



Center Voice

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

January 2023



Center's Hours are:
Monday-Friday
9:00 am - 3:00 pm

Director's Corner

We're all entering a new year, with new thoughts, new goals and new challenges. Approach them positively, carefully, and safely. If you encounter any challenges causing you concerns, please contact us with any questions or concerns you may have. We might be able to assist you or point you in the proper direction. We're here to help you!

Thanks to all of you who helped sell our Sub Sale tickets. If you purchased tickets they can be used until the end of February 2022! A Big Thank You to Jane Freeman and her committee for their dedicated work making this a successful fundraiser!!

Please read the Annual Support Fund Drive information on page 11. These funds are used to keep the Senior Center operating at a level all of you have come to expect, deserve and enjoy. A list of contributors to date is listed on page 13. A huge Thank You to all who have contributed so far!!

Income Tax Preparation

Please read the article on page 11 regarding Income Tax preparation!
It appears that tax preparation is returning to more of a pre-COVID procedure.

Please continue to be safe!

Enjoy A Happy and Healthy New Year!!

Jim

IN THIS ISSUE

| | |
|---------------------------------------|-------|
| Director's Corner | Cover |
| Acknowledgements | 2 |
| Information & Referral | 3 |
| Lunch Menu | 4 |
| Activities Calendar | 5 |
| Trips | 6 |
| What's Happening | 7-8 |
| Birthdays | 9 |
| Information | 9-10 |
| Annual Appeal | 11 |
| Tax Preparation | 11 |
| Affordable Connectivity Program | 12 |
| Snow Closing Information | 12 |
| Annual Appeal Thank You | 13 |
| Fundraisers | 13 |
| Health & Wellness | 14 |
| Technology & Computers | 15 |
| Medicare 101 | 15 |
| Food Box Program | |
| Board, Council, Staff and Instructors | 16 |



Our email address:
contact@oxfordseniors.org

This is for general questions and information.

Each staff member continues to have their own email address.

THANKS TO LAST MONTH'S...

VOLUNTEERS

All of our wonderful volunteers who helped us throughout the entire holiday season!!

And to our always reliable friends:

Mary Baringer
Lorraine Broomell
Mary Cartledge
Kathie Roy
Tina Sauk
Bonnie Smith
Kathleen Smith
Theresa Taylor

IN KIND GIFTS

Giant Food Store
Chester County Food Bank
Chester County Department of Aging
Four Seasons Garden Club of Kennett Square
Beth MacMillan

DONORS

Carolyn & George Osborn
Glenmede Donor-Advised Fund
See Annual Appeal Thank You on page 13

Thank You

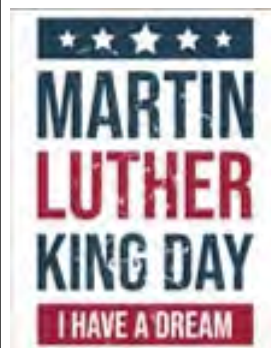
Many thanks to Beth MacMillan and the Four Seasons Garden Club of Kennett Square for the beautiful Centerpieces for our Lunchroom tables



**Day of Service
Monday
January 16, 2023**

Why is MLK Day called a day of service?

United We Serve



While Dr. King believed the Beloved Community was possible, he acknowledged and fought for systemic change. His example is our call to action. MLK Day is the only federal holiday designated as a National Day of Service to encourage all Americans to volunteer to improve their communities.



IN MEMORY

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

**Doris Dempsey
Elizabeth McDowell
Rose Ramsay
Jacob Samarya
Horace "Mickey" Steffy**

OUR BEST WISHES & THOUGHTS GO TO:

Dorothy Hackman
Pauline Reigel
Dian Steffy
Mary Samarya



And to the Families of:
Doris Dempsey
Elizabeth McDowell
Rose Ramsay
Horace "Mickey" Steffy



NEW MEMBERS

Betsy Jane Conner
Mary Ann Hollingsworth
Merrill Hollingsworth
Karen Stay





INFORMATION & REFERRAL

If time flies when you're having fun, we must be having a blast! 2021 is history already. Hope you're ready for whatever Winter throws at us!! Thoughts of the New Year conjure up thoughts of fresh starts. We thought this would be a good time to freshen up your phone contact list. This is far from inclusive, but, I hope it fills in some of the gaps in your needs. This is list along with links to various websites is also available on our website Resources page (www.oxfordseniors.org/resourceoasc.htm). *Sally*

