



# 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)

April 2024



Center's Hours are:

Monday-Friday

9:00 am - 3:00 pm

## Director's Corner

Springtime is officially here! Hopefully we can say good bye to cold weather. As of the publishing of this newsletter, we haven't yet had any snow to shovel or ice on which to slip. So let's keep those good thoughts to chase away any late March or early April snow storms we sometimes get this late in the season.

2024 Chester County Senior Picnic is scheduled for Thursday, May 9, 2024, from 10:00am to 2:00pm. Registration is required and open to the first 250 participants who register. Please see additional information on the top of page 2, and our Hostess for a Registration Form.

Beth has put together some really great programs for April, so make sure you read our Activities & What's Happening pages, to see what we're offering this month! Take a look at pages 6 and 7 for some of the fun trips she has planned!

In collaboration with the Jennersville YMCA,  
you can enjoy one of their swimming pools  
every Thursday from 11am to 1pm, at no cost!  
SEE PAGE 14 FOR MORE DETAILS.

**Please don't let your guard down. *The COVID Virus, with all of it's variants, isn't over yet! It remains a threat to all, especially you, the senior residents of our community. Please make sure all of your COVID Vaccinations are up to date!! Continue to be aware of the people you're around and their health situation.***

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

***Enjoy and stay Happy and Healthy!!***

***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.

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

THANKS TO  
LAST MONTH'S...

## **VOLUNTEERS**

Thank you to AARP Volunteers

Verne LaRosa  
Frank Campbell  
Jim Elmore  
Sue Green  
Dave Schindler

And to our always reliable friends:

Vickie Arnold	Monique Manfield
Mary Baringer	Giuliana Mascali
Paul Baringer	Rose Morrone
Howard Billings	Gigi Odom
Isabella Carron	Peg Patterson
Jerry Coleman	Betty Poole
Tom Craft	Kathie Roy
Coleen Cruz	Tina Sauk
Christine Dolinger	Bonnie Smith
Gerry Ferguson	Kathleen Smith
Jane Freeman	Susan Snook
Valerie Irving	Theresa Taylor
Brenda Lane	Lorie Walton
John Lane	

## **IN KIND GIFTS**

Bingo Donators  
Chester County Food Bank  
Giant Food Store, Jennersville  
Philips Florist  
Barbara Morris

## **DONORS**

Valerie & Ernest Irving  
Dian Steffy  
Kathy Vitelli  
Lower Oxford Township  
Oxford Presbyterian Church

### **Donating made easy**

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



Donate



860 Springton Road, Glenmoore, PA 19343

**MAY 9, 2024**  
**9:30AM - 2:00PM**

- Limited to the first 250 registered guests
- Suggested donation of \$5.00 per person (bring to picnic)
- See OASC Hostess for registration forms or visit our website [www.oxfordseniors.org](http://www.oxfordseniors.org)

**RSVP by April 25, 2024**

### **YOUR DAY AT BEAUTIFUL SPRINGTON MANOR FARM INCLUDES:**

- COFFEE AND SWEETS IN THE MORNING
- A DELICIOUS PICNIC LUNCH
- HOURS OF FUN WITH BINGO AND YARD GAMES
- YOU WILL HAVE AN OPPORTUNITY TO EXPLORE THE FARM AND MEET THE ANIMALS
- TRANSPORTATION TO AND FROM THE SENIOR PICNIC IS AVAILABLE BY CONTACTING YOUR LOCAL SENIOR CENTER

### **IN MEMORY**

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

**Jean Brown**  
**June McMichael**  
**Charles Thorpe**

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

Robert Adelman  
Mark Anderson  
Freeda Baker  
Gail Bauer  
Tom Craft  
Eunice Donnell  
Beverly Parsons  
Cindy Spencer  
Anne Thorpe  
Leda Widdoes

Families of:

Jean Brown  
June McMichael  
Charles Thorpe



# INFORMATION & REFERRAL

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*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. We will have an in person session here on Monday, April 8th at 12:45pm. Sign up today! May class is scheduled for Monday May 6th at 7:00pm.*

*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](http://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 \$45,000. Renter qualifying income is \$45,000 or less. Take advantage of these benefits to enhance your senior years. Call here for an appointment to have yours completed this year.*

*With the end of the Food Stamp (SNAP) extension, it is a good time to explore signing up for one or both of our Senior Food Box offerings. Page 15 lists the boxes that are available. Because of the increase in Social Security, income amounts have been adjusted for both boxes. If you qualify for the **Federal SHARE Box**, you'll automatically qualify for the **Chester County Senior Box**. You must apply in person showing proof of your age and income, so call & make an appointment with me as soon as possible.*

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

## APRIL 2024 MENU

Call 610-932-5244 - Business Hours: 9:00 am - 3:00 pm

Call or email to sign up for lunch TWO days in advance.

