Director’s Corner

Well, summertime has officially arrived, and the longest day of sunlight has just passed us. Go outside and get some sun, but in moderation!

If you’re interested in the Senior Farmers Market Nutrition Program which provides coupons to be used at select Farmer’s Markets and Farm Stands, read pages 10, 11 and 12 of this newsletter. If you would like the vouchers, complete the application on page 11 and return pages 11-12 to the Chester County Department of Aging as instructed on the bottom of page 11. Please feel free to stop at the center if you need help completing the form or returning it to CCDAS.

Beginning on July 1, 2023, seniors riding with Chesco Connect will be required to pay a $1.00 fare per ride for essential rides. The $1.00 fare had temporarily been covered by the Chester County Department of Aging during the COVID-19 pandemic to minimize handling of cash. Please ensure you have the correct fare beginning July 1, 2023 as Chesco Connect drivers do not make change. If you wish you can call Chesco Connect to set up a pre-paid account. 610-344-5545.

Every July we reach out to all participants to encourage them to update their information for our records. Most important is updating your emergency contact information. This is used if we have to call for medical assistance on your behalf.

**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. Be aware of the people you’re around and their health situation. Continue to be safe.**

*Read the informational articles in this newsletter and see the daily activities we offer.*

**Come and join us!**

*Please continue to be safe! Stay Happy and Healthy!!*

*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
All of our Lunchtime Volunteers

IN KIND GIFTS
Giant Food Store, Jennersville
Philips Florist
John & Nicole McGlothlin

DONORS
Elizabeth Hausner & Ira Binder
Marybeth Heiser
Hutton Family Help Fund
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

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). 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.

Come Join Us...
Participate and be more active!
Come for the companionship and camaraderie.
It is our purpose to offer activities and programs that are of utmost interest to our senior friends.

These include:
Health Care Issues, Daily Lunch, Nutrition and General Interest Topics, Daily Living Skills, Exercise Classes, Computer & Technology Help, Art and Crafts Programs, Day trips, and other various activities.

We provide a great many avenues for the seniors in our community to explore. So, come join us. We would enjoy having you.

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

Marion Pape
Jackie Slauch
Daniel Spencer

OUR BEST WISHES & THOUGHTS
GO TO:

Henry Pape
Family of Jackie Slauch
Cindy Spencer

A CONCIERGE JEWELER EVENT & PRECIOUS GEM & METALS DAY
Friday, July 28, 2023
9:00am - 2:30pm

PRESENTED BY I.G.C.
“YOUR CONCIERGE JEWELER & PRECIOUS GEM & METALS BUYERS”

Some Repairs Done While You Wait
Free Jewelry Cleaning And Inspection

Receive $$$ Today
For Any Unwanted Gemstones & Jewelry, Highest Prices Paid In The Five County Area

Some repairs are done offsite and may take several business days to complete. Prices will be quoted on most repairs day of the event. However, our expert jewelers or watchmakers may look at your items first, to determine what needs to be done to repair item properly.

Please sign up for your appointment by coming into the center, calling 610-932-5244 or by email at contact@oxfordseniors.org.

SELL, APPRAISE OR REPAIR YOUR GOLD AND SILVER
Summer has begun and the pace here at the Center does not slow down! So much to do—I hope we are all able to enjoy the sunshine someday! Hopefully the lazy hazy days will soon be here!!

Due to the increase in new participants, I thought it a good idea to tell you what an Information & Assistance Specialist does. I am here to help you find answers to questions concerning housing, transportation, food needs, Legal Aid, Medicare, Pace Plus, etc., etc., etc. In other words, you get something in the mail you don’t understand, call me. If I don’t know, we’ll find out where to look for answers. No question is too stupid!! Stay cool! No need to get worried if you don’t understand something.

