



Center Voice

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

October 2020



The Center is Closed
due to COVID-19
virus.

Director's Corner

October 15th thru December 7th is Open Enrollment for changing your Medicare Part D Prescription Drug Plan due to pricing or changes in your medications. Please read page seven (7) for details regarding a "very limited" senior center opening for Part D Drug plan changes.

We continue to receive phone calls regarding the new meal program developed by the Chester County Department of Aging. See if this offer of nutritious meals interests you!

Weekly Cold and Frozen Meals available thru The Chester County Department of Aging

Each week a combination of cold and frozen meals will be available to individuals, who prior to the COVID-19 pandemic, were taking part in the congregate noontime meal program offered by the Chester County Department of Aging. New individuals may also participate as long as they provide us with necessary information required by the Department of Aging.

Each week a meal participant is eligible to receive 2 cold meals and 3 frozen meals. These meals are delivered to us every Tuesday and Thursday and **available for pick up between 10:30am and 12pm on those days.**

The cold lunch is a box lunch including a sandwich, cold vegetable or vegetable salad, and fruit. The frozen meal is similar to frozen meals you see in the grocery store. I've tried both and they are nutritious, tasty, and well-balanced meals.

The delivery we receive on Tuesday consist of one cold meal and one frozen meal, and one quart of milk for each participant who placed an order for meals that week. The Thursday delivery consists of one cold meal and two frozen meals also for each participant who had requested meals that week. That's a total of 5 meals each week that can be provided. **October's meal menu is on page 4.**

Following the previously established congregate meal program donation procedures, if a meal participant would like to make a donation toward the cost of the meal, donations will be accepted.

Our weekly meal order is due to the Department of Aging by noon of Tuesday for the following week.

If you have any questions about the meals or procedure ordering them, please feel free to contact me. Since we are closed for activities, call the senior center (610-932-5244) and leave a message on my voice mail box or email me directly at jdmcleod@oxfordseniors.org.

Sad News I'd like to mention the loss of a long-time volunteer and supported of our center. Laura McKinney passed away on Tuesday, September 15th. She was Secretary of the Participants' Council for many years. Laura will be missed and certainly not forgotten. Thoughts and prayers for her family.

Please continue to be safe! Jim

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

THANKS TO LAST MONTH'S...

VOLUNTEERS

Mary Baringer
Jane Freeman and the Fund Raising Committee
All Yard Sale Volunteers

IN KIND GIFTS

Giant Food Store - Jennersville
Chester County Food Bank
Chester County Department of Aging
FEMA (Federal Emergency M'gmt Agency)

DONORS

Alice Fraver



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YARD SALE

Many, Many thanks to all of our dedicated volunteers who worked so hard on our successful Yard Sale on Saturday, September 19th. Due to their long hours and dedicated work we made over \$900!!

#GIVINGTUESDAY™

GivingTuesday is a global day of giving, celebrated on the Tuesday following Thanksgiving (in the U.S.) and the widely recognized shopping events Black Friday and Cyber Monday, GivingTuesday kicks off the charitable season, when many focus on their holiday and end-of-year giving.

**On December 3, 2019,
join the movement and give to your favorite senior center!**

<https://oxfordseniors.org/donateoasc.htm>

IN MEMORY

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

**Janet Cheek
Constance MacNeal
Laura McKinney
Barry Supplee**



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

Families of:
Janet Cheek
Laura McKinney
Constance MacNeal
Barry Supplee

Don Poe
Rodger Poe
Janet & Jim Price
Joe & Gayle Fisher
Jack Supplee



**Daylight Savings
Time ends
at 2am
on Sunday,
November 1, 2020**



Fall has finally fallen! The corn in the fields is totally brown – dried and ready to harvest. Extended summer weather is pleasant with warm days and cool evenings.

If you haven't used all your Farmer's Market Vouchers, now is a great time to purchase pumpkins or apples for pies. If you try a new recipe and need a taste tester, I'm sure we can find someone here to *help* you!!

Beginning October 19th we will be able to enroll you in a new plan if you so desire. **Please read page seven (7) for details regarding appointments.** When you come in be sure to bring a complete list of all your current medications, strengths and dosage as they may have changed since last year. If you have a "My Medicare" account, bring your account ID & Password. Call early to set your appointment. Open enrollment is from October 15th to December 7th. After December 7th it will be too late to make any changes for 2021. Don't procrastinate! Be sure to attend the **Medicare 101** information session via the Chester County Library System. Be informed!!

