



Center Voice

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

March 2023



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

Director's Corner

Well, we're quickly approaching Springtime and hopefully saying good bye to cold, snowy weather, even though we've experienced a mild winter so far! As of the publishing of this newsletter, we haven't yet had any snow to plow or shovel. Let's keep those good thoughts to chase away the nasty snow storms we sometimes get in March!

We hear on the evening news that COVID hospitalizations have been manageable, but it's not time to relax. **Please don't let your guard down. The COVID Virus, with all of it's variants, isn't over yet! It remains a threat to all, especially you, the senior residents of our community. Continue to be aware of the people you're around and their health situation. Continue to be safe**

Beth has put together some really great programs for March, so make sure you read our Activities & What's Happening pages, to see what's happening at the center this month! In collaboration with the Jennersville YMCA, you can enjoy one of their swimming pools every Thursday from 11am to 1pm, at no cost!
SEE PAGE 14 FOR MORE DETAILS.

Income Tax Preparation

Unfortunately all of our tax appointments are full.

Here is a suggestions for free tax preparation Volunteer Income Tax Assistance (VITA)

Call them for more information about their free tax service.
 Page 10 has information on VITA with locations, phone numbers and hours for services.

Please continue to be safe!

Enjoy and stay Happy and Healthy!!

Jim

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Contact Us

Our email address:
contact@oxfordseniors.org

This is for general questions and information.

Each staff member has their own email address.

THANKS TO LAST MONTH'S...

VOLUNTEERS

Board of Directors
Fundraising Committee

And to our always reliable friends:

- Mary Baringer
- Lorraine Broomell
- Jane Freeman
- Kathie Roy
- Tina Sauk
- Bonnie Smith
- Kathleen Smith
- Theresa Taylor
- Ashley Webster

IN KIND GIFTS

Giant Food Store, Jennersville
Philips Florist

DONORS

- Sandra Hampton
- Elsie & Gale Shepherd
- Joan Simmers
- Dolores Thompson



Endowment Fund Donation

We wish to thank the following donors for their donations:

In Memory of Dorothy Waltz

Jan and David Jensen

Donating made easy

For your convenience you can donate from our website. Check out <http://oxfordseniors.org/donateoasc.htm> and click on DONATE




Daylight Savings Time begins at 2am on Sunday, March 12, 2023

*May your troubles be less and your blessings be more
and nothing but happiness come through your door.
"Irish Blessing"*

IN MEMORY

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

- Mary Cartledge**
- Rita Denney**
- Evelyn Helosky**
- Jim Sumner**
- Dorothy Waltz**

OUR BEST WISHES & THOUGHTS GO TO:

- Etha McDowell
- Gail Wagner

And to the Families of:

- Mary Cartledge
- Rita Denney
- Evelyn Helosky
- Jim Sumner
- Dorothy Waltz



NEW MEMBERS

- Arlene Lo Sasso
- Brenda Melrath
- Pauline Riegel
- Susan Snook





INFORMATION & REFERRAL

WARNING!! Please be advised DO NOT call 800 numbers advertised on TV for Medicare Plans

March, how is it coming in – like a lion or like a lamb? February sure has been a little interesting, a little sun, a little rain, a little black ice, a little blown, and very little cold. Something for everyone!

*I think the hardest thing for seniors to do is change. If there is something you don't understand, please stop by and ask. If you get a letter you don't understand, bring it in. If they ask for money to "HELP" you, it's probably not legitimate. Scamming is on the rise so be aware. A new one that just came on the scene last month concerns prescription coverage. It offers full coverage for a mere \$299 a year. Then they ask for your bank account numbers for a direct debit from your account. Don't believe anyone who threatens to take away your Medicare Benefits if you don't sign up for their plan. **Hang up the phone!!** There are no stupid questions. Our hope is that we all make it through these changing times without too much loss of hair and mind and money!!*