If you or someone you know is turning 65 or retiring and needs to start their Medicare coverage, it is very important that you get prepared for Medicare enrollment. Waiting too long could be very costly. As PA MEDI Counselors, we are prepared to help you through the process. My next in-person Medicare 101 class is on Wednesday, July 12th at 7:00pm. Call to register. In addition, classes are still on-line through the Chester County Library System. For info go to: Chester County Library Events Calendar at ccls.org then click on Events. Search for “Medicare”. They will have dates and locations listed there.

We will cover in detail all the options available to Medicare beneficiaries including Medicare Advantage Plans, Supplements (Medi-gaps), Part D Drug Plans etc.. Understanding enrollment dates, penalties, coverage plans and coverage networks can be very confusing so this discussion will be very helpful in understanding your future with Medicare. Though not required, attending the class first makes your one-on-one more productive.

Medicare Update is also for those of you have been on Medicare but are now experiencing changes with retirement plans. Knowing options available to you will be beneficial to your decision making process. Medicare Update will be here on Monday, October 2, 2023 at 12:45pm.

Just a reminder that Open Enrollment dates run from October 15th to December 7th. You need to check your Prescription Plan even if nothing has changed for you. The plans change in many ways: price, formulary, and deductibles. The deadline date for change will be strictly enforced and you don’t want to be “stuck” with an unsatisfactory plan for all of 2024. Supplements (Medi-gaps) do not need to be changed, they continue on.

Beware of the many phone scams happening. IRS, Medicare and Social Security DO NOT call you, they send letters. Give no personal information—just hang up!! No need to be nice!

Farmer’s Market Vouchers are being distributed by mail again this year after June 30th. Applications are available on the Office of the Aging website. https://www.chesco.org/135/Aging. Check page 10 for information on the program and pages 11-12 for the application. We will not have them here at the Center. Let us know if you need help filling out the application.

Deadline for mailing PA Property Tax or Rent Rebate Forms for 2022 has been extended to December 31, 2023. Make an appointment with me if you need help filing for the Rebate.

Happy summer-time eating!!
Have a great 4th!

Sally
**JULY 2023 MENU**

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

Call or email to sign up for lunch by 2pm Monday for the ENTIRE following week.

**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

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.</td>
<td>4.</td>
<td>5.</td>
<td>6.</td>
<td>7.</td>
</tr>
<tr>
<td>Center is Closed</td>
<td>Happy 4th of July Center is Closed</td>
<td>Lasagna Roll Up All Beef Meat Sauce Parmesan Broccoli Garlic Knot Applesauce</td>
<td>BBQ Pulled Pork Kaiser Roll Cole Slaw Baked Beans Strawberry Shortcake Parfait</td>
<td>Meatloaf w/ Gravy Mashed Potatoes Green Beans Dinner Roll Honeydew Melon</td>
</tr>
<tr>
<td>No Produce Delivery This Week</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

10. Baked Chicken Gravy Stuffing Brussel Sprouts Banana Pudding

11. Beef Stroganoff Egg Noodles Carrots Dinner Roll Pears

12. Breaded Fish Fillet Wild Rice Winter Blend Tartar Sauce Angel Food Cake Sliced Strawberries Whipped Topping

13. Chef Salad w/ Turkey, Turkey Ham, Shredded Cheddar Romaine Mix, Shredded Carrots, Cherry Tomatoes, Cucumbers Roll Mandarin Oranges

14. Cheeseburger Hamburger Bun Lettuce & Tomato Slice Cole Slaw Fries Cantaloupe Ketchup

17. Penne Pasta w/ Meatballs Marinara Sauce Green Beans Italian Bread Pineapples

18. Roast Turkey w/ Gravy Sweet Potatoes Broccoli Strawberries/ Blueberries/ Grapes Salad


20. Chicken Orzo Soup Crackers Tuna Salad Platter w/ Romaine Lettuce, Cherry Tomatoes, Shredded Carrots, Sliced Cucumbers Oatmeal Crème Pie