There will be individual meetings sponsored by the various insurance companies in our area - Keystone 65, Humana, and Aetna. Make yourself available to all these informational meetings to be held. You will receive mailings with dates & times. There will also be opportunities to hear about changes in Medicare and Health Insurance. This information may be helpful to you if you are dissatisfied with your current carrier. If you are satisfied with your provider, I will be glad to assist you in filling out your renewal forms. If you have any questions, be sure to call to set an appointment. No question is too dumb or insignificant. It is **not necessary** to renew Supplement Plans. **Medicare Update** classes will also be available through the library system. Learn about changes & updates.

When coming in for any appointment, be sure to bring **everything** you have received concerning your need. I'd rather you bring too much than have to send you home for more information.

There is still time to file your Tax/Rent Rebate Forms. Tax receipts **MUST BE HAND STAMPED PAID**. Those of you who have filed recently should begin receiving your checks.

Now that Fall is here, don't wait until the last minute to prepare for winter. Start stocking up on batteries and small cans of food items that don't need to be heated such as prepared mini-meals — tuna salad, chicken salad, etc. Buying one can a week will give you a good supply by Dec/Jan in time for the first snow storms. Have a great month!

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.

OCTOBER 2020 MENU

Call 610-932-5244 - Center is closed due to COVID-19

Call or email to sign up for lunch by 10am Tuesday for the ENTIRE following week.

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE - MUST PICKUP

MON	TUE	WED	THU	FRI
<p>CCDAS Food Vendor</p> 	<p>SENIORS 60 & ABOVE A voluntary confidential requested \$2.00 donation INDIVIDUALS UNDER 60 \$4.52</p>		<p>1. Box Lunch Buffet Ham & Cheese Wheat Bread Lettuce & Tomatoes Potato Salad Pineapples Mustard</p>	<p>2. Tilapia Parslied Noodles Stewed Tomatoes Dinner Roll Margarine Banana</p>
<p>5. Cheeseburger Sweet Potato Fries Baked Beans Fresh Orange Ketchup</p>	<p>6. Box Lunch Tuna Salad Cup Bun Tomato & Cucumber Salad Apple Juice Oatmeal Cookie</p>	<p>7. Roast Turkey Gravy Winter Blend Vegetables Stuffing Applesauce Roll, Margarine</p>	<p>8. Box Lunch Roast Beef & Provolone Kaiser Roll Horseradish Sauce Potato Salad Fresh Peach</p>	<p>9. Meatball Sub Romano Blend Vegetables Club Roll Pears</p>
<p>12. Crab Cake w/ bun Oven Roasted Potatoes Mixed Vegetables Applesauce Tartar Sauce</p>	<p>13. Box Lunch Buffet Ham & Swiss Rye Bread Diced Tomato Salad Pineapples Mustard</p>	<p>14. Salisbury Steak Gravy Mashed Potatoes California Blend Vegetables Wheat Bread Margarine Fresh Orange</p>	<p>15. Box Lunch Grilled Chicken Bun Lettuce & Tomato Chopped Broccoli Salad Sugar Cookies Mayo Pc</p>	<p>16. Chicken Marsala Ove Roasted Potatoes Green Beans Banana</p>
<p>19. Sausage, Onions & Peppers on Club Roll Romano Blend Vegetables Oatmeal Raisin Cookies</p>	<p>20. Box Lunch Turkey Ham & Cheese Wheat Bread Lettuce & Tomato Black Bean & Corn Salad 100% Mixed Fruit Juice Mustard</p>	<p>21. Oven Roasted Chicken Brown Rice Winter Blend Vegetables Orange Juice Roll Margarine</p>	<p>22. Box Lunch Chicken Salad Cup Croissant Lettuce & Tomato 3 Bean Salad Fresh Peach</p>	<p>23. Swedish Meatballs Noodles Baby Carrots Wheat Bread Margarine Mandarin Oranges</p>
<p>26. Meatloaf Brown Gravy Mashed Potatoes Green Beans & Tomatoes WG Dinner Roll Margarine Applesauce</p>	<p>27. Box Lunch Roast Turkey & Swiss on Rye 1000 Island Dressing Cole Slaw Grape Juice</p>	<p>28. Chicken Cacciatore Tuscan Blend Vegetables Penne Pasta Margarine Tropical Fruit</p>	<p>29. Box Lunch Buffet Ham & Cheese on Wheat Lettuce & Tomato Potato Salad Pineapples Mustard</p>	<p>30. Country Fried Steak Mashed Potatoes Broccoli Fresh Orange</p>

