



Center Voice

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

May 2021



The Center is
Closed due to
COVID-19 virus.

Director's Corner

It's been 14 months since we've hosted you for lunch, which means we've all missed 14 Birthday Parties, 14 evening Medicare 101 Sessions, over 50 weeks of conversations and fun, and a whole lot of BINGO GAMES!!! 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.

Our country continues to make great strides in getting people vaccinated. There's still a lot more to do but we're moving in a positive direction! In an effort to make it easier for seniors in our area to obtain a COVID vaccination, we are making our facility available to the Chester County Health Department each Monday as a Vaccination Clinic for seniors who have a vaccination appointment.

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?

Chester County Health Department has a new vaccine registration system. GO TO: www.chesco.org/health, and locate the COVID-19 Stay Informed Information page, then click on Chester County COVID Vaccine, click on Register Now and follow the prompts to create your account. The CCHD remains overwhelmed at this time but if you do not have internet capability, you can call them at (610) 344-6225. You can also check to see if your family doctor or pharmacy has a waiting list for the vaccine. See page 7 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
Sue Matz
Elaine Myers

DONORS

Lydia & Bill Akerman
Oxford Church of the Nazarene
Oxford Area Civic Association

Thank You!!



Enjoy Your Day

Sunday

May 9, 2021

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IN MEMORY

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

**Patricia Lindsey
Diane Spears
Mary F. Zell**

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

James Spears

And to the Families of:
Patricia Lindsey
Diane Spears
Mary F. Zell

Welcome

NEW MEMBERS

Doris Dempsey
Esther McGinnes
John McGinnes



Spring has really blossomed into a beautiful thing. Flowers grace our lawns and the flowering trees are beautiful. I love the fresh colors of spring. It's time for fresh starts.

Now is the time for a fresh start, time to get rid of the depressive winter blues. Some of you will be able to start planting flowers and vegetables. Be careful not to overdue, start gradually. SilverSneakers classes can do a lot to loosen your joints and prepare for spring and summer activities. You might even want to try Zumba Classes or Gentle Stretching!! Any activity does much to improve mental and physical well being. GET INVOLVED!! I understand some of these classes are available on-line.

Tax season is not over and has been extended to May 17th. TAX/RENT Rebates have also been extended with a Dec. 31st. deadline. We will try to keep you informed as to where these may be filed.

Chester County Food Bank in Exton, is supplying us with Senior Food Boxes. They are delivered to the Oxford Senior Center on the first Monday of each month. If you are at least 60, live in Chester County and fall within the income guidelines, you may qualify for the monthly box. Income is based on *household* income, not individual. Husband & wife may each receive a box if their combined income qualifies. Boxes contain vegetables, canned meat, pasta, milk, cereal, fruit, and non-fat protein. Great way to nutritionally supplement your food supply.

We are always open to talk with those ready to begin Medicare. If you, or someone you know is turning 65 or getting ready to retire, be sure to make an appointment to talk about all the choices necessary to be made. Missing the timetable for making these decisions can be costly! Right now all appointments will be on the phone. Call & leave a message for me here, (610) 932-5244 or use the Apprise county number, (610) 344-5004. Medicare 101 classes will be available through Zoom this year. For info go to: Chester County Library Events Calendar at ccls.org then click on Events. Search for "Medicare". Dates are May 10, Henrietta Hankin Library; May 17, Phoenixville Library; and May 26, Downingtown Library.

I recently returned from a *Pace plus* training event. Some things have changed but, for the most part, *Pace/Pacenet* is the best kept secret in PA. Recent increases in income apply. If you are single, with yearly 2020 income below \$27,500 you qualify for one of the programs. Married combined income must be below \$35,500, even if only one is applying. If you've never applied, you can apply on-line or by calling them at (717) 651-3600 or (800) 225-7223. This plan is restricted to PA residents and for use in PA pharmacies only. (Can't use while snow birding in Florida!!) Get the word out—Pace plus is credible coverage for Medicare Part D. Call if you have any questions.

Enjoy the month of May with all it's beauty. Summer is coming and with it comes the *Farmers Market Food Vouchers*. Check page 8 for information on the program and pages 9-10 for the application.

Have a great May!!

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. Once on the site, locate the Refer Web icon, click on it and start searching.