24. Sweet Italian Sausage Peppers & Onions Potato Salad Oatmeal Raisin Cookies

25. Chicken Salad Kaiser Roll Leaf Lettuce Sliced Tomatoes Carrot Raisin Salad Watermelon

26. Sweet n Sour Chicken Oriental Blend Vegetables White Rice Edamame Banana

27. Pulled BBQ Turkey WG Hamburger Bun Oven Baked Fries Mixed Vegetables Applesauce Ketchup

28. Meatball Sandwich Club Roll Green Beans Chocolate Pudding

31. Grilled Chicken Alfredo Fettuccine Broccoli Texas Garlic Toast Peaches

| CCDAS Food Vendor | SENIORS 60 & ABOVE A voluntary confidential requested $2.00 donation INDIVIDUALS UNDER 60 $5.70 |
| LINTONSO Food Service Management | |

**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 by 2pm Monday 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. 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+**
<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.</td>
<td>Center is Closed</td>
<td>Happy 4th of July Center is Closed</td>
<td>5. 8:30 Gentle Stretching &amp; Weight Lifting (OS) 10-11 Blood Pressure 10-11 Q&amp;A/Tech Help 10-11:30 Cards/Games 11:45 Lunch 12:45 Bingo 2-3 Q&amp;A/Tech Help</td>
<td>6. 8:30 SilverSneakers (OS) 10-11 Q&amp;A/Tech Help 10-11:30 Cards/Games 11:50 Lunch 2-3 Q&amp;A/Tech Help 12:45 Cup Cake Decorating</td>
</tr>
<tr>
<td>4.</td>
<td>8:30 Gentle Stretching &amp; Balance (OS)</td>
<td>8:30 SilverSneakers (OS) 10-11 Q&amp;A/Tech Help 10-11:30 Cards/Games 11:50 Lunch 12:45 ABC Bingo 2-3 Q&amp;A/Tech Help</td>
<td>11:45 Lunch</td>
<td>4:30 Zumba</td>
</tr>
</tbody>
</table>

**Community Yard Sale**
Saturday, September 9
8:00am-2:00pm
Accepting Donations beginning August 1
No items accepting before this!

**Sub Sale Fundraiser**
August thru December
Tickets available for purchase August 1

(OS) = Off-Site

Chesco Connect Transportation Available for 65+
TRIPS

TIME TO SET SAIL ABOARD THE
SPIRIT OF BALTIMORE
TUESDAY, AUGUST 8, 2023
CRUISE AND LUNCH
$95.00

Leave: Promptly at 9:00am from Center
(be here at 8:45m)
Return: 4:00pm (approx.) to Center

SIGN UP BY 7/18 (Tuesday)
SPOTS GO FAST!

American Music Theatre
“The First Noel” Christmas Show

Witness the magic and splendor of our holiday celebration as AMT presents “The First Noel” featuring incredible singers, wondrous costumes, breathtaking sets, and all the endearment of a perfect fireside family moment! Bask in the beauty of the season, and cherish the stories of spirit and love as we bring all your favorite sights and sounds to the stage.

Thursday, December 14
Sign up by Monday, November 13

Itinerary: Motor Coach ride to and from center, enjoy buffet lunch at Millers and Christmas Show.
Cost: $98.00 (Payment due at sign-up)
Leave: Promptly at 9:00am from Center (be here at 8:45am)
Return: 4:15pm (approx.) to Center

Strasburg Railroad
Aboard the Dining Car
Friday, September 1

The Bonnie & Clyde Experience

This exciting, one-of-a-kind experience includes thrilling stunts, pyrotechnics, and more. Be a part of the festivities aboard the train, help our officers save the day, and bring the crime duo to justice.

