



Center Voice

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

April 2021



The Center is
Closed due to
COVID-19 virus.

Director's Corner

It's been over one year since our senior center hosted you for lunch, one of our Birthday Parties, a Medicare 101 Evening Session, and many other fun things! It certainly seems that our country has made great strides in getting our population vaccinated. There's still a lot more to do but we're moving in a positive direction! With some luck and persistent effort, maybe, just maybe, we might be able to begin hosting again, at some level and with some restrictions, our lunches, parties, and fun events. Now please hear me when I say MAYBE!! We certainly miss seeing all of you, as I'm sure you miss seeing each other. Hopefully the cold, winter weather is over and it's time to get warmer and pleasant.

We continue to offer weekly 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 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, but is not required. **Meals must be ordered by noon on Tuesday for the following week.**

Five frozen meals will be available to be picked up at the senior center **between 11am and noon** every Tuesday. **March's meal menu is on page 4.**

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.

Interested in getting the COVID-19 Vaccine?

With vaccine availability still limited but continuing to get better across all providers in Chester County, appointments will open up slowly as these additional vaccine arrive. The updated vaccine interest survey is available on CCHD's website. Individuals can sign up there to receive updates as more appointments are available. GO TO: www.chesco.org/health, and locate the **COVID-19 Vaccine Information page**, then click on **Chester County COVID Vaccine Pre-Registration**, complete the Survey Form, and click on Submit when completed. The CCHD is extremely overwhelmed at this time but will call individuals back as soon as possible. You can also check to see if your family doctor or pharmacy has a waiting list for the vaccine. See page 5 for information.

Please continue to be safe!

Jim

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

Mary Baringer

IN KIND GIFTS

Giant Food Store, Jennersville

DONORS

Doris Groseclose
Don & Beth MacMillan



IN THIS ISSUE		
Director's Corner	Cover	COVID-19 Vaccination Information 5
Thanks, Upcoming Events, New Members, Memorials, Wishes & Thoughts	2	Birthdays Misc. Info 6
Tax Appointments Information & Referral	2	Coping with Stress 7
Cold/Frozen Menu	3	AARP Smart Driver Online Course 8
Important Information	4	Fun Stuff 9
	5	Fun Stuff Solutions 9
		Board, Council, Staff and Instructors 10

**Tax Day for individuals extended to May 17:
Treasury, IRS extend filing and payment deadline
Pennsylvania and Delaware Income Tax deadline now May 17
Maryland Income Tax deadline now July 15**



INCOME TAX PREPARATION

You can use the IRS's Free File at <https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free> where you can choose from several free online services. The services walk you through answering questions and does the math for you. You can also visit <https://www.irs.gov/individuals/free-tax-return-preparation-for-qualifying-taxpayers> to find services like VITA and AARP in the area for free tax assistance.

VITA (Volunteer Income Tax Assistance), which is a free tax assistance program, will prepare your income tax forms.

1. Chester County VITA: Visit www.chestercountyfreetaxes.com or call 610-380-9099.
2. Lancaster VITA: Visit <https://vita.uwlanc.org/> for locations or call 717-824-8102.
3. Maryland VITA: Call 800-906-9887.

AARP location: https://www.aarp.org/money/taxes/aarp_taxaide/

Additional service in the area that charge for their services: Sally Arter, 610-857-9132, leave a message

IN MEMORY

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

**Worth Coldiron
Alfred Dolor
Edward Hesling
Paul Weiser**

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

Patricia Dolor
Christine Hesling
Kay Thomas
Joan Weiser

And to the Families of:
Worth Coldiron
Alfred Dolor
Edward Hesling
Paul Weiser



NEW MEMBERS

Geoffrey Henry
Susan Jordan



INFORMATION & REFERRAL



Spring, is it here yet? They say April Showers bring May flowers. Anything that brings flowers looks good to me today - FDS, Flowers.com, *anything* or *anyone*!!

Know anyone turning 65 or ready to stop working? Be sure to let them know about the Medicare 101 sessions offered by the Chester County Library system.

