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!

We want to give a special shout-out to our tremendously dedicated volunteers. The senior center could not operate on a daily basis, and provide you with the services, programs, and activities that you deserve without them! Our volunteers provide a tremendous service to our senior community. A Huge Oxford Area Senior Center “THANK YOU” to each one!

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 11 and 12 of this newsletter. If you would like the vouchers, complete the application on page 13 and return it to the Chester County Department of Aging as instructed on the bottom of that page. Please feel free to stop at the center if you need help completing the form or returning it to CCDAS.

COVID variants are still hanging around causing some metropolitan cities to reinstate the wearing of masks mandate indoors in public places. Please don’t let your guard down. The COVID Virus, with all of it’s variants, isn’t completely over yet! It remains a threat to all, especially you, the senior residents of our community. Continue to be aware of the people you’re around and their health situation. Continue to be safe and wear masks if you are unsure!

Come and join us!

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

Jim
THANKS TO LAST MONTH’S...

VOLUNTEERS
All of our lunch-time volunteers
Dan Bakken
Mary Baringer
Bonnie Smith
Chris Dolinger
Leda Widdoes

IN KIND GIFTS
Giant Food Store - Jennersville
Philips Florist
Dan Bakken
Melanie Simmer
Pam Simmer

MEMBERSHIP DRIVE

The Information Form included in this month’s newsletter marks the beginning of this fiscal year’s membership drive. We need to obtain all participant’s last four digits of social security number, date of birth and minimum income levels. This information drastically affects our funding availability so please, completely fill out the form.

Our Center operates on a fiscal year basis which begins July 1 and ends June 30. We encourage you to pay your membership donation in the same month each year. The date that you last paid your dues is located above your name and address on the outside cover.

Thanks for keeping your dues current. It helps us to maintain the Center’s programs and services. If You need help completing this form, please ask for assistance. We’ll be glad to help.

Endowment Fund Donation
We wish to thank the following donors for their donations:

In Memory of Jeanne Reynolds
Mary Reynolds

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

Joanne Brown
Linda Caudill
Janice Chapman
Billie Mattson
Clarence Nixon

OUR BEST WISHES & THOUGHTS GO TO:
Roy Caudill
Shirley Nixon

And to the Families of:
Joanne Brown
Linda Caudill
Janice Chapman
Billie Mattson
Clarence Nixon

NEW MEMBERS
Eunice Donnell
William Donohue
Theresa Lynch
Pauline Riegel
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 members, 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 July 13th 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 3, 2022 at 1:00pm.

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 2023. Supplements (Medi-gaps) do not need to be changed, they continue on.

At various times, we are contacted by family members who need help for homebound folks. Knowing this can be a problem, we will make every effort to meet with beneficiaries in their home to conduct interviews regarding Medicare, Insurance, application for other services, or whatever is needed. It is our desire to assist our Seniors with whatever they need. Call for more information about this.

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. Applications are available on the Office of the Aging web site. https://www.chesco.org/135/Aging. Check page 11&12 for information on the program and pages 13-14 for the application. We will not have them here at the Center. Let us know if you need help filling out the application.

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

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.
### JULY 2022 MENU

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

Call or email to sign up for lunch by 1pm Tuesday for the ENTIRE following week.

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

<table>
<thead>
<tr>
<th>MON</th>
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</table>
| CCDAS Food Vendor | SENIORS 60 & ABOVE  
A voluntary confidential requested  
$2.00 donation  
INDIVIDUALS UNDER 60  
$5.53 | 1. Roast Turkey Special w/ Swiss Cheese and  
1000 Island Dressing  
Cole Slaw  
Rye Bread  
Carrot Raisin Salad  
Honeydew | 4. Happy 4th of July Center is Closed |

5. Meatloaf w/ Gravy  
Mashed Potatoes  
Gravy  
Green Beans  
Dinner Roll  
Margarine  
Applesauce  

6. **Independence Day Celebration Meal**  
BBQ Chicken  
Fiesta Corn  
Baked Beans  
Corn Bread  
Margarine  
Strawberry Shortcake  
Parfait  

7. Cheeseburger w/ American Cheese  
Hamburger Bun  
Lettuce & Tomato Slice  
Sweet Potato Fries  
Baked Beans  
Fresh Orange Slices  
Ketchup  