Dinner: Carolina Pulled Pork
Cost: $89.00 (Payment due at sign-up)
Leave: Bus leaves promptly at 3:30pm from Center (be here by 3:15pm)
Returns: 7:00pm (approx.) to Center

SIGN UP BY 8/21 (Monday)

We are planning upcoming trips.
Any trip suggestions?
Let Beth know where you would like to go.
610-932-5244
bpellegrini@oxfordseniors.org

Trip Policy

- Reservations required for all trips, no refunds after deadline date.
- Payment due at sign up, please see our Hostess
- Questions regarding trips, call 610-932-5244 or email us at contact@oxfordseniors.org

TRIP DAYS AND PARKING

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

Thank You.
## What’s Happening!!

### Cupcake Decorating
**Sponsored by Ashley Webster**

Join Us for More Cupcake Fun
$10.00 for two cupcakes and all supplies

Sign up with Beth by Friday, June 30
Space is limited

**Thursday, July 6**
**12:45pm**

### Birthday Party Entertainment
**Sweet Life**

**Wednesday, July 19**
**12:45pm**

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

**Thursday, July 20**
**12:45pm**

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

### Bingo with Vanessa
from
**Always Best Care**

**Tuesday, July 11**
**12:45pm**

### Medicare 101
**w/ Sally**

**Wednesday, July 12**
**7:00pm**
Sign up requested

### Nintendo Wii Bowling
**Friday, July 14 & 28**
**12:45pm**

### Self-Defense Class
**Everyone deserves to feel secure.**

As people age, their bodies tend to get slower and weaker, which can make them vulnerable to attacks by criminals. Fortunately, there are a variety of good tactics that people can learn in order to protect themselves.

This self-defense program will help you understand the different types of self-defense techniques using your mind, body, and the uses of different types of walking aids like canes, walker, wheelchairs, crutches, and the use of everyday items around you. You will learn steps that you can take to avoid becoming a target and discover basic techniques for defending yourself if you do end up in a dangerous situation.

**Thursday, July 18, 2023**
**12:45pm**

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

SATURDAY, September 9, 2023
8:00am - 2:00pm
Multi-table & Vendors Event

Accepting items beginning August 1, 2023
No items accepted before this!!

Gently used clothing, washed and in good condition
Everyone needs clothes, and savvy shoppers
know you don't have to pay retail to look good.

Books, Tools, Furniture, Vintage Dishes, Glassware, Garden
Tools, Shoes, Handbags, Costume Jewelry, Games, Puzzles,
and so much more....

Yard Sale Vendor Opportunity
Accepting Applications Now
$20 for each 10 x 10 space
For more information and
an application please contact
Jane Freeman, 610-932-5244
or
via email to contact@oxfordseniors.org
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, July 19
from 10:00am to noon

West Chester District Office: 610.692.2112
Harrisburg Office: 717.787.5709

JULY BIRTHDAYS

1 David R Sample
2 Eleanor K. Brown
2 Howard Billings, Sr
3 Phyllis K. Deaver
3 Ronald Masters
5 Janet B. Knorr-Stonska
6 Beryl E. Sprout
6 Eileen M. Rudy
6 Leona F. Thomas
6 Eileen M. Rudy
7 Robert P. Adelman
7 Susan L. Lepold
8 Kathleen L. Goss
8 Robert C. McComsey
9 Albert O. Moran, Jr.
9 Donald H. Nixon
9 Gloria E. Masciantonio
9 Audrey Neyman
10 William B. Kent
10 Barbara A. Weaver
10 Janet L Ruggieri
10 Patricia K. Robertson
11 Peggy Ann Russell
12 Anna M. Lee
14 Randy A. Emerson
14 Charles G. Thorpe
14 Isabella T Carron
15 Joseph R. Murphy
15 Alma-Jean M. Gorby
15 Richard W Brown
17 Karl W. Schlecker
18 Jeffrey J Miller
18 Nancy Steel
20 William Crouch
20 Elizabeth Ann Brinton
21 Rosemarie Kelly
21 Dian Steffy
23 Benjamin C Sheets
23 Barbara J Prewitt
23 Marsha Grier
23 Maryann Hollingsworth
23 Maureen T. Holmes
24 Maureen A. Vince
24 Robin J. Dickens
25 William E. Allaband, Jr.
25 Lawrence F. Cozzone, Jr.
25 Ruth F. McNichol
27 Maybelle E. Page
27 Thomas L. Ecker
27 Walter L. Hill Sr.
28 Patricia A. Heist
28 Nancy A. Thompson
29 Theresa M. Cocciolone
29 Gloria J. Manning
29 James J. Petrucci
30 Beth A. MacMillan
30 Dorothy I. Taylor
31 Natalia Blomgren
31 Sally Garling
31 Carol N. Timmons