Cancellations should be called in asap or no later then 10am to help in not wasting food.

**MENU IS SUBJECT TO CHANGE WITHOUT NOTICE**

Lunch announcements will begin at 11:50am so we can start serving by noon. Cleanup at 12:30, Program at 12:45pm

MON	TUE	WED	THU	FRI
1. BBQ Chicken Broccoli Egg Noodles Mixed Fruit Dinner Roll	2. Chicken Noodle Crackers Turkey Burger w/ American Cheese on Hamburger Bun Cole Slaw Ketchup Tropical Fruit	3.. Beef Stroganoff Brown Rice Carrots Dinner Roll Mandarin Oranges	4. Tomato Soup Crackers Meatloaf Gravy Mashed Sweet Potatoes Broccoli Peaches Dinner Roll	5. Tuna Noodle Casserole Winter Blend Vegetables Pears
8. Chicken Pot Pie Deconstructed Brussel Sprouts Peaches	9. Escarole Soup Crackers Cheese Steak w/ American Cheese, Sautéed Onions on Roll Sweet Potato Fries Mandarin Oranges	10. Chicken Parmesan Spaghetti California Blend Vegetables Pineapples	11. Cream of Potato Soup Crackers Chicken Cacciatore w/Peppers & Onions Marinara Sauce Pasta Dinner Roll Pears	12. Seafood Newburg Brown Rice Winter Blend Vegetables Dinner Roll Fruit Cocktail
15. Roast Turkey w/ Gravy Mashed Potatoes Green Beans Dinner Roll Tropical Fruit	16. Vegetable Soup Crackers Chicken Marsala Oven Roasted Potatoes Brussel Sprouts Dinner Roll Mandarin Oranges	17. <b>Birthday Party</b> Open Faced Roast Beef Brown Gravy WG Wheat Bread Mashed Potatoes California Blend Cupcake Ice Cream Cup	18. Beef & Cabbage Soup Crackers Baked Chicken Breast Au Gratin Potatoes Winter Blend Vegetables Vanilla Pudding	19. Lasagna Marinara Sauce Parmesan Broccoli Oatmeal Cookies
22. Rotisserie Seasoned Chicken Au Gratin Potatoes Winter Blend Vegetables Dinner Roll Chocolate Pudding	23. Beef Barley Soup Crackers Turkey Cheese Hoagie w/ Lettuce & Tomato Pineapples	24. Chicken Cordon Bleu Roasted Potatoes Brussel Sprouts Dinner Roll Cupcake	25. Salisbury Steak Brown Gravy Mashed Potatoes Peas & Carrots Dinner Roll Mixed Fruit	26. Corn Chowder Soup Crackers Garlic & Herbed Baked Tilapia Scalloped Potatoes Carrots Mandarin Oranges
29. BBQ Chicken Broccoli Egg Noodles Mixed Fruit Dinner Roll	30. Chicken Noodle Crackers Turkey Burger w/ American Cheese on Hamburger Bun Cole Slaw Ketchup Tropical Fruit		SENIORS 60 & ABOVE A voluntary confidential requested \$2.00 donation INDIVIDUALS UNDER 60 \$5.70	<b>Food Vendor</b>  <b>Oxford Area Senior Center</b>  

