



# Center Voice

12 East Locust Street, Oxford, PA 19363  
 610-932-5244  
[www.oxfordseniors.org](http://www.oxfordseniors.org)  
 email: [contact@oxfordseniors.org](mailto:contact@oxfordseniors.org)

April 2023



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

## Director's Corner

Springtime is officially here! Hopefully we can say good bye to cold weather. As of the publishing of this newsletter, we haven't yet had any snow to shovel or ice on which to slip. So let's keep those good thoughts to chase away any late March or early April snow storms we sometimes get this late in the season!

2023 Chester County Senior Picnic is Thursday, May 11, 2023, from 10:00am to 2:00pm. Registration is required and open to the first 250 participants who register. Please see additional information on page 8.

Remember, FREE SWIM at the Jennersville YMCA every Thursday 11am to 1pm. See the article on page 14.

Beginning April 1st, **Chesco Connect** will be providing the senior bus transportation service to those over 65 years of age. They will be transitioning all previously registered ROVER riders to **Chesco Connect** riders. On page 9 of this newsletter we have included all information that has been provided to us. We will include any additional information to you as it becomes available.

### 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.

We hear on the evening news that COVID hospitalizations remain 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.**

*Please continue to be safe!*

*Enjoy and stay Happy and Healthy!!*

*Jim*

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## Contact Us

**Our email address:**

**[contact@oxfordseniors.org](mailto:contact@oxfordseniors.org)**

This is for general questions and information. Each staff member has their own email address.

**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**

Isabelle Carron  
Christine Dolinger  
Susan Snook

And to our always reliable friends:

Mary Baringer  
Howard Billings  
Lorraine Broomell  
Jane Freeman  
Charles Hilaman  
Brenda Lane  
John Lane  
Monique Manfield  
Kathie Roy  
Tina Sauk  
Bonnie Smith  
Kathleen Smith  
Theresa Taylor  
Ashley Webster

**IN KIND GIFTS**

Mitch Meshon  
Bingo Donators  
Giant Food Store, Jennersville  
Philips Florist

**DONORS**

Oxford Presbyterian Church  
Jane & Lonnie Brown  
Joyce Goad  
Laurie & William Graham  
Wayne & Carolyn Wharton



**Endowment Fund Donation**

We wish to thank the following  
donors for their donations:

**In Memory of Mary Cartledge**

Jane Freeman

**Donating made easy**

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



**Open Swim at the  
Jennersville YMCA  
Thursdays 11-1**

**IN MEMORY**

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

**Bryon Harris  
Lynn Shirey  
Richard Virgilio**

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

David Shirey  
Shirley Terry  
Joyce Thompson  
Carol Virgilio





# INFORMATION & REFERRAL

*Spring, is it here yet? They say April Showers bring May flowers. Anything that brings flowers looks good to me today - FDS, Flowers.com, anything or anyone!!*

*Know anyone turning 65 or ready to stop working? Be sure to let them know about the Medicare 101 sessions offered by the Chester County Library system. We will have an in person session here on Monday, April 10th at 12:45pm. Sign up today! May class is scheduled for Monday May 15th at 7:00pm.*

*Medicare has recently removed the "Improvement Standard" in determining coverage for maintenance claims requiring skilled care. If you have been denied coverage for a rehab stay between Jan.18, 2011 and Jan. 23, 2014 you may request a re-review of that claim. Forms are available at [www.cms.gov](http://www.cms.gov). Call me if you have any questions.*

*April 18th is coming soon. If you haven't made arrangements to file your tax returns you need to, soon!! As always, if you have any questions, call and I'll be glad to help you.*

*It is also time to get your Rent/Tax Rebate form completed. Checks are not mailed until July but the filing time is now. Call me for a list of documents for qualifying. If someone filed your form on a computer last year, they won't mail you the booklet this year - saving tax dollars! Renters will need to get a Rent Certificate for their landlord to complete **before** going to their tax preparer. We have them available if you need one. If you are a home owner, you may qualify for the tax rebate as qualifying income amounts are \$35,000. Renter qualifying income is \$15,000 or less. Take advantage of these benefits to enhance your senior years. Call here for an appointment to have yours completed this year.*

*With the end of the Food Stamp (SNAP) extension, it is a good time to explore signing up for one or both of our Senior Food Box offerings. Page 11 & 15 lists the boxes that are available. Because of the increase in Social Security, income amounts have been adjusted for both boxes. If you qualify for the **Federal SHARE Box**, you'll automatically qualify for the **Chester County Senior Box**. You must apply in person showing proof of your age and income, so call & make an appointment with me as soon as possible.*

*Have a great April, watch those puddles!!*

*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](http://www.chesco.org/human). Once on the site, locate the Refer Web icon, click on it and start searching.