Call 610-932-5244 or email jdmcleod@oxfordseniors.org to order meals.
You can also order meals for the next week when picking up your meals.
Pickup is every Tuesday and Thursday from 10am-12pm

Senior Center membership is not required for those 60 and older to participate in the lunch program. Chester County residents 60 and older are invited to enjoy the meals from the box lunch/frozen meal program. There is no cost for the meal but you must reserve your meal by 10am Tuesday for the ENTIRE following week of meal service. A voluntary confidential contribution of \$2.00 is appreciated toward the cost of the meal but is not required. Envelopes will be available when picking up meals on Tuesday and Thursdays.
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.



OCTOBER BIRTHDAYS

- | | |
|------------------------|---------------------------|
| 1 William P. Park | 15 Jacqueline I. Mahaffey |
| 1 Frances Louise Gray | 15 Jacqueline Duvall |
| 1 Jesse T. Pratt Sr. | 15 Richard A Bachman |
| 2 Marie F. Young | 15 Phyllis I. Evans |
| 3 John I. Watson Jr. | 16 William Botella |
| 3 Louise Dyer | 16 Patricia F. Park |
| 3 Nancy B. Address | 17 Elizabeth A. Gundaker |
| 3 Millie Brown | 17 Linda K. Kennedy |
| 3 Elaine C. Staunton | 17 William E Tackett |
| 4 Jeanette G. Reynolds | 17 Velma M. Smith |
| 4 Shirley A. Rayne | 17 Carolyn L. Shaffer |
| 4 Mary L Burton | 17 John C. Frank |
| 5 Fay C. Brown | 17 Donna B. McLimans |
| 6 Marion Kephart | 19 Avanelle Pyle |
| 6 Ruby A. Mentzer | 19 Carol A. Hauser |
| 6 Bert Morrison | 20 Elaine W. Pennell |
| 6 Anne Gibson | 20 Shirley A Terry |
| 7 Darlene L. Noon | 20 Mary Rucker |
| 7 Luke P. Picone | 20 Betty V. Shortledge |
| 7 Barbara J. Watson | 20 Anthony J. Short |
| 7 Debbie Kilby | 21 Edward D. Thornton |
| 8 Kathie L. Roy | 21 Gail A. Brewer |
| 8 John Stefanco | 21 Frances E. Ferrante |
| 8 Gail L Hilton | 21 Patricia A. McLaughlin |
| 8 Lois Murray | 21 Joyce A. Jackson |
| 9 Georgia C. Crowell | 21 Bette H. Ferry |
| 9 Betty B. Bare | 22 Kathleen Di Fabrizio |
| 9 Zora L. McLimans | 22 Charlotte Ann Fiske |
| 10 Shirley A. Smith | 22 Elizabeth K. Messaros |
| 10 Mary Lou Hollins | 22 Cheryl K. Adkinson |
| 10 Della D. Zavodnik | 22 Bayard S. Robinson III |
| 10 Lorie A. Walton | 24 Barbara W. Fyffe |
| 10 Billie L. Weber | 24 Faye R. Doyle |
| 10 Pauline E. Barnes | 25 Ronald C. Mullins |
| 10 Sally Anne Arter | 25 John D. Walsh |
| 10 Fred McMichael | 26 Evelyn C. Neff |
| 10 Susan B. Melrath | 27 Patricia Coldiron |
| 11 Paul B. Palazzi | 27 David P. Engleman |
| 12 Helen C. Debacco | 27 Barbara A. Spies |
| 12 Terry Lee Murray | 28 Celestine Marsha Getty |
| 12 Susan C. Davis | 28 Virginia H. Poff |
| 12 Joyce P. Rohm | 29 Frances B. Sharon |
| 13 Connie Dolan | 30 Lynn Cavacini |
| 13 Ronald Heier | 31 Dell Black |
| 13 Kay A. Thomas | 31 John D. Shadel |
| 13 Joyce W. Martin | 31 Violet Steele |
| 13 Phyllis M. Ritchie | |
| 13 Irene C. Joseph | |
| 13 Diana L. Gonzales | |
| 14 Vanessa W. Burris | |
| 14 Patti J. Brown | |
| 15 Michael A. Farkas | |
| 15 J. Douglas Scott | |

CONSTITUENT OUTREACH

State Senator Andrew Dinniman's Constituent Outreach Representative Kevin Collins is available to answer any question you may have regarding Commonwealth of PA programs and services they offer via phone.

