

OXFORD SENIORS

A MONTHLY PUBLICATION FOR OXFORD SENIORS



Jennifer Bayne of 7 Wonders Farm sharing veggie seedlings with Oxford Seniors' members Nancy Meeker & Lil Fesperman



BUTLER COUNTY PROGRAM HELPS OLDER ADULTS REMAIN INDEPENDENT AT HOME



922 Tollgate Drive
 Oxford, OH 45056
 Phone: 513-523-8100
 Senior Transportation:
 513-523-1717
www.oxfordsenior.org

HOURS OF OPERATION

MON. | 8:30 AM - 4:30 PM
 TUES.-FRI. | 8:30 AM - 4:30 PM
 SAT. & SUN. | CLOSED

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Each year, the Butler County Elderly Services Program (ESP) helps more than 4,100 older adults remain in their own homes maintaining independence and dignity. It provides supportive services such as home-delivered meals, help with homemaking and personal care, Adult Day Care and transportation. These services prevent unnecessary nursing home placement.

This is a program that benefits our entire community. Beyond older adults, it supports caregivers struggling to juggle the responsibilities of family, career and elder caregiving. ESP provides supplemental care that enables family caregivers to continue working, which is good for business and our economy.

The Elderly Services Levy is vitally important to the Elderly Services Program – it provides

more than 90 percent of the program's funding. In short, without the levy, the program would end and there is nothing else to replace it. The levy expires at the end of this year and a renewal levy will be on the ballot. This levy will not increase taxes, it is the same amount homeowners pay now – \$39.81 annually per \$100,000 in property value.

A committee of volunteers is already working hard to prepare for the fall election. They're raising funds, organizing volunteers and more to make sure Butler County voters know how important the Elderly Services Levy is for families in our community.

Voters have generously renewed this levy every time since it was first passed in 1996, but we cannot take that past support for granted. This year's election presents unique challenges with a presidential election at the top of the ballot and a lot of uncertainty related to COVID-19.

In fact, during the Continued on page 4

JUNE TOP OF THE HILL CAFÉ LUNCH MENU

All meals include a 1/2 pint of 1% low fat milk and 1 teaspoon of margarine.