Senior Citizen Quick Index of Important Services in Chester County

| | | | |
|--|------------------------------|---|--|
| AARP | 800-389-5654 | Luther House | 610-869-4240 |
| AARP Tax Aide | 610-932-5244 | Meals on Wheels | 610-430-8500 |
| Adult Day Care of Chester County Kennett Square, PA | 610-388-1166 | Office of Vocational Rehabilitation | 800-442-6351 |
| Adult Day Care: Rising Sun Family Care Center | 410-658-6000 | Oxford Hotel Oxford Municipal Building | 610-932-9290 610-932-2500 |
| American Red Cross | 610-692-1200 | Oxford Neighborhood Services | 610-932-8557 |
| Apprise (local) | 610-932-5244 | Oxford Terrace | 610-436-9200 |
| Association For Blind | 610-384-2767 | PA Income Tax | 610-353-4051 |
| Bur. Consumer Protection | 800-441-2555 | PA Insurance Department | 717-787-7000 |
| Catholic Social Services | 610-269-4060 | PA Link to Community Care | www.carelink.pa.gov |
| Chester County Cares | 610-436-4040 | PACE/PACENET | 800-225-7223 |
| Chester County Court House | 800-692-1100 | PECO-CAP Rate Discount for Qualified Customers | 800-774-7040 |
| Chester County Dept. of Aging | 610-344-6350 | Property Tax/Rent Rebate Status only | 888-222-9190 888-728-2937 |
| Community Choice Hotline | 800-566-1901 | Retired Senior Volunteer Program | 610-696-4900 |
| Community Vols in Medicine | 610-836-5990 | ROVER | 484-696-3854 877-873-8415 |
| County Information & Assistance | 610-344-6350 | SCCOOT | 877-612-1359 |
| Crime Victims' of Chester County | 610-692-7420 | Sect. 8 Rent Certificate | 610-436-9200 |
| Department of Health | 610-344-6225 | Senior Healthline | 610-431-1852 |
| Domestic Violence of Chester Co. | 610-431-3546 | Senior Home Care Services | 610-431-7877 |
| Elder Abuse Hotline | 800-567-7000 | Seniors Helping Seniors | 610-590-4888 |
| Good Neigh. Home Repair | 610-444-1860 | Shelters/Housing Needs - 24/7 | 2-1-1 |
| Governor's Action Hotline | 800-932-0784 | Social Security | 800-772-1213 |
| Housing Assistance of Chester Co. | 610-436-9200 | State Assistance Office | 888-814-4698 |
| Information & Assistance (OASC) | 610-932-5244 | State Offices: Senator Andrew Dinniman State Rep. John Lawrence | 610-692-2112 610-869-1602 |
| IRS | 800-829-1040 | Veteran's Benefits | 800-827-1000 |
| IRS - Status only | 800-829-4477 | Voter Services | 610-344-6410 |
| Jennersville Hospital Tower Health | 610-869-1000 | Ware Presbyterian Homes | 610-998-2400 |
| La Comunidad Hispana | 610-444-7550 | | |
| Legal Aid of So. Eastern PA Intake Application | 610-436-4510 877-429-5994 | | |
| LIHEAP | 610-466-1042 | | |