West Chester District Office:
610.692.2112

Harrisburg Office
717.787.5709



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- A new furnace?
- Your house siding repaired?

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- be current on mortgage, taxes and insurance



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or apply online at:

[goodneighborshomerepair.org/
request-a-home-repair](http://goodneighborshomerepair.org/request-a-home-repair)

International Day for the Elderly

Thursday, October 1, 2020

International Day for the Elderly is dedicated to honor, respect and care for the world's elderly. Remember, someday you hope to be included among this group!

In 1990, the United Nations General Assembly designated October 1st as the International Day for the Elderly, also known as the "International Day for Older Persons". The holiday is the result of the UN World Assembly on Aging which was formed in 1982 to explore and tend to the needs of the elderly in the world.

Did you Know? According to the United Nations, "one of every 10 persons is now 60 years or older. By the year 2050, one of five will be 60 years or older; by 2150, it will be one of three persons".

Important Information due to the COVID-19 Situation

Chester County Seniors

For food, supplies and prescriptions (also pet food)

During this COVID-19 stay-at-home mandated time, if you cannot shop for food, supplies or pickup your prescriptions, please call the senior center (610-932-5244) and leave a message. We check our messages daily. We can get someone to help you!

ROVER

Thanks to Chester County officials, hours for rides in the mornings to grocery stores, doctor's appointments and pharmacies have been extended, and available on Saturday mornings too! There is a limit of 3 seniors on a bus at one time! There is no additional cost!

PA Dept. of Health Updates

As always, stay directly informed on COVID-19 by visiting the Pennsylvania Department of Health's website, which is regularly updated. <https://www.health.pa.gov/Pages/default.aspx#>

CDC COVID Updates

Visit the CDC website for the latest information, <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Chester County COVID Updates

Visit this website for the latest information for Chester County: <https://www.chesco.org/4376/Coronavirus-COVID-19>

Emotional Support

Where people can turn if they need to talk:

Emotional Listening Line at 800-932-4616. <http://www.contacthelpline.org/emotional-listening-support>
The Chester County Department of Mental Health has compiled information on how to access help and support during the COVID-19 pandemic. Visit their website and help us to get the word out by sharing this message. <https://www.chesco.org/615/Mental-HealthIntellectual-Dev-Disabiliti>

Chester County Warm Line: 866-846-2722 or visit [chesco.org/mhidd](https://www.chesco.org/mhidd)

COVID-19 Statewide Support & Referral Line: 855-284-2494

Governor's Websites

Visit the Governor's websites for important information on the COVID-19 situation.

Pennsylvania Governor Tom Wolf's website: <https://www.governor.pa.gov/>

Maryland Governor Larry Hogan's website: <https://governor.maryland.gov/>

Delaware Governor John Carney's website: <https://governor.delaware.gov/>

Veterans Affairs

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

Oxford Area Senior Center

As always be sure to also check our website at www.oxfordseniors.org or Facebook page for any updates.

Alzheimer's/Dementia Caregivers Support Group

Next Meeting September 26, 2020 – 9:30 am

*Virtual Meetings – Attend via computer or phone.
In-person meetings will begin after COVID-19
restrictions are lifted.*

