Director’s Corner

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!

See page 6 for some fun and exciting trips that Beth has planned for 2023, and page 8 for an overnight 2023 Holiday trip to New York City, and some trips for 2024. Only a few seats remaining for the 2023 day bus trips!

Join us on Tuesday August 22nd for our HAWAIIAN LUAU Party. Fun games and good treats. Dress Hawaiian and join us!!

Please read Sally’s article on page 3 and page 12 both informing you about Identity Theft and the latest SCAMS going around. Please protect yourself by reading these articles!

Pages 10 and 12 discuss the center’s upcoming fundraisers. A Sub Sale beginning August 1st, and a Yard Sale on Saturday September 9th. Help us if you can. The funds raised go directly to providing the programs and activities you enjoy here at the center.

Read all the other informational articles in this newsletter and see the daily activities we offer on page 5.

Come and join us!
Please continue to be safe!
Stay Happy and Healthy!!

Jim
THANKS TO LAST MONTH’S...

VOLUNTEERS
All of our Volunteers
And to our always reliable friends who help

IN KIND GIFTS
Giant Food Store, Jennersville
Philips Florist

DONORS
Phyliss Deaver
Donna McLimans
Judith & Joe Menzel
Kathy & Len Bojanowski
Evelyn Stumpo
William & Norma Thompson
Toni Lee & Steve Trout
Oxford Area Civic Association

Participating 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:

Karen Frank
Thomas Gamber
Fay Kelly
Frances Walsh

OUR BEST WISHES & THOUGHTS GO TO:

Collette Andrews
Mark Andrews
Eunice Donnell
John Frank
Madeline Gamber
Theresa Lynch
Dian Steffy
Leda Widdoes
Family of Fay Kelly
Family of Frances Walsh
Now that we’re in the “good ole’ summertime” it’s time to kick back and relax. Get a good book and sit by a fan, prop up your feet and ‘chill out’! Seriously, be careful; drink cool beverages, avoiding alcohol & caffeine, wear lightweight clothing, avoid strenuous activity, and come to the center where it’s air-conditioned!!

One area you don’t want to relax in is protecting your identity. I’ve recently obtained a list of ways to minimize your risk of Identity Theft:

1) Never give your whole S. S. #. Last 4 digits or other I. D. will do.
2) When buying new checks, use only your first initial and last name. PO Box is best for address. Your bank knows how you endorse a check, a thief won’t! Close all inactive accounts.
3) Keep your hand over the ATM key pad. Memorize your pin # - don’t write it anywhere. Be sure the ATM “looks” like a real ATM.
4) Cut up old or expired credit cards. Close inactive accounts.
5) Invest in a shredder. Shred any trash with account and/or S.S. numbers on it.

Another area not to relax in is Investment Fraud. Here are some tips to avoid becoming a victim:

1) Before you invest, talk to someone you trust – family member, banker, accountant.
2) Junk Mail? Delete or tear it up. Go to www.optoutprescreen.com or call 1-888-5-OPT-OUT to start the process to OPT OUT permanently. To complete your request, you’ll need to sign and return the Permanent Opt-Out Election form you’ll get after you’ve started the process.
3) Before making investments, check with $AIF. Visit http://dfpi.ca.gov or call 866-ASK-CORP. If it sounds too good to be true, it probably is.
4) Register with the National Do Not Call Registry, a free government service, so you won’t receive telemarketing calls. www.donotcall.gov. You can verify there also if you registered before.
5) If you have already fallen for a scam, change your phone number so you won’t be on a “sucker’s list” that is sold to other crooks.

Seniors are targeted because many are lonely or bored. That’s why it is so important to keep occupied. Come to the Senior Center regularly and be around other people. Idle minds can think of a lot of foolishness. Stay busy.

Those of you who have a Medicare Part D Plan remember that the “open enrollment period” to reevaluate & change your plan is from October 15, 2022 to December 7, 2022. Don’t procrastinate!! Wait until after Dec. 7th & you’ll be stuck with your old plan all of 2023 which may go up in price and/or change formulary so as to not cover what you take now.

If you or someone you know is turning 65 or going on Medicare soon, be sure to attend the Medicare 101 Seminar offered here on August 14th at 12:45pm or September 11th at 7:00pm. I will have answers to questions regarding how to sign up, what to look for in insurance and what is good information or junk mail that will be flooding your mail box. Have a friend or relative come with you as you attend these informative classes.