I've just been made aware of a program now available in this area called Comfort Callers. Some of the services covered are calls regarding status of: Elderly, Homebound, Disabled, Medical Conditions, Drug Dependency, Medication Reminders, etc. Check them out at www.comfortcallers.com or 877-273-5001. A daily phone call could be a life saver for those living alone. The code for extra savings on the monthly fee is CA2415. This is a way to help individuals maintain an Independent Living status while giving friends and/or family the confirmation of their well-being. See me if you have further questions.

Medicare has recently removed the "Improvement Standard" in determining coverage for maintenance claims requiring skilled care. If you have been denied coverage for a rehab stay between Jan.18, 2011 and Jan. 23, 2014 you may request a re-review of that claim. Forms are available at www.cms.gov. Call me if you have any questions.

April 15th is coming soon. If you haven't made arrangements to file your tax returns you need to, soon!! As always, if you have any questions, call and I'll be glad to help you.

It is also time to get your Rent/Tax Rebate form completed. Checks are not mailed until July but the filing time is now. Call me for a list of documents for qualifying. If someone filed your form on a computer last year, they won't mail you the booklet this year - saving tax dollars! Renters will need to get a Rent Certificate for their landlord to complete **before** going to their tax preparer. We have them available if you need one. If you are a home owner, you may qualify for the tax rebate as qualifying income amounts are \$35,000. Renter qualifying income is \$15,000 or less. Take advantage of these benefits to enhance your senior years.

Have a great April, watch those puddles!!

Sally

WHAT IS INFORMATION & ASSISTANCE?

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

WHO IS SALLY ARTER?

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

REFER WEB


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

APRIL 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
<p>CCDAS Food Vendor</p> 	<p>SENIORS 60 & ABOVE A voluntary confidential requested \$2.00 donation INDIVIDUALS UNDER 60 \$4.52</p>	<p>Easter Sunday April 4th</p>	<p>1. Pork Chop Sauerkraut Mashed Potatoes Brussel Sprouts Dinner Roll Margarine Applesauce</p>	<p>2. Tuna Noodle Casserole California Blend Pears Dinner Roll Margarine</p>
<p>5. Chicken Marsala Oven Roasted Potatoes Creamed Spinach Dinner Roll Margarine Mandarin Oranges</p>	<p>6. Breakfast for Lunch Cheese Omelet Sausage Links Hash Brown Patty French Toast Stix Fresh Orange Ketchup Syrup</p>	<p>7. Baked Ham w/ Pineapple Glaze Rosemary Roasted Potatoes Green Bean Medley Roll Margarine Strawberry Cake</p>	<p>8. Spaghetti & Meatballs Marinara Sauce Broccoli Dinner Roll Margarine Peaches</p>	<p>9. Beef Stroganoff Brown Rice Carrots Wheat Bread Margarine Fresh Orange</p>
<p>12. Pretzel Melt Turkey Ham American Cheese Pretzel Roll Broccoli Pineapples Mustard</p>	<p>13. Cheeseburger Hamburger Bun Steak Fries Ketchup Tropical Fruit</p>	<p>14. Roast Turkey w/ Gravy Mashed Sweet Potatoes Green Beans Dinner Roll Margarine Tropical Fruit</p>	<p>15. Breaded Fish Fillet Macaroni & Cheese Brussel Sprouts Pears Tartar Sauce</p>	<p>16. Stuffed Green Pepper Beef/ Brown Rice Marinara Carrots Dinner Roll Margarine Vanilla Pudding</p>
<p>19. Chicken Pot Pie Deconstructed Chicken & Vegetables in Gravy Over Biscuit Brussel Sprouts Pears</p>	<p>20. Rotisserie Seasoned Chicken Au Gratin Potatoes Winter Blend Vegetables Wheat Bread Margarine Chocolate Pudding</p>	<p>21. Lasagna Marinara Sauce Parmesan Broccoli Dinner Roll Margarine Oatmeal Cookies</p>	<p>22. Baked Ham Oven Roasted Potatoes Spinach Dinner Roll Margarine Applesauce</p>	<p>23. Baked Penne Pasta Seasoned Green Beans Meatballs (2) Pineapples Italian Bread Margarine</p>
<p>26. Salisbury Steak Brown Gravy Mashed Potatoes Peas & Carrots Wheat Roll Margarine Sugar Cookies</p>	<p>27. Chicken Parmesan Mozzarella Cheese Marinara Sauce Pasta California Blend Pineapples</p>	<p>28. Baked Tilapia Brown Rice Mixed Veg Orange Wheat Roll Margarine</p>	<p>29. Chicken Cacciatore Tuscan Blend Vegetables Pasta Dinner Roll Margarine Mandarin Oranges</p>	<p>30. Cheese Steak American Cheese Sautéed Onions / Mushrooms Club Roll Sweet Potato Fries Pears Ketchup</p>