Joe Oliver, Financial Advisor will be at our center on the 3rd Wednesday of every month. The next visit:

Wednesday, July 19
from 10:00am to noon

West Chester District Office: 610.692.2112
Harrisburg Office: 717.787.5709

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 Chesco Connect at 610-344-5545 to schedule rides.

FARE RATE CHANGE

Beginning on July 1, 2023, seniors riding with Chesco Connect will be required to pay a $1.00 fare per ride for essential trips. The $1.00 fare had temporarily been covered by the Chester County Department of Aging during the COVID-19 pandemic to minimize handling of cash. Please ensure you have the correct fare beginning July 1, 2023 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.

Sub Sale Fundraiser
Sale will occur August thru December 2023
Tickets can be used until February 2024
More information in our August Newsletter
**PENNSYLVANIA SENIOR FARMERS MARKET NUTRITION PROGRAM (SFMPN)**

**2023 CHECK DISTRIBUTION**

CCDAS will be distributing SFMPN checks through the U.S. Mail following receipt, review and acceptance of 2023 Application Form. Application form is double-sided. The USDA Nondiscrimination Statement must be included as page 2 of the application.

**2023 Distribution / Application Form**

- Eligible check recipients must complete, sign, and return the “2023 Application Form” to CCDAS.
- 2023 Application Form is available on the CCDAS website chesco.org/aging, on page 15-16 of this newsletter and on the OASC website https://oxfordseniors.org/thismonthoasc.htm
- CCDAS will mail checks to eligible recipients following receipt and confirmation that all required information has been completed. ALL INFORMATION MUST BE COMPLETED INCLUDING ETHNICITY AND RACE

Questions should be emailed to: mwebb@chesco.org

---

**FMNP and SFMNP Basic Rules and Regulations**

- FMNP and SFMNP checks cannot be used before June 1, 2023 or after November 30, 2023.
- FMNP customers may buy only fruits, vegetables and herbs grown in Pennsylvania
- Recipients must sign in the “Signature Recipient or Proxy” block on the front of the checks. Do this before going to the market or take a pen with you.
- At the market look for stands displaying the white Farmers Market Nutrition Program poster.
- Each check is worth $10. Farmers are not permitted to give change for purchases for less than $10.
- Program recipients may place orders online with FMNP approved farmer; however, you must pay with your paper FMNP checks. A proxy may go to markets to make the purchase for you.

**Market information**

To find a farmer’s market or farm stand with eligible farmers please download the FMNP app. The PA FMNP app is available in the Google Play store and the Apple Store for free. Search for PA FMNP farmers market locator and download the app. Or go to www.pafmnp.org to search our online farmers market and farm stand database.

For market with phone numbers please contact the market for changes to operating hours before visiting.