JANUARY 2023 MENU

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

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

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE



| MON | TUE | WED | THU | FRI |
|---|--|--|---|---|
| <p>2. Center is Closed</p>  | <p>3. Fish Cake Macaroni & Cheese Stewed Tomatoes Tartar Sauce LS Mushroom Barley Crackers Pears</p> | <p>4. New Year Celebration Chicken Cordon Bleu Roasted Potatoes Brussel Sprouts Cabbage & Beef Soup Crackers Cupcake</p> | <p>5. Baked Ziti w/ Meat sauce Marinara (on side) Romaine Salad w/ Cucumbers, Grape Tomatoes, Shredded Carrots Caesar Dressing Garlic Knot Rice Pudding</p> | <p>6. General Tso Chicken Diced Chicken Oriental Blend Vegetables Brown Rice Egg Roll Mandarin Oranges</p> |
| <p>9. Chicken Cheesesteak 6" Roll Carrot Raisin Salad French Fries Oatmeal Cookies Ketchup</p> | <p>10. Pizza Slice Tuscan Blend Vegetables LS Chicken Noodle Soup Crackers Fruit Cocktail</p> | <p>11. Enchilada Bake Tex Mex Vegetable Navy Bean Soup Crackers Churro</p> | <p>12. Roast Turkey Gravy Mashed Potatoes Brussel Sprouts WG Dinner Roll Fruit Crisp</p> | <p>13. Sweet N Sour Meatballs Sweet n Sour Sauce Oriental Blend Vegetables Fried Rice w/Egg Chocolate Pudding</p> |
| <p>16. Seafood Newburg Brown Rice Winter Blend Vegetables WG Dinner Roll Fruit Cocktail</p> | <p>17. Salisbury Steak w/Gravy Oven Roasted Potatoes Green Beans WG Dinner Roll Jello w/ Whipped Topping</p> | <p>18. Birthday Party Apple Honey Glazed Pork Loin Baked Potato w/ Sour Cream Collard Greens LS Minestrone/Crackers Cupcake & Ice Cream</p> | <p>19. Turkey Divan Broccoli Egg Noodles Oatmeal Crème Pie</p> | <p>20. Beef Gyro Bowl Tzatziki Sauce Brown Rice Roasted Mediterranean Vegetables Lentil Soup Crackers Vanilla Pudding</p> |
| <p>23. Crispy Chicken Sandwich Lettuce, Tomato, Mayonnaise, Pickles Potato Salad Hamburger Roll Applesauce LS Vegetable Soup Crackers</p> | <p>24. Beef Chili Con Carne Corn Muffin Margarine Romaine Salad w/ Cucumbers, Grape Tomatoes, Shredded Carrots Italian Dressing Pineapples</p> | <p>25. Shrimp Scampi Linguini Brussel Sprouts Garlic Knot Lemon Pudding</p> | <p>26. Grilled Turkey Ham & Swiss Wheat Bread Cole Slaw Mustard LS Tomato Soup Crackers Peaches</p> | <p>27. Beef & Broccoli Teriyaki Glaze Brown Rice Edamame Mandarin Oranges</p> |
| <p>30. Open Faced Roast Beef Au Jus (Brown Gravy) Bread Mashed Potatoes Winter Blend Vegetables Horseradish Sauce Fruit Crisp</p> | <p>31. Chicken Bruschetta Brown Rice Green Beans Escarole Soup Crackers Peaches</p> | | <p>CCDAS Food Vendor</p>  | <p>SENIORS 60 & ABOVE A voluntary confidential requested \$2.00 donation INDIVIDUALS UNDER 60 \$5.53</p> |

ALL MEALS SERVED WITH MILK, COFFEE OR TEA (HOT OR COLD)

Senior Center membership is not required for those 60 and older to participate in the lunch program. Chester County residents 60 and older are invited to attend their local Senior Center to enjoy a noon time meal. There is no cost for the meal but you must reserve your meal by 2pm Monday for the ENTIRE following week of meal service. A voluntary confidential contribution of \$2.00 is appreciated toward the cost of the meal but is not required. *The official registration and financial information of Chester County Department of Aging Services may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.*

Rover Transportation Available

JANUARY 2023 ACTIVITIES

| MON | TUE | WED | THU | FRI |
|--|---|--|---|--|
| <p>2. 8:30 Gentle Stretching & Balance (OS)</p> <p style="text-align: center; font-size: 1.2em;">Center is Closed</p>  | <p>3. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help</p> <p>4:30 Zumba</p> | <p>4. 8:30 Gentle Stretching & Weight Lifting (OS) 10-11 Blood Pressure 10-11 Q&A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 Bingo 2-3 Q&A/Tech Help</p> | <p>5. 8:30 SilverSneakers (OS) 10-12 Cards/Games 12:00 Lunch 12:45 Cards/Games</p> <p>4:30 Zumba</p> | <p>6. 8:30 Gentle Stretching & Balance (OS) 10-12 Cards/Games 12:00 Lunch 12:45 Cards/Games</p> |
| <p>9. 8:30 Gentle Stretching & Weight Lifting (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help</p> <p>7:00pm Medicare 101</p> | <p>10. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 ABC Bingo 2-3 Q&A/Tech Help</p> <p>4:30 Zumba</p> | <p>11. 8:30 Gentle Stretching & Balance (OS) 10-11 Blood Pressure 10-11 Q&A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 Bingo 2-3 Q&A/Tech Help</p> | <p>12. 8:30 SilverSneakers (OS) 12:00 Lunch 12:45 Cards/Games</p> <p>4:30 Zumba</p> | <p>13. 8:30 Gentle Stretching & Weight Lifting (OS) 10-12 Cards/Games 12:00 Lunch 12:45 Wii</p> |
| <p>16. 8:30 Gentle Stretching & Balance (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help</p>  | <p>17. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help</p> <p>3pm Board of Directors Meeting</p> <p>4:30 Zumba</p> | <p>18. Birthday Party 8:30 Gentle Stretching & Weight Lifting (OS) 10-11 Blood Pressure NO Q&A/Tech Help 10-12 Cards/Games 10-12 Constituent Outreach 10-12 Edward Jones Advisor 12:00 Lunch 12:45 Entertainment: Sweet Life NO Q&A/Tech Help</p> | <p>19. 8:30 SilverSneakers (OS) 10-12 Cards/Games 12:00 Lunch 12:45 Dental Presentation for Seniors CVIM</p> <p>4:30 Zumba</p> | <p>20. 8:30 Gentle Stretching & Balance (OS) 10-12 Cards/Games 12:00 Lunch 12:45 International Holocaust Day Documentary : The Last Days</p> |
| <p>23. 8:30 Gentle Stretching & Weight Lifting (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 12:45 Cupcakes with Simply Sweet 2-3 Q&A/Tech Help</p> | <p>24. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 Petals Please 2-3 Q&A/Tech Help</p> <p>4:30 Zumba</p> | <p>25. 8:30 Gentle Stretching & Balance (OS) 10-11 Blood Pressure 10-11 Q&A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 Bingo 2-3 Q&A/Tech Help</p> | <p>26. 8:30 SilverSneakers (OS) 10-12 Cards/Games 12:00 Lunch 12:45 Mind Matters Child Survivors & Writers of the Holocaust</p> <p>4:30 Zumba</p> | <p>27. 8:30 Gentle Stretching & Weight Lifting (OS) 10-12 Cards/Games 12:00 Lunch 12:45 Wii</p> |
| <p>30. 8:30 Gentle Stretching & Balance (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help</p> | <p>31. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 Blizzard Bundles 2-3 Q&A/Tech Help</p> <p>4:30 Zumba</p> | | | <p>(OS): Off-Site ABC: Always Best Care</p> |