Be sure to return & sign the white info sheet that was included in last months newsletter, and please answer all of the questions. The Department of Aging requires us to obtain this information and our future funding could be determined by the number of people we serve and can substantiate by having this info. You need to be counted so please help us assist you. Thanks for your cooperation. We want to be able to serve you the best we can.

The deadline for filing PA RENT & TAX REBATE Forms has been extended to December 31st. Call and make an appointment if you need help. Form booklets are available here.

Stay cool and have a great August!

Sally
### 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>
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<tbody>
<tr>
<td>28. New Food Vendor No menu at time of printing</td>
<td>29. New Food Vendor No menu at time of printing</td>
<td>30. New Food Vendor No menu at time of printing</td>
<td>31. New Food Vendor No menu at time of printing</td>
<td>SENIORS 60 &amp; ABOVE A voluntary confidential requested $2.00 donation INDIVIDUALS UNDER 60 $5.70</td>
</tr>
</tbody>
</table>

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) 732-9999. Registration does not imply endorsement.

**Chesco Connect Transportation Available for 65+**
<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
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<tbody>
<tr>
<td>1. 8:30 SilverSneakers (OS)</td>
<td>2. 8:30 Gentle Stretching &amp; Weight Lifting (OS)</td>
<td>3. 8:30 SilverSneakers (OS)</td>
<td>4. 8:30 Gentle Stretching &amp; Weight Lifting (OS)</td>
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<td>10-11:30 Cards/Games</td>
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<td>12:45 ABC 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>7. 8:30 Gentle Stretching &amp; Weight Lifting (OS)</td>
<td>8:30 SilverSneakers (OS)</td>
<td>9. 8:30 Gentle Stretching &amp; Weight Lifting (OS)</td>
<td>10. 8:30 SilverSneakers (OS)</td>
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<tr>
<td>10-11 Q&amp;A/Tech Help</td>
<td>Spirit of Baltimore Day Trip</td>
<td>10-11 Blood Pressure</td>
<td>10-11 Q&amp;A/Tech Help</td>
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<td>10-11:30 Cards/Games</td>
<td>8:30-4:00</td>
<td>10-11:30 Cards/Games</td>
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<td>11:50 Lunch</td>
<td>Center is Closed</td>
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<td>12:45 Cards/Games</td>
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<td>14. 8:30 Gentle Stretching &amp; Balance (OS)</td>
<td>8:30 SilverSneakers (OS)</td>
<td>15. 8:30 SilverSneakers (OS)</td>
<td>16. Birthday Party</td>
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<td>10-11 Q&amp;A/Tech Help</td>
<td>10-11 Blood Pressure</td>
<td>10-11 Blood Pressure</td>
<td>8:30 Gentle Stretching &amp; Weight Lifting (OS)</td>
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<td>10-11:30 Cards/Games</td>
<td>10-11:30 Cards/Games</td>
<td>NO Q&amp;A/Tech Help</td>
<td>10-11 Blood Pressure</td>
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<tr>
<td>11:50 Lunch</td>
<td>11:50 Lunch</td>
<td>NO Board Meeting</td>
<td>10-11 Q&amp;A/Tech Help</td>
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<td>12:45 Cards/Games</td>
<td>12:45 Cards/Games</td>
<td>NO Board Meeting</td>
<td>10-11:30 Cards/Games</td>
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<td>2-3 Q&amp;A/Tech Help</td>
<td>2-3 Q&amp;A/Tech Help</td>
<td>NO Board Meeting</td>
<td>11:50 Lunch</td>
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<td>4:30 Zumba</td>
<td>4:30 Zumba</td>
<td>NO Board Meeting</td>
<td>12:45 Wii</td>
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<td>21. 8:30 Gentle Stretching &amp; Weight Lifting (OS)</td>
<td>8:30 SilverSneakers (OS)</td>
<td>22. 8:30 SilverSneakers (OS)</td>
<td>23. 8:30 SilverSneakers (OS)</td>
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<td>10-11 Q&amp;A/Tech Help</td>
<td>10-11 Blood Pressure</td>
<td>NO Q&amp;A/Tech Help</td>
<td>10-11 Blood Pressure</td>
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<td>10-11:30 Cards/Games</td>
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<td>11:50 Lunch</td>
<td>11:50 Lunch</td>
<td>NO Q&amp;A/Tech Help</td>
<td>11:50 Lunch</td>
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<tr>
<td>12:45 Hawaiian/Luau</td>
<td>12:45 Hawaiian/Luau</td>
<td>NO Q&amp;A/Tech Help</td>
<td>12:45 Cupcake Decorating</td>
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<td>4:30 Zumba</td>
<td>NO Q&amp;A/Tech Help</td>
<td>4:30 Zumba</td>
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<td>30. 8:30 Gentle Stretching &amp; Balance (OS)</td>
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<td>NO Q&amp;A/Tech Help</td>
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<td>11:50 Lunch</td>
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<td>12:45 Mind Matters</td>
<td>NO Q&amp;A/Tech Help</td>
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<td>NO Q&amp;A/Tech Help</td>
<td>4:30 Zumba</td>
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Chesco Connect Transportation Available for 65+
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 by 8:45m)
Return: 4:00pm (approx.) to Center