## APRIL 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
3. Roast Turkey w/ Gravy Sweet Potatoes Broccoli Wheat Roll Margarine Applesauce	4. Meatloaf with Gravy Mashed Potatoes Green Beans Dinner Roll Margarine Rice Pudding	5. Roasted Pork Loin Gravy Baked Potato Butter & Sour Cream Brussel Sprouts Mini Corn Muffin Margarine Sugar Cookies	6. Crispy Chicken Parmesan w/ Mozzarella Cheese & Marinara Sauce Pasta California Blend Vegetables Pineapples	7. <b>CENTER IS CLOSED</b> 
10. Rotisserie Seasoned Chicken Au Gratin Potatoes Winter Blend Vegetables Wheat Bread Margarine Chocolate Pudding	11. Beef Stroganoff Egg Noodles Carrots Wheat Bread Margarine Fresh Orange	12. Chicken Pot Pie Deconstructed Over Biscuit Brussel Sprouts Peaches	13. Chicken Rice Soup Crackers Tuna Noodle Casserole Mixed Vegetables Dinner Roll Margarine Oatmeal Cookies Milk	14. Sweet Italian Sausage Peppers & Onions Club Roll Romano Blend Vegetables Applesauce
17. Cheeseburger Lettuce & Tomato Hamburger Bun Baked Beans Ketchup Fruit Crisp	18. Chicken Marsala Oven Roasted Potatoes Creamed Spinach Dinner Roll Margarine Cantaloupe	19. <b>Birthday Party</b> Escarole Soup Crackers Lasagna Roll Up Marinara Sauce Parmesan Broccoli Garlic Knot Margarine Cupcake & Ice Cream	20. Garlic & Herbed Baked Tilapia Scalloped Potatoes Carrots Vanilla Pudding	21. Swedish Meatballs Gravy Egg Noodles Baby Carrots Margarine WG Wheat Chocolate Chip Cookies
24. Beef Vegetable Soup Crackers Baked Chicken Breast Gravy Stuffing Peas & Carrots Banana Pudding	25. Cheese Steak Sautéed Onions Club Roll Potato Salad Honeydew Ketchup	26. Baked Ham Rosemary Roasted Potatoes Green Bean Medley Rye Bread Margarine Strawberry Cake	27. Chef Salad w/ Turkey Ham, Turkey, Shredded Cheddar, Romaine Mix, Shredded Carrots, Cucumbers, and Cherry Tomatoes Roll Margarine Mandarin Oranges	28. Pulled BBQ Turkey WG Kaiser Roll Oven Baked Fries Mixed Vegetables Sugar Cookies Ketchup
CCDAS Food Vendor 	<b>SENIORS 60 &amp; ABOVE</b> A voluntary confidential requested \$2.00 donation <b>INDIVIDUALS UNDER 60 \$5.70</b>			