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

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

**Chesco Connect Transportation Available for 65+**



# APRIL 2024 ACTIVITIES

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MON	TUE	WED	THU	FRI
1. <b>APRIL FOOLS DAY</b> 8:30 Gentle Stretching & Weight Lifting (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch <b>12:45 Cards/Games</b> 2-3 Q&A/Tech Help	2. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch <b>12:45 Weight Wise</b> 2-3 Q&A/Tech Help  4:30 Zumba	3. 8:30 Gentle Stretching & Balance (OS) 10-11 Blood Pressure 10-11 Q&A/Tech Help 10-12 Cards/Games 11:45 Lunch <b>12:45 Bingo</b> 2-3 Q&A/Tech Help	4. 8:30 SilverSneakers (OS) <b>9-3 Tax Appointments</b> NO Q&A/Tech Help 10-12 Cards/Games 11-1 Open Swim at YMCA 11:50 Lunch <b>12:45 Cards/Games</b> NO Q&A/Tech Help  4:30 Zumba	5. 8:30 Gentle Stretching & Weight Lifting (OS) 10-12 Cards/Games 11:50 Lunch <b>12:45 Cards/Games</b>
8. 8:30 Gentle Stretching & Balance (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch <b>12:45 Medicare 101</b> 2-3 Q&A/Tech Help	9. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch <b>12:45 ABC Bingo</b> 2-3 Q&A/Tech Help  4:30 Zumba	10. 8:30 Gentle Stretching & Weight Lifting (OS) <b>9-3 Tax Appointments</b> 10-11 Blood Pressure 10-11 Q&A/Tech Help 10-12 Cards/Games 11:45 Lunch <b>12:45 Bingo</b> 2-3 Q&A/Tech Help	11. 8:30 SilverSneakers (OS) <b>9-3 Tax Appointments</b> NO Q&A/Tech Help 10-12 Cards/Games 11-1 Open Swim at YMCA 11:50 Lunch <b>12:45 Paper Flowers</b> NO Q&A/Tech Help  4:30 Zumba	12. 8:30 Gentle Stretching & Balance (OS) 10-12 Cards/Games 11:50 Lunch <b>12:45 Cards/Games</b>
15. 8:30 Gentle Stretching & Weight Lifting (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch <b>12:45 Cards/Games</b> 2-3 Q&A/Tech Help	16. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch <b>12:45 Spring Planting</b> 2-3 Q&A/Tech Help  3pm Board of Directors Meeting  4:30 Zumba	17. <b>Birthday Party</b> 8:30 Gentle Stretching & Balance (OS) 10-11 Blood Pressure NO Q&A/Tech Help 10-12 Cards/Games 10-12 Constituent Outreach 10-12 Edward Jones Advisor 11:45 Lunch <b>12:45 Entertainment: Mike Kropp</b> NO Q&A/Tech Help	18. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11-1 Open Swim at YMCA 11:50 Lunch <b>12:45 Petals Please</b> 2-3 Q&A/Tech Help  4:30 Zumba	19. 8:30 Gentle Stretching & Weight Lifting (OS) 10-12 Cards/Games 11:50 Lunch <b>12:45 Cards/Games</b>
22. <b>EARTH DAY</b> 8:30 Gentle Stretching & Balance (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch <b>12:45 Spring Fling Party</b> 2-3 Q&A/Tech Help	23. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 12:00 Lunch <b>12:45 Armchair Travel</b> 2-3 Q&A/Tech Help  4:30 Zumba	24. 8:30 Gentle Stretching & Weight Lifting (OS) 10-11 Blood Pressure 10-11 Q&A/Tech Help 10-12 Cards/Games 11:45 Lunch <b>12:45 Bingo</b> 2-3 Q&A/Tech Help	25. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11-1 Open Swim at YMCA 11:50 Lunch <b>12:45 Cards/Games</b> 2-3 Q&A/Tech Help  4:30 Zumba	26. 8:30 Gentle Stretching & Balance (OS) 10-12 Cards/Games 11:50 Lunch <b>12:45 Cards/Games</b>
29. 8:30 Gentle Stretching & Weight Lifting (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch <b>12:45 Cards/Games</b> 2-3 Q&A/Tech Help	30. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 11:50 Lunch <b>12:45 Living Healthy to 100</b> 2-3 Q&A/Tech Help  4:30 Zumba		(OS) = Off-Site via Zoom  ABC = Always Best Care	