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, astonishing dancers, 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 by 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 Oxford Walmart (be there by 3:15pm)
Returns: 7:00pm (approx.) to Oxford Walmart

SIGN UP BY 8/21 (Monday)

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.
<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>BINGO with Vanessa</td>
<td>Tuesday August 1</td>
<td>12:45pm</td>
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<tr>
<td>from Always Best Care</td>
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<tr>
<td>Cupcake Decorating</td>
<td>Thursday, August 10</td>
<td>12:45pm</td>
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<tr>
<td>Sponsored by Ashley Webster</td>
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<tr>
<td>Join Us for More Cupcake Fun</td>
<td>Friday, August 11 &amp; 25</td>
<td>12:45pm</td>
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<tr>
<td>$10.00 for two cupcakes and all supplies</td>
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<tr>
<td>Sign up with Beth by Monday, August 7</td>
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<tr>
<td>Space is limited</td>
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<tr>
<td>Nintendo Wii Bowling</td>
<td>Thursday, August 17</td>
<td>12:45pm</td>
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<tr>
<td>Medicare 101 w/ Sally</td>
<td>Monday, August 14</td>
<td>12:45pm</td>
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<tr>
<td>Entertainment</td>
<td>Wednesday, August 16</td>
<td>12:45pm</td>
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<tr>
<td>Birthday Party</td>
<td>Tuesday, August 29</td>
<td>12:45pm</td>
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<tr>
<td>Entertainment</td>
<td>Wednesday, August 16</td>
<td>12:45pm</td>
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<tr>
<td>Cupcake Decorating</td>
<td>Thursday, August 10</td>
<td>12:45pm</td>
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<tr>
<td>Space is limited</td>
<td>Friday, August 11 &amp; 25</td>
<td>12:45pm</td>
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<tr>
<td>Vase Craft</td>
<td>Thursday, August 24</td>
<td>12:45pm</td>
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<td>Craft day where we will be</td>
<td>Thursday, August 24</td>
<td>12:45pm</td>
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<tr>
<td>either decorating and painting jars or</td>
<td>Thursday, August 24</td>
<td>12:45pm</td>
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<td>floral arrangements, depending on</td>
<td>Thursday, August 24</td>
<td>12:45pm</td>
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<td>availability of flowers.</td>
<td>Thursday, August 24</td>
<td>12:45pm</td>
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<tr>
<td>MIND MATTERS</td>
<td>Tuesday, August 29</td>
<td>12:45pm</td>
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<tr>
<td>Pennsylvania’s Flooding Hazards &amp; How to</td>
<td>Tuesday, August 29</td>
<td>12:45pm</td>
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<tr>
<td>Prepare for Them</td>
<td>Tuesday, August 29</td>
<td>12:45pm</td>
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<tr>
<td>_anywhere it can rain, it can also flood.</td>
<td>Tuesday, August 29</td>
<td>12:45pm</td>
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<tr>
<td>Did you know that 90% of the flooding</td>
<td>Tuesday, August 29</td>
<td>12:45pm</td>
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<tr>
<td>that was reported to the National</td>
<td>Tuesday, August 29</td>
<td>12:45pm</td>
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<tr>
<td>Weather Service was outside of the</td>
<td>Tuesday, August 29</td>
<td>12:45pm</td>
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<td>100-year flood zone?</td>
<td>Tuesday, August 29</td>
<td>12:45pm</td>
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<td>Using an innovative flooding demonstration</td>
<td>Tuesday, August 29</td>
<td>12:45pm</td>
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<td>tool, PA Emergency Management Agency,</td>
<td>Tuesday, August 29</td>
<td>12:45pm</td>
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<tr>
<td>will show you why it now floods in areas</td>
<td>Tuesday, August 29</td>
<td>12:45pm</td>
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<td>that might not have flooded before and</td>
<td>Tuesday, August 29</td>
<td>12:45pm</td>
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<td>what you can do to protect yourself and</td>
<td>Tuesday, August 29</td>
<td>12:45pm</td>
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<td>your belongings.</td>
<td>Tuesday, August 29</td>
<td>12:45pm</td>
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<tr>
<td>Luaau Time</td>
<td>Tuesday, August 22</td>
<td>12:45pm</td>
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<tr>
<td>Hawaiian Party</td>
<td>Tuesday, August 22</td>
<td>12:45pm</td>
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<tr>
<td>Join the Fun</td>
<td>Tuesday, August 22</td>
<td>12:45pm</td>
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<tr>
<td>Games, Treats &amp; More</td>
<td>Tuesday, August 22</td>
<td>12:45pm</td>
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<tr>
<td>Dress in your Hawaiiin Best</td>
<td>Tuesday, August 22</td>
<td>12:45pm</td>
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Sneak Peak