*Meetings are held at 9:30 am on the
4th Saturday of each month.*

alzheimer's 
association®

**** Please Join Us – All Are Welcome! ****

Sponsored by Alzheimer's Association, Delaware Valley Chapter

Contact betsy.bradfordbb@gmail.com or 610-593-2035 for more information

MEDICARE OPEN ENROLLMENT

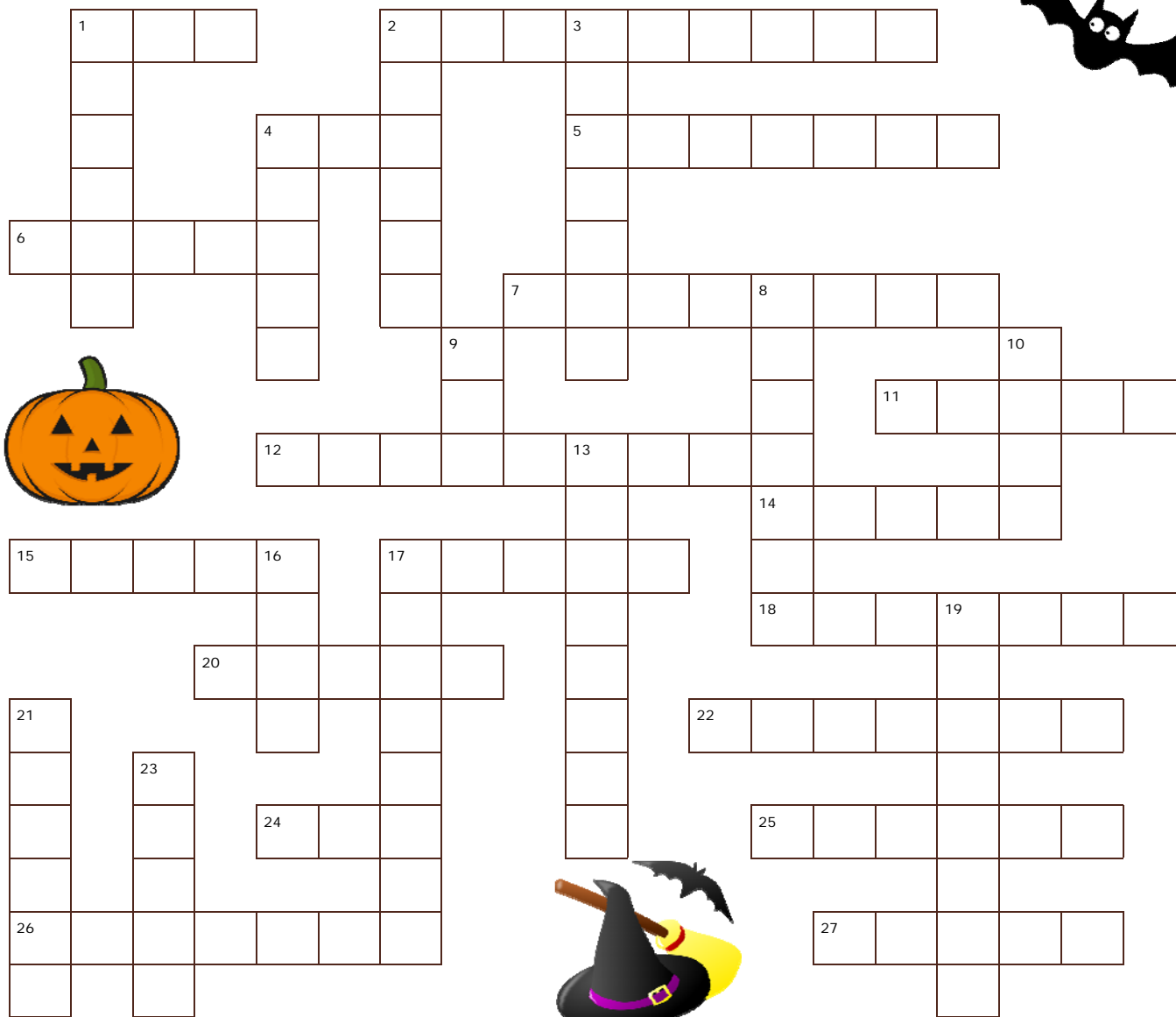
**Procedures and Guidelines for Open Enrollment Appointments
for seniors who require assistance with
Medicare Part D Prescription Drug Plan Enrollment
Call Sally for an appointment**



The senior center will be open on a very limited basis for
Open Enrollment Medicare Part D Prescription Drug appointments.
All Information, restrictions and protocols regarding these sessions
are listed below and must be strictly followed.

