



# Center Voice

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

January 2021



The Center is  
Closed due to  
COVID-19 virus.

## Director's Corner

### **We continue to offer weekday nourishing cold and frozen meals Provided by The Chester County Department of Aging**

The Oxford Area Senior Center has been providing area seniors with vital services throughout the COVID-19 Pandemic, most importantly offering nutritious "grab and go" weekday meals.

We have provided area senior residents with over 2400+ nutritious meals since we closed our doors on Friday, March 13th. You do not need to be a current participant at the senior center to be eligible to receive meals. You will need to complete a Consumer Information Form providing us and the Department of Aging with some necessary information.

If you are able, a voluntary, confidential, anonymous donation of \$2 per meal is suggested to help the CCDAS offset some of the meal costs.

Each week a meal participant is eligible to receive 2 cold meals and 3 frozen meals. These meals are delivered to us every Tuesday and Thursday and **available for pick up between 11am and 12pm on those days.**

The cold lunch is a box lunch including a sandwich, cold vegetable or vegetable salad, and fruit. The frozen meal is similar to frozen meals you see in the grocery store. I've tried both and they are nutritious, tasty, and well-balanced meals.

The delivery we receive on Tuesday consist of one cold meal and one frozen meal, and one quart of milk for each participant who placed an order for meals that week. The Thursday delivery consists of one cold meal and two frozen meals also for each participant who had requested meals that week. That's a total of 5 meals each week that can be provided. **January's meal menu is on page 4.**

### **Our weekly meal order is due to the Department of Aging by noon of Tuesday for the following week!!!!!!!**

If you have any questions about the meals or procedure for ordering them, please feel free to contact me. Since we are closed for activities, call the senior center (610-932-5244) and leave a message on my voice mail box or email me directly at [jdmcleod@oxfordseniors.org](mailto:jdmcleod@oxfordseniors.org).

### **Annual Appeal Fund Drive**

Please see the article on page 7 regarding our December Annual Appeal. Even though our building has been closed for most of our regular activities, we continue to offer them either at an off-site location, remotely on Zoom, or providing assistance by telephone. Please go to page 7 and see how you can help.

There is still time for you to help us with a financial donation

### **Income Tax Preparation**

Please read the article on page 5 regarding Income Tax preparation!

***Please continue to be safe!***

***Please Enjoy A Happy and Healthy Holiday Season***

***Jim***

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**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 wonderful volunteers who helped us throughout the entire holiday season!!

**DONORS**

Joan Appleton  
Mary Baily  
Patricia Baily  
Robert & Dorothy Bradley  
Harold & Lorraine Broomell  
Barbara Bussard  
Jean Catani  
Louise & Butch Cooper  
Francis Cornell  
Phyllis Deaver  
Jane Freeman  
Marilyn & Gene Garthwaite  
Jean & Fremont Hardy  
James & Lois Herr  
Randy & Sandy Kach  
Kathleen Lockhart  
Monique Manfield  
John & Gloria Masciantonio  
Donna McLimans  
Marie Louise Meyers  
Albert & Louise Moran  
Barbara & Joseph Murphy  
Judith & Howard Menzel  
Dianne & John Rickards  
Kathie & Noel Roy  
Jahan Sheikholeslami  
Elsie & Gale Shepherd  
Anne Marie Smith  
Harold & Lynn Swisher  
Shirley Terry  
Irene Tingley  
Dorothy Waltz  
Doris Wilson  
Ramona & Wayne Wrigley  
Beiler-Campbell Realtors  
Cameron's Hardware  
OxHaven Ltd

*Thank you*

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**IN MEMORY**

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

**Florence Brown  
Lucille Campbell  
Ruth Crampton  
Pauline "Polly" James  
Terri Jones  
June Macauley  
Theresa Meussner  
Frank Moroney  
Barbara Scott  
Myles Standish**

**OUR BEST WISHES & THOUGHTS GO TO:**

Alice Moroney  
Regina Standish

And to the Families of:

Florence Brown  
Lucille Campbell  
Ruth Crampton  
Pauline "Polly" James  
Terri Jones  
June Macauley  
Theresa Meussner  
Frank Moroney  
Barbara Scott  
Myles Standish