Call 610-932-5244 or email jdmcleod@oxfordseniors.org to order meals.
You can also order meals for the next week when picking up your meals.
Pickup is every Tuesday 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.

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.

Important Information due to the COVID-19 Situation

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>

Veterans Affairs

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

Emotional Support

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

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

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

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/>

Oxford Area Senior Center

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

COVID-19 VACCINATION UPDATE

Chester County, through the Health Department, the hospitals and other healthcare providers, are actively receiving COVID-19 vaccine and administering it as quickly as possible. Vaccines are safe, effective, and a key strategy to protect you and the people around you from serious illness. The goal is for everyone to easily get vaccinated against COVID-19 as soon as large enough quantities are available. **Vaccine availability will initially be limited and therefore must be distributed in a phased approach.**

For more information on the COVID-19 Vaccine, visit the following sites: Chester County Health Department <https://chesco.org/4822/COVID19Vaccine>, PA Department of Health <https://www.pa.gov> or Center for Disease Control <https://www.cdc.gov>. You can also email the Chester County Health Department at covidcomms@chesco.org or call the Chester County Health Department Call Center at 610-344-6225.

You can notify the Chester County Health Department of your interest in getting the COVID-19 vaccination, now by going to www.chesco.org/health. On that page click on the: **COVID-19 Vaccine Information page**, then click on **Chester County COVID Vaccine Pre-Registration**, complete the Survey Form, and click on Submit when completed. This will not register you for the vaccine; it will only notify the Health Department that you are interested in receiving the vaccine. They will contact you to schedule a vaccination appointment as sufficient vaccine supplies arrive per phase groups.

Older adults who have questions about vaccine availability in their community and how to make an appointment may also call the PA Department of Health hotline at 1-877-724-3258 to get help. In addition, for older adults who don't have access to a computer, PA Link to Aging and Disability Resources, which connects older adults and adults with disabilities to services and technical supports, is also stepping up to take calls and offer assistance.

When people call the PA Link for help with getting a vaccine, PA Link counselors will assess the caller's situation, offer guidance and transfer to a scheduling team. For those callers with transportation needs, the Link counselors will also be able to contact PA Link partners and AAAs at the local level to assist with coordinating local transportation. The PA Link number is 1-800-753-8827.