1. The time frame for limited opening will be weekdays from Monday, October 19, 2020 through Friday, December 4, 2020.
2. One-hour appointments, for a maximum of 2 (two) consumers, will be scheduled on-the-hour beginning at 9am and ending with the last appointment scheduled for 2pm.
3. Each appointment will be scheduled for a maximum time of 45 minutes, allowing the I & A Specialist 15 minutes for cleaning and sanitation immediately after the session.
4. Face masks must be worn and social distancing requirements will be strictly enforced by the Receptionist at all times. All consumers will be encouraged to bring their own paper for notes and writing utensils.
5. No consumers will be allowed to enter the facility until the previous consumers have exited the building and a staff member invites them to enter.
6. A pathway, beginning at the building entrance guiding all consumers to the I & A Specialist's meeting area, will keep all individuals a minimum distance of six (6) feet from any staff person.
7. The Receptionist will confirm all appointments, time of entry, and contact information in the event contact tracing becomes necessary.
8. All consumers will be required to use hand sanitizer as they enter and exit the building.
9. The I & A Specialist will observe all social distancing requirements during the meeting process.
10. All consumers will exit the building immediately after finishing their session and the next appointment will be invited to enter.
11. Consumers will not be allowed to use the restrooms. If an emergency situation occurs and they must use it, the room will be completely sanitized upon their exit.
12. A Hostess will contact all appointments no more than two (2) days prior to the session to explain all of the requirements for the session and restrictions on building usage, and complete a COVID-19 Participant Health Screening Form.

Halloween



Across

1. He swallowed the canary.
2. Playground for ghosts.
4. What a spider spins.
5. Frankenstein has one.
6. When ghosts come out to play.
7. Scare.
11. What the pot might call the kettle.
12. October 31st.
14. ___ or treat.
15. Witch transportation.
17. Frightening.
18. The Count.
20. A skeleton is just a bunch of these.
22. Disguise.
24. Lives in the belfry.
25. Incey wincey is one of these.
26. Main ingredient in a popular pie.
27. ___ stories.

Down

1. Where a vampire sleeps.
2. Evil or mischievous creature.
3. He hates garlic.
4. Samantha for example.
8. ___ house.
9. Whoo? Whoo?
10. Mr. O'Lantern
13. Comes out on full moon nights.
16. Might be full, half, or new.
17. A boney sort of fellow.
19. Fire burn, and ___ bubble.
21. When something makes our skin crawl, it's this.
23. Found in Egypt



50's Trivia Quiz: Do You Remember? (Older Than Dirt Trivia Quiz)

By [Suddenly Senior](#) · Jun 25, 2020

Hey baby boomers, are you ready for another older than dirt trivia? Today we are going back to the 1950s. Get ready to put your brain to the test and see how much you remember from your childhood. Take our fun 50's trivia quiz and find out if your memory is still as good as it used to be.

- In 1950, the Famous Brinks Robbery netted \$2.8 million. Where did it occur?
 - Boston
 - New York
 - Chicago
- Who said, "Old soldiers never die, they just fade away."
 - Gen. Dwight Eisenhower
 - Gen. Omar Bradley
 - Gen. Douglas MacArthur
- Catcher in the Rye's portrayal of Holden Caulfield's 16-year-old-life was a huge success. Who wrote the book?
 - Herman Wouk
 - J.D. Salinger
 - William Faulkner
- Which longest-running daytime drama moved from radio to TV in 1952?
 - Days of Our Lives
 - General Hospital
 - Guiding Light
- In 1952 Richard Nixon made a speech known as the "Checkers" speech in answer to allegations against him. Who or what was the subject of this speech?
 - Cocker Spaniel Dog
 - The game of politics
 - A favorite pastime
- What accomplishment in 1953 made Edmund Hilary and Tenzing Norgay famous?
 - Break the sound barrier
 - Summit Mt. Everest
 - Run a four-minute mile
- What did Francis Watson and James Crick become famous for discovering?
 - The polio vaccine
 - The transistor
 - The "double helix" of DNA
- In 1954, the law known as Brown v. Board of Education was passed. What did the law prohibit?
 - School segregation
 - School sports
 - Affirmative action
- What was the name of the new company formed when Nash-Kelvinator and Hudson Motor Car Co. merged?
 - Chrysler
 - General Motors
 - American Motors
- What fast-food franchise opened to the jingle, "Hold the pickle! Hold the lettuce!" in 1954?
 - Burger King
 - Pizza Hut
 - McDonald's
- Psychologist Joyce Brothers won the "\$64,000 Question." What was her topic?
 - Eastern philosophy
 - American literature
 - Boxing
- What motto did Congress authorize all US currency and coins to say in 1953?
 - In God We Trust
 - United States of America
 - Liberty
- Rosa Parks' refusal to give up her seat on a bus led to a Supreme Court decision outlawing bus segregation. Where did this happen?
 - Memphis, Tennessee
 - Macon, Georgia
 - Montgomery, Alabama
- Which of these is NOT true about Ann Landers?
 - Her real name was "Eppie" Lederer
 - She began her column at the Los Angeles Times
 - Her twin sister wrote "Dear Abby"