**NEW MEMBERS**

Joseph Chapman

# INFORMATION & REFERRAL



If time flies when you're having fun, we must be having a blast! 2020 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	Luther House	610-869-4240
AARP Tax Aide	610-932-5244	Meals on Wheels	610-430-8500
Adult Day Care of Chester County Kennett Square, PA	610-388-1166	Office of Vocational Rehabilitation	800-442-6351
Adult Day Care: Rising Sun Family Care Center	410-658-6000	Oxford Hotel	610-932-9290
American Red Cross	610-692-1200	Oxford Municipal Building	610-932-2500
Apprise (local)	610-932-5244	Oxford Neighborhood Services	610-932-8557
Association For Blind	610-384-2767	Oxford Terrace	610-436-9200
Bur. Consumer Protection	800-441-2555	PA Income Tax	610-353-4051
Catholic Social Services	610-269-4060	PA Insurance Department	717-787-7000
Chester County Cares	610-436-4040	PA Link to Community Care	www.carelink.pa.gov
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	ROVER	484-696-3854 877-873-8415
Crime Victims' of Chester County	610-692-7420	SCCOOT	877-612-1359
Department of Health	610-344-6225	Sect. 8 Rent Certificate	610-436-9200
Domestic Violence of Chester Co.	610-431-3546	Senior Healthlinc	610-431-1852
Elder Abuse Hotline	800-567-7000	Senior Home Care Services	610-431-7877
Good Neigh. Home Repair	610-444-1860	Seniors Helping Seniors	484-459-6573
Governor's Action Hotline	800-932-0784	Shelters/Housing Needs - 24/7	2-1-1
Housing Assistance of Chester Co.	610-436-9200	Social Security	800-772-1213
Information & Assistance (OASC)	610-932-5244	State Assistance Office	888-814-4698
IRS	800-829-1040	State Offices: Senator Andrew Dinniman	610-692-2112
IRS - Status only	800-829-4477	State Rep. John Lawrence	610-869-1602
Jennersville Hospital Tower Health	610-869-1000	Veteran's Benefits	800-827-1000
La Comunidad Hispana	610-444-7550	Voter Services	610-344-6410
Legal Aid of So. Eastern PA Intake Application	610-436-4510 877-429-5994	Ware Presbyterian Homes	610-998-2400
LIHEAP	610-466-1042		

# JANUARY 2021 MENU

Call 610-932-5244 - Center is closed due to COVID-19

Call or email to sign up for lunch by 10am Tuesday for the ENTIRE following week.

**MENU IS SUBJECT TO CHANGE WITHOUT NOTICE - MUST PICKUP**

MON	TUE	WED	THU	FRI
CCDAS Food Vendor  	<b>SENIORS 60 &amp; ABOVE</b> A voluntary confidential requested \$2.00 donation <b>INDIVIDUALS UNDER 60</b> \$4.52			1. Oven Fried Chicken Macaroni & Cheese Stewed Tomatoes Corn Muffin Margarine Apple Pie 
4. Roast Turkey Gravy Mashed Potatoes Green Beans Dinner Roll Margarine Grape Juice	5. Box Lunch Seafood Salad Bun Tomato & Cucumber Salad Oatmeal Cookies	6. Baked Chicken Oven Roasted Potatoes Mixed Vegetable WG Dinner Roll Margarine Diced Peaches	7. Box Lunch Roast Beef & Provolone Kaiser Roll Horseradish Sauce Pasta Salad Mandarin Oranges	8. Cheeseburger on WG Bun Baked Beans Waffle Fries Ketchup Pineapple
11. Chicken Stir Fry Fried Brown Rice WG Dinner Roll Margarine Mandarin Oranges	12. Box Lunch Italian Hoagie on Club Roll w/ Lettuce & Tomato Diced Tomato Salad Pineapples	13. BBQ Riblet Carrots Garlic Mashed Potatoes WG Dinner Roll Margarine Applesauce	14. Box Lunch Tuna on Bun Chopped Broccoli Salad Sugar Cookies Grape Juice	15. Roast Turkey w/ Gravy Stuffing Winter Blend Veg Dinner Roll Margarine Grape Juice
18. Sweet Italian Sausage, Onions & Peppers on Club Roll Romano Blend Vegetables Oatmeal Raisin Cookies	19. Box Lunch Chicken Salad Cup Croissant Lettuce & Tomato 3 Bean Salad Pineapples	20. Chicken Parmesan WG Penne Pasta Mixed Romano Blend Pears	21. Box Lunch Turkey Ham & Cheese Wheat Bread Lettuce & Tomato Black Bean & Corn Salad Mixed Fruit Juice Mustard	22. Swedish Meatballs Egg Noodles Baby Carrots Margarine WG Wheat Mandarin Oranges
25. Baked Chicken Brown Rice Winter Blend Veg Orange Juice WG Dinner Roll Margarine	26. Box Lunch Roast Turkey & Swiss on Rye 1000 Island Dressing Cole Slaw Grape Juice	27. Turkey Burger on WG Bun w/ Lettuce & Tomato Oven Roasted Potatoes Green Beans Applesauce	28. Box Lunch Buffet Ham & Cheese on Wheat Lettuce & Tomato Potato Salad Pineapples Mustard	29. Baked Tilapia Brown Rice Mixed Veg Orange Wheat Roll