CHRISTMAS IN NEW YORK

SIGHT AND SOUND

DECEMBER 2023

APRIL 2024

UPCOMING TRIPS
WE ARE WORKING ON
PLEASE CONTACT US IF INTERESTED

MYSTERY AT
THE DUTCH APPLE THEATER

JERSEY BOYS
THE DUTCH APPLE THEATER

FEBRUARY 2024

AUGUST 2024
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, August 16 from 10:00am to noon
West Chester District Office: 610.692.2112
Harrisburg Office: 717.787.5709

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

Wednesday, August 16 from 10:00am to noon

Shared Ride Program
Chester County Department of Community Transit
“CHESCO CONNECT”

Chesco Connect provide trips to individuals age 65+ for the following:
- Riders traveling for health care or medical services covered by Medical Assistance
- Persons with disabilities traveling for recreation, work, shopping, and medical trips
- General public riders paying the full fare

Contact 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.

AUGUST BIRTHDAYS

1. Jacqueline A. London
2. Roswitha M. Strange
3. Judith Gay Harkins
4. H. Grant Troop
5. Dave H. Messaros
6. Parley Elroy Hess
7. Mary Elizabeth Baringer
8. Monica T Yerk
9. Deborah Frances Bleau
10. John M McGinnes
11. Alec F. Vince
12. Susan M. Jordan
13. Robert C. Bradley
14. Roberta F. Luber
15. Betty Ann Durrance
16. Lisa A Rhodes
17. Charlotte Marie Adams
18. Evelyn E. Stumbo
19. Barbara A Ankney
20. Frances M. Dryden
21. Netta A Chapman
22. Donald R. Flessner
23. Dorothy E. Hackman
24. Frank X. Murphy
26. William J. Nicholl
27. Anna Marie Devine
28. Rose M. Flynn
29. Raymond S. Twaddell
30. Sylvia J. Reyburn
31. Carolyn Bernice Wharton
32. Kathleen P Vitelli
33. David J. Edgington
34. Anna C. Mozer
35. Nancy J. Snyder
36. Ira Binder Esq.
37. Kathleen Mary Lockhart
38. Louise Chimienti
39. Lillian Dunn
40. Laura Linda Lewis
41. Mary E. Rzucidlo
42. George I. Lowry
43. Theresa Walsh
44. Connie S. Slauch

REAL ID UPDATES

Pennsylvania Department of Transportation (PennDOT) announced 6/7/23 that the requirement for proof of Social Security Number for REAL ID products will expand to include additional documents.

PennDOT now accepts the following documents as proofs of Social Security number:
- A Social Security Card
- A W-2 form
- A SSA-1099 form
- A non-SSA-1099 form
- A pay stub with the applicant’s name and full Social Security Number on it

DMVPA.GOV/REALID
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
**FUNDRAISER**

**Sub Sale Fundraiser**

$8.50 each

Good for 1 large $8.59 Sub (or $8.50 towards any sub or steak) at Kreider’s Market
717-529-6944
Route 472, just north of the Octorara Reservoir,
2396 Kirkwood Pike
Kirkwood, PA 17536

Hours: Mon - Sat, 6am-9pm
www.kreidersmarket.com

Not valid with any other specials. Menu extras apply.