8. Chicken Cordon Bleu  
Mixed Vegetables  
Brown Rice  
Dinner Roll  
Margarine  
Tropical Fruit Salad  

9. Garlic & Herb Baked Tilapia  
Parsley Egg Noodles  
Carrots  
Angel Food Cake  
Sliced Strawberries  
Whipped Topping  

10. Country Fried Steak  
Gravy  
Mashed Potatoes  
Broccoli  
Dinner Roll  
Margarine  
LoCal Fruit Jello  

11. Roast Turkey w/ Gravy  
Stuffing  
Cranberry Sauce  
Winter Blend Vegetables  
Cantaloupe  

12. Penne Pasta w/ Meatballs  
Marinara Sauce  
Romaine Mix w/ Shredded Carrots & Cucumbers  
Cherry Tomatoes  
Italian Bread  
Margarine  
Pears  

13. Glazed Ham  
Baked Potato  
Brussel Sprouts  
Wheat Bread  
Margarine  
Sour Cream  
Sliced Apricots  

14. Birthday Party & BBQ  
Hamburgers & Hotdogs  
Parfait  
Sides provided by participants  

15. Pulled BBQ Turkey  
WG Kaiser Roll  
Oven Baked Fries  
Mixed Vegetables  
Sugar Cookies  
Ketchup  

16. Chicken Marsala  
Oven Roasted Potatoes  
Green Beans  
Dinner Roll  
Margarine  
Banana Pudding  

17. Chicken Lo Mein  
WG Noodles  
Oriental Blend Vegetables w/ Diced Carrots  
Mandarin Oranges  
Vegetable Egg Roll  
Fortune Cookie  

18. Chicken Cacciatore  
Tuscan Blend Vegetables  
Marinara Sauce  
WG Penne Pasta  
Italian Bread  
Margarine  
Pears  

19. Sweet Italian Sausage  
Peppers & Onions  
Club Roll  
Romano Blend Vegetables  
Oatmeal Raisin Cookies  

20. Swedish Meatballs in Gravy  
Egg Noodles  
Baby Carrots  
Margarine  
WG Wheat  
Watermelon  

21. Pepper Steak  
Peppers & Onions  
Brown Rice  
Sugar Snap Peas w/ Shredded Carrots  
WG Dinner Roll  
Margarine  
Vanilla Ice Cream Cup  

22. Penne Pasta  
Italian Green Beans  
Italian Bread  
Margarine  
Orange Slices  

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**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 1pm 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. 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. 

Rover Transportation Available
## JULY 2021 ACTIVITIES

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<td><strong>OS</strong> = Off-Site</td>
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<td>Center is Closed</td>
<td>8:30 Gentle Stretching &amp; Balance (OS)</td>
<td>8:30 SilverSneakers (OS)</td>
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<td>8:30 Gentle Stretching &amp; Weight Lifting (OS)</td>
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<td>12:45 Paint Inspirational Rocks</td>
<td>12:45 Walk for Happiness</td>
<td>12:45 Bingo</td>
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<td>2-3 Q&amp;A/Tech Help</td>
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<td>4:30 Zumba</td>
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<td>8:30 Gentle Stretching &amp; Weight Lifting (OS)</td>
<td>10-11 Q&amp;A/Tech Help</td>
<td>10-11 Blood Pressure</td>
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<td>12:45 Nintendo Wii</td>
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<td>8:30 Gentle Stretching &amp; Balance (OS)</td>
<td>8:30 SilverSneakers (OS)</td>
<td><strong>Birthday Party</strong></td>
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<td>12:45 Petal Please</td>
<td>12:45 Petal Please</td>
<td>NO Q&amp;A/Tech Help</td>
<td>12:45 Desert Cups with Sweet Cakes</td>
<td>12:45 Desert Cups with Sweet Cakes</td>
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<td>NO Board of Directors Meeting</td>
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<td>10-12 Constituent Outreach</td>
<td>7:00 Medicare 101</td>
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<td>12:00 Lunch BBQ</td>
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<td>12:45 Entertainment: Nick Viscuso</td>
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<td>12:45 Mind Matters</td>
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Rover Transportation Provided
TRIPS

Join us for a trip on the Spirit of Baltimore

Thursday, August 25, 2022

Itinerary: Motor Coach ride to and from center, Enjoy lunch, Cruise, and dancing
Cost: $95 (Payment due at sign-up)
Leave: Promptly at 9:00 am from Center (be here at 8:30 am) (Parking available at the Nazarene Church)
Return: 4:00 pm (approx.) to Center

We need 30 people to go

Reserve your seat
Call 610-932-5244
Filling up fast!!