Available Monday thru Thursday. \$2.50 suggested donation for adults 60 or older. Alternate meals are available with a 24 hour notice. Please call 523-8100 to reserve or cancel a meal before 9:00am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>1</p> <p>3 oz Breaded Pork Tenderloin on a Whole Wheat Bun with Lite Mayonnaise, Lettuce, Tomato and Onion 1/2 c Mixed Vegetables 1/2 c Fruited Gelatin Salad Dt: 1/2 c Sugar Free Fruited Gelatin Salad</p>	<p>2</p> <p>1c Beef Quesadilla Casserole With 2T Sour Cream & 1/4 c Homemade Salsa 1/2 c Green Beans 1-2oz Corn Bread 1/2 c Peaches 2 Cookies Dt: 1 Pkg Graham Crackers</p>	<p>3</p> <p>1 c Homemade Chicken Pot Pie 1/2 c Corn 1 Dinner Roll 1 c Tossed Salad w/Dressing 1/2 c Hot Spiced Apple Slices</p>	<p>4</p> <p>3 oz LS Pot Roast w/Gravy 1/2 c LS Whipped Potatoes/Gravy 1/2 c Broccoli 1 Dinner Roll 1 Piece Fresh Fruit in Season 1 Fudge Brownie Dr: 6 Vanilla Wafers</p>
<p>8</p> <p>4 oz LS Spaghetti Sauce/Meatballs 1/2 c Spaghetti Noodles Parmesan Cheese Packet 1 c Tossed Salad w/Dressing 1 Dinner Roll Fresh Fruit in Season 1/2 c Pudding Dt: 1/2 c Sugar Free Pudding</p>	<p>9</p> <p>3 oz LS Roast Turkey w/Gravy 1/2 c Dressing 1/2 c Sweet Potatoes 1/2 c Vegetable Medley 1/2 c Pineapple Chunks</p>	<p>10</p> <p>3 oz Homemade Meatloaf 1/2 c LS Whipped Potatoes w/Gravy 1/2 c Carrots 1 Dinner Roll 1 Piece Fresh Fruit in Season 1 ea Fudge Brownie Dt: 6 Vanilla Wafers</p>	<p>11</p> <p>3 oz Pulled Chicken Breast on a Whole Wheat Bun w/ Lite Mayo, Lettuce, Tomatoes and Onion 1/2 c Baked Beans 1/2 c Fruit Crisp w/Topping Dt: 1/2 c Peaches</p>
<p>15</p> <p>3 oz Salisbury Steak/Gravy 1/2 c LS Whipped Potatoes 1/2 c Carrots 1 Slice of Bread 1/2 c Applesauce 1 Fudge Brownie Dt: 1 Pkg Graham Crackers</p>	<p>16</p> <p>3 oz Chicken Parmesan 1/2 c Noodles & 1/2 C LS Sauce 1 c Tossed Salad w/Dressing 1 Dinner Roll 1/2 c Fruit Crisp w/Topping Dt: 1/2 c Peaches</p>	<p>17</p> <p>3 oz Pulled Pork w/Gravy 1/2 c Sweet Potato Pudding 1/2 c Green Beans 2 oz Piece of Corn Bread 1/2 c Fruited Ambrosia Salad 2 Sugar Cookies</p>	<p>18</p> <p>1 c Beef & Noodles 1/2 c Garden Peas 1 c Tossed Salad w/Dressing 1 Dinner Roll 1/2 c Chilled Pineapple 1/2 c Pudding Dt: 1/2 c Sugar Free Pudding</p>
<p>22</p> <p>1 c Homemade Chili w/Beans 1/2 c Spaghetti Onions and Shredded Cheese 1/2 c Green Beans 3 Pkgs. Saltine Crackers 1/2 c Hot Spiced Apples 1 Fudge Brownie Dt: 6 Vanilla Wafers</p>	<p>23</p> <p>3 oz Chicken Strips 1/2 c Baked Beans 1 c Tossed Salad w/Dressing 1 Dinner Roll 1/2 c Gelatin with Oranges & Bananas Dt: 6 Vanilla Wafers</p>	<p>24</p> <p>1 c Meat Lasagna 1/2 c Vegetable Medley 1 Slice Garlic Bread 1 Piece Fresh Fruit in Season 2 Cookies Dt: 6 Vanilla Wafers</p>	<p>25</p> <p>3 oz Roast Chicken with Gravy 1/2 c Garden Blend Rice 1/2 c Carrots 1 c Tossed Salad w/Dressing 1 Dinner Roll 1/2 c Fruit Cocktail</p>
<p>29</p> <p>1 c Homemade Beef, Tomato, Macaroni Casserole 1/2 v Vegetable Medley 1 Dinner Roll 1/2 c Peaches 1/2 c Chocolate Pudding Dt: 1/2 c Sugar Free Pudding</p>	<p>30</p> <p>2 oz LS Beef BBQ on a Bun 1/2 c Mixed Vegetables 1/2 c Coleslaw 1 Piece Fresh Fruit in Season 1 Fudge Brownie Dt: 6 Vanilla Wafers</p>	 <p>June 21st</p>	<p>Please remember lunch will only be offered when we are able to reopen.</p>

DIRECTORY

MISSION STATEMENT

Oxford Seniors is Dedicated to Serving Seniors and Strengthening Community.

Oxford Seniors is a non-profit organization funded by:

Council on Aging of Southwestern Ohio

United Way of Oxford, Ohio & Vicinity

Butler County Elderly Services Program

City of Oxford

Oxford Community Foundation

Molyneaux Foundation

Oxford Masonic Lodge #67

Other organizations and citizens of Oxford and surrounding communities

MEMBERSHIP

Annual Dues \$25

Memberships are available for those 50 years and older at the Senior Center's Office.

No person shall, on the grounds of race, color, national origin, gender identity, sexual orientation, income or disability be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity conducted by Oxford Seniors. Additional information on Oxford Seniors non-discrimination obligations can be obtained by contacting the Executive Director at (513) 523-8100.