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.*

**Chesco Connect Transportation Available for 65+**



# APRIL 2023 ACTIVITIES

MON	TUE	WED	THU	FRI
<p>3. 8:30 Gentle Stretching &amp; Weight Lifting (OS) 10-11 Q&amp;A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 Cards/Games 2-3 Q&amp;A/Tech Help</p>	<p>4. 8:30 SilverSneakers (OS) 10-11 Q&amp;A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 ABC Bingo 2-3 Q&amp;A/Tech Help  4:30 Zumba</p>	<p>5. 8:30 Gentle Stretching &amp; Balance (OS) 10-11 Blood Pressure 10-11 Q&amp;A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 Bingo 2-3 Q&amp;A/Tech Help</p>	<p>6. 8:30 SilverSneakers (OS) 9-3 Tax Appointments 10-11 Q&amp;A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 Easter Candy Craft 2-3 Q&amp;A/Tech Help  4:30 Zumba</p>	<p>7. 8:30 Gentle Stretching &amp; Weight Lifting (OS)  Closed for the Holiday  </p>
<p>10. 8:30 Gentle Stretching &amp; Balance (OS) 10-11 Q&amp;A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 Medicare 101 2-3 Q&amp;A/Tech Help</p>	<p>11. 8:30 SilverSneakers (OS) 10-11 Q&amp;A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 Journey to Thailand with Mike Arter 2-3 Q&amp;A/Tech Help  4:30 Zumba</p>	<p>12. 8:30 Gentle Stretching &amp; Weight Lifting (OS) 10-11 Blood Pressure 10-11 Q&amp;A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 Bingo 2-3 Q&amp;A/Tech Help</p>	<p>13. 8:30 SilverSneakers (OS) 9-3 Tax Appointments 10-11 Q&amp;A/Tech Help 10-12 Cards/Games 12:00 Lunch 1-3 Cards/Games 2-3 Q&amp;A/Tech Help  4:30 Zumba</p>	<p>14. 8:30 Gentle Stretching &amp; Balance (OS) 10-12 Cards/Games 12:00 Lunch 12:45 Wii</p>
<p>17. 8:30 Gentle Stretching &amp; Weight Lifting (OS) 10-11 Q&amp;A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 Cards/Games 2-3 Q&amp;A/Tech Help</p>	<p>18. 8:30 SilverSneakers (OS) 10-11 Q&amp;A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 "The Heart of the Elephant" Documentary 2-3 Q&amp;A/Tech Help  3pm Board of Directors Meeting  4:30 Zumba</p>	<p>19. <b>Birthday Party</b> 8:30 Gentle Stretching &amp; Balance (OS) 10-11 Blood Pressure NO Q&amp;A/Tech Help 10-12 Cards/Games 10-12 Constituent Outreach 10-12 Edward Jones Advisor 12:00 Lunch 12:45 Rich Harmen as "ELVIS" 50's Theme NO Q&amp;A/Tech Help</p>	<p>20. 8:30 SilverSneakers (OS) 10-11 Q&amp;A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 Petals Please 2-3 Q&amp;A/Tech Help  Last day to sign up for cupcake decorating!!  4:30 Zumba</p>	<p>21. 8:30 Gentle Stretching &amp; Weight Lifting (OS) 10-12 Cards/Games 12:00 Lunch 12:45 Cards/Games</p>
<p>24. 8:30 Gentle Stretching &amp; Balance (OS) 10-11 Q&amp;A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 Cards/Games 2-3 Q&amp;A/Tech Help</p>	<p>25. 8:30 SilverSneakers (OS) 10-11 Q&amp;A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 Cupcake Decorating with Ashley 2-3 Q&amp;A/Tech Help  4:30 Zumba</p>	<p>26. 8:30 Gentle Stretching &amp; Weight Lifting (OS) 10-11 Blood Pressure 10-11 Q&amp;A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 Bingo 2-3 Q&amp;A/Tech Help</p>	<p>27. 8:30 SilverSneakers (OS) 10-11 Q&amp;A/Tech Help 10-12 Cards/Games 12:00 Lunch 12:45 Cards/Games 2-3 Q&amp;A/Tech Help  4:30 Zumba</p>	<p>28. 8:30 Gentle Stretching &amp; Balance (OS) 10-12 Cards/Games 12:00 Lunch 12:45 Cards/Games</p>
<p>(OS) = Off-Site</p>	<p><b>Sunday, April 9, 2023</b></p> 			<p><b>EARTH DAY Saturday, April 22, 2023</b></p>

# TRIPS



**HERSHEY  
CHOCOLATE WORLD,  
TROLLY WORKS TOUR,  
UNWRAPPED~CHOCOLATE TASTING  
JOURNEY AND  
LUNCH AT  
CHOCOLATE WORLD**

**TUESDAY, MAY 23  
8:30-4:00  
\$77.00**

**SIGN UP NOW WITH BETH**



**BASEBALL  
FUN  
JUNE 22  
9:00-3:30**

**LESS THEN 20 SPOTS LEFT!**

**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](mailto: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](mailto: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.



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

**CRUISE AND LUNCH  
\$95.00**

**SIGN UP NOW, SPOTS GO FAST!**



# What's Happening!!

**Bingo with Vanessa  
from  
Always Best Care  
Tuesday, April 4  
12:45pm**



**TAKE A  
STEP BACK  
IN TIME!**



**EASTER CANDY CRAFT  
Thursday  
April 6  
12:45pm**

**50'S BIRTHDAY PARTY!  
ELVIS  
DANCING, SINGING, TREATS  
WEAR YOUR BEST 50'S  
ATTIRE**



**Medicare 101  
w/ Sally  
Monday, April 10  
12:45pm  
Sign up requested**

**WEDNESDAY  
APRIL 19  
RICH HARMEN  
AS ELVIS  
12:45pm**



**Journey to Thailand  
with Mike Arter  
Arter Family Mission  
Presentation  
Tuesday, April 11  
12:45pm**



Craft day where we will be either decorating and painting jars or floral arrangements, depending on availability of flowers.