TRIPS



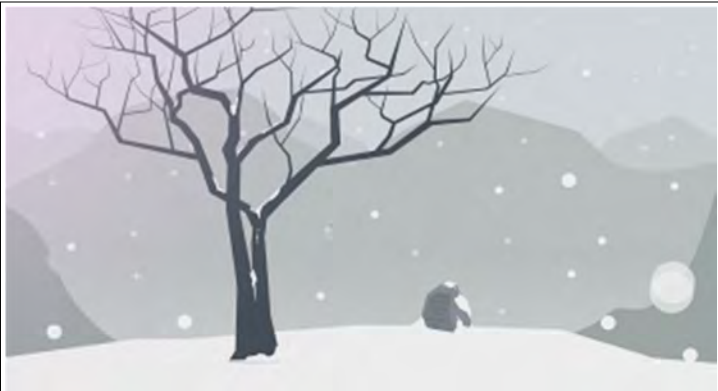
Sight & Sound Theatre

“Moses Live on Stage”

Tuesday, March 28, 2023

We have very limited space
If interested please sign up with Hostess
We will be having lunch
following at Hershey Farm

Cost: \$125.00
Bus departs 9:30
Returns appx. 4:30



**DURING THE WINTER MONTHS
AND WITH THE CHANCE OF
INCLEMENT WEATHER
WE WILL NOT BE GOING ON
ANY TRIPS
WE WILL START UP AGAIN IN
MARCH 2023**

**KEEP YOU EYES OPEN
WE ARE PLANNING
SOME FUN
ADVENTURES**

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

We are planning upcoming trips.

Any trip suggestions?
Let Beth know where
you would like to go.



610-932-5244

bpellegrini@oxfordseniors.org



TRIP DAYS AND PARKING

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

Thank You.



What's Happening!!

Medicare 101
w/ Sally
Monday, January 9
7pm
Sign up requested

Bingo with Vanessa
from
Always Best Care
Tuesday, January 10
12:45pm



Nintendo Wii Bowling
Friday, January 13 and 27
12:45pm



Birthday Party
Entertainment
Sweet Life
Wednesday, January 18
12:45pm



Dental Presentation
For Low Income Seniors
For free Dental
Thursday, January 19
12:45
Presented by C.V.I.M



January is
International
Holocaust
Remembrance
Month
We will be
showing a
documentary
titled
“The Last Days”
Friday,
January 20
10:30-11:30am
12:45-2:00pm



Cupcake Decorating
Animal Theme
Sponsored by Sweet Cake Supplies
Monday, January 23
12:45pm
Cost is \$10.00 per person
Payment due at sign up with Beth
Space Limited Sign Up by January 20



Petals Please
Craft day where we will be
either decorating and
painting jars or floral
arrangements, depending on
availability of flowers.
Tuesday, January 24
12:45pm
They have asked that we help to spread the joy
by collecting small vases, soup cans, and small
baskets.