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Sean Yates, Driver

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Director & LPN

Stacy Lay,
Activity Program Assistant/
STNA

Jan Jewell,
RN BSN

Shanna Cianchetti,
STNA

Alexandra Hopun
Aide/Driver

Marcia Schlichter,
Aide/Driver

Kendra Peck
Aide/Driver



COMMUNITY SUPPORT



COVID-19 Economic Stimulus Checks

If you receive these benefits, we already have your information and you will receive \$1,200. You **do not** have to apply if you receive:

- Social Security retirement, disability (SSDI), or survivor benefits

Railroad Retirement and Survivor Benefits

For security reasons, the IRS plans to mail a letter about the economic impact payment to the taxpayer's last known address within 15 days after the payment is paid. The letter will provide information on how the payment was made and how to report any failure to receive the payment. If a taxpayer is unsure they're receiving a legitimate letter, the IRS urges taxpayers to visit [IRS.gov](https://www.irs.gov) first to protect against scam artists.

Continued from cover

COVID-19 pandemic, the Elderly Services Program has been an important support network for older adults who've been unable to leave their homes. The program has provided more than 2,758 14-day emergency food boxes to ESP clients who receive home-delivered meals. And, the program is serving neighbors who've never needed help before – since the start of the COVID-19 crisis, ESP hotlines have received more than 2,800 phone calls.

Older adults will continue to be impacted by COVID-19 for the foreseeable future. The Elderly Services Program is an important community resource they can turn to when they need help.

For more information or to find out how you can get involved, visit www.helpourelderly.com program or to ask about services, call (513) 868-9281.



Thank you to those who have donated to our Annual Appeal. To date, we have received \$16,991.



Do you need food assistance?

Shared Harvest sponsors the Senior Commodity Food Box Program—a box of shelf stable foods available once a month. Must be 60 or older with gross monthly income of \$1,287 or lower. Contact Sabrina to apply: 513-523-8100 or sjewell@oxfordsenior.org

DIRECTOR'S LETTER

Hello for June 2020:

I miss you!

I've heard from many of you via phone, email or Facebook and I know we all have similar feelings about being in seclusion from one another. We are still here at the office most days (some of the redecorating is causing lots of dust, so we may work from home on those days) and we are always available by phone. Since the phone has been such an important tool for us during the health emergency, we were very disappointed when we began to have a series of phone problems that ultimately led to a diagnosis that our current system, dating to 2006, was going to completely fail very soon.

We have ordered a new system that should be in place by the time you get this mailing...no changes in phone numbers for Oxford Seniors, Senior Transportation or Community Adult Day Service.

I am overwhelmed by the generosity we are experiencing...from donated hand-sewn facemasks, to personal care items, to offers for assistance and the efforts of our great Meals on Wheels volunteers. Thank you each and every one!

Our Annual Appeal funding donation letters went out in the mail in early May...within the first two weeks since then, we've received over \$8000 in gifts, many that are helping us win the challenge grant of \$7500 from an anonymous donor.

Others, and sometimes even the same generous people who are supporting the Appeal, have sent donations specific to the unusual expenses we are facing due to COVID-19 safety and special services. Then, we have many memorial gifts coming to honor wonderful members and friends who have passed away while we've not been seeing one another. Check in other spots of the newsletter for more details on these.

We have jigsaw puzzles, puzzle books, word games

and magazines that we can get to you if you are bored. Call and let us know. In most cases, we can deliver to you within one or two business days.

Jan and I are remaining well, and I seem to have gotten beyond the initial shock/stress of needing to change our usual methods of doing business. I contacted my doctor and got some help that's improved my outlook.

Sabrina, Jeanne, Chris, Lisa, Mary, and Joanne are the ones keeping the boat afloat. Garry Dean is on reduced hours for his custodial job with us, especially while the dirty part of our redecorating is still happening but coming to an end soon. Given that we are still on state-demanded closure, we are moving ahead with the painting, so you will return to a completed project.

Speaking of returning, we have no clear guidance yet from the State, nor do we know what safety precautions we will be adding for activities and the daily lunches. We must consider social distancing, food preparation/safety, and ways to improve our contact with those who choose not to come to the center right away.

We are working closely with the Council on Aging, the Ohio Association of Senior Centers, Meals on Wheels of America, and the National Institute of Senior Centers to glean the best ideas to use for our reopening plans.

Again, we miss you and we want you to contact any of us at the center to just visit or to ask for assistance with a need or problem. We are creative, resourceful, and committed....to you!