Sudoku Puzzle #1 - Easy

			6	9		8		
	7	4		8	1	3	6	
8	1		7		5		4	
	8	5				7		4
2	3						8	6
4		9				5	2	
	9		5		3		1	7
	4	1	9	7		6	5	
		2		4	6			



Sudoku Puzzle #2 - Easy

	7		4		9			1
			3		5			
6			8	1	2			3
	6	7		8		9	4	
			5	4	6			
1	4	3				5	6	8
		5				4		
8	3		7	2	4		5	9
4	9					2		7

sudoku-download.net

Falls Free CheckUp from National Council on Aging

The coronavirus pandemic has changed a lot of things. One thing that's still the same? Falling is NOT a normal part of aging. There are steps you can take to reduce your risk. Answer 12 questions to learn more.

Check Your Risk for Falling

Questions		Why It Matters
1. I have fallen in the past year.	Yes or No	People who have fallen once are likely to fall again.
2. I use or have been advised to use a cane or walker to get around safely.	Yes or No	People who have been advised to use a cane or walker may already be more likely to fall.
3. Sometimes I feel unsteady when I am walking.	Yes or No	Unsteadiness or needing support while walking are signs of poor balance.
4. I steady myself by holding onto furniture when walking at home.	Yes or No	This is also a sign of poor balance.
5. I am worried about falling.	Yes or No	People who are worried about falling are more likely to fall.
6. I need to push with my hands to stand up from a chair.	Yes or No	This is a sign of weak leg muscles, a major reason for falling.
7. I have some trouble stepping up onto a curb.	Yes or No	This is also a sign of weak leg muscles.
8. I often have to rush to the toilet.	Yes or No	Rushing to the bathroom, especially at night, increases your chance of falling.
9. I have lost some feeling in my feet.	Yes or No	Numbness in your feet can cause stumbles and lead to falls.
10. I take medicine that sometimes makes me feel light-headed or more tired than usual.	Yes or No	Side effects from medicines can sometimes increase your chance of falling.
11. I take medicine to help me sleep or improve my mood.	Yes or No	I often feel sad or depressed.
12. These medicines can sometimes increase your chance of falling.	Yes or No	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.

If you scored 4 points or more, you may be at risk for falling.

To take the quiz online, please visit: <https://www.ncoa.org/healthy-aging/falls-prevention/falls-free-checkup/>
After the quiz you will be asked to enter your email to get a copy of your Falls Free CheckUp Report that you can share and discuss with your doctor and family.

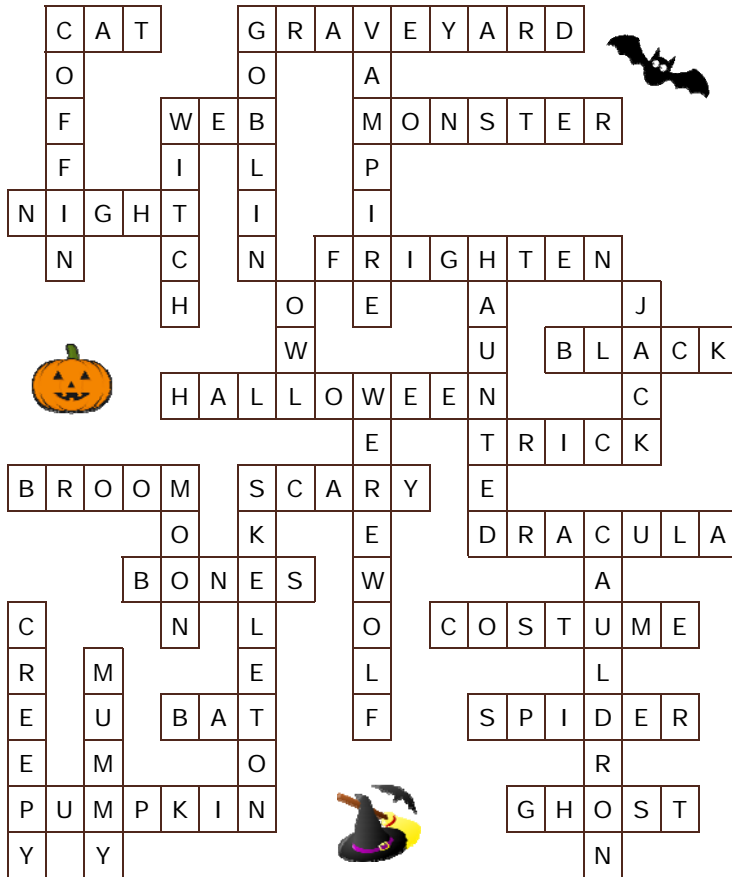
Find out how to reduce your risk by reading National Council on Aging's [Tips for Older Adults & Caregivers](https://www.ncoa.org/healthy-aging/falls-prevention/preventing-falls-tips-for-older-adults-and-caregivers/). (<https://www.ncoa.org/healthy-aging/falls-prevention/preventing-falls-tips-for-older-adults-and-caregivers/>)