APRIL BIRTHDAYS

1	Patricia Ramirez	17	Robert W. McMahon
1	Monique I Manfield	18	Lester Miller
1	Betty J. Kramer	18	Rebecca P. Reiber
2	Margaret Mary J Finnegan	18	A. Reinhart
2	Patricia A. Muccigrosso	19	Patricia H. Gallagher
2	Steven Lee Blansfield	19	Krunoslav E. Draganovic
3	Phyllis M. Smith	19	Mary N. Melmeck
3	Cindy L. Spencer	20	Roger G. Cline
3	Doris M. Denno	20	James Willis Forbes
3	Delia Ricardo	20	Amy V. Harris
3	Janet L. Townsend	20	Mary Urusky
4	Helen A. Brown	20	Wayne L. Schwabeland
4	Wanda K. Cassel	20	Karen M. Frank
4	Michael A. Poliski	22	Reginald P. Smith
5	Patricia A. Brittingham	22	Mona Kadow
6	Arlene H. Bakken	22	Ruthann R. Miller
6	Barbara J. Mobarak	22	Bernice V. Mundell
6	Connie Mae Hunter	23	Robert S. Koenig
7	Bryon I. Harris	23	Myrtle Mae Pierce
7	Emilia Bellino	23	Victoria Nevrincean
7	Barbara Leis	23	Phyllis D. Palazzi
8	Mary Davies	24	Linda Hamby
8	Patsy W. Fisher	24	Shelba B. Jackson
8	Marybeth Montgomery	25	Dorothy Daddario
8	Lois M Pyle	25	Margaret R. Jennings
9	Daniel L. Bakken	25	Hazel Gray Duncan
9	Deborah Ann Holbrook	26	Mary Alice Hoffman
10	Mary C. Scott	26	Alice M. Tackett
10	Kathleen K. Cole	26	Leda P. Widdoes
11	Michael G. Saylor	27	Joyce H. Thompson
11	June M. McMichael	27	John N. Masciantonio
11	Lowell E. Hersh	27	Steven O. Bailey
11	Karen McGarvey	27	Rose Foley
11	Richard A. Dolack Jr.	27	Nancy C. Jackle
11	Rosa C. Blackwell	27	Shirley C. Hess
12	Eugene F. Dryden	28	Hazel Owens
13	Marlene Knowles	28	Barbara F. Simperts
13	Nathan P. Morgan	28	Arthur Bielby
13	Donna L Purcell	29	Stephanie M Demott
14	Helena R. Icenhour	29	Eva Mae Gallagher
14	Deborah A. Falconio	29	Robert N. Ross
14	Marie T. Ortner	29	Mary J. Bills
14	Audrey E. Perkins	29	Albert Gans
14	Alice H. Frank	30	Jeanne E. Reynolds
14	Juanita M. Yerkes		
15	C. Perry Reynolds		
15	Joe Fisher		
16	Donald L. Poe		
16	Marian Q. Choppy		
16	Sidney Hutton		
16	Darlene Anna Wachter		
17	Lillie M. Williams		
17	Debbie Bollenbach		
17	Connie C. Lewis		

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 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



Coping with Stress during COVID-19

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.

Stress can cause the following:

- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty concentrating and making decisions
- Difficulty sleeping or nightmares
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, alcohol, and other substances

It is natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic. Below are ways that you can help yourself, others, and your community manage stress.

Healthy Ways to Cope with Stress

- Take breaks from watching, reading, or listening to news stories, including those on social media. It's good to be informed, but hearing about the pandemic constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, tv, and computer screens for a while.
- Take care of your body.
 - Take deep breaths, stretch, or meditate.
 - Try to eat healthy, well-balanced meals.
 - Exercise regularly.
 - Get plenty of sleep.

- Avoid excessive alcohol, tobacco, and substance use.
- Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider.
- Get vaccinated with a COVID-19 vaccine when available.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Connect with your community- or faith-based organizations. While social distancing measures are in place, try connecting online, through social media, or by phone or mail.

Helping Others Cope

Taking care of yourself can better equip you to take care of others. During times of social distancing, it is especially important to stay connected with your friends and family. Helping others cope with stress through phone calls or video chats can help you and your loved ones feel less lonely or isolated.

Mental Health and Crisis

- If you are struggling to cope, there are many ways to get help. Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.
- During times of extreme stress, people may have thoughts of suicide. Suicide is preventable and help is available.
- Free and confidential crisis resources can also help you or a loved one connect with a skilled, trained counselor in your area. <https://www.cdc.gov/mentalhealth/tools-resources/individuals/index.htm>

Article from <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

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 or 610-593-2035 for more information

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.



Refreshing your driving skills could reduce your auto insurance costs.*

When you take the AARP Smart Driver™ online course (<https://www.aarpdriversafety.org/>), you could be eligible for a multi-year discount on your auto insurance.* Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road.

Additionally, you'll learn:

- Important facts about the effects of medication on driving.
- How to reduce driver distractions.
- How to maintain the proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.

*Upon completion, you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

**You are able to receive a refund if for any reason you do not complete the course or do not wish to continue it. You will have 60 days from the date of registration to request that a refund be credited back to your credit card account.

alzheimer's association



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 to learn more about caregiver programs and resources. To further extend your network of support, visit ALZConnected®, our online community, at alzconnected.org.

800.272.3900 | alz.org*

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.