MindMatters: A distinctive approach to learning
witf **Join us on:**
Thursday
January 26
12:45pm
mind matters

Child Survivors and Writers of the Holocaust
Presenter: L. Scott Lerner
When France was occupied by Nazi Germany during the Second World War, thousands of Jews were rounded up by the French police and sent to the death camps. Others, more fortunate, went into hiding and managed to survive, but only at tremendous psychological cost. A very small number of these survivors became writers, even great writers. This presentation focuses on three extraordinary memoirs of French victim-survivors of the Holocaust. Two are by child survivors, who eluded capture but also lost their parents and a great part of their identity. A third writer was born later than the others—during the Occupation, in fact—and has devoted his entire literary career to the search for the murky past of Nazi occupied Paris. His name is Patrick Modiano and in 2014 he won the Nobel Prize for Literature.
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.



What's Happening!!



ASSEMBLING BLIZZARD BUNDLES

**TUESDAY,
JANUARY 31
12:45pm**

BLIZZARD BUNDLES

With winter months upon us, we will be putting together Emergency Bundles this month to give to our guest in event that the Center is closed due to bad weather. Please help OASC fill these Blizzard Bundles by simply.

Donating any of the following items:

Breakfast:

- Instant Oatmeal Packs
- Breakfast Bars
- Single serve Cereal packs
- Shelf stable milk

LUNCH:

- Can of Tuna or Chicken
- Fruit Cups
- Crackers
- Canned Soup
- Pasta and can sauce

SNACKS:

- Any non-perishable snack
- Pudding or Jell-O Packs
- Crackers
- Pretzel Pack size
- Raisins

These are just suggestions please feel free to bring in any non-perishable item

THANK YOU



CARDS/GAMES

Monday-Friday mornings: 9:30am-11:30am
Afternoons no other program: 12:45pm-2:45pm
When there is a program: 2:00pm-2:45pm

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

NEW YEAR RESOLUTIONS

Just because you're older, it doesn't mean you should give up on planning for the future. In fact, that can help you feel younger and put you in a better mindset. Here are some New Year's resolution ideas that can help a senior citizen live their best life.

- I resolve to learn how to play videogames** - Want to bond with your grandchildren? Ask them to help you learn their favorite video games. Not only will it give you a connection with them, it can help engage your brain and improve your hand-eye coordination.
- I will eat dessert first** - If you're in otherwise good health, there's nothing wrong with having a sweet treat ahead of - or in lieu of - dinner. Life is short: enjoy yourself while you can.
- I will make more friends** - As we reach our golden years, our friends may sadly may not always survive as long as we do. Our children and grandchildren can also become preoccupied with their own lives. As a result, elderly people can often feel isolated and alone. Making new friends can be scary, but it's completely possible.
- I will not act my age** - Society seems to have a lot of rules about what aging should look like. Older women are supposed to cut their hair short and get it set into curls once a week. Older men start wearing short-sleeved polyester-blend button-down shirts.
- I resolve to surprise my family** - Sometimes our families get used to us acting a certain way. Remind them that you're never too old to surprise them. Learn how to rap. Begin texting them memes. Take a jazz class. Contrary to popular belief, old dogs can learn new tricks.

Everyone, regardless of gender, wears safe neutral colors. You don't have to dress like your grandparents did, though. If you like having long hair, leave it long. If you've always wanted a tattoo, get one. If you're of retirement age, you're the only one who has a say in what you "should" look like.

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, January 18
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, January 18
from 10:00am to noon**

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 \$1.00 each way.

Reservations required and
scheduled 3 days in advance.