This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. J Safety Res; 2011: 42(6)493-499).

This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

National Council on Aging (NCOA) is a respected national leader and trusted partner to help people aged 60+ meet the challenges of aging. They partner with nonprofit organizations, government, and business to provide innovative community programs and services, online help, and advocacy. Visit [NCOA.org](https://www.ncoa.org) for resources and information.

Halloween



Solutions

Sudoku Puzzle #1

5	2	3	6	9	4	8	7	1
9	7	4	2	8	1	3	6	5
8	1	6	7	3	5	2	4	9
1	8	5	3	6	2	7	9	4
2	3	7	4	5	9	1	8	6
4	6	9	8	1	7	5	2	3
6	9	8	5	2	3	4	1	7
3	4	1	9	7	8	6	5	2
7	5	2	1	4	6	9	3	8

Sudoku Puzzle #2

3	7	2	4	6	9	8	1	5
9	8	1	3	7	5	6	2	4
6	5	4	8	1	2	7	9	3
5	6	7	1	8	3	9	4	2
2	9	8	5	4	6	3	7	1
1	4	3	2	9	7	5	6	8
7	2	5	9	3	1	4	8	6
8	3	6	7	2	4	1	5	9
4	1	9	6	5	8	2	3	7

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50's Trivia Quiz: Do You Remember? Answers

- A. Boston
The entire robbery only took 17 minutes from beginning to end.
- C. Gen. Douglas MacArthur
In his farewell speech to Congress in 1951.
- B. J.D. Salinger
Herman Wouk wrote the Caine Mutiny and Faulkner will win the Noble Prize for his many works.
- C. Guiding Light
"The Guiding Light" was one of the most popular soaps ever produced.
- A. A cocker spaniel dog named Checkers.
This was in response to the accusation that Nixon had a secret fund. He said all he had accepted was the gift of the dog.
- B. Summit Mt. Everest
Fighting great odds, this pair became the first to reach the top of the World's Tallest Mountain.
- C. The "double helix" of DNA
The discovery changed the world forever. Jonas Salk gets the credit for the polio vaccine. Researchers at Bell Labs came up with the transistor.
- A. School segregation
The Court said, "Separate educational facilities are inherently unequal."
- C. American Motors
A new series of automotive products emerged from this company and proved to be very popular with the automobile buying public.
- A. Burger King
"Have it your way" was a new concept in fast food in the '50s.
- C. Boxing
She made herself an expert on boxing exclusively for this show.
- A. In God We Trust
This motto caused much discussion about the separation of Church and State.
- C. Montgomery, Alabama
This city was a hotbed of the Civil Rights Movement.
- B. She began her column at *The Los Angeles Times*
Esther "Eppie" Lederer first took the job in 1955 at the Chicago Sun-Times, replacing the previous writer on an advice column, "Ask Ann Landers". Ann Landers became one of the most popular "Advice to the lovelorn" columnist in history.

Welcome Back to the 50's Trivia Scoring

- 10 to 14 correct: WOW!
You must have had a great decade
- 5 to 9 correct: OOPS!
You must have been doing your homework.
- 0 to 4 correct: WHATSAMATTERU?
Spend most of your youth standing in the corner?

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 IS YOUR ADDRESS CORRECT?
 CALL US WITH YOUR CORRECTIONS!**

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