**Thursday, April 20  
12:45pm**

They have asked that we help to spread the joy by collecting small vases, soup cans, and small baskets.

Mike Arter and his daughter Faith will be visiting. Join us to learn more about the English as a Second Language (ESL) Learning Center and Girl's Safe House in Thailand. Faith will perform a traditional Thai dance. Beautiful Handmade Thai items will be available to purchase. The proceeds benefit the Thailand Girl's Safe House and the Arter Family Mission.



**Cupcake Decorating  
Sponsored by Sweet Cake Supplies**



**Join Us for More Cupcake Fun  
\$10.00 for two cupcakes and all supplies  
Sign up with Beth by April 20  
Space is limited**

**Tuesday, April 25  
12:45 PM**

**Nintendo Wii Bowling  
Friday, April 14  
12:45PM**



**"The Heart of  
The Elephant"  
Documentary  
Tuesday, April 18  
12:45**

**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).**



## Chester County Senior Picnic

2023 Senior Picnic requires registration.

The forms are available at CCDAS website: [chesco.org/aging](https://chesco.org/aging)  
or here at the center or on OASC website: [oxfordseniors.org/thismonthoasc.htm](https://oxfordseniors.org/thismonthoasc.htm)

There are several options for sending in your registration form.

You can email to the address listed below in the flyer  
or you can bring the form to us and we will email it for you.  
You can bring the \$5 donation day of the event.

- HOSTED BY -

THE CHESTER COUNTY COMMISSIONERS  
THE CHESTER COUNTY DEPARTMENT OF AGING

- COORDINATED BY -

BRANDYWINE VALLEY ACTIVE AGING



# CHESTER COUNTY SENIOR PICNIC

MAY 11, 2023

10:00AM - 2:00PM

**NEW LOCATION:  
SPRINGTON MANOR FARM**

- LIMITED TO THE FIRST 250 REGISTERED GUESTS
- SUGGESTED DONATION OF \$5.00 PER PERSON
- REGISTRATION FORM AVAILABLE ON THE CHESTER COUNTY DEPARTMENT OF AGING SERVICES WEBSITE: [CHESCO.ORG/AGING](https://chesco.org/aging). YOU CAN REQUEST ONE BE SENT TO YOU BY EMAILING: [MWEBB@CHESCO.ORG](mailto:mwebb@chesco.org) OR CALLING: 610-344-6733.

RSVP BY MAY 1ST, 2023

YOUR DAY AT BEAUTIFUL SPRINGTON MANOR FARM INCLUDES:

- COFFEE AND SWEETS IN THE MORNING
- A DELICIOUS PICNIC LUNCH
- HOURS OF FUN WITH BINGO AND YARD GAMES
- YOU WILL HAVE AN OPPORTUNITY TO EXPLORE THE FARM AND MEET THE ANIMALS
- TRANSPORTATION TO & FROM THE SENIOR PICNIC IS AVAILABLE BY CONTACTING YOUR LOCAL SENIOR CENTER.

GOLD SPONSOR



SILVER SPONSOR



BRONZE SPONSORS



LIBERTY RESOURCES  
ASSISTANCE FOR ELDERLY



## 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, April 19  
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, April 19  
from 10:00am to noon**

**Paratransit Service is Transitioning from  
ROVER  
to Chester County Department  
of Community Transit  
"CHESCO CONNECT"**



**EFFECTIVE APRIL 1, 2023**

Chesco Connect will provide trips to individuals age 65+ for the following:

- Riders traveling for health care or medical services covered by Medical Assistance
- Persons with disabilities traveling for recreation, work, shopping, and medical trips
- General public riders paying the full fare

**Beginning Monday, March 27, 2023 the above listed passengers should contact Chesco Connect at 610-344-5545 to schedule new rides.**

If you have a subscription ride or an existing reservation for trips with ROVER in April, you do not need to take any action. This means if you already have a set schedule with ROVER it will be transitioned to "Chesco Connect". We recommend that you still call to confirm.



