feel free to contact our Executive Director, Jim McLeod.

Thank you for your continued and generous support.

**Oxford Area Senior Center  
Board of Directors**



## 2024-2025 Annual Appeal Campaign Thank You

**The Senior Center Board of Directors  
wishes to thank the following individuals,  
companies and organizations  
for their donations to our  
Annual Appeal Campaign.**

- |                            |                           |
|----------------------------|---------------------------|
| Patricia Anderson          | Robert & Patty McComsey   |
| Richard & Peggy Bachman    | Donna McLimans            |
| Robert & Roberta Bailey    | Sonja Mellinger           |
| Howard Billings            | Sondra & Nathan Morgan    |
| Robert & Dorothy Bradley   | Albert Moran              |
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| Marilyn Garthwaite         | Jack Supplee              |
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| Randy & Susan Kach         | Janet & Myron Wagner      |
| Neil Krivanek              | Charles Wichhart          |
| John & Peggy Lauer         | Connie Winchester         |
| Kathleen Lockhart          | Harrison Winters          |
| Donald & Beth MacMillan    | Edith Sumner              |
| Monique Manfield           | Harold & Lynn Swisher     |
| Scott & Diane Massey       | Kim & Peter Zuleba        |

### **CHURCHES, BUSINESSES and ORGANIZATIONS**

- |                               |                          |
|-------------------------------|--------------------------|
| Beiler-Campbell Realtors      | Oxhaven LTD - Mimoan LLC |
| Compassionate Love Ministries |                          |



# Community Services

## 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.



## CHESTER COUNTY DEPARTMENT OF AGING



The mission of the Chester County Department of Aging Services is to provide home and community-based protection, advocacy, and information and assistance services to people aged 60 and over and their families, so they can have choices about how they want to live with dignity and respect, lead independent and active lives, and be free from abuse and neglect.

The Chester County Department of Aging has an Information and Referral (I &R) Specialist that can discuss the consumers various needs and concerns, offer information on numerous resources in the community (housing, financial assistance, transportation, counseling, meal programs, visiting doctors, and other general information and phone numbers) as well as information about the various programs offered through the Department of Aging.

Visit Chester County Department of Aging Services at <https://www.chesco.org/135/Aging> to obtain information on various topics or contact them at 610-344-6350 or [ccaging@chesco.org](mailto:ccaging@chesco.org):

- Aging Services and Referral for Services such as LIFE (Living Independence for the Elderly), Nursing Facility Assessments, Nursing Home Transition
- Medicare Counseling (PA MEDI) (see page 3)
- COMPASS: Health/Human Service Programs
- Legal Services (see article on left for information)
- Protective Services

## EXPERIENCING HOMELESSNESS?

- Sleeping outside or in a vehicle?
- Fleeing domestic violence?
- At risk of losing your current housing?

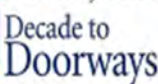


**CALL 2-1-1 FOR ASSISTANCE**



### CHESTER COUNTY HAS SERVICES TO HELP

- Emergency services information available 24/7
- Intake done 8 AM to 5 PM, Monday - Friday
- Text your zip code to 898-211
- Se habla Español
- Hearing Impaired? Use 7-1-1 relay service to call 2-1-1



Taking and responding to 211 prevention or information calls locally



Chester County's Department of Human Services is partnering with PA211 to provide local 211 navigators – a single point of information and referral support for 211 callers, connecting local residents to the health, housing and human services they need.

Taking & responding to 988 suicidal crisis or emotional distress calls locally

Chester County residents who call 988 will reach a team of crisis counselors located in Chester County. This local connection ensures a more comprehensive, effective, and accessible mental and behavioral health crisis response system for all who live in Chester County.