Chesco Connect Transportation Available for 65+

# TRIPS

## TAKE ME OUT TO THE BALL GAME THURSDAY, MAY 2, 2024



**Itinerary:** Lunch, admission, bus and a souvenir

**Cost:** \$45.00  
Payment due at sign-up

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

**Return:** 3:30pm (approx.)

## JERSEY BOYS THE DUTCH APPLE THEATER TUESDAY, AUGUST 27, 2024



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

**Cost:** \$99.00  
Payment due at sign-up

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

**Return:** 4:00pm (approx.)



## PRIDE OF THE SUSQUEHANNA Tuesday, July 16, 2024

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

**Along with lunch at  
Stock's on 2<sup>nd</sup>  
Fine dining at it's best**

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

**Itinerary:** Bus Transportation, Lunch, Paddle-wheel riverboat

**Cost:** \$99.00  
Payment due at sign-up

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

**Return:** To be determined  
(approx. 5pm)

**Seats are limited  
Sign up with Beth**

### Trip Policy

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

# TRIPS

# What's Happening!!

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## NIAGARA FALLS ONTARIO

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

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

**Price per person for Double Occupancy**  
**\$950.00**

**Sign up with Beth with a \$200.00 deposit**  
**Valid Passport is a requirement**

### TRIP DAYS AND PARKING

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

Thank You.



## WEIGHT WISE

**10 week program continues**

**Lead by**  
**Barbara Myers**

**Tuesday,**  
**April 2**  
**12:45pm**

**Learn to eat healthy and lose weight!**



**Medicare 101**  
**w/ Sally**  
**Monday, April 8**  
**12:45pm**  
**Sign up requested**

**Bingo with Vanessa**  
**from**  
**Always Best Care**  
**Tuesday April 9**  
**12:45pm**



**Thursday, April 11**  
**12:45pm**  
**Help us make paper**  
**Flowers to decorate**  
**For our spring fling**  
**Later this month!**



## Spring Flower Planting

**Tuesday, April 16**  
**12:45pm**  
**Join us in planting**  
**Spring Flowers**

Continued on next page



## What's Happening!!



**Spring has Sprung  
Come Celebrate with us**

### **SPRING FLING FLOWER FUN**

**Monday, April 22  
12:45pm**

**Afternoon Activities & Games  
Special Treats  
Good Times  
Wear your Best Floral Outfits**



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

**Thursday, April 18  
12:45pm**

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



**Living Healthy  
To  
100  
Tuesday, April 30  
12:45**

**Presented by Matt Thompson  
From Humana**

**Armchair Travel  
Fifth Stop...Holland  
Tuesday, April 23  
12:45pm**



#### **CARDS/GAMES**

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



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



## CONSTITUENT OUTREACH

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

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

**Wednesday, April 17  
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, April 17  
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.



## APRIL BIRTHDAYS

1 Betty J. Kramer	14 Deborah A. Falconio
1 Monique I Manfield	16 Britten E. Alexander Jr.
2 Margaret Mary J Finnegan	16 Donald L. Poe
2 Connie Bromfield	17 Shirley B Lamkin
2 Patricia A. Muccigrosso	17 Debbie Bollenbach
2 Steven Lee Blansfield	18 A. Faye Reinhart
3 Cindy L. Spencer	19 Mary N. Melmeck
4 Michael A. Poliski	20 James Willis Forbes
4 Wanda K. Cassel	21 Joan L. Simmers
6 Stardetta A Hatton	22 Mona Kadow
6 Arlene H. Bakken	23 Myrtle Mae Pierce
7 Cindy V Adams	23 Phyllis D. Palazzi
7 Barbara Leis	23 Victoria Nevrincean
7 David Voshell	24 Shelba B. Jackson
8 Marybeth Montgomery	25 Hazel Gray Duncan
8 Lois M Pyle	25 Dorothy Daddario
9 Daniel L. Bakken	26 Alice M. Tackett
9 Deborah Ann Holbrook	26 Hope Boddy
10 Mary C. Scott	26 Leda P. Widdoes
11 Richard A. Dolack Jr.	27 Kathryn A Hoffman
11 Michael G. Saylor	27 Shirley C. Hess
11 Joanne M Di Joseph	27 John N. Masciantonio
12 Marylou Shaffer	27 Steven O. Bailey
12 Eugene F. Dryden	28 Hazel Owens
13 Valerie Irving	28 Barbara F. Simpser
13 Nathan P. Morgan	28 Arthur Bielby
13 Karen V. Stay	29 Stephanie M DeMott
13 Donna L Purcell	29 Richard A Hawk
14 Juanita M. Yerkes	29 Mary J. Bills
14 Audrey E. Perkins	30 Elaine Pickering
14 Serena Thompson	