Best wishes, and virtual hugs,



Steve Schnabl
Executive Director



oxford services
community adult
day service

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14-1460

BIRTHDAYS & ANNIVERSARIES

Happy Anniversary

Clarence & Jeanette Buller	6/3
Bob & Carol Kabakoff	6/3
James & Livia Jean Clark	6/6
Doug & Sherry Ward	6/6
Charles & Marjorie Bowers	6/12
Michael & Kay Griffith	6/15
Keith & Janice Wells	6/15
Ron & Dawn Pfohl	6/18
Paul & Susan Horn	6/29

BIRTHDAYS

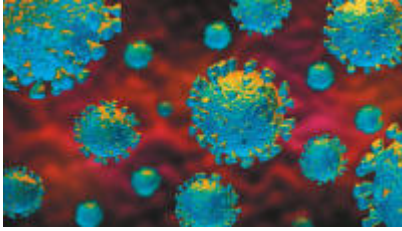
Alma Seward	6/1	Dean Gray	6/12
Betty Flick	6/3	Marilyn Robinson	6/14
Jim Brown	6/3	Bill Slover	6/15
Marlene Vaughn	6/3	Linda Davis	6/17
Linda Schnur	6/5	Pat Willeke	6/18
Brenda Wright	6/5	Judie Woolum	6/21
Nick Asher	6/5	Jim Morgan	6/23
Charlie Hinkle	6/7	Joan Martin	6/24
Dawn Pfohl	6/7	Brad Simcock	6/24
James Clark	6/7	Susan Thrasher	6/25
Bill King	6/8	Mary Lawson	6/26
Susan Chabot	6/8	Mary Evans	6/28
Michael Hill	6/8	Connie Everhart	6/29
Judith DeLuce	6/9	Ann Fuehrer	6/29
Angela Davis	6/11	Loma Wynn	6/30
Houston Wiseman	6/12	Peter Schuller	6/30



We look forward to resuming our celebration of Birthdays, Anniversaries and our newest member welcome when Governor DeWine allows senior centers to open.



OUTREACH & MARKETING



Oxford Seniors continues to serve our senior population during the COVID-19 pandemic. We are providing transportation, Meals on Wheels and Medicare counseling. We miss you, please continue to take care of yourselves-Wash your hands-often! If you are feeling sick, contact your doctor. Don't rush to the ER or Urgent care, your doctor will advise you of your next steps. Check the www.cdc.gov website for up to date information about the flu and coronavirus. Also we encourage you to check on your elderly neighbors. Please call us if you need assistance.



Do you have insurance or benefit questions?

- Medicare & Rx Plans, Medicaid, OPERS, STRS, SERS and other insurance
- Benefits and eligibility checks and application assistance- SNAP, Senior food boxes, etc.
- Assistance with housing and utility issues
- Are you turning 65 in 2020? If so, you may need to sign up for Medicare.

Call Sabrina, OSHIP Counselor for an appointment today. 513-523-8100



Congratulations to Emma Rankin, BSW

After a hastened end to the Spring semester, Emma will officially graduate with her Bachelor of Social Work degree, May 16th. Emma completed her thematic sequence in "Gender in a Global Context" and received the 2020 Senior Service Leadership Award, nominated by her professor Terri Spahr Nelson. She is graduating Cum Laude and is a member of University Academic Scholars. She starts the Miami University Master of Social Work Graduate Program, May 19th!

**BEST WISHES EMMA,
WE ARE SO PROUD OF YOU!**



Families of nursing home and assisted living residents: The Scripps Gerontology Center wants to hear from you! How are you keeping in touch with your family members during this Covid-19 health crisis? Please complete this brief survey and share your experience with us: <https://bit.ly/Scripps-COVID19-LTCFamilySurvey>

OUTREACH & MARKETING



Butler Behavioral Health has a wonderful counseling program for older adults (60+) who experience symptoms of depression and/or anxiety. They can provide appointments using telehealth (by phone). Uplift focuses on strengthening problem solving skills and increasing physical, social, and pleasant activities.

Uplift includes 8 sessions with an Uplift counselor which center on specific issues chosen by the client and works on generating action steps for the upcoming week(s). Uplift is a Butler County funded service.

513-896-7887



What is HEAP? The Home Energy Assistance Program (HEAP) is a federally funded program administered by the Ohio Development Services Agency. It helps eligible Ohioans pay their home energy bill. The benefit is applied directly to a customer's utility bill or bulk fuel bill. The amount of the benefit is determined by the number of people in the household, the heating source, and the region of residence.

Who is eligible for HEAP?