*Now is the time to get your records organized for Tax & Rent rebates. Seems there's always some kind of paperwork to do. For Rent Rebate, the maximum income is still \$15,000. Only 1/2 of your Social Security is counted. If this is your first time filing for the **Rent Rebate**, be sure to have your **landlord** fill in the **Rent Certificate** before going to your tax appointment. We have copies here if you need them. If you're not required to file a tax return, call for an appointment and I'll help you with your rebate.*

*Several of you have already shown me letters from the state stating that you will not receive the Tax/Rent Rebate form booklet because you had someone else do your return last year. That's not a problem—just remember to take your **Stamped Paid receipt** with you, along with all your other records. They used computer generated forms and can continue to do so. The age requirement is still 65 unless disabled or widowed.*

*Several years ago the maximum income for **Tax** Rebate was increased to \$35,000. This means many of you now qualify for the Tax Rebate. When you have your taxes done, your preparer should ask you for your **STAMPED PAID receipts**. Copies of these must accompany your return. I'll be glad to answer any questions you have about this procedure. This rebate is not paid before July 1, 2023.*

*Have a great month.
Top 'o the morning to ye,*

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 website at www.chesco.org/human. Once on the site, locate the Refer Web icon, click on it and start searching.

MARCH 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
CCDAS Food Vendor  Cupcake/Ice Cream	SENIORS 60 & ABOVE A voluntary confidential requested \$2.00 donation INDIVIDUALS UNDER 60 \$5.53	1. Chicken Parmesan Mozzarella Cheese Marinara Sauce Pasta California Blend Vegetables Pineapples	2. Baked Ham Oven Roasted Potatoes Spinach Dinner Roll Applesauce	3. Corn Chowder Crackers Garlic & Herbed Baked Tilapia Scalloped Potatoes Carrots Chocolate Pudding
6. Turkey Divan Broccoli Egg Noodles Oatmeal Crème Pie	7. Chicken Noodle Soup Crackers Cheeseburger Cole Slaw Ketchup Tropical Fruit	8. Beef Stroganoff Brown Rice Carrots Wheat Bread Fresh Orange	9. Tomato Soup Crackers Chef Salad with Turkey Ham / Turkey & Shredded Cheddar Romaine Mix w/ Shredded Carrots, Cucumbers & Cherry Tomatoes Roll Mandarin Oranges	10. Tuna Noodle Casserole Winter Blend Vegetables Pears Dinner Roll
13. Chicken Pot Pie Deconstructed in Gravy Over Biscuit Brussel Sprouts Peaches	14. Escarole Soup Crackers Philly Cheese Steak w/ American Cheese Sautéed Onions Club Roll Sweet Potato Fries Pears Ketchup	15. Birthday & St. Patrick Party Corned Beef Cabbage Potatoes Rye Bread Carrot Cake 	16. Cream of Potato Soup Crackers Chicken Cacciatore Peppers & Onions Marinara Sauce Pasta Dinner Roll	17. St. Patrick's Day Seafood Newburg Brown Rice Winter Blend Vegetables WG Dinner Roll Fruit Cocktail
20. Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Tropical Fruit	21. Chicken Marsala Oven Roasted Potatoes Brussel Sprouts Dinner Roll Mandarin Oranges	22. Swedish Meatballs Egg Noodles Baby Carrots WG Wheat Ice Cream / Cupcake	23. Beef & Cabbage Soup Baked Chicken Breast Au Gratin Potatoes Winter Blend Vegetables Vanilla Pudding	24. Seafood Bisque Lasagna Roll Up Marinara Sauce Parmesan Broccoli Garlic Knot Oatmeal Cookies
27. Beef Barley Soup Rotisserie Seasoned Chicken Au Gratin Potatoes Winter Blend Vegetables Wheat Bread Chocolate Pudding	28. Beef Chili Con Carne Corn Muffin Mixed Vegetable Pineapples	29. Chicken Cordon Bleu Roasted Potatoes Brussel Sprouts WG Dinner Roll Cupcake	30. Salisbury Steak Brown Gravy Mashed Potatoes Peas & Carrots Wheat Roll Sugar Cookies	31. Vegetarian Vegetable Soup Breaded Fish Fillet Macaroni & Cheese Brussel Sprouts Pears Tartar Sauce