Call 610-932-5244 or email [jdmcleod@oxfordseniors.org](mailto:jdmcleod@oxfordseniors.org) to order meals.  
 You can also order meals for the next week when picking up your meals.  
 Pickup is every Tuesday and Thursday from 11am-12pm

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 enjoy the meals from the box lunch/frozen meal program. There is no cost for the meal but you must reserve your meal by 10am Tuesday for the ENTIRE following week of meal service. A voluntary confidential contribution of \$2.00 is appreciated toward the cost of the meal but is not required. Envelopes will be available when picking up meals on Tuesday and Thursdays.  
*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.*



## Chester County Seniors

### For food, supplies and prescriptions (also pet food)

During this COVID-19 stay-at-home mandated time, if you cannot shop for food, supplies or pickup your prescriptions, please call the senior center (610-932-5244) and leave a message. We check our messages daily. We can get someone to help you!

## ROVER

Thanks to Chester County officials, hours for rides in the mornings to grocery stores, doctor's appointments and pharmacies have been extended, and available on Saturday mornings too! There is a limit of 3 seniors on a bus at one time! There is no additional cost!

## 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>

## 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](https://www.chesco.org/mhidd)

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

## Governor's Websites

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

Pennsylvania Governor Tom Wolf's website: <https://www.governor.pa.gov/>

Maryland Governor Larry Hogan's website: <https://governor.maryland.gov/>

Delaware Governor John Carney'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

## Oxford Area Senior Center

As always be sure to also check our website at [www.oxfordseniors.org](http://www.oxfordseniors.org) or Facebook page for any updates.

# INCOME TAX PREPARATION



We have had several phone calls from the County Superintendent for the AARP Tax Advisors regarding Income Tax preparation which normally begins in early February. As of now they do not have a Coordinator for the Oxford and West Grove sites where they've previously prepared taxes.

As they search for someone to accept that responsibility, we must warn you that if they do not find someone, they might not be preparing taxes this year.

Just in case they don't find someone, we suggest you begin looking for some individual tax preparer, or some tax preparation business to complete your 2020 income tax forms.

We will certainly be glad to assist you complete your 2020 Rent/Rebate Tax Forms, but unfortunately, income tax preparation might not be available this year. **Please start planning in case it's not.**

We will develop a list of local Tax Preparation individuals and companies to help you. But please realize you will probably have to pay for their services!