**Note:** Program recipients are encouraged to practice social distancing and wear masks at markets and stands.

**List of eligible Fruit and vegetables**

<table>
<thead>
<tr>
<th>Fruit:</th>
<th>Apples</th>
<th>Apricots</th>
<th>Berries</th>
<th>Cherries</th>
<th>Grapes</th>
<th>Melons</th>
<th>Nectarines</th>
<th>Pears</th>
<th>Peaches</th>
<th>Plums</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables:</td>
<td>Beets</td>
<td>Cauliflower</td>
<td>Eggplant</td>
<td>Lettuce</td>
<td>Onions</td>
<td>Potatoes</td>
<td>Spinach</td>
<td>Winter Squash</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Artichokes</td>
<td>Broccoli</td>
<td>Celery</td>
<td>Greens</td>
<td>Microgreens</td>
<td>Parsnips</td>
<td>Radishes</td>
<td>Sweet Potatoes</td>
<td>Yams grown in PA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td>Brussel Sprouts</td>
<td>Corn</td>
<td>Kohlrabi</td>
<td>Mushrooms</td>
<td>Peas</td>
<td>Rhubarb</td>
<td>Tomatoes</td>
<td>Zucchini</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beans (fresh)</td>
<td>Cabbage</td>
<td>Cucumbers</td>
<td>Leeks</td>
<td>Okra</td>
<td>Peppers</td>
<td>Rutabagas</td>
<td>Turnips</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**No actual plants are permitted for purchase only the mature fruit and/or vegetable is allowable for purchase with the FMNP checks.**

Fresh cut herbs are allowed if they are used for cooking or flavoring

- Processed food is not allowed for purchase with FMNP Checks. Jack-o-lanterns are not allowable
- Citrus or tropical fruits are not allowed for purchase with FMNP checks.

**Nutrition Education**

Nutrition information on basic nutrition, shopping, cooking, nutrients in foods, and food safety can be found at https://www.nutrition.gov/ The website also contains many different recipes.
COMMONWEALTH OF PENNSYLVANIA
DEPARTMENT OF AGRICULTURE
SENIOR FARMERS’ MARKET NUTRITION PROGRAM

2023 Application Form

To qualify you must be 60 or older (or turn 60 by 12/31/2023) and meet the household income guidelines.

RIGHTS AND RESPONSIBILITIES

I certify that the information I have provided 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: $26,973 for 1 person in the household; or $36,482 for 2 people in the household and that I am 60 years old or older (or will turn 60 by 12/31/2023).

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 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

Please mail or email your completed form before September 15, 2023 to your County Aging Office: mwebb@chesco.org or Mail to:

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

Please see back for USDA Nondiscrimination Statement
**USDA Nondiscrimination Statement**

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA’s TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: [https://www.usda.gov/sites/default/files/documents/ad-3027.pdf](https://www.usda.gov/sites/default/files/documents/ad-3027.pdf), from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant’s name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or
2. **fax:**
   (833) 256-1665 or (202) 690-7442; or
3. **email:**
   Program.Intake@usda.gov

This institution is an equal opportunity provider.
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](https://www.health.pa.gov/Pages/default.aspx)

**CDC COVID Updates**

**Chester County COVID Updates**
Visit this website for the latest information for Chester County: [https://www.chesco.org/4376/Coronavirus-COVID-19](https://www.chesco.org/4376/Coronavirus-COVID-19)

**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/](https://www.governor.pa.gov/)
- Maryland Governor Larry Hogan’s website: [https://governor.maryland.gov/](https://governor.maryland.gov/)
- Delaware Governor John Carney’s website: [https://governor.delaware.gov/](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](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-Disabilities](https://www.chesco.org/615/Mental-HealthIntellectual-Dev-Disabilities)
Chester County Warm Line: 866-846-2722 or visit chesco.org/mhidd
COVID-19 Statewide Support & Referral Line: 855-284-2494

**Oxford Area Senior Center**
As always be sure to also check our website at 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/](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.

---

**Community Services**

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

CALL 2-1-1 FOR ASSISTANCE

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

---

**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
**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

**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.

**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.

**Exercise Classes Sponsored by Tivity Health**

Instructor Barbara Bond  
Currently Off-Site at Nottingham Park or Zoom  
osc.exercise.instructor@gmail.com or 610-348-6763

**Tuesday and Thursday**  
8:30AM - 9:30AM

Trivity Health’s SilverSneakers Classic Fitness Program is a comprehensive **no cost** older-adults physical activities program that addresses the needs of the 60 + year old population. Muscular Strength & Range of Movement is the core class of this exercise program. Come on in and get yourself back in shape. Come and see how much better you’ll feel after a 45 minute workout. **There is no cost for this program and Senior Center membership is not required for individuals 60 and older.**

**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.

**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.

**Bread**

Every Monday, Bread from 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.