MAY 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
3. BBQ Grilled Chicken Grilled Chicken BBQ Sauce Fiesta Corn Brown Rice Mini Corn Muffin Margarine Peaches	4. Pork Chop Sauerkraut Mashed Potatoes Brussel Sprouts Dinner Roll Margarine Applesauce	5. Chicken Marsala Oven Roasted Potatoes Creamed Spinach Dinner Roll Margarine Mandarin Oranges	6. Breakfast for Lunch Cheese Omelet Sausage Links Hash Brown Patty French Toast Stix Fresh Orange Ketchup Syrup	7. Mother's Day Chicken Piccata Wild Rice Carrots Dinner Roll Margarine Lemon Meringue Pie
10. Spaghetti & Meatballs Marinara Sauce Broccoli Dinner Roll Margarine Peaches	11. Beef Stroganoff Brown Rice Carrots Wheat Bread Margarine Fresh Orange	12. Pretzel Melt Turkey Ham American Cheese Pretzel Roll Broccoli Pineapples Mustard	13. Cheeseburger Hamburger Bun Steak Fries Ketchup Tropical Fruit	14. Roast Turkey w/ Gravy Mashed Sweet Potatoes Green Beans Dinner Roll Margarine Tropical Fruit
17. Breaded Fish Fillet Macaroni & Cheese Brussel Sprouts Pears Tartar Sauce	18. Chicken Pot Pie Deconstructed Chicken & Vegetables in Gravy Over Biscuit Brussel Sprouts Peaches	19. Stuffed Green Pepper Beef/ Brown Rice Marinara Carrots Dinner Roll Margarine Vanilla Pudding	20. Rotisserie Seasoned Chicken Au Gratin Potatoes Winter Blend Vegetables Wheat Bread Margarine Chocolate Pudding	21. Lasagna Marinara Sauce Parmesan Broccoli Dinner Roll Margarine Oatmeal Cookies
24. Memorial Day Roast Beef w/ Gravy Mashed Potatoes Carrots Pound Cake w/ Sliced Strawberries & Blueberries Whipped Topping	25. Baked Ham Oven Roasted Potatoes Spinach Dinner Roll Margarine Applesauce	26. Baked Penne Pasta Seasoned Green Beans Meatballs (2) Mandarin Oranges Italian Bread Margarine	27. Salisbury Steak Brown Gravy Mashed Potatoes Peas & Carrots Wheat Roll Margarine Sugar Cookies	28. Chicken Parmesan Mozzarella Cheese Marinara Sauce Pasta California Blend Pineapples
31. To be determined			CCDAS Food Vendor 	SENIORS 60 & ABOVE A voluntary confidential requested \$2.00 donation INDIVIDUALS UNDER 60 \$4.52

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.



alzheimer's association

Caregivers Support Group

Presented by:

Alzheimer's Association Delaware Valley Chapter

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*

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.



MAY BIRTHDAYS

1	James L. McLimans	21	Charles P. Miller
1	Grace B. Yeatman	21	Dorothy A. Bradley
1	Elizabeth Jones	22	Kay Dorsey
1	Hazel Shoemaker	22	Frank A. Di Fabrizio
1	Catherine Botella	22	Joan M. Reisler
2	Donna M. Bleiler	22	Jennifer Rosa
2	Stephen J. Gontarz	23	Deborah A. Rubincan
2	Jane A. Hershey	23	John G. Wiencek
3	Maryann French	23	Betty L. Bledsoe
3	Ema V. Reid	23	Judith D. Menzel
3	Harold C. Broomell	23	Carolyn P. Sacks
4	Edward W. Kupper	24	Edith H. Sumner
5	Janice B. Keen	24	John D. Baker
6	Phyllis J. Tester	24	Sandra E. Stuart
6	Colean Willis	24	Mary C. Griest
6	Nikolaus S. Fingerle	24	Barbara A. Price
6	Joan M. Barnett	25	Steven Trout
6	RC Bledsoe	25	Catherine Shoop
7	Esther Lewis	25	Janet L. Wagner
8	Eleanor Y. Wells	25	Mary A. Hammell
8	Carl N. Nardi Sr.	26	Patricia Barker
8	Robert L. Dawson Sr.	26	Sandra E. Magness
8	Lawrence W. Moore Jr.	28	Laura H. Jenkins
9	Carolyn W. Lindsay	28	Rose W. Mills
10	Nancy C. Harpe	29	Elizabeth Rhoads
11	Alpha F Kirk	29	Terry S. Palmer
13	Helen Mulholland	29	Sharon M. Bruno
13	Henrietta Wallace	29	Janice Lorene Weaver
13	Mary A. Sumner	29	Virginia L. Noblit
13	Jane L. Freeman	29	Stephen Roberts
13	Sally Carr	30	Jane L O'Neil
13	Carolyn L. Osborn	30	Carol M. Carroll
14	Gail C. Scott	30	Marsha E. Swift
14	Gayle Fisher	30	James C. Saunders
14	Wanda F. Forbes	30	Rufus P. Willis
14	Raymond C. Golly	31	Gayee P. Fye
14	Sylvia Gosztonyi	31	Helen N. Guanti
14	Patricia J. Brolley	31	Charles H. Wichhart
16	Judy A. Strawbridge		
16	Josanne Hubscher		
16	Winifred E. Kaufman		
17	Sonja Mellinger		
17	Betty Robinson		
17	Ellen F. Howell		
17	Janice M. Young		
19	Nellie L. Patrick		
19	Floyd S Hertzog		
20	Fred D. Main		