## JANUARY BIRTHDAYS

1	Kristi A. Eisenberg	21	Lydia Akerman
1	Margaret L. Speck	21	Sondra Morgan
1	Joann M. Watkins	22	Judith A. Fingerle
1	Lillian A. Coates	22	Marian J. Knorr
1	Judy V. Moran	23	Antoinette Bement
2	Doris V. Wilson	23	Henry G. Pape
2	Patricia L. Sherman	23	Thomas Adams
2	Shirley M. Barnes	23	Margaret R. Lauer
2	Patricia Ann Lawson	23	Alice Merlini
3	Ralph W. Hartgrove	23	John W. Rohrer
3	Joanne L. Wilson	24	Becky S. Buckland
4	Kristen L. DeMicco	24	Patricia P. Baily
5	Horace Steffy	24	Ann E. Cannon
6	Patricia Todd	24	Barbara J. Capman
6	Jeannie L. Cass	25	Judith Ann Cameron
7	John D. Gatta	25	Connie W. Bidwell
8	Barbara Shank	25	Ronald L. Oliver
8	Sharon W. Mayer	26	Patricia O. Job
9	Carol S. Birt	26	James Saladino
9	Beulah L. Benner	26	Rose M. Ramsay
9	Linda L. Searfass	26	Nancy A. Poliski
10	Alonzo H. Brown	26	Margaret W. Ulin
10	Amy O'Donald	27	Sally Tipton
11	Gail M. Tierney	27	Norma K. Thompson
12	Daniel P. Huston	27	Ross J. Lloyd
12	Robert Pierce Jr.	27	Mary Joyce
12	Joyce L. Kauffman	27	Loretta D. Biondi
12	Elaine Heier	27	Doris A. Rhoades
12	Richard Reeves	27	Phyllis A Keith
12	Mary Watson	28	Marie Calvert McKee
12	Jeanne E. Letterman	28	Scott Gold II
13	Gloria S. Anderson	28	Thomas P. Nicolaides
13	Noel A. Roy	29	Harvey A. Scott
14	Flora A. Herr	29	Ann E. Nelson
14	Dottie Robinson	29	Frederick C. Sullivan
14	Mary E. Harris	29	Betty A. Hausmann
14	Clarence Nixon	29	Eleanor M. Jamison
15	Julianna M Carlin	30	Barbarann M. Parkhill-Capper
17	Barbara Heiderscheidt	30	Eleanor M. Rule
18	Patricia L. Thompson	30	Mary M. DeLaurentis
19	Raymond O. Leneweaver	30	Ron B. Burris
20	Betty Lou Spotts	30	Ellen Cullen
20	Margaret Y. Mackiewicz	30	Helen Ribaud
20	Loretta B. Rhodewalt	31	Francis A. Broley
20	Janet P. Phipps	31	Marilyn Garthwaite
20	Deborah N. Spencer	31	John R. Rucker
21	Philip O. Mastrippolito	31	Charles C Ankney Jr
21	Howard S. Neikam		
21	Patsy Lloyd		



## CONSTITUENT OUTREACH

State Senator Andrew Dinniman's Constituent Outreach Representative Kevin Collins is available to answer any question you may have regarding Commonwealth of PA programs and services they offer via phone.

West Chester District Office:  
610.692.2112

Harrisburg Office  
717.787.5709



### 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)

## 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



## SUPPORT YOUR CENTER

### Annual Appeal Fund Drive

As mentioned in the article on page 1, being closed for all regular programs and activities due to the COVID-19 pandemic, and decreasing regular non-profit grant revenue due to the virus, we find it necessary to again hold an *Annual Appeal Fund Drive* during December.

*Since Monday March 16th our staff has been working from home remotely or on the telephone. Brief visits to the senior center have been necessary to help prepare the newsletter, assist Sally with Medicare Part D appointments, or get caught up on the statistics we are required to keep. Our Executive Director Jim has been at the senior center everyday coordinating all efforts to assist our seniors. Our Kitchen Supervisor Jim has been busy with the nutrition programs offered by CCDAS, and Colleen has been busy with one-on-one appointments helping folks with their tech issues. Please see my article on page one for more details on the current nutrition program. Exercise classes are taking place either in a parking lot at Nottingham County Park or remotely on Zoom. Zumba was happening in the instructor's driveway. We are handling food needs for approximately 50 seniors on a weekly or monthly basis. So as you can see, we're busy continuing to provide our senior community members with the services they so vitally need. With all of this going on costs continue to go up and revenue continues to go down.*

The Board of Directors has done a tremendous job of managing our expenses in light of our current situation at 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. The balance must be raised through member-driven fundraising events, our \$15 yearly membership donation 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.