**Open Swim at the Jennersville 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!**
Information Form

Please PRINT, SIGN AND COMPLETE the entire form. All Participant information provided is strictly confidential. Information required for funding is noted with * *.

<table>
<thead>
<tr>
<th><em>Date</em>:</th>
<th>Last (Jr., Sr. etc.)</th>
<th>First</th>
<th>Middle or Initial</th>
<th>Name you go by</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><em>Name</em>:</th>
<th>Street</th>
<th>Apt/Rm #</th>
<th>City</th>
<th>State</th>
<th>Zip Code</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><em>Address</em>:</th>
<th><em>Municipality</em> (Township or Borough)</th>
<th><em>County</em>:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><em>Phones</em>:</th>
<th>Home Phone</th>
<th>Mobile/Cell Phone</th>
<th>Newsletter?</th>
<th>Mail</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>*Social Sec. #:</th>
<th>XXX/XX/</th>
<th>(last 4 digits only Required by Commonwealth of PA)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><em>Date of Birth</em>:</th>
<th>Birthday In Newsletter</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><em>Gender assigned at birth</em>:</th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><em>Gender Identity</em>:</th>
<th>Female</th>
<th>Male</th>
<th>Non-Binary</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><em>Ethnic Race</em>:</th>
<th>Asian</th>
<th>Black/African American</th>
<th>American Indian/Native Alaskan</th>
<th>Caucasian (White)</th>
<th>Hispanic Origin</th>
<th>Biracial</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><em>Marital Status</em>:</th>
<th>Married</th>
<th>Spouse’s Name:</th>
<th>Single</th>
<th>Divorced</th>
<th>Separated</th>
<th>Widowed</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><em>Income Level</em>:</th>
<th>One Person - Under $1,215/mo or $14,580/yr</th>
<th>Over $35,000/yr</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Two People - Under $1,614/mo or $19,720/yr</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><em>Living Situation</em>:</th>
<th>Alone</th>
<th>With Spouse</th>
<th>With Relative</th>
<th>With Friend</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><em>Years living at same address</em>:</th>
<th>0-5</th>
<th>6-10</th>
<th>11-20</th>
<th>Over 20</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><em>High Nutritional Risk</em>:</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><em>Rural</em> (not in town)*:</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Turn over for: Medical Information, Volunteer Opportunities & sign form Caregiver for OASC Consumer? Yes No

Emergency Contact Information (Please provide two contacts)

<table>
<thead>
<tr>
<th>Name of contact</th>
<th>Phone #</th>
<th>Phone #</th>
<th>Relationship</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

|                           |         |         |              |

*** PLEASE TURN OVER, MORE QUESTIONS, READ AND SIGN ON OTHER SIDE ***

*** For Office Use Only *** Do not write below this line

<table>
<thead>
<tr>
<th>Annual Participation Contribution of $15.00</th>
<th>Database</th>
<th>Copilot</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Paid</td>
<td>Date Paid</td>
<td>Renewal Date</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# Information Form

**Oxford Area Senior Center**

<table>
<thead>
<tr>
<th>Last</th>
<th>(Jr., Sr. etc.)</th>
<th>First</th>
<th>Middle</th>
<th>Name you go by</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Name</em></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Volunteer Opportunities

Are you interested in volunteering here at the Center?  
- Yes
- No

## Medical Information

<table>
<thead>
<tr>
<th>Physician’s Name</th>
<th>Phone #</th>
<th>Phone #</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Medical Condition(s) (Please Print)

- [ ]
- [ ]
- [ ]
- [ ]