Ohioans with a household income at or below 175 percent of the federal poverty guidelines are eligible for the program. For 2020-2021, the income levels are:

Size of Household	
1	up to \$21,857
2	up to \$29,592
3	up to \$37,327

www.development.ohio.gov/is/is_heap.htm

Applications available at Oxford Seniors



June is Pride month! All activities are postponed as of now. Be safe, stay home and keep connected with your friends and family! And wash your hands! 😊 ☐

Please check our Facebook Page for updates.

oxfordareapflag@gmail.com

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GRIEF SUPPORT



A memo to my “gone but not forgotten” grief group:

Nobody likes to lose...at least that’s what the coach said for 6th grade basketball. The idea was to spark enthusiasm for winning. At the end of the game, the teams would walk past each other and high five or at least acknowledge each other—it made a loss feel less like a loss and palatable at least. I wish we could high-five and

move on...but alas that is not to be.

For now, there seems to be little that we can do to make the last nine weeks feel anything less than a loss: a huge loss. Not only are we mourning the loss of thousands of lives, we are grieving the loss of life as we knew it—someone said, things will never be the same. There is no “going back to normal.” How are you handling that?

The job loss, the financial anxiety, the social distancing, the feeling of isolation, and the loss of a safe environment are all mounting up. At some point as a group, we will get back together and “Aren’t we are going to have a lot to talk about?”

Take care of yourself, give yourself time, reach out to family and friends—can’t wait to see you again.

PASTOR TIM



JUNE CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:00-4:30 Open Pool 9:30 Exercise 10:30 Bible Study 12:15 Luncheon 1:00 Hand Clay 1:15 Quilting/Cards 3:00 French Club 5:00 Supper Club</p>	<p>2</p> <p>9:00-4:30 Open Pool 10:30 Lunch @ Reily 12:15 Luncheon 1:15 Cards 1:15 Beginning Watercolor Class 1:15 Beginning Knitting 2:00 Bowling</p>	<p>3</p> <p>9:00 Massage 9:00 Stained Glass Room Available 9:30 Exercise 10:45 Songbirds 12:15 Luncheon 1:30 Dance 1:30 Stained Glass Help 2:30 Computer Help</p>	<p>4</p> <p>9:00 Stained Glass Room Available 9:45 Tai Ji 11:15 Bingo 12:15 Luncheon 1:15 Advanced Watercolor Class 1:15 Pool Competition 3:00 Ecology Club</p>	<p>5</p> <p>9:30 Exercise 11:00 Blood Pressure 12:00 Covered Dish 1:00 Cards/Open Pool/Board Games</p>
<p>8</p> <p>9:00-4:30 Open Pool 9:30 Exercise 10:30 Bible Study 12:15 Luncheon 1:00 Hand Clay 1:15 Quilting/Cards 3:00 French Club 5:00 Supper Club 6:00 Alzheimer's Assoc. Caregiver Support Group</p>	<p>9</p> <p>9:00-4:30 Open Pool 10:30 Lunch @ Reily 12:15 Luncheon 1:15 Cards 1:15 Beginning Watercolor Class 1:15 Beginning Knitting 2:00 Bowling</p>	<p>10</p> <p>9:00 Massage 9:00 Stained Glass Room Available 9:30 Exercise 10:45 Songbirds 12:15 Luncheon 1:30 Dance 1:30 Stained Glass Help 2:30 Computer Help</p>	<p>11</p> <p>9:00 Stained Glass Room Available 11:15 Bingo 12:15 Luncheon 1:15 Advanced Watercolor Class 1:15 Pool Competition 1:15 Caregiver Support</p>	<p>12</p> <p>9:30 Exercise 11:00 Blood Pressure 12:00 Covered Dish 1:00 Cards/Open Pool</p>
<p>15</p> <p>9:00-4:30 Open Pool 9:30 Exercise 10:30 Bible Study 12:15 Luncheon 1:00 Hand Clay</p>	<p>16</p> <p>9:00-4:30 Open Pool 10:30 Lunch @ Reily 12:15 Luncheon 1:15 Cards</p>	<p>17</p> <p>9:00 Massage 9:00 Stained Glass Room Available 9:30 Exercise</p>	<p>18</p> <p>9:00 Stained Glass Room Available 9:45 Tai Ji 11:15 Bingo</p>	<p>19</p> <p>9:30 Exercise 11:00 Blood Pressure 12:00 Covered Dish 1:00 Cards/Open Pool</p>