## APRIL BIRTHDAYS

1 Patricia Ramirez	14 Deborah A. Falconio
1 Monique I Manfield	14 Juanita M. Yerkes
1 Betty J. Kramer	16 Donald L. Poe
2 Patricia A. Muccigrosso	16 Darlene Anna Wachter
2 Margaret Mary J Finnegan	16 Marian Q. Choppy
2 Steven Lee Blansfield	17 Connie C. Lewis
3 Delia Ricardo	17 Debbie Bollenbach
3 Cindy L. Spencer	18 Rebecca P. Reiber
4 Michael A. Poliski	18 A. Faye Reinhart
4 Wanda K. Cassel	19 Patricia H. Gallagher
5 Patricia A. Brittingham	19 Mary N. Melmeck
6 Arlene H. Bakken	20 Karen M. Frank
6 Barbara J. Mobarak	20 James Willis Forbes
7 Cindy V Adams	22 Mona Kadow
7 Barbara Leis	22 Ruthann R. Miller
8 Mary Davies	23 Phyllis D. Palazzi
8 Marybeth Montgomery	23 Victoria Nevrinean
8 Patsy W. Fisher	23 Myrtle Mae Pierce
8 Lois M Pyle	24 Linda Hamby
9 Deborah Ann Holbrook	24 Shelba B. Jackson
9 Daniel L. Bakken	25 Dorothy Daddario
10 Kathleen K. Cole	25 Hazel Gray Duncan
10 Mary C. Scott	26 Alice M. Tackett
11 Rosa C. Blackwell	26 Hope Boddy
11 Joanne M Di Joseph	26 Leda P. Widdoes
11 Richard A. Dolack Jr.	27 Joyce H. Thompson
11 June M. McMichael	27 John N. Masciantonio
11 Lowell E. Hersh	27 Shirley C. Hess
11 Michael G. Saylor	27 Steven O. Bailey
11 Karen McGarvey	28 Barbara F. Simpers
12 Eugene F. Dryden	28 Arthur Bielby
13 Donna L Purcell	28 Hazel Owens
13 Nathan P. Morgan	29 Stephanie M DeMott
13 Karen V. Stay	29 Mary J. Bills
14 Helena R. Icenhour	30 Elaine Pickering
14 Audrey E. Perkins	
14 Serena Thompson	



## 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.



Refreshing your driving skills could reduce your auto insurance costs.\*

When you take the AARP Smart Driver™ online course (<https://www.aarpdriversafety.org/>), you could be eligible for a multi-year discount on your auto insurance.\* Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road.

Additionally, you'll learn:

- Important facts about the effects of medication on driving.

- How to reduce driver distractions.
- How to maintain the proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.

\*Upon completion, you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

\*\*You are able to receive a refund if for any reason you do not complete the course or do not wish to continue it. You will have 60 days from the date of registration to request that a refund be credited back to your credit card account.

# Are you or someone you know in need of food?

Here at the Oxford Area Senior Center we have several food options available.

One option is a daily hot meal served here daily, Monday thru Friday at 12pm. Second option is two Senior Food Box Programs. The first is the Chester County Senior Food Box Program (CCSFBP) with the Chester County Food Bank. The second is the Commodity Supplemental Food Program (CSFP) with the Share Food Program. These programs are income based and require registration. Other supplemental foods come from the weekly delivery of produce from the Chester County Food Bank every Monday (except Holidays) and bread/baked goods that we pick up from Giant (Jennersville) every Wednesday. Below is a complete description of each.

(Lancaster Residents can contact Central PA Food Bank, Eldershare Program at 717-564-1700)

## Daily Hot Meal at Oxford Area Senior Center

This is provided by the Chester County Department of Aging Services (CCDAS) and is served at 12:00pm, Monday-Friday. In order to receive this benefit you are required to sign up for lunches at least a week in advance because we have to order the meals from Linton Food Service hired by CCDAS to provide the meals.

- Call 610-932-5244 or stop by to sign up for lunch reservations by 2:00 pm, Monday for the ENTIRE following week.
- If you want lunch and do not have a reservation, please call us to see if there have been any cancellations.
- If you have a reservation and cannot make it, please call to cancel so that we can give your meal to someone else.
- The Chester County Department of Aging suggests a voluntary confidential donation for lunch at \$2.00 for people age 60 and older and \$5.53 (as of 4/1/22) for people under age 60. Due to confidentiality requirements, we are not allowed to make change during lunch in the Lunchroom. **CORRECT CHANGE** must be placed in an envelope that is provided for you at your place setting, please place your donation in this envelope. If you need change, please get change from our Hostess **PRIOR** to lunch service.
- Senior Center membership is not required for those 60 and older to participate in the congregate meal program. Chester County residents 60 and older are invited to attend their local Senior Center to enjoy a noon time meal.