The Pavilion at Vista Ridge
1162 Kensington Lane, Oxford

THIRD SATURDAY IN JULY
9AM-3PM

Saturday, July 16, 2022

Alzheimer’s/Dementia Caregivers Support Group

When: 9:30 am on the 4th Saturday each month
Where: Oxford Public Library
48 South Second Street, Oxford, PA 19363

**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
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 20 from 10:00am to noon

West Chester District Office: 610.692.2112
Harrisburg Office: 717.787.5709

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

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

CALL 2-1-1 FOR ASSISTANCE
• 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

JULY BIRTHDAYS
1 David R Sample
1 Catherine E. Mancini
2 Eleanor K. Brown
2 Louise Burgess
2 Howard Billings Sr
2 Dorothy E. Elliott
2 Joie Caruso
2 Robert L. Rowe
3 Phyllis K. Deaver
3 Ronald Masters
5 Janet B. Knorr-Stonska
5 Ruth A. Mahaffey
6 Eileen M. Rudy
6 Beryl E. Sprout
6 Leona F. Thomas
7 Susan L. Lepold
7 Robert P. Adelman
8 Robert C. McComsey
8 Ruth E. Gardiner
8 Judith Karol Jacobsen
8 Kathleen L. Goss
9 Arlene M. Cross
9 Gloria E. Masciantonio
9 Bernadine Matsco
9 Albert O. Moran Jr.
9 Maria C. Pyle
9 Audrey Neyman
9 Donald H. Nixon
10 Patricia K. Robertson
10 William B. Kent
10 Barbara A. Weaver
10 Janet L. Ruggieri
11 Joan Kearney
11 Peggy Ann Russell
12 Anna M. Lee
12 Polly A. Burns
14 Annette M. Wilson
14 Charles G. Thorpe
14 Randy A. Emerson
15 Joseph R. Murphy
15 William Stevenson
15 Richard W Brown
16 Alma-Jean M. Gorby
16 Linda Kremstein
16 Margaret L. Boynton
17 Suzanne E. Benner
17 Karl W. Schlecker
18 Nancy Steel
18 Nancy (Anna) Thomson
18 Jeffrey J Miller
19 John M. Madden
20 Elizabeth Ann Brinton
20 William Crouch
21 Dian Steffy
21 Rosemarie Marie Kelly
22 Margaret A. Rochester
23 Benjamin C Sheets
23 Maureen T. Holmes
23 Marsha Grier
23 Barbara J. Prewitt
24 Robin J. Dickens
24 Maureen A. Vince
25 Lawrence F. Cozzone Jr.
25 William E. Allaband Jr.
25 Ruth F. McNichol
25 Donna B. Gordon
26 James G.O. Sumner
26 Eleanor P. Inforzato
26 Jean M. Benhaim
26 Emilie M Barrett
26 Joyce F. Rogers
27 Maybelle E. Page
27 Thomas L. Ecker
27 Jack R. Johnson
27 Walter L. Hill Sr.
28 Nancy A. Thompson
28 Patricia A. Heist
28 Mary Anne B. Rosenlund
29 Theresa M. Coccioiione
29 James J. Petrucci
29 Gloria J. Manning
30 Dorothy I. Taylor
30 Marion M. Pape
30 Louise Moran
30 Beth A. MacMillan
31 Natalia Blomgren
31 Janet W. Cline
31 Sally Garling
31 Carol N. Timmons
31 C. Robert Barnett

Sub Sale Fundraiser
Sale will occur August thru December 2022
Tickets can be used until February 2023
More information in our August newsletter
What’s Happening!!

Nintendo Wii Bowling
Friday, July 1
12:45pm
Friday, July 29
12:45pm

Paint Inspirational Rocks
Tuesday, July 5
12:45 pm

Bingo with Vanessa from Always Best Care
Thursday, July 7
12:45pm

Join us for our SEWING CIRCLE with Carol Berth
Monday, July 11
12:45pm
Thursday, July 28
12:45pm
Space is limited, please sign up.
Donations accepted to help cover costs

Walk for Happiness Distribution of Inspirational Rocks
Tuesday, July 12
12:45pm

Medicare 101 w/ Sally
Wednesday, July 13
7:00pm
Sign up requested

Desert Cups Sponsored by Sweet Cake Supplies
Join Us in making Desert Parfait's For our Outdoor Barbeque
Sign up at to let us know how many helpers we have helping
Thursday, July 14
12:45 PM

Monday, July 18
12:30pm

Cost $15.00
(Regular price is $45.00, discount for OASC is $30.00, center is covering half the cost, your cost only $15.00!!!)
Reservations and Payment required by Monday, July 11
Sign up at the Hostess Desk

Craft day where we will be either decorating and painting jars or floral arrangements, depending on availability of flowers.
Tuesday, July 19
12:45pm
They have asked that we help to spread the joy by collecting small vases, soup cans, and small baskets.