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

MARCH 2023 ACTIVITIES

MON	TUE	WED	THU	FRI
<p>(OS) = Off-Site ABC = Always Best Care</p>		<p>1. 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>2. 8:30 SilverSneakers (OS) 9-3 Tax Appointments 10-11 Q&A/Tech Help 10-12 Cards/Games 11-1 Open Swim at YMCA 12:00 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>3. 8:30 Gentle Stretching & Balance (OS) 10-12 Cards/Games 12:00 Lunch 12:45 Wii Bowling</p>
<p>6. 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. 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 4:30 Zumba</p>	<p>8. 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>7:00 Medicare 101</p>	<p>9. 8:30 SilverSneakers (OS) 9-3 Tax Appointments 10-11 Q&A/Tech Help 10-12 Cards/Games 11-1 Open Swim at YMCA 12:00 Lunch 12:45 Wondrium: Wonders of Northern Europe, Part 1 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>10. 8:30 Gentle Stretching & Weight Lifting (OS) 10-12 Cards/Games 12:00 Lunch 12:45 Cards/Games</p>
<p>13. 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>14. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 St. Patrick's Pot of Gold Craft 2-3 Q&A/Tech Help</p> <p>3pm Board of Directors Meeting 4:30 Zumba</p>	<p>15. Birthday & St. Patrick's 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: Chris Darin</p>	<p>16. 8:30 SilverSneakers (OS) 9-3 Tax Appointments 10-11 Q&A/Tech Help 10-12 Cards/Games 11-1 Open Swim at YMCA 12:00 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>17. 8:30 Gentle Stretching & Balance (OS) 10-12 Cards/Games 12:00 Lunch 12:45 Wii Bowling</p> <p>Last day to sign up for Cupcake Decorating</p>
<p>20. 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>21. 8:30 SilverSneakers (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 Cupcake Decorating with Sweet Cakes (\$10) 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>22. 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>23. 8:30 SilverSneakers (OS) 9-3 Tax Appointments 10-11 Q&A/Tech Help 10-12 Cards/Games 11-1 Open Swim at YMCA 12:00 Lunch 12:45 Petals Please 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>24. 8:30 Gentle Stretching & Weight Lifting (OS) 10-12 Cards/Games 12:00 Lunch 12:45 Cards/Games</p>
<p>27. 8:30 Gentle Stretching & Balance (OS) 10-11 Q&A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 Wondrium: Wonders of Northern Europe, Part 2 2-3 Q&A/Tech Help</p>	<p>28. 9:30-4:30 Moses Trip 8:30 SilverSneakers (OS) 9:30-4:30 Sight and Sound Trip 10-11 Q&A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>29. 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>30. 8:30 SilverSneakers (OS) 9-3 Tax Appointments 10-11 Q&A/Tech Help 10-12 Cards/Games 11-1 Open Swim at YMCA 12:00 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>31. 8:30 Gentle Stretching & Balance (OS) 10-12 Cards/Games 12:00 Lunch 12:45 Cards/Games</p>

Rover Transportation Provided

TRIPS



**HERSHEY
CHOCOLATE WORLD
AND TROLLY WORKS
COMING ON MAY 23**

**BE SURE TO CHECK OUT
APRIL NEWSLETTER
FOR DETAILS**



**TIME TO SET SAIL
ABOARD THE
SPIRIT OF BALTIMORE
AUGUST 8, 2023**

**CRUISE AND LUNCH
\$95.00**

SIGN UP NOW, SPOTS GO FAST!



**BASEBALL
FUN
JUNE 22**

SIGN UP NOW

ONLY 30 SPOTS AVAILABLE!