A Traveler's Best Friend



JANUARY BIRTHDAYS

| | | | |
|----|----------------------|----|------------------------------|
| 1 | Kristi A. Eisenberg | 20 | Loretta B. Rhodewalt |
| 1 | Lillian A. Coates | 21 | Lydia Akerman |
| 1 | Judy V. Moran | 21 | Sondra Morgan |
| 1 | Joann M. Watkins | 22 | Judith A. Fingerle |
| 2 | Doris V. Wilson | 22 | Marian J. Knorr |
| 2 | Shirley M. Barnes | 23 | Margaret R. Lauer |
| 2 | Patricia Ann Lawson | 23 | Antoinette Bement |
| 2 | Patricia L. Sherman | 23 | Thomas Adams |
| 3 | Ralph W. Hartgrove | 24 | Patricia P. Bailly |
| 3 | Joanne L. Wilson | 24 | Becky S. Buckland |
| 4 | Kristen L. DeMicco | 24 | Ann E. Cannon |
| 6 | Jeannie L. Cass | 24 | Barbara J. Capman |
| 6 | Patricia Todd | 25 | Ronald L. Oliver |
| 7 | John D. Gatta | 25 | Catherine B Koncir |
| 8 | Barbara Shank | 25 | Connie W. Bidwell |
| 9 | Linda L. Searfass | 25 | Judith Ann Cameron |
| 9 | Beulah L. Benner | 26 | Nancy A. Poliski |
| 9 | Carol S. Birt | 27 | Phyllis A Keith |
| 10 | Amy Leigh O'Donald | 27 | Ross J. Lloyd |
| 10 | Alonzo H. Brown | 27 | Norma K. Thompson |
| 11 | Gail M. Tierney | 27 | Loretta D. Biondi |
| 12 | Richard Reeves | 27 | Doris A. Rhoades |
| 12 | Robert Pierce Jr. | 28 | Scott Gold II |
| 12 | Jeanne E. Letterman | 28 | Marie Calvert McKee |
| 12 | Mary Watson | 29 | Harvey A. Scott |
| 12 | Elaine Heier | 29 | Frederick C. Sullivan |
| 12 | Daniel P. Huston | 29 | Eleanor M. Jamison |
| 13 | Gloria S. Anderson | 30 | Barbarann M. Parkhill-Capper |
| 13 | Noel A. Roy | 30 | Mary M. DeLaurentis |
| 14 | Dottie Robinson | 30 | Ellen Cullen |
| 14 | Flora A. Herr | 30 | Ron B. Burris |
| 15 | Julianna M Carlin | 31 | Charles C Ankney Jr |
| 18 | Patricia L. Thompson | 31 | Marilyn Garthwaite |
| 20 | Deborah N. Spencer | 31 | John R. Rucker |
| 20 | Betty Lou Spotts | | |
| 20 | Janet P. Phipps | | |

The ultimate measure of
a man is not where he
stands in moments of
comfort and convenience,
but where he stands at times
of challenge and
controversy.
-Martin Luther King Jr.

Happy New Year!

Legal Services

Free Legal Advice

The Chester County Dept. of Aging Services is making an attorney available to senior residents of Chester County on the 2nd Wednesday of every month from 9:00 AM to 12:00

PM. This service is free to senior residents of Chester County. Appointments are required. For more information or to schedule an appointment, contact the Dept. of Aging at 610-344-6350. All appointments are at the Dept. of Aging in West Chester.



Legal Helplines

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

Legal Aid Advice & Referral Helpline

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



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>

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-Dev-Disabiliti>

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.

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



Decade to Doorways



Do you need:

- A new roof?
- A ramp to your door?
- A new furnace?
- Your house siding repaired?

FREE HOME REPAIRS

FOR LOW INCOME HOMEOWNERS

To qualify for free home repair, you must:

- own your home
- be current on mortgage, taxes and insurance



LEARN MORE

call us at: 610-444-1860

or apply online at:

goodneighborshomerepair.org/request-a-home-repair

SUPPORT YOUR CENTER

Annual Appeal Fund Drive

As mentioned in the article on page 1, due to continued extremely tight revenue, we find it necessary to again hold an *Annual Appeal Fund Drive* in December.

The FY 2022-2023 budget includes minimal increases in operating expenses which is extremely rare in this economic climate. The Board of Directors has done a tremendous job of managing our expenses in light of the rising costs of operating the center. Even with slight increases in expenses, the income budget must include \$12,000 in Annual Appeal Fund Drive revenue to help offset our revenue decreases due to the loss of revenue from grants and charitable foundations.

United Way, private foundation grants and government grants make up only a portion of what is needed for program operations. Since very few of our programs and activities have fees for participation, the balance must be raised through member-driven fundraising events, our \$15 yearly membership donation and an Annual Appeal Fund Drive. This is a *Community-Based* appeal reaching out to the entire area which we serve, not just to our senior participants, friends and current supporters.

If you have any questions, feel free to contact our Executive Director, Jim McLeod.

Thank you for your continued
and generous support.

**Oxford Area Senior Center
Board of Directors**

INCOME TAX PREPARATION



We have had several phone calls from the AARP Tax Advisors regarding Income Tax preparation which normally begins in early February. The Coordinator for the two Oxford sites where they've previously prepared taxes has informed us that AARP **WILL** be doing income tax preparation this year, beginning Thursday February 9th, and will only be done on Thursdays at the senior center.