Join us for a afternoon of Food, Fun and Entertainment
Wednesday, July 20

Sign up Sheet for Sides available at the front desk
Please bring your own Lawn Chair (if you can)
Fun starts at 12 noon with lunch inside

Then outside for Birthday Party Entertainment
Nick Viscuso
12:45pm

Continued on page 9
Day with the Stars  
Friday, July 22  
Part 1: 10:30-11:30am  
Part 2: 12:30-2:00pm

MindMatters: A distinctive approach to learning

Join us on:  
Tuesday, July 26  
12:45pm

The Science of Dreams  
Dr. Shaun Cook  
Millersville University

Dreaming is one of the most fascinating and mysterious human functions. Have you ever wondered what dreams are and/or how they are formed? Although we all dream on a regular basis, we often wake up barely being able to remember any details. Why is it that we can remember some of our dreams, but not others? We discuss the science of dreams. Not a program where we try to interpret dreams, in this program Dr. Cook offers factual information about the cognitive neuroscience of dreams that most of us are unaware of.

WITF, Central Pennsylvania’s affiliate for PBS and NPR, is offering an exciting initiative for Pennsylvania Department of Aging (PDA) Senior Community Centers to access highly engaging educational programming.

The project, called MindMatters, delivers a large series of intellectually stimulating lectures by knowledgeable presenters on topics of most interest to older adults.

Our afternoon programs will start at 12:45pm (right after lunch).  
This will begin July 1, 2022  
We are starting at that time to make sure our Rover riders will be able to participate in the entire 45-60 minute program.

PA RENT & TAX REBATE

The deadline for filing PA RENT & TAX REBATE Forms has been extended to December 31st. We can help, call 610-932-5244 and ask for Sally to get assistance.

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


Chester County COVID Updates

Visit this website for the latest information for Chester County: 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/
Maryland Governor Larry Hogan’s website: https://governor.maryland.gov/
Delaware Governor John Carney’s website: https://governor.delaware.gov/

Veterans Affairs

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

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-Disability

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.

NO YARD SALE THIS YEAR

Due to scheduling conflicts we will not be having our annual yard sale this September. We hope to bring it back next year.
Ditch the Workout and Join the Party!

ZUMBA fitness classes every Tuesday and 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.

Exercise Classes Sponsored by Tivity Health Instruction 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. Join us and get yourself back in shape. 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 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. Pastries are used as prizes at our Bingo.

Produce is Back!!!
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.

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.

ROVER
Rover isn’t just for trips to your senior center, the doctor or to the grocery store. Rover provides transportation to any destination within beautiful Chester County: church, the mall, club meetings, the train station or to visit a friend. For medical they also provide hassle-free travel to Philadelphia and neighboring counties. Visit their website for more information: https://www.krapfbus.com/transportation/rover/

Call (484) 696-3854 to schedule your ride to the Oxford Area Senior Center or other “Essential Rides” to medical appointments and grocery stores. Cost is $1.50 each way. Reservations required and scheduled 3 days in advance.
PENNSYLVANIA SENIOR FARMERS MARKET NUTRITION PROGRAM (SFMNP)  
2022 CHECK DISTRIBUTION

CCDAS will be distributing SFMNP checks through the U.S. Mail following receipt, review and acceptance of 2022 Application Form.

Application form is double-sided. The USDA Nondiscrimination Statement must be included as page 2 of the application.

2022 Distribution

- Eligible check recipients must complete and return the “2022 Application Form” to CCDAS.
- CCDAS will electronically send the 2022 Application Form to those requesting form. If an individual does not have electronic capability, the form will be mailed to them. We ask that your organization assist in distributing the form electronically or hard copy (double sided with USDA Nondiscrimination Statement as page 2).
- 2022 Application Form will be available on the CCDAS website chesco.org/aging and we ask that the 2-page form be made available on your website and in your newsletter. Format of the application form may not be changed when copying to your website or newsletter.
- 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
- 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 one-time benefit of $24.00 for the program year.

2022 Application Form

Eligible seniors requesting SFMNP checks must complete the 2-page 2022 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.