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**



## Caregivers Support Group

Presented by:

Alzheimer's Association Delaware Valley Chapter

**Build a support system with people who understand.**

Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

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

First Saturday of each month, 10:00 AM

St. Christopher's Episcopal Church  
116 Lancaster Pike, Oxford, PA 19363

brad4d@zoominternet.net

Visit [www.alz.org/delval](http://www.alz.org/delval) to learn more about caregiver programs and resources. To further extend your network of support, visit ALZConnected®, our online community, at [alzconnected.org](http://alzconnected.org).

800.272.3900 | [alz.org](http://alz.org)\*

## Top 10 Healthy New Year's Resolutions For Older Adults

Making New Year's resolutions to eat better, exercise, watch your weight, see your healthcare provider regularly, or quit smoking once and for all, can help you get healthier and feel better for many more years to come. The American Geriatrics Society's Health in Aging Foundation recommends these top 10 healthy New Year's resolutions for older adults to help achieve your goal of becoming and staying healthy.

From <https://www.healthinaging.org/tools-and-tips/tip-sheet-top-10-healthy-new-years-resolutions-older-adults>

- 1. Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats:** In later life, you still need healthy foods, but fewer calories. The USDA's Choose My Plate program, and your healthcare provider, can help you make good choices. Eat at least five servings of fruits and vegetables daily. Choose fiber-rich whole grain bread, brown rice, and whole grain pasta. Pick less fatty meats like chicken or turkey. Have heart-healthy fish twice a week. Include sources of calcium and Vitamin D to help keep your bones strong, Two daily servings of low-fat milk, yogurt, or cheese are a good way to get these nutrients. Use healthier fats, such as olive and canola oils, instead of butter or lard. Use herbs and spices to add flavor when cooking, which reduces the need to add salt or fat.
- 2. Be active:** Physical activity can be safe and healthy for older adults — even if you have heart disease, diabetes, or arthritis! In fact, many of these conditions get better with mild to moderate physical activity. Exercises such as tai chi, water aerobics, walking, and stretching can also help you control your weight, build your muscles and bones, and improve your balance, posture, and mood. Check with your insurance plan to see if you are eligible for the SilverSneakers program, which can provide access to local fitness centers.
- 3. See your provider regularly:** You should schedule an annual Medicare wellness visit with your healthcare provider around your birthday month to discuss health screenings and any changes in your advance directives. At each visit, talk to your provider about all the medications you're taking, and whether or not you still need them. Find out if you should be getting any new or booster immunizations/ shots.
- 4. Quit smoking:** Did you know that cigarette smokers are twice as likely to develop heart disease as non-smokers? It is never too late to quit. You can still reduce your risk of many health problems, breathe easier, have more energy, and sleep better if you quit smoking.
- 5. Toast with a smaller glass:** Excessive drinking can make you feel depressed, increase your chances of falling, cause trouble sleeping, interact with your medications, and can contribute to other health problems. One drink = 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of hard liquor. The recommended limit for older men is no more than 14 drinks per week and for older women, no more than 7 per week.
- 6. Guard against falls:** One in every three older adults falls each year — and falls are a leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls. Also ask your healthcare provider to check that you're not taking any pills that can make you more likely to fall. Eliminate items in your home that are easy to trip over, like throw rugs. Insert grab bars in your bathtub or shower, and install night lights so it's easier to see at night.
- 7. Give your brain a workout:** The more you use your mind, the better it will work. Reading is a good choice.
- 8. Speak up when you feel down or anxious:** About 1 in 5 older adults suffers from depression or anxiety. Some possible signs of depression can be lingering sadness, tiredness, loss of appetite or pleasure in doing things you once enjoyed. You may also have difficulty sleeping, worry, irritability, and wanting to be alone. If you have any of these signs for more than two weeks, talk to your healthcare provider and reach out to friends and family.
- 9. Get enough sleep:** Older adults need less sleep than younger people, right? Wrong! Older people need just as much — at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up in the evening.
- 10. Reconsider multivitamins:** Reconsider using vitamins or nutrition supplements. as many older adults do not need them. Consult your healthcare provider if you have any issues or concerns about your nutrition.