**TRIP INCLUDES
TRANSPORTATION
LUNCH
SOUVENIR**

\$45.00/person

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!!

<p>Nintendo Wii Bowling March 3rd & 17th 12:45PM</p>		<p>Cupcake Decorating Sponsored by Sweet Cake Supply</p> <p>Join Us for More Cupcake Fun</p> <p>\$10.00 for two cupcakes and all supplies</p> <p>Sign up with Beth by March 17 Space is limited</p> <p>Tuesday, March 21 12:45 PM</p> 
<p>Bingo with Vanessa from Always Best Care</p> <p>Tuesday, March 7 12:45pm</p>		<p>Medicare 101 w/ Sally Monday, March 8 7:00pm Sign up requested</p> <p>WONDRIUM</p> <p>Travel along with us as we see the WONDERS OF NORTHERN EUROPE</p> <p>Thursday, March 9 & Monday, March 27 12:45</p>  <p>Open Swim at the Jennersville YMCA Thursdays 11-1</p>  <p>Craft day where we will be either decorating and painting jars or floral arrangements, depending on availability of flowers.</p> <p>Thursday, March 23 12:45pm</p> <p>They have asked that we help to spread the joy by collecting small vases, soup cans, and small baskets.</p>
<p>St. Patrick's Day Craft</p> <p>Tuesday, March 14 12:45PM Pot of Gold</p>  		<p>Sight & Sound Theatre "Moses Live on Stage"</p> <p>Tuesday, March 28, 2023 Bus departs promptly at 9:30 Returns appx. 4:30</p>  <p>SOLD OUT</p>
<p>Birthday Party Entertainment Chris Darin</p> <p>Wednesday, March 15 12:45 PM</p> 		<p>CARDS/GAMES</p> <p>Monday-Friday mornings: 9:30am-11:30am Afternoons no other program: 12:45pm-2:45pm When there is a program: 2:00pm-2:45pm</p> <p>Our afternoon programs will start at 12:45pm (right after lunch).</p>

What's Happening!!

MARCH IS NATIONAL DISABILITIES AWARENESS MONTH



PEOPLE WITH DISABILITIES
consist of the nation's largest minority group, as well as the only group that any of us can become a member of at any time



3.6 MILLION PEOPLE
in the U.S. use a wheelchair

1 IN 4 PEOPLE
65-69 years of age have a severe disability

56.7 MILLION PEOPLE
in the U.S. have some sort of disability

38.3 MILLION PEOPLE
have a severe disability

30.6 MILLION
people in the U.S. have a physical disability that affects the ability to walk

AROUND 15%
of the world's population lives with disabilities

ABOUT 764,000
children and adults in the U.S. currently have cerebral palsy

THE ELDERLY
are the largest population living with a disability

1/3 OF DISABLED INDIVIDUALS
require assistive technology to be able to take care of themselves at home



We are collecting Bingo Prizes
Our bingo prizes come from your generous donations.

We need your help!!

So please consider donating some **AWESOME** items!!
Items that you would like to take home!
(We have plenty of clothing items for now)
You can also make a monetary donation (cash) that we will use to buy new items.

Please consider donating so that we can continue this fun program.

SAVE THE DATE

BINGO!

It's back!

CHESTER COUNTY SENIOR PICNIC
SPRINGTON MANOR FARM

MAY 11, 2023

- RAIN OR SHINE - - \$5 SUGGESTED DONATION - - MORE INFO TO FOLLOW -

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, March 15
from 10:00am to noon**