**Tickets available August thru December and are valid to February 29, 2024**

Tickets available beginning August 1, 2023 at the Hostess desk or from any Board Member

(This is not a valid ticket)

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**The Long & Winding Road … of the Medicare Enrollment Road**

Now that AI is coming out with a new arrangement by the Fab Four, we wondered if ChatGBT could also explain the Medicare enrollment process for people who work past 65. But then we thought, hey, why do we need that when we can cover it on our own right here!

We do get a lot of questions about the sequence of things that people need to do **when they keep working past 65 and are covered medically by their employer**. Here’s our answers:

**Part A – Hospital Insurance**

Part A helps cover inpatient care costs in hospitals and skilled nursing facilities. Most people do not have to pay a monthly premium. You can file for it beginning three months before your 65th birthday month. People who want to continue to participate in a Health Savings Account (HSA) at work should not file for Part A, as IRS rules do not allow you to have Medicare and a HSA; because A can be retroactive for up to six months, people usually stop their HSA six months before they want to get both Part A and cash Social Security. You can file online or call 1-800-772-1213 to set up a phone or in-office appointment. [Sign up for Medicare | SSA](https://www.ssa.gov/medicare/sign-up)

**Part B – Medical Insurance**

Part B helps cover doctors’ services, outpatient care and other services. There is a monthly premium, so you must be strategic in signing up. If you are actively working past 65 and covered medically by an employer with at least 20 employees, you can delay filing for B. Doing so will keep you from paying in two places for medical coverage – to your employer **(whose coverage will be primary)** and to Medicare **(which would be secondary)**. Usually, just having the employer coverage is sufficient while still working.

When you stop actively working, you have eight months to enroll in Part B. If you miss the eight-month period, you will most likely have to wait until the next year to enroll. To enroll timely, you complete form CMS-40B and your employer completes form CMS L-564. [Social Security Forms | Social Security Administration](https://www.ssa.gov/forms/)

And after you do all this, you can sit back, relax, and just Let It Be! (Social Security July 2023 Newsletter)
If something is too good to be true, it probably is. Double that when unsolicited emails, texts, spam calls or DMs offer “free money.”

United Way recently received a report from the victim of fraud. The victim reported he was contacted via Facebook by “Agent Kate” of United Way regarding a housing grant. “Agent Kate” just needed him to send a couple hundred dollars to process the grant. “Agent Kate” sent the victim photos of cash to prove her legitimacy. Once the victim sent the funds, “Agent Kate” notified him that her boss was upset because more money was needed, and our victim complied. During the interactions, the victim asked “Agent Kate” for more information about where her United Way was located, and she refused to share because her boss would get angry. After all was said and done, the victim lost $28,000 and “Agent Kate” disappeared.

Can you spot the red flags? This is one example of the reports United Way receives about online scams that use our brand to swindle people. In each case, someone claiming to work for United Way reaches out to congratulate potential victims on “being eligible for a cash grant.”

Impersonating United Way staff or claiming to be a “United Way agent,” the fraudster always requires something so they can “send you the grant.” Requests include personal information (e.g., banking information, date of birth, social media passwords, etc.), gift cards, or cash to cover processing fees. On Facebook, the scammers use your Friends list to gain credibility.

Don’t fall for it! No local, state, regional or country United Way would do that.

You will never be contacted by a United Way with a grant offer. It is highly unusual for any charity to do this. If you get an offer like this, please call your local United Way immediately – before providing any information. You can look up your local United Way here.

Here are some tips from experts to protect against scams:

- Be suspicious of any unsolicited emails or calls from anyone with an offer of grants.
- If you do get contacted, ask for the caller’s contact information and let them know you’ll call them back. Call the organization directly (not the number you were given) to confirm the identity of anyone who has contacted you.
- Never provide personal information in response to unsolicited offers of assistance.
- Check your social media account settings to limit what others can view about you.
- Limit access to your Friends list on Facebook, because that’s a data source regularly used by scammers to win your trust and confidence.
- According to one online security company, other online scams include phishing email scams; the Nigerian scam; greeting card scams; bank loan or credit card scam; and the lottery scam.
- Sign up for watchdog alerts from AARP’s Fraud Watch Network.