It appears that tax preparation will return to a somewhat normal procedure, in-person. We have not yet been given a complete schedule or appointment times, but do know they will begin on **Thursday, February 9, 2023, and continue thru April 13th, but only on Thursdays.**

You can call our Hostess' Desk, leave your name and phone number to request a tax appointment, and someone will contact you to set up your appointment when we find out more information regarding scheduling.

Sally will certainly be glad to assist you complete your 2022 Rent/Rebate Tax Forms, if that is all you need completed.

AFFORDABLE CONNECTIVITY PROGRAM

Helping Households Connect



WHO IS ELIGIBLE?

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the [Federal Poverty Guidelines](#), or if a member of the household meets at least one of the criteria below:

- Received a Federal Pell Grant during the current award year;
- Meets the eligibility criteria for a participating provider's existing low-income internet program;
- Participates in one of these assistance programs:
 - Supplemental Nutrition Assistance Program (SNAP)
 - Medicaid
 - Federal Public Housing Assistance
 - Supplemental Security Income (SSI)
 - Special Supplemental Nutrition Program of Women, Infants, and Children (WIC)
 - Veterans Pension and Survivor Benefits
 - Free and Reduced-Price School Lunch and School Breakfast Program
 - [Lifeline](http://www.fcc.gov/lifeline-consumers) (www.fcc.gov/lifeline-consumers)

Check out fcc.gov/ACP for a Consumer FAQ and other program resources.

The **Affordable Connectivity Program (ACP)** is an FCC program that helps connect families and households struggling to afford internet service. The Affordable Connectivity Program provides:

- ✓ Up to \$30/month discount for broadband service;
- ✓ A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider if the household contributes more than \$10 but less than \$50 toward the purchase price.

The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household.

TWO-STEPS TO ENROLL

1. Go to AffordableConnectivity.gov to submit an application or print out a mail-in application; and
2. Contact your preferred participating provider to select a plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete. Eligible households must both apply for the program and contact a participating provider to select a service plan.

HOW ARE CONSUMERS PROTECTED?

FCC rules protect Affordable Connectivity Program recipients by:

- Empowering consumers to choose the service plan that best meets their needs (including a plan they may already be on);
- Ensuring consumers have access to supported broadband services regardless of their credit status;
- Prohibiting providers from excluding consumers with past due balances or prior debt from enrolling in the program;
- Preventing consumers from being forced into more expensive or lower quality plans in order to receive the ACP;
- Ensuring that consumers are not liable for early termination fees;
- Reducing the potential for bill shock or other financial harms;
- Allowing ACP recipients to switch providers or broadband service offerings; and
- Providing [a dedicated FCC process for ACP complaints](#) (www.fcc.com, click on For Consumers, Click on Consumer Complaint Center, click on File an ACP complaint).

ADDITIONAL INFORMATION

Check out fcc.gov/ACP for a Consumer FAQ and other program resources.

If you need to talk to someone about your eligibility or application status, call the ACP Support Center at (877) 384-2575.



Commonwealth Keystone Building | 400 North Street, 4th Floor | Harrisburg, PA 17120-0225
+1.866.466.3972 | dced.pa.gov

SNOW CLOSING

In an effort to simplify the notification procedure for the closing of the Senior Center on bad weather days, please be advised that if the ***Oxford Area School District is closed or on any delay, the Senior Center will be closed.*** Please check the television or radio stations to see if the school district is on a delay or is closed. Also check OASC website, Facebook or call to listen to our greeting for closing announcement.



2022-2023 Annual Appeal Campaign Thank You

**The Senior Center Board of Directors
wishes to thank the following individuals, companies and organizations
for their donations to our Annual Appeal Campaign.**

| | | | |
|----------------------------|---------------------------|----------------------------|-----------------------------|
| Lydia Akerman | Phyllis Deaver | Monique Manfield | Stephen & Gail Roberts |
| Patricia Anderson | Iris Dowling | Basia Manniso | Roy & Jane Roten |
| Spence & Jan Andress | Mildred Emerson | Robert & Patty McComsey | Carolyn Sacks |
| John & Freeda Baker | Allen Fowler | Donna McLimans | Mary Scott |
| Howard Billings | Jane Freeman | Susan Melrath | Bonnie Smith |
| RC Bledsoe | Lucille Golt | Jewell & Ronald Mullins | Mary Stark |
| Katherine & Len Bojanowski | Woody & Beverly Hartgrove | Marie-Louise & David Myers | Evelyn Stumpo |
| Harold & Lorraine Broomell | Art & Joyce Hershey | Albert Moran | Edith Sumner |
| Robert & Dorothy Bradley | George Lauer | Andrew & Vicki Nevrincean | Harold & Lynn Swisher |
| Diane Brough | John & Peggy Lauer | Thomas & Margaret Ogurcak | Jack Supplee |
| Barbara Bussard | Margaret Lindsey | Helen Preston | Shirley Terry |
| Jean Catani | Kathleen Lockhart | Ralph & Donna Purcell | Irene Tingley |
| Joseph Chapman | Randy & Susan Kach | Mary Reynolds | Dixie Williams |
| Butch & Louise Cooper | Don & Beth MacMillan | Dianne Rickards | Richard & Connie Winchester |
| Frank Cornell | | | |