## 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](http://www.goodworksinc.org/whrp)**

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



**Housing Partnership of Chester County**

41 W. Lancaster Ave.  
Downingtown,  
PA 19335

610-518-1522

[www.housingpartnershipcc.com](http://www.housingpartnershipcc.com)

### Home Modification Access Program

This program will adapt your home to your specific disability. HPCC will provide modifications that include, but are not limited to: ramps, lifts, door and hallway widening, kitchen and bathroom modifications, visual doorbells, audio phones and visual phone signalers. There is a \$22,000 limited to this grant program. You will not be required to pay for this work.

### Senior Citizen Home Maintenance Program

This program is administered by the HPCC on behalf of the Chester County Department of Community Development. The program provides basic home maintenance, repairs, and access modifications. There is a \$6,000 limit on work to be performed for each residence. This cost is considered a one-time, full grant. Work includes any type of home maintenance and repairs include, but are not limited to, roof repair, heater installation, window, decks, bathrooms, and siding.

For restrictions, eligibility requirements and income limits please call or visit website.

## Community Services

Center Voice  
Page 13



### Do you need:

- A new roof?
- A ramp to your door?
- A new furnace?
- Your house siding repaired?

## FREE HOME REPAIRS

FOR LOW INCOME HOMEOWNERS

To qualify for free home repair, you must:

- own your home
- be current on mortgage, taxes and insurance



### LEARN MORE

call us at: 610-444-1860

or apply online at:

[goodneighborshomerepair.org/request-a-home-repair](http://goodneighborshomerepair.org/request-a-home-repair)

### PA Dept. of Health Updates

Stay directly informed on health related issues by visiting the Pennsylvania Department of Health's website. <https://www.health.pa.gov/Pages/default.aspx#>

### Center for Disease Control (CDC)

Visit the CDC website for the latest information, <https://www.cdc.gov/>

### Chester County Health Department

Visit this website for the latest information for Chester County <https://www.chesco.org/224/Health>

### Governor's Websites

Visit the Governor's websites for important information.

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 (<https://www.chesco.org/va>)

### 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 information on how to access help and support. 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](http://chesco.org/mhidd)

### Oxford Area Senior Center

Be sure to also check our website at [www.oxfordseniors.org/resources](http://www.oxfordseniors.org/resources) for other important resources in our area.

## Health and Wellness Programs



### Ditch the Workout and Join the Party!

ZUMBA fitness classes every

**Tuesday** 4:45-5:30pm  
**Thursday** 4:45-5:30pm

**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

**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.

### 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.



### **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.

### **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.



### **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.



**OPEN SWIM**  
**AT THE**  
**JENNERVILLE**  
**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!**



### 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 our 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.



## Medicare 101

w/ Sally Arter

Monday, January 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](mailto:contact@oxfordseniors.org)

## Technology Help with Colleen

Oxford Area Senior Center

### Do you need help with your electronic device?

Are you confused about how to use that electronic device? Please do not fret any longer. Technology help is available for computers (Windows, MAC, Chrome), Apple or Android mobile/cell phones and iPad/tablets. Questions can be regarding how to use your device and the many apps and functions.

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**  
**times listed on the Activity Calendar**  
**\$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
- Email Colleen at [caowens@oxfordseniors.org](mailto:caowens@oxfordseniors.org)

[www.oxfordseniors.org](http://www.oxfordseniors.org)  
Click on Activities,  
then click on Technology Help 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**



### 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 2024/2025**

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Ira Binder President  
George Lauer Vice-President  
Noel Roy Treasurer

**Members**

Carol Carter Scott Massey  
Kevin Collins Clyde Prigg  
Jane Freeman William Ringler  
Geoff Henry Bonnie Smith  
Edwin Herr Dian Steffy  
Dr. Rev. Jim Horn



**Oxford Ares Senior Center  
STAFF**

Jim McLeod Executive Director  
Beth Pellegrini Program Coordinator  
Jim Jackson Kitchen Supervisor  
Joanne Cheek Kitchen Staff  
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, Herr Foods, Inc., 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.