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



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. **Vaccine is now available for everyone 16 and older as of April 13, 2021.**

For more information on the COVID-19 Vaccine, visit the following sites:

- Chester County Health Department <https://chesco.org/4822/COVID19Vaccine>
 - 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.
- PA Department of Health <https://www.pa.gov>
- Center for Disease Control <https://www.cdc.gov>
- Vaccinate Lancaster, Lancaster General Penn Medicine Vaccine Clinic located at Park City Mall, Old Bon Ton
 - Visit <https://vaccinatelancaster.org/>
 - or call 717-588-1020

The Chester County Health Department now has a new vaccine registration system. If you have already registered for the vaccine and need to access your account for the first time in the new Vaccine Registration System

- Please go to <https://www.chesco.org/4896/VacReg> for step by step instructions.
- Follow the instructions to create your account and schedule your vaccine appointment. You will receive an email that you must open and click the “VERIFY” button.
- After verifying your account, you will be redirected to the Vaccine Registration System where you can login, view your information and schedule your vaccine appointment.
- If other members of your family are using the same email you can see those family members in the “Manage Household” section.

If you need to sign up for the vaccine for the first time, please go to www.chesco.org/health. On that page

- Click on **Coronavirus COVID-19 Stay Informed**
- Then scroll down and click on **Vaccine Information**.
- Click on **Chester County COVID Vaccine Registration**.
- Click on **Register Now** and follow the prompts to create your account.
- An email will be sent to you. (this may take a few minutes). You must open this email and click the “VERIFY” button.
- After verifying your account, you will be redirected to the Vaccine Registration System where you can login, view your information and schedule your vaccine appointment.

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.

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

PENNSYLVANIA SENIOR
FARMERS MARKET NUTRITION PROGRAM (SFMNP)
2021 CHECK DISTRIBUTION

CCDAS will be distributing SFMNP checks through the U.S. Mail following receipt, review and acceptance of 2021 Application Form. Application form is double-sided. The USDA Nondiscrimination Statement must be included as page 2 of the application.

- Eligible check recipients must complete and return the “2021 Application Form” to CCDAS.
- CCDAS will electronically send the 2021 Application Form to those requesting form. If an individual does not have electronic capability, the form will be mailed to them.
- 2021 Application Form is available on the CCDAS website chesco.org/aging and on page 9 and 10 of this newsletter.
- CCDAS will mail checks to eligible recipients following the receipt and confirmation that all required information has been completed.
- Basic Rules and Regulations will be included in the envelope with the checks. This document includes information regarding the program; how to access Market Information; list of Eligible Fruit and Vegetables and how to access Nutrition Education.
- Each eligible recipient will receive four (4) \$6.00 checks for a total benefit of \$24.00 for the program year.

2021 Application Form

Eligible seniors requesting SFMNP checks must complete the 2-page 2021 Application Form. If two eligible seniors live in the same household, i.e. husband & wife, one form may be completed. Each eligible senior must complete their information and signature line.

In order to receive checks the following information must be completed: Type or Print **Participant Name, Birth Date, Signature, Address, Telephone Number, County you live in, Ethnicity and Race** – appropriate identifier must be circled or if completed electronically underline or change response to bold font.

Electronic signatures will be accepted or signature may be typed on form. Completed form is to be returned electronically to: mwebb@chesco.org or form may be mailed to: Chester County Department of Aging Services, 601 Westtown Road, Suite 320, West Chester, PA 19380

Program eligibility requirements have not changed for 2021. **Recipient Eligibility:** Seniors who are 60+ years old during the program year and meet the income requirements are eligible for SFMNP. Income is total income including interest, Social Security, wages, etc.. The SFMNP does not include seniors who are living in nursing home facilities, convents and residential facilities where meals are provided.

Income Guidelines: SFMNP is a self-declaration program. Check recipients are not to be asked to provide proof of income.

Income is determined by household. All members of the household are to be considered. A household is a group of related or non-related individuals who are living together as one economic unit. Note: child support is counted as household income, unless the child is a foster child.