Two reliable sources of consumer advice posted warnings about these scams. The Better Business Bureau and Consumer Reports offer additional guidance to identify this kind of fraud and to protect your personal information.

If you or a loved one is a victim of a scam, report it to law enforcement as well as the Federal Trade Commission. If you are the victim of identity theft, contact IdentityTheft.Gov, the Federal Trade Commission’s one-stop resource to guide you through the identity recovery process.

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Slow Down: Back to School Means Sharing the Road

School days bring congestion: Yellow school buses are picking up their charges, kids on bikes are hurrying to get to school before the bell rings, harried parents are trying to drop their kids off before work. It’s never more important for drivers to slow down and pay attention than when kids are present – especially before and after school.

First Day of School, Monday, August 29, 2022

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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-Health/Intellectual-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.

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Community Services

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, statewide hotline for legal information, advice, and referral service for Pennsylvania senior citizens (60 years and older). This is a free and confidential telephone service, staffed by attorneys Mon-Thu from 10:00am-2:00pm. Call 1-877-727-7529. You can also visit their website http://seniorlawcenter.org/ for more information.

Legal Aid Advice & Referral Helpline
Legal Aid of Southeastern PA operates a toll-free telephone intake, brief advice and referral system. If eligible, you can receive immediate assistance with a legal question or concern. Call 877-429-5994, Mon-Thu, from 9:00am-1:00 pm.

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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

Do you need:
• A new roof?
• A ramp to your door?
• A new furnace?
• Your house siding repaired?
Ditch the Workout and Join the Party!

ZUMBA fitness classes every

**Tuesday** | **Thursday**
---|---
4:30-5:15pm | 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

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**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.

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**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.

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**Exercise Classes Sponsored by Tivity Health**

**Instructor Barbara Bond**

**Off-Site via ZOOM**

Contact Instructor to receive invite to class.
osc.exercise.instructor@gmail.com or 610-348-6763

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**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. 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.

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**Gentle Stretching**

**SilverSneakers Yoga**

**Monday, Wednesday, Friday**

8:30AM - 9:00AM

**Off-Site via ZOOM**

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.

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**Balance**

**Exercises to Reduce Fall Risk**

**Monday, Friday or Wednesday**

9:00AM - 9:30AM

**Off-Site via ZOOM** (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.

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**Weight Lifting**

**to Increase Bone Density**

**Monday, Friday or Wednesday**

9:00AM - 9:30AM

**Off-Site via ZOOM** (schedule on pg. 5)

This class focuses on lifting light weights which will help build stronger bones and muscles.

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**Bread**

Every Wednesday morning the Giant in Jennersville donate their two day-old bread and pastries to our Center. Pick up some bread while you’re here between 10am -3pm. Pastries used as prizes at our Bingo.

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**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.
**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

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**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

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**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

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**Technology Assistance**

For Lancaster County Residents

Central PA Food Bank, Eldershare Program

717-564-1700

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**Medicare 101 w/ Sally Arter**

**Monday, August 14**

**12:45PM**

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

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

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**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

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<tr>
<th>Officers</th>
<th>Members</th>
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<tr>
<td>Ira Binder</td>
<td>President</td>
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<tr>
<td>George Lauer</td>
<td>Vice-President</td>
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<tr>
<td>Noel Roy</td>
<td>Treasurer</td>
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<tr>
<td>Leda Widdoes</td>
<td>Secretary</td>
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<td>Carol Carter</td>
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<td>Kevin Collins</td>
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<td>Bonnie Smith</td>
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<td>Dian Steffy</td>
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STAFF

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<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Jim McLeod</td>
<td>Executive Director</td>
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<tr>
<td>Beth Pellegrini</td>
<td>Program Coordinator</td>
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<tr>
<td>Jim Jackson</td>
<td>Kitchen Supervisor</td>
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<tr>
<td>Colleen Owens</td>
<td>Information Technology Specialist</td>
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<tr>
<td>Sally Arter</td>
<td>Information &amp; Assistance Specialist</td>
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<tr>
<td>Jean Bender</td>
<td>Hostess (W, Th, F)</td>
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<tr>
<td>Jan Weaver</td>
<td>Hostess (M, Tu)</td>
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INSTRUCTORS

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<th>Name</th>
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<tbody>
<tr>
<td>Barbara Bond</td>
<td>Exercise Instructor</td>
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<tr>
<td>Kim Malone</td>
<td>Zumba Instructor</td>
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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.