## PARTICIPATION INFORMATION

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

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





Oxford  
Area  
Senior  
Center



1974



2024



*Save the Date*  
*Thursday, June 6, 2024*



*Celebrating 50 years*  
*of service to older adults*



## What has Changed in Medicare for 2024?

### The most noteworthy changes in Medicare for this year are in prescription coverage, Part D:

- There is now a single income and resource limit for Extra Help (aka Low Income Subsidy), a Federal Program to help cover out-of-pocket costs for drug coverage. Previously there were separate limits for full and partial coverage. The current income limits are \$1,883 (single) and \$2,555 (married)/mo., and limits for resources of \$17,220 (single) and \$34,360 (married). Copayments for those who qualify are \$4.50 for generics and \$11.20 for brand name drugs covered by your Part D plan. If you were eligible for partial coverage in 2023 you have full coverage in 2024.
- If you reach the Catastrophic Coverage phase (\$8,000 in out-of-pocket costs for covered drugs) you will pay nothing for your covered drugs. Previously, you would have paid 5%.

### Other costs for 2024:

- Part A deductible per benefit period \$1632 (In 2023: \$1600)
- Maximum Part A premium for those with less than 40 quarters of Medicare-covered employment \$505/month (In 2023: \$506/month)
- Part B monthly premium is \$174.70 for those with annual income below \$103,000 if single, or \$206,000 if married (In 2023: \$164.90 for income below \$97,000 if single or \$194,000 if married).

Above these limits Income Related Monthly Adjustment Amounts are applied to the basic Part B premium and Part D plan premium.

- Part B annual deductible \$240 (In 2023: \$226)
- Maximum Part D annual deductible \$545 (In 2023: \$505)
- Maximum out-of-pocket limit for a Medicare Advantage Plan \$8,550 (In 2023: \$8,300)

### Things to remember:

- Copays for all insulin products covered by your Part D plan or that are covered under Part B are limited to \$35/month.
- No copays or deductibles for vaccines that are covered by your Part D plan
- COVID-19 vaccines and boosters are covered with no cost-sharing regardless of whether you have Original Medicare or a Medicare Advantage Plan.

PA MEDI counselors are trained and available to provide FREE, personalized, unbiased counseling. If you have questions about your current Medicare coverage or are new to Medicare, counselors are available to help you. Please call Sally Arter at Oxford Area Senior Center, 610-932-5244, to schedule an appointment or leave a message on our Help Line, 610-344-5004, option 2, to speak with a counselor. Calls will be answered within 1 business day.



### 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





## Mature Driver Improvement Courses

There are ten organizations that offer the PennDOT-approved Basic and Refresher Mature Driver Improvement courses. All of these approved courses address the specific safety needs of the mature driver by helping the mature driver understand how aging affects driving abilities and providing insight about driving on today's roadways. There are no written or practical driving tests. The course fees are moderate, but vary with each organization.

In addition, under Pennsylvania law, drivers 55 and older are eligible to receive a 5 percent discount on their vehicle insurance by completing the Basic Mature Driver Improvement Course. In order to maintain the discount, individuals would have to take the Refresher Mature Driver Improvement Course every three years. Individuals should check with their insurance carrier for specifics of their program.