West Chester District Office: 610.692.2112
Harrisburg Office: 717.787.5709



MARCH BIRTHDAYS

- | | |
|-------------------------|----------------------------|
| 1 Burnard W. Cline Jr. | 15 Mary J. Jennings |
| 1 Jane M. Morrison | 15 Daniel B. Spencer |
| 1 Nancy L. Anderson | 15 John A. Lauer Sr. |
| 2 Brenda J. Chambers | 16 Eva S. Rhodes |
| 2 Sue Stanley | 16 Gerald G. Ferguson |
| 2 Patricia Jenkins | 17 Jean D. Hardy |
| 2 Danna Cornick | 17 John A. Durbin |
| 2 Barbara S. Lindsey | 17 Patricia A. Marcolongo |
| 3 Mary E. Collins | 18 Sandy C. Souder |
| 3 Kathy P De Hetre | 18 Pauline Riegel |
| 3 Manfred Cooper | 19 Laurie J. Graham |
| 3 Susan K Snook | 20 Margaret B Laigaie |
| 4 Ronnie J. Coughlin | 21 Wayne G. Wharton |
| 4 Irene S. Tingley | 21 Darlene J. Sedlak |
| 4 Loretta K. Franco | 21 Thomas J. Moore |
| 5 Mary J. Kline | 22 Margaret A. Appel |
| 5 Jesse C. Dolinger | 23 Janis M. Cash |
| 5 Mary R. Reynolds | 23 Freeda Baker |
| 5 Susan R. Lample | 23 Kenneth W Metz |
| 5 Dennis L. Clark | 23 Janet M. Blakey |
| 5 Doris A. Barker | 23 Suzanne Hindman |
| 5 Nancy A. Crouch | 23 Barbara Ann Kristman |
| 6 Carmella Humble | 23 Elizabeth Belmont Frank |
| 6 Patricia Walls | 24 James R. Goss |
| 6 Dianna P. Stuckey | 25 William D. Lewis |
| 8 Georgia J. Bialk | 26 Eugene F. Edgett |
| 8 Janice M. Sites | 26 Julie A. Patterson |
| 10 David D. Harpe | 27 Virginia C. Melrath |
| 10 Linda L. Shiplet | 27 Patricia Norbeck |
| 10 Margaret D. Russell | 28 Nancy C. Wood |
| 10 Sandra L. Steele | 28 Raymond T. Ankney |
| 11 Doris E. Schmidt | 28 Linda Young |
| 12 Nancy McNatt | 28 Joe Cavacini |
| 13 Harry W. Varnes | 28 Rose T. Peluchette |
| 13 Fran Broomall | 28 Theresa M Lynch |
| 13 Sydney M. Odum | 29 Blanche Delgato |
| 14 Jane K. Kepler | 30 Alice K. Witmer |
| 14 Mary Ellen McCormack | 31 Stewart E Casper |
| 14 Karen L. Boyd | 31 Alice Fraver |



Joe Oliver, Financial Advisor
will be at our center on the
3rd Wednesday of every month.
The next visit:
**Wednesday, March 15
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



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.



AARP INCOME TAX PREPARATION We have no more AARP Tax Appointments

If all you need is your 2022 Rent/Rebate Tax Forms completed, please make an appointment with our Information & Assistant Specialist, Sally Arter, 610-932-5244.

ADDITIONAL INCOME TAX PREPARATION INFORMATION

Here is a list of local Tax Preparation individuals and companies to help you. But please realize you might have to pay for some of these services!

You can use the IRS's Free File at <https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free> where you can choose from several free online services. The services walk you through answering questions and does the math for you.

VITA (Volunteer Income Tax Assistance), which is a free tax assistance program, will also prepare your income tax forms. For information regarding this program you can call the Chester County VITA Information Hotline at **610-380-9099 from January 30th to April 15th.**

Visit their website at <https://www.chestercountyfreetaxes.org/> or <https://www.chestercountyfreetaxes.org/items-you-need-to-bring>



VITA locations near us:

Coatesville – The Transformation Center

645 E. Lincoln Hwy, Coatesville PA 19320
(610) 380-9099 ext. 104
Mon 9am-8pm, Tues 9am-2pm, Wed 9am-8pm,
Sat 9am-2pm

West Chester at Providence Westside Community Center

430 Hannum Avenue, West Chester
(610) 380-9099 ext. 250
Monday 6-8pm, Tuesday 9am-2pm & 6-8pm

Parkesburg – Parkesburg Point Youth Center

700 Main Street, Parkesburg, PA 19365
(610) 380-9099 ext. 100
Thursdays from 4-7pm

Landenberg - Southern Chester County Family Center

(610) 380-9099 ext. 108
385 Starr Road, Suite 204, Landenberg, PA
Saturday: February 4, 8; March 4, 8; April 1, 15
from 9am-2pm

Additional services in the area that charge for their services:

H&R Block, 8 S. 3rd Street, Oxford, 610-932-8844

Liberty Tax Service, 11 N 3rd St Suite 1, Oxford, 484-702-6117

Numerous Tax Accountants in the area, ask a friend or family member for a reference.

For 2023, Some Social Security Potpourri

If you are among the millions of *Jeopardy!* fans, you are familiar with the category of *Potpourri*. You know, it's a little of this and a little of that. Well, we want to start the year by highlighting various Social Security changes for 2023. We're calling this our **Potpourri of Numbers**:

\$1,640 – Amount of Social Security-taxed earnings needed to earn one work credit. You need 40 overall to be eligible for a retirement benefit, but you can only earn four in a year regardless of your total earnings.

\$160,200 – Maximum amount of earnings on which you pay Social Security (FICA) tax.

\$21,240 – Allowable earnings amount for workers receiving Social Security but who are not yet in their Full Age year. If amount is exceeded, \$1 in benefits will be withheld for every \$2 over.

\$56,520 – Allowable earnings amount for workers receiving Social Security in their Full Age Year. If amount exceeded, withholding is \$1 for every \$3 over. Upon reaching your Full Age month, there is no earnings limit.

\$1,470 – Monthly gross earnings amount used to determine if a disabled individual is working at a "substantial" level. If yes, benefits may not be payable.

\$914 – Monthly maximum standard federal payment for a single individual receiving Supplemental Security Income (SSI).

[Social Security Changes - COLA Fact Sheet \(ssa.gov\)](https://www.ssa.gov/news/press/factsheets/colafacts2023.pdf)
<https://www.ssa.gov/news/press/factsheets/colafacts2023.pdf>





NEWS RELEASE

EDITORS: The following is for immediate release. If you have any questions, please contact Chester County Public Information Officer Rebecca Brain at 610-344-6279, rbrain@chesco.org, or Communications Coordinator Michelle Bjork at 610-344-6820, mbjork@chesco.org.

Rover Community Transportation Service to Transition to Chester County Government

WEST CHESTER, PA – January 26, 2023 – From April 1, 2023, responsibility for the majority of paratransit services currently provided by Rover in Chester County will transition to a County-run operation, overseen by the Chester County Department of Human Services.

The Rover community transportation service was introduced in 1984 to offer diversified transportation for Chester County residents, especially those who cannot drive or have no other means of transportation, including seniors, individuals with disabilities and those requiring medical assistance transportation. The service has been contracted by the County with Rover since its start.

Over the past four years, Chester County's Department of Human Services has employed a consultant to review the county's community transportation needs and costs, and the department has partnered with PennDOT to assess ridership feedback. Final reports from both the consultants and PennDOT note high rider satisfaction (93 percent) with the Rover service. The move to a County-led operation addresses the cost efficiencies of providing the community transportation service itself, while maintaining the high quality of service.

Ridership of Rover Community Transportation currently stands at 55 percent of pre-COVID levels, and state and national trends indicate that future usage of paratransit systems will remain uncertain.

Pat Bokovitz, Director of the Chester County Department of Human Services, said, "Because of the uncertainty in ridership levels, and the cost to subsidize the community transportation service, the County will take the lead on providing the majority of community transportation service, from April 1 of this year.

"We appreciate the expertise and service provided by Rover in running this service. It has been valuable to the residents of Chester County since its start nearly 40 years ago, run with the professionalism that is the hallmark of the Krapf family and its transportation companies."