CHURCHES, BUSINESSES and ORGANIZATIONS

Cameron's Hardware & Supply Luther Management Co. of SCC Oxford Presbyterian Church Oxford Women's Club



Oxford Area Senior Center is registered on AmazonSmile. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate 0.5% of the purchase price to OASC.

Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages.

Can you use your existing Amazon.com account on AmazonSmile? Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

How do you select OASC to support when shopping on AmazonSmile? On your first visit, you need to select us to receive donations from eligible purchases before you begin shopping. Amazon will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

Learn more at <https://smile.amazon.com/about>

Oxford Area Senior Center Amazon Smile Wish List

To find our list, first add us as your Charity (information above).

Then visit smile.amazon.com/charitylists.

We thank you for helping us to purchase some fun items for the center.

MEMBERSHIP AND DONATION

A Membership application is available at the Center's hostess desk. We encourage everyone to make your membership donation 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.

When you renew, please update your information. Thank you for staying current as it helps us maintain the programs and services of the Center. If you need help in completing this form, please ask for assistance. We'll be glad to HELP.

Health and Wellness Programs



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

Exercise Classes Sponsored by Tivity Health
Instructor Barbara Bond
Currently Off-Site at Nottingham Park or Zoom
osc.exercise.instructor@gmail.com or 610-348-6763



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

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

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.



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.

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.



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.



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.

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.



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.



Medicare 101

w/ Sally Arter

January 9
7:00PM

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

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

Technology & Computers with Colleen

Oxford Area Senior Center

Computer Q&A and Technology Help

Do you need help with your electronic device?

Are you confused about how to use that new electronic device? Please do not fret any longer. Questions can be regarding ANY computer related subject or Technology Help with your Apple or Android mobile/cell phones and iPad/tablets. The goal is to provide hands-on and detailed instruction in a non-intimidating and patient environment.

Bring your device in and learn to use it!
Just stop in during one of the
times listed on the Activity Calendar
\$5 per session

QUESTIONS??

Colleen will be happy to answer your technology questions. Here is how to contact her:

- Come to one of the Q&A/Tech Help sessions on 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

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

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 \$1,473
 - Household 2 people: Monthly income \$1,984

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



OXFORD AREA SENIOR CENTER
 12 East Locust
 Oxford, PA 19363

610-932-5244 phone
 610-932-8084 fax
 www.oxfordseniors.org
 contact@oxfordseniors.org

Bulk Rate
 US Postage Paid
 Non-profit Org.
 Permit No. 9
 Oxford, PA 19363

RETURN SERVICE REQUESTED

**HELP STOP WASTEFUL MAILINGS.
 IS YOUR ADDRESS CORRECT?
 CALL US WITH YOUR CORRECTIONS!**

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, Hutton Family HeLP Fund, 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 2022/2023

Officers

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

Members

Carol Carter
 Kevin Collins
 Jane Freeman
 Geoff Henry
 Edwin Herr
 Scott Massey
 Amy O'Donald
 Clyde Prigg
 William Ringler
 Bonnie Smith
 Dian Steffy

STAFF

| | |
|-----------------|-------------------------------------|
| Jim McLeod | Executive Director |
| Beth Pellegrini | Program Coordinator |
| Jim Jackson | Kitchen Supervisor |
| Colleen Owens | Information Technology Specialist |
| Sally Arter | Information & Assistance Specialist |
| Jean Bender | Hostess (W, Th, F) |
| Jan Weaver | Hostess (M, Tu) |
| | |
| | |

INSTRUCTORS

| | |
|--------------|---------------------|
| TBD | Painting |
| Barbara Bond | Exercise Instructor |
| Kim Malone | Zumba Instructor |



In accordance with Federal Law the Oxford Area Senior Center does not discriminate on the basis of race, religion, color, handicap, sex, physical condition, developmental disability, sexual orientation, or national origin.