## Alzheimer's/Dementia Caregivers Support Group

*Virtual Meetings – Attend via computer or phone.  
In-person meetings will begin after COVID-19  
restrictions are lifted.*

*Meetings are held at 9:30 am on the  
4th Saturday of each month.*

alzheimer's   
association®

**\*\*Please Join Us – All Are Welcome!\*\***

Sponsored by Alzheimer's Association, Delaware Valley Chapter

Contact [betsy.bradfordbb@gmail.com](mailto:betsy.bradfordbb@gmail.com) or 610-593-2035 for more information



HAPPY NEW YEAR CROSSWORD PUZZLE

1	2	3	4		5	6	7	8	9		10	11	12	
13					14						15			
16					17						18			
			19	20			21			22				
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		44	45				46		47	48				
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53					54	55	56		57		58			
59					60			61			62	63	64	65
66					67						68			
69					70						71			

ACROSS

- 1 American oriole
- 5 Lotion ingredients
- 10 Resort hotel
- 13 Siamese
- 14 Shred (2 wds)
- 15 Actor Alda
- 16 Pops
- 17 Musical production
- 18 Marketplace
- 19 Short-term memory
- 21 Small pieces of colored paper
- 23 Aged
- 26 Type of meat
- 28 Does what their told
- 29 Greek god of wine and revelry
- 32 Frost
- 33 Presentation
- 34 Word with home or in
- 36 Took to court
- 37 New Year's Day
- 38 Interbreeding population within a species
- 42 Ticket
- 43 Among
- 44 Appearance
- 46 Fatiguing
- 49 Before
- 51 Evening

DOWN

- 1 Limited (abbr)
- 2 Expression of surprise
- 3 Really cool
- 4 Press with lips as a sign of love
- 5 Fragrances
- 6 Mouth part
- 7 Organization of Petroleum Exporting Countries
- 8 European monetary unit
- 9 Bridge
- 10 Character on "Saved by the Bell"
- 11 Celebration
- 12 Those who are opposed
- 15 One-celled water animal
- 20 Scriptural year

- 22 What is served for meals
- 23 Chances of winning
- 24 In \_\_\_\_ of (instead of)
- 25 Covered stadium
- 27 What an orchestra makes
- 30 Affirmative gesture
- 31 Drinking aid
- 32 Party favor
- 35 \_\_\_\_\_ Lauder makeup
- 37 Merriment
- 38 Time period
- 39 Give off
- 40 Get from the earth
- 41 Verge
- 42 Elk's cousin
- 44 Believer in Islam
- 45 Annoyed
- 47 Uses
- 48 Representative
- 49 Christian sect that separated from the Mennonites
- 50 Igniter
- 54 Hormone
- 55 Tropical edible root
- 56 Blemish
- 58 What a clock tells
- 61 Can Metal
- 63 Delaware
- 64 Wing
- 65 Dined

Puzzle from www.qets.com

The good life

Each of five neighborhood dogs is enjoying one of the following activities. Based on the clues, can you figure out what each pooch is doing?



Dogs

- Saber
- Ginger
- Nutmeg
- Pepper
- Bear

Activities

- Getting ears scratched
- Playing catch
- Taking a nap
- Burying a chew toy
- Going for a walk

Clues:

- Pepper is either playing catch or burying a chew toy.
- Neither Ginger nor Saber nor Bear is on a walk.
- One of the dogs named after a spice is getting her ears scratched (and loving it).
- A dog who is not named for a spice is playing catch.
- Bear is getting some exercise.

from Reader's Digest (rd.com)

Cryptic equations

Each letter (A–G) has one of the seven values listed above. No two letters have the same value. Match each letter to a number to make the equations work.

$$B + E = G$$

$$G - D = C$$

$$F \div A = D$$

$$C - B = A$$

2 4 5 6 7 8 11

from Reader's Digest (rd.com)