Income means income before any deductions such as income taxes, Social Security taxes, insurance premiums, charitable contributions, bonds, etc.

# in household	yearly
1	\$23,828
2	\$32,227
3	\$40,626
4	\$49,025
5	\$57,424
6	\$65,823
7	\$74,222
8	\$82,621

Income includes:

1. Monetary compensation for services including wages, salary, commissions or fees,
2. Income from non-farm self-employment,
3. Net income from farm self-employment,
4. Social Security,
5. Dividends or interest on savings or bonds or income from estates or trusts,
6. Net rental income,
7. Public assistance or welfare payments,
8. Unemployment compensation,
9. Government civilian employee or military retirement or pensions or veterans payments,
10. Private pensions or annuities,
11. Alimony or child support payments,
12. Regular contributions from persons not living in the household,
13. Net royalties,
14. Other cash income

Each eligible senior may receive four \$6.00 checks for a total benefit of \$24.00 one time during the program year.

Questions should be emailed to: mwebb@chesco.org

For office use only
Application _____

COMMONWEALTH OF PENNSYLVANIA
DEPARTMENT OF AGRICULTURE
SENIOR FARMERS' MARKET NUTRITION PROGRAM

2021 Application Form

To qualify you must be 60 or older (or turn 60 by 12/31/2021) and meet the household income guidelines.

RIGHTS AND RESPONSIBILITIES

I certify that the information I have provided below for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.

Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

By signing this, I acknowledge that my total household income is within the Income guidelines: \$23,828 for 1 person in the household; or \$32,227 for 2 people in the household and that I am 60 years old or older (or will turn 60 by December 31, 2021).

1st Participant Name (print): _____ **Birth date** _____
(Person checks are for)

(Signature)

2nd Participant Name (print): _____ **Birth Date** _____
(Person checks are for)

(Signature)

Address (print): _____

Telephone Number: _____ **County you live in** _____

Please circle the most appropriate identifier for each:

Ethnicity: Hispanic or Latino Not Hispanic or Latino

Race: American Indian or Alaskan Native Asian Black or African American
Native Hawaiian or other Pacific Islander White

If more responses are received than funding allows you will be notified by mail.

Please mail or email your completed form before September 15, 2021 to: mwebb@chesco.org or U.S. Mail to:

CHESTER COUNTY DEPARTMENT OF AGING SERVICES
601 WESTTOWN ROAD, SUITE 320; WEST CHESTER, PA 19380

**COMMONWEALTH OF PENNSYLVANIA
DEPARTMENT OF AGRICULTURE
SENIOR FARMERS' MARKET NUTRITION PROGRAM**

2021 Application Form

[USDA Nondiscrimination Statement](#)

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

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.

Healthgrades Insights' list of May 2021 Health Observances

Throughout the year, there are countless health observances that raise awareness for a variety of conditions (both big and small) and also remind consumers to be proactive and stay on top of their health. These days or months are often celebrated by hospitals, healthcare nonprofits, patients, media, and social influencers.

[Arthritis Awareness Month](#)
[Better Hearing and Speech Month](#)
[Global Employee Health and Fitness Month](#)
[Hepatitis Awareness Month](#) [Lupus Awareness Month](#)
[Mental Health Month](#)
[National Asthma & Allergy Awareness Month](#)
[National Celiac Disease Awareness Month](#)
[National High Blood Pressure Education Month](#)
[National Nurses Month](#)
[National Osteoporosis Month](#)
[National Physical Fitness and Sports Month](#)
[National Stroke Awareness Month](#)
[National Teen Pregnancy Prevention Month](#)
[Older Americans Month](#)
[Preeclampsia Awareness Month](#)
[Skin Cancer Prevention Month](#)

Visit their website for more information and links <https://www.healthgrades.com/blog/2021-health-observances-calendar>

Heroes

By Ralph Roten

Most everyone has a hero
Myself, I have four
They keep America safe
From all evil forces and all hostility
On land, in the air, and on our seas
They make it possible for you and me
To have our hopes and pursue our dreams
My heroes are the Army, Navy, Air Force and
Marines

They don't make a fortune running for
touchdowns
Or catching fly balls in the outfield
They don't do commercials selling shoes and
automobiles
They aren't hitting golf balls up the green
My heroes are the Army, Navy, Air Force and
Marines

They fought and won many wars
No doubt they will fight many more
To all evil forces around the world
This I think you should know
America has the most powerful team
Our Army, our Navy, our Air Force, our
Marines

Any place on the face of this earth
Should violence erupt
They will be there to protect
Each and all of us
So to those daring and serene
You will forever be my heroes
The Army, the Navy, the Air Force, the Marines



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

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