The following information must be completed:
- Participant Name – type or print
- Birth Date
- Signature – electronic signatures will be accepted or signature may be typed on form using script font
- Address – type or print
- Telephone Number
- County you live in
- Ethnicity – appropriate identifier must be circled or if completed electronically underline or change response to bold font
- Race – appropriate identifier must be circled or if completed electronically underline or change response to bold font

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 2022.
PENNSYLVANIA SENIOR FARMERS MARKET NUTRITION PROGRAM (SFMNP) 
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2022 Application Form

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The following information must be completed:
- **Participant Name** – type or print
- **Birth Date**
- **Signature** – electronic signatures will be accepted or signature may be typed on form using script font
- **Address** – type or print
- **Telephone Number**
- **County you live in**
- **Ethnicity** – appropriate identifier must be circled or if completed electronically underline or change response to bold font
- **Race** – appropriate identifier must be circled or if completed electronically underline or change response to bold font

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 2022.
COMMONWEALTH OF PENNSYLVANIA
DEPARTMENT OF AGRICULTURE
SENIOR FARMERS’ MARKET NUTRITION PROGRAM
2022 Application Form

To qualify you must be 60 or older (or turn 60 by 12/31/2022) and meet the household income guidelines.

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

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: $25,142 for 1 person in the household; or $33,874 for 2 people in the household and that I am 60 years old or older (or will turn 60 by December 31, 2022).

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

Please mail or email your completed form before September 15, 2022 to your County Aging Office:

mwebb@chesco.org or Mail to:

CHESTER COUNTY DEPARTMENT OF AGING SERVICES
601 WESTTOWN ROAD, SUITE 320; WEST CHESTER, 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, 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, audiocassette, 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.

FMNP and SFMNP Basic Rules and Regulations

- FMNP and SFMNP checks cannot be used before June 1, 2022 or after November 30, 2022.
- 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 $6. Farmers are not permitted to give change for purchases for less than $6.
- 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.
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>Date*:</th>
<th>__________________________</th>
<th>Please check one:</th>
<th>Consumer</th>
<th>New Member</th>
<th>Renewal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Last</td>
<td>First</td>
<td>Middle or Initial</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name*</th>
<th>Street</th>
<th>Apt/Rm #</th>
<th>City</th>
<th>State</th>
<th>Zip Code</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Municipality* (Township or Borough)</th>
<th>County*</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Phones*</th>
<th>Home Phone</th>
<th>Mobile/Cell Phone</th>
<th>Newsletter?</th>
<th>Mail</th>
<th>Email</th>
</tr>
</thead>
</table>

| Social Sec. # * | XXX/XX/ (last 4 digits only Required by Commonwealth of PA) |

<table>
<thead>
<tr>
<th>Date of Birth*</th>
<th>Age Group*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Under 60</td>
</tr>
<tr>
<td></td>
<td>60-64</td>
</tr>
<tr>
<td></td>
<td>65-74</td>
</tr>
<tr>
<td></td>
<td>75-84</td>
</tr>
<tr>
<td></td>
<td>85+</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Gender assigned at birth*</th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Gender Identity*</th>
<th>Female</th>
<th>Male</th>
<th>Non-Binary</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Transgender Female (male to female)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Transgender Male (female to male)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Other, Specify</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Choose not to disclose</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Ethnic Race*</th>
<th>Asian</th>
<th>Black/African American</th>
<th>American Indian/Native Alaskan</th>
<th>Caucasian (White)</th>
<th>Hispanic Origin</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Ethnicity*</th>
<th>Non-Hispanic</th>
<th>Hispanic</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Income Level*</th>
<th>Single - Under $1,133/mo or $13,596/yr or Two People - Under $1,526/mo or $18,312/yr</th>
<th>Between $13,596-$29,000/yr</th>
<th>Over $29,000/yr</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Living Situation*</th>
<th>Alone</th>
<th>With Spouse</th>
<th>With Relative</th>
<th>With Friend</th>
<th>Other</th>
</tr>
</thead>
</table>

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

<table>
<thead>
<tr>
<th>High Nutritional Risk*</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rural* (not in town)</td>
<td>Yes</td>
<td>No</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>

<table>
<thead>
<tr>
<th>Annual Membership Donation of $15.00</th>
<th>Date Paid</th>
<th>Consumer</th>
<th>Database</th>
<th>Copilot</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Paid</td>
<td>Renewal Date</td>
<td>Member</td>
<td>Member ID</td>
<td>Initials</td>
</tr>
</tbody>
</table>

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

Volunteer Opportunities
Are you interested in volunteering here at the Center? ______ Yes ______ No

Medical Information

Physician’s Name

Phone #

Phone #

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.

REVISED 7/2022
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, Evening Workshops, 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.

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.

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 Monday, Tuesday, Wednesdays or Thursdays (see activity calendar)
- 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

Prefer Private Lessons?
Private lessons are 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

Medicare 101 w/ Sally Arter

Wednesday, July 13, 2022
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

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, 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
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