## Bread and Baked Goods

Every Wednesday morning the Giant in Jennersville donates their two day-old bread and pastries to our Center. Pick up some bread while you're here between **10am-3pm, Weds-Fri**. Pastries used as prizes at our Bingo or Birthday Party.

## Senior Food Box Programs

### 1. 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.

### 2. Share Food Program: 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; Vegetables; Cheese; Milk; Meat, Poultry & Fish; Plant-Based Protein; Cereals; Pasta & Rice

For more information either of these programs contact **Sally Arter, (610) 932-5244**.

## Produce

Every Monday (excluding Holidays), 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.



## PENNDOT OFFERS A RETIRED STATUS

### REGISTRATION

- ✓ COSTS ONLY \$10 A YEAR
- ✓ AGE DOESN'T MATTER
- ✓ MUST BE RETIRED
- ✓ MUST BE RECEIVING ANY OF THESE:

SOCIAL SECURITY SSI PAYMENTS RETIREMENT BENEFITS  
OTHER PENSIONS AND ANNUITIES

THE TOTAL OF THESE  
MUST NOT EXCEED \$19,200!

DMV.PA.GOV

### PARTICIPATION INFORMATION

An Information Application is available at the Center's hostess desk. Oxford Area Senior Center does not have a membership fee. We have a **Voluntary Participation Contribution**. We encourage everyone to make your voluntary participation contribution in the same month every year. The date that you last contributed is located on the front cover of your newsletter above your name and address.

Please update your Information Form at the same time. 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, 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.

Share  
scam information  
with your loved ones



Social Security and the Office of the Inspector General are again partnering to raise awareness about imposter scams. **Our fourth annual "Slam the Scam Day" was March 9.** On National Slam the Scam Day and throughout the year, we give you the tools to recognize Social Security-related scams and stop scammers from stealing your money and personal information. Social Security scams – where fraudsters attempt to mislead people into making cash or gift card payments to fix supposed Social Security number problems or to avoid arrest – are an ongoing problem.

**If you receive a call, text, letter, email or a social media message that does any of the following, it's a scam.**

**Scammers:**

- **Pretend** to be from a familiar organization or agency, like the Social Security Administration. They may email attachments with official-looking logos, seals, signatures, or pictures of employee credentials. Scam calls often "spoof" official government phone numbers or even numbers for local police departments.
- **Pressures you** for personal information
- **Threatens** to "suspend" your Social Security number or seize your bank account
- **Demands** or requests an immediate payment by gift card, prepaid debit card, by mailing cash or to transfer money to a "safe" account.
- **Promises** to increase your Social Security payment
- **Warns** of arrest or legal action
- **Requests** secrecy

Social Security mainly only call people who are already conducting business with them; they do not "cold-call."

Ignore scammers and report criminal behavior. Report Social Security-related scams to the SSA Office of the Inspector General (OIG). Report a Scam: <https://secure.ssa.gov/ipff/home>

Visit [www.ssa.gov/scam](http://www.ssa.gov/scam) for more information and follow SSA OIG on Facebook, Twitter, and LinkedIn to stay up to date on the latest scam tactics. Repost #SlamtheScam information on social media to keep your friends and family safe.

**Don't be a victim. Hang up on fraudsters.**

**Slam the Scam!**

[Scam Alert | Office of the Inspector General \(ssa.gov\)](https://www.ssa.gov)

## 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](http://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.



### 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



## 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 donates their two day-old bread and pastries to our Center. Pick up some bread while you're here between **10am -3pm, Wed-Fri**. Pastries are used as prizes at our Bingo or Birthday Party.



### Produce

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## Medicare 101

w/ Sally Arter

**April 10  
12:45PM**

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

Reserve your space  
Call 610-932-5244  
or email [contact@oxfordseniors.org](mailto: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](mailto:caowens@oxfordseniors.org)

[www.oxfordseniors.org](http://www.oxfordseniors.org)  
Click on Activities,  
then click on Computers for more information

### **Need more than a Q&A/Technology Session?**

Technology assistance is available for a fee, at the Center or your home. Please contact Colleen Owens at 610-932-5244 or by email at [caowens@oxfordseniors.org](mailto: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*

**Lancaster County Residents  
Central PA Food Bank, Eldershare Program  
717-564-1700**

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.