## HAPPY NEW YEAR CROSSWORD PUZZLE

1 L	2 A	3 R	4 K		5 A	6 L	7 O	8 E	9 S		10 S	11 P	12 A		
13 T	H	A	I		14 R	I	P	U	P		15 A	L	A	N	
16 D	A	D	S		17 O	P	E	R	A		18 M	A	R	T	
			19 S	20 T	M		21 C	O	N	22 F	E	T	T	I	
23 O	24 L	25 D		26 H	A	27 M				28 O	B	E	Y	S	
29 D	I	O	30 N	Y	S	U	31 S		32 H	O	A	R			
33 D	E	M	O			34 S	T	35 E	A	D					
36 S	U	E	D			37 F	I	R	S	T		38 D	39 E	40 M	41 E
				42 D	U	C	A	T			43 A	M	I	D	
			44 M	45 I	E	N		46 W	E	47 A	48 R	Y	I	N	G
49 A	50 F	O	R	E				51 E	V	E		52 T	E	E	
53 M	U	S	K	R	54 A	55 T	56 S		57 A	P	58 T				
59 I	S	L	E		60 C	A	C	61 T	I		62 I	63 D	64 E	65 A	
66 S	E	E	D		67 T	R	A	I	L		68 M	E	L	T	
69 H	E	M			70 H	O	R	N	S		71 E	L	L	E	

I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're doing something.

Neil Gaiman

### The good life - Solution



### Cryptic equations - Solution

A=2 B=5 C=7 D=4 E=6 F=8 G=11

$$5 + 6 = 11$$

$$11 - 4 = 7$$

$$8 \div 2 = 4$$

$$7 - 5 = 2$$

# HAPPY NEW YEAR

# 2021

# January is Glaucoma Awareness Month

## January is National Glaucoma Awareness Month, an important time to spread the word about this sight-stealing disease.

Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase. Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing. Glaucoma is the leading cause of irreversible blindness. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians. Over 3 million Americans, and over 60 million people worldwide, have glaucoma. Experts estimate that half of them don't know they have it. Combined with our aging population, we can see an epidemic of blindness looming if we don't raise awareness about the importance of regular eye examinations to preserve vision. The World Health Organization estimates that 4.5 million people worldwide are blind due to glaucoma.

### Help Raise Awareness

In the United States, approximately 120,000 are blind from glaucoma, accounting for 9% to 12% of all cases of blindness. Here are some ways you can help raise awareness:

1. Talk to friends and family about glaucoma. If you have glaucoma, don't keep it a secret. Let your family members know.
2. Refer a friend to our web site, [www.glaucoma.org](http://www.glaucoma.org).
3. Request to have a free educational booklet sent to you or a friend.
4. Get involved in your community through fundraisers, information sessions, group discussions, inviting expert speakers, and more.

[Connect with Glaucoma.org on Facebook](#) for regular updates on glaucoma research, treatments, news and information. Share information about glaucoma with your friends and family.

### What is Glaucoma?

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages. Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain. There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

### Types of Glaucoma

There are two main types of glaucoma: primary open-angle glaucoma (POAG), and angle-closure glaucoma. These are marked by an increase of intraocular pressure (IOP), or pressure inside the eye. When optic nerve damage has occurred despite a normal IOP, this is called normal tension glaucoma.

Secondary glaucoma refers to any case in which another disease causes or contributes to increased eye pressure, resulting in optic nerve damage and vision loss. [Read more about Types of Glaucoma at \(https://www.glaucoma.org/glaucoma/types-of-glaucoma.php\)](https://www.glaucoma.org/glaucoma/types-of-glaucoma.php).

### Regular Eye Exams are Important

Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization. In the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately. Glaucoma is a leading cause of blindness among African-Americans. And among Hispanics in older age groups, the risk of glaucoma is nearly as high as that for African-Americans. Also, siblings of persons diagnosed with glaucoma have a significantly increased risk of having glaucoma.

### Risk Factors

[Are you at risk for glaucoma \(https://www.glaucoma.org/glaucoma/are-you-at-risk-for-glaucoma.php\)?](https://www.glaucoma.org/glaucoma/are-you-at-risk-for-glaucoma.php) Those at higher risk include people of African, Asian, and Hispanic descent. Other high-risk groups include: people over 60, family members of those already diagnosed, diabetics, and people who are severely nearsighted. Regular eye exams are especially important for those at higher risk for glaucoma, and may help to prevent unnecessary vision loss.

Glaucoma Research Foundation is a national non-profit organization funding innovative research to find better treatments and a cure for glaucoma. [Learn more about Glaucoma Research Foundation \(https://www.glaucoma.org/about/\)](https://www.glaucoma.org/about/).

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