Contact the following organizations to check fees and availability:

### AAA

Check local offices for availability

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

### AARP

1-888-227-7669

[www.aarp.org](http://www.aarp.org)

### ADEPT Driver

1-855-839-9090

[www.lifelongdriver.com/pamaturedriver](http://www.lifelongdriver.com/pamaturedriver)

### A+ DriveSafe Online

877-265-2170

[www.drivesafeonline.org/driving-courses/pennsylvania/insurance-discount/mature-driving](http://www.drivesafeonline.org/driving-courses/pennsylvania/insurance-discount/mature-driving)

### Defensive Driving by Improv

1-800-660-8908

[www.myimprov.com/defensive-driving/pennsylvania](http://www.myimprov.com/defensive-driving/pennsylvania)

### National Safety Council

1-800-775-1484

[www.nsc.org/ddc/pa/maturedriver](http://www.nsc.org/ddc/pa/maturedriver)

### Road Review

1-800-559-2580

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

### Safe 2 Drive

(offers online course only)

1-800-763-1297

[support@safe2drive.com](mailto:support@safe2drive.com)

[www.safe2drive.com/pennsylvania.aspx](http://www.safe2drive.com/pennsylvania.aspx)

### Senior Driving Discount of America

1-888-541-5576

[www.seniordrivingdiscount.com/state/pa](http://www.seniordrivingdiscount.com/state/pa)

### Seniors for Safe Driving

1-800-559-4880

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

## 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.



## PENNDOT OFFERS A RETIRED STATUS

### REGISTRATION

✓ COSTS ONLY \$10 A YEAR

✓ AGE DOESN'T MATTER

✓ MUST BE RETIRED

✓ MUST BE RECEIVING ANY OF THESE:

SOCIAL SECURITY SSI PAYMENTS RETIREMENT BENEFITS  
OTHER PENSIONS AND ANNUITIES

THE TOTAL OF THESE  
MUST NOT EXCEED \$19,200!

 **DMV.PA.GOV**



## PA Dept. of Health Updates

As always, stay directly informed on important health information by visiting the Pennsylvania Department of Health's website, which is regularly updated. <https://www.health.pa.gov/Pages/default.aspx#>

## Disease Control and Prevention Updates

Visit the Center for Disease Control and Prevention (CDC) website for the latest information, <https://www.cdc.gov/index.htm>

## Chester County Health Department Updates

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 on state news.

Pennsylvania Governor's website:

<https://www.governor.pa.gov/>

Maryland Governor's website:

<https://governor.maryland.gov/>

Delaware Governor's website:

<https://governor.delaware.gov/>

## Veterans Affairs

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

## Emotional Support

Where people can turn if they need to talk:

- Emotional Listening Line at 800-932-4616. <http://www.contacthelpline.org/emotional-listening-support>
- The Chester County Department of Mental Health has compiled information on how to access help and support for Mental Health/Intellectual & Developmental Disabilities. <https://www.chesco.org/615/Mental-HealthIntellectual-Dev-Disabiliti>
- Chester County Warm Line: 866-846-2722 or visit [chesco.org/mhidd](https://chesco.org/mhidd)

## 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.

## 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.



alzheimer's association

## Dementia Caregivers Support Group

Presented by:  
Alzheimer's Association, Delaware Valley Chapter

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

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

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

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

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

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

## Health and Wellness Programs



### Ditch the Workout and Join the Party!

ZUMBA fitness classes every

**Tuesday**

4:30-5:15pm

**Thursday**

4:30-5:15pm

**ADULTS OF ALL AGES WELCOME!!**

Just \$3 a class!

Bring a friend or 2 or 3!!

Kim Malone, Certified Zumba Instructor

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

### Exercise Classes Sponsored by Trivity Health Instructor Barbara Bond Currently Off-Site via 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 donates their two day-old bread and pastries to our Center. Pick up some bread while you're here between **10am -3pm, Wed-Fri**. Pastries are used as prizes at our Bingo or Birthday Party.



### Produce

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



## **Medicare 101**

**w/ Sally Arter**

**Monday, April 8**

**12:45PM**

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 & Computers with Colleen**

**Oxford Area Senior Center  
Computer Q&A and Technology Help**

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

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

**Bring your device in and learn to use it!**  
**Just stop in during one of the**  
**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 x106
- Email Colleen at [caowens@oxfordseniors.org](mailto:caowens@oxfordseniors.org)

[www.oxfordseniors.org](http://www.oxfordseniors.org)  
Click on Activities,  
then click on Computers for more information

Center Voice  
Page 15

## **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 2023/2024**

**Officers**

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

**Members**

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



**Oxford Ares Senior Center**

**STAFF**

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

**INSTRUCTORS**

Barbara Bond	Exercise Instructor
Kim Malone	Zumba Instructor

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

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