## Medications/Prescriptions (Please Print. No Dosage information needed.)

- [ ]
- [ ]
- [ ]
- [ ]

## Allergies/Precautions/Special Concerns

- [ ]
- [ ]
- [ ]
- [ ]

## Participation Policy and Waiver Consent

Individuals wishing to participate in programs held by the Oxford Area Senior Center, Inc. (the Center) should meet the following criteria to be considered appropriate for service provision:

- Capable of feeding and toilet themselves independently
- Oriented to their current surroundings
- Behave in a non-aggressive and non-disruptive manner
- Desire to participate in a program or activity that is appropriate for them
- Be able to speak clearly and socialize with others
- Demonstrate consistent hygiene practices
- Be able to ambulate safely

A complete copy of the Participants’ Rights Policy and Participation Policy will be made available at the request by a participant or participant’s family member.

Persons not meeting these criteria are welcome only if escorted by a responsible person at all times. This is required for the well being of all participants and staffing participating in Center activities on or off the premises. The Center is not responsible for monitoring the activity of anyone visiting and/or participating in services or programs on or off the premises. The Executive Director, or in his/her absence a designated staff person, has the authority to make final decisions in all cases as to who is appropriate for participation in Center activities.

I wish to take part in one or more events of the Oxford Area Senior Center (the Center) and, to the best of my knowledge, information and belief, have no physical restraints, which would prohibit my participation in the events. In consideration of my application for participation being accepted, I being legally bound, do hereby for myself, my heirs, my executors and administrators, waive and release any and all my rights I may have against the Center, its directors, officers, agents, staff (paid or volunteer) and any other co-sponsoring organizations for any and all injuries, claims, damages or causes of action, suffered by me during my participation in the events of the Center. The Center has my permission to have a physician attend me if it is deemed necessary for my health, welfare and safety. I attest and verify that I am in sufficient good health for each activity, and my physical condition has been verified by a licensed physician. I have further read and understand the participation guidelines of the Center.

*Signature*: ________________________________  
*Date*: ________________________________

FOR INFORMATION REGARDING OUR INFORMATION AND ASSISTANCE SERVICES, THE CHESTER COUNTY DEPARTMENT OF AGING SERVICES AND THE OXFORD AREA SENIOR CENTER, PLEASE SEE OUR HOSTESS OR A STAFF MEMBER.
**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

---

**Medicare 101**

w/ Sally Arter

**Wednesday, July 12**

7:00PM

If you will be joining the ranks of Medicare soon, are already in the Medicare system and have questions, this session is for you. Members of the PA MEDI program, Pennsylvania’s volunteer statewide program of insurance consultation, will present an overview of Medicare including the definitions of Medicare A, B, C; exploration of the drug benefit (Part D), types of health care insurance available in Chester County, benefits available to low-income beneficiaries, and things to consider when selecting your medical coverage. A question and answer session will follow the presentations.

Reserve your space
Call 610-932-5244
or email contact@oxfordseniors.org

---

**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 Mondays, Tuesdays, Wednesdays or Thursdays (see activity calendar for exact dates). No Tech Help on Fridays.
- Call Colleen at 610-932-5244 x106
- Email Colleen at caowens@oxfordseniors.org

www.oxfordseniors.org

Click on Activities, then click on Computers for more information

**Need more then a Q&A/Technology Session?**

Technology assistance is available for a fee, at the Center or your home. Please contact Colleen Owens at 610-932-5244 or by email at caowens@oxfordseniors.org

**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 $1,580
  - Household 2 people: Monthly income $2,137

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
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 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 a 501(c) (3) non-profit organization. All contributions are tax deductible.

Board of Directors 2023/2024

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

Members
Carol Carter
Kevin Collins
Jane Freeman
Geoff Henry
Edwin Herr
Carol Latsch
Scott Massey
Clyde Prigg
William Ringler
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
Barbara Bond  Exercise Instructor
Kim Malone  Zumba Instructor

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.