A new Department of Community Transit has been established by Chester County Government to accommodate the Rover service. Positions of employment will begin to be offered to Rover employees – from schedulers and dispatchers to drivers – within the coming weeks. Further details of the community transportation service will be provided as the timeline for the April 1 transition gets closer. All current ridership services will continue as scheduled.

A Traveler's Best Friend™



Fundraising



Dear customer,

In 2013, we launched AmazonSmile to make it easier for customers to support their favorite charities. However, after almost a decade, the program has not grown to create the impact that we had originally hoped. With so many eligible organizations—more than 1 million globally—our ability to have an impact was often spread too thin.

We are writing to let you know that we plan to wind down AmazonSmile by February 20, 2023. We will continue to pursue and invest in other areas where we've seen we can make meaningful change—from building affordable housing to providing access to computer science education for students in underserved communities to using our logistics infrastructure and technology to assist broad communities impacted by natural disasters. To help charities that have been a part of the AmazonSmile program with this transition, we will be providing them with a one-time donation equivalent to three months of what they earned in 2022 through the program, and they will also be able to accrue additional donations until the program officially closes in February. Once AmazonSmile closes, charities will still be able to seek support from Amazon customers by creating their own wish lists.

<https://www.aboutamazon.com/news/company-news/amazon-closing-amazon-smile-to-focus-its-philanthropic-giving-to-programs-with-greater-impact>

As a company, we will continue supporting a wide range of other programs that help thousands of charities and communities across the U.S. For instance:

Housing Equity Fund: We're investing \$2 billion to build and preserve affordable housing in our hometown communities. These units will host more than 18,000 moderate- to low-income families, many of them with children.

Amazon Future Engineer: We've funded computer science curriculum for more than 600,000 students across over 5,000 schools—all in underserved communities.

Community Delivery Program: We've partnered with food banks in 35 U.S. cities to deliver more than 23 million meals, using our logistics infrastructure to help families in need access healthy food—and we plan to deliver 12 million more meals this year alone. In addition to our delivery services, we've also donated 30 million meals in communities across the country.

Amazon Disaster Relief: We're using our logistics capabilities, inventory, and cloud technology to provide fast aid to communities affected by natural disasters.

Community giving: We support hundreds of local nonprofits doing meaningful work in cities where our employees and their families live.

We'll continue working to make a difference in many ways, and our long-term commitment to our communities remains the same—we're determined to do every day better for our customers, our employees, and the world at large.

Thank you for being an Amazon customer.

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.

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.

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](https://www.chesco.org/mhidd)

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

Oxford Area Senior Center

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

Legal Services

Free Legal Advice

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

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



Chester County
Department of Aging Services



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.



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



Access and Enabling Homeowners in Chester County

United Way
of Chester County



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

Health and Wellness Programs



Ditch the Workout and Join the Party!

ZUMBA fitness classes every

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

ADULTS OF ALL AGES WELCOME!!

Just \$3 a class!
Bring a friend or 2 or 3!!

Kim Malone, Certified Zumba Instructor
For more information, call Kim @ 610-620-4676
or OASC @ (610) 932-5244

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.



OPEN SWIM
AT THE
JENNERVILLE
YMCA
EVERY THURSDAY 11-1

JUST LET THEM KNOW
YOU ARE WITH THE
OXFORD AREA SENIOR CENTER
OR SHOW YOUR KEYCHAIN
WITH COPILOT KEYCARD.
NO CHARGE!



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

March 8

7:00PM

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

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

Technology & Computers with Colleen

Oxford Area Senior Center

Computer Q&A and Technology Help

Do you need help with your electronic device?

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

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

QUESTIONS??

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

- Come to one of the Q&A/Tech Help sessions on most Monday, Tuesday, Wednesdays or Thursdays (see activity calendar for exact dates)
- 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 \$1,580
 - Household 2 people: Monthly income \$2,187

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

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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.