F U N S T U F F



Easter



S E G D U C K S Y D Y E E I
 U B R T E U Q U O B S A R C
 N U A E E T T A A L S C H D
 D N T S E E T E I T H I P R
 A N I D G N E D E I C S A S
 Y Y T C U N O R L K P T R N
 R T U H H F I D S R E E A A
 A E D Y F U R S I R P N D E
 B K E A J E R N S R O N E B
 B S D O N S G C A E H O E Y
 I A Y E G C I A H T L B F L
 T B L G O E G R A S S B I L
 E S E T A L O C O H C H L E
 F L O W E R S A N A R A R J

- | | | | |
|-----------|------------|------------|--------|
| BASKET | CHOCOLATES | FLOWERS | LIFE |
| BLESSINGS | CHURCH | GRASS | PARADE |
| BONNET | DAFFODILS | GRATITUDE | RABBIT |
| BOUQUET | DUCKS | HOPE | SPRING |
| BUNNY | DYE | HUNT | SUNDAY |
| CHICKS | EASTER | JELLYBEANS | |
| CHILDREN | EGGS | JOY | |



Sudoku Puzzle #1 - Easy

	2	4		7		1	8	
8	1			4			2	7
9		7	8		2	3		5
			6	5	8			
7								2
			7	2	9			
3		5	2		7	4		9
1	7			9			5	8
	9	6		8		2	7	

Sudoku Puzzle #2 - Easy

	9	4				7	8	
2		3	5		7	4		9
	7		9	4	2		6	
		9	6	7	5	2		
		7	8	3	1	5		
	4		7	1	8		5	
7		6	4		9	1		8
	5	8				9	4	

F U N S T U F F S O L U T I O N S

1	5	8	3	2	6	9	4	7
7	3	6	4	5	9	1	2	8
9	4	2	7	1	8	6	5	3
6	2	7	8	3	1	5	9	4
3	1	5	2	9	4	8	7	6
4	8	9	6	7	5	2	3	1
8	7	1	9	4	2	3	6	5
2	6	3	5	8	7	4	1	9
5	9	4	1	6	3	7	8	2

Sudoku Puzzle #2 - Easy

4	9	6	1	8	5	2	7	3
1	7	2	3	9	4	6	5	8
3	8	5	2	6	7	4	1	9
6	4	8	7	2	9	5	3	1
7	5	9	4	3	1	8	6	2
2	3	1	6	5	8	7	9	4
9	6	7	8	1	2	3	4	5
8	1	3	5	4	6	9	2	7
5	2	4	9	7	3	1	8	6

Sudoku Puzzle #1 - Easy



Happy Easter



OXFORD AREA SENIOR CENTER
 12 East Locust
 Oxford, PA 19363

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

610-932-5244 phone
 610-932-8084 fax
 www.oxfordseniors.org
 oxsrctr@zoominternet.net

RETURN SERVICE REQUESTED

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

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, Oxford Area Foundation, Greater Philadelphia Cultural Alliance, Chester County Community Foundation, Hutton Family HeLP Fund, 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 Foundation, The Scholler Foundation, and surrounding municipalities. Funds are also raised by donations, craft sales, and donations given through memorials, wills and bequests. The Oxford Area Senior Center is 501 a (c) (3) non-profit organization. All contributions are tax deductible.

Board of Directors 2020/2021

Officers

Ira Binder President
 George Lauer Vice-President
 William Ringler Treasurer
 Leda Widdoes Secretary
 Sylvia Reyburn Corresponding Secretary

Members

Carol Carter
 Kevin Collins
 Jane Freeman
 Geoff Henry
 Edwin Herr
 John Masciantonio
 Scott Massey
 Amy O'Donald
 Rev. Aaron Smalley
 Bonnie Smith
 Dian Steffy

STAFF

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

INSTRUCTORS

Albert Gans	Painting
Barbara Bond	Exercise Instructor
Kim Malone	Zumba Instructor

Participants' Council 2020/2021

Officers

Chairperson: Millie Emerson
 Vice Chairperson: Becky Buckland*
 Secretary: Shirley Terry

Members

Mary Cartledge
 Floss Duvall
 Liz Lewis *
 Tony Palita *
 Bob Pierce
 Ralph Roten
 Roger Shoun
 Theresa Taylor
 Lorie Walton



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.