<p>1:15 Quilting/Cards 3:00 French Club 5:00 Supper Club</p>	<p>1:15 Beginning Watercolor class 1:15 Beginning Knitting 2:00 Bowling</p>	<p>10:45 Songbirds 12:15 Luncheon 1:30 Dance 1:30 Stained Glass Help 2:30 Computer Help</p>	<p>12:15 Luncheon 1:15 Advanced Watercolor Class 1:15 Pool Competition</p>	<p>22 9:00-4:30 Open Pool 9:30 Exercise 10:30 Bible Study 12:15 Luncheon 1:00 Hand Clay 1:15 Quilting/Cards 3:00 French Club 5:00 Supper Club</p>	<p>23 9:00-4:30 Open Pool 10:30 Lunch @ Reily 12:15 Luncheon 1:15 Cards 1:15 Beginning Watercolor Class 1:15 Beginning Knitting 2:00 Bowling</p>	<p>24 9:00 Massage 9:00 Stained Glass Room Available 9:30 Exercise 10:45 Songbirds 12:15 Luncheon 1:30 Dance 1:30 Stained Glass Help 2:30 Computer Help</p>	<p>25 9:00 Stained Glass Room Available 9:45 Tai Ji 10:00 Casino Trip 11:15 Bingo 12:15 Luncheon 1:15 Advanced Watercolor Class 1:15 Pool Competition 1:15 Caregiver Support</p>	<p>26 9:30 Exercise 11:00 Blood Pressure 12:00 Covered Dish 1:00 Cards/Open Pool/ Board Games</p>	<p>29 9:00-4:30 Open Pool 9:30 Exercise 10:30 Bible Study 12:15 Luncheon 1:00 Hand Clay 1:15 Quilting/Cards 5:00 Supper Club</p>	<p>30 9:00-4:30 Open Pool 10:30 Lunch @ Reily 12:15 Luncheon 1:15 Cards 1:15 Beginning Watercolor Class 1:15 Beginning Knitting 2:00 Bowling</p>	 <p>June 20th</p>	 <p>June 21st</p>	 <p>Please remember the activities listed are dependent on a change in our closed status</p>
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WHAT IS THE SENIOR FARMERS MARKET NUTRITION PROGRAM?

The Senior Farmers Market Nutrition Program (SFMNP) has been in existence in 45 of Ohio's Counties and is now being introduced to Southwest Ohio. The program is funded by the Ohio Department of Aging to give older adults in the community the opportunity to have better access to locally grown produce.

WHO IS ELIGIBLE?

Individuals who are 60 years or older and meet the annual household income guidelines are eligible for the program. Income guidelines can be found on the application. Individuals must reside in one of these participating counties:

Butler, Clermont, Clinton, Hamilton or Warren.

HOW TO APPLY?

Applications will be available on the Council on Aging website soon www.help4seniors.org or from your local senior center.

Complete application and return to your senior center or send to Council on Aging
175 Tri County Parkway
Cincinnati Ohio 45246
Attn: Jennifer Lake or email to jlake@help4seniors.org

HOW THE PROGRAM WORKS:

Each participant of the program will be able to receive \$50 worth of produce throughout the summer growing season. You will be matched with a local farmer or farm market. Ordering, pick up or delivery processes may differ from market to market. The details will be shared with you upon application approval.


Eligible items include locally grown fresh fruits, vegetables, fresh cut herbs and honey.*

**All other food and non-food items sometimes found at a farm market are excluded.*

**Call for more information
1-800-252-0155 or 513-721-1025**



Each eligible applicant must complete a separate application.

		2020 Ohio Senior Farmers' Market Nutrition Program		175 Tri County Parkway, Cincinnati, OH 45246 1-800-252-0155	
First Name		Middle Initial		Last Name	
Date of Birth: (mm/dd/yy)				Age:	Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female
Mailing Address					Apt #
City			State	ZIP Code	
E-mail Address (Optional):					
Please circle the county where you live. Butler – Clermont – Clinton – Hamilton – Warren				Telephone Number: ()	
Ethnicity: (select one) <input type="checkbox"/> Not Hispanic/Latino <input type="checkbox"/> Hispanic/Latino		Race: (select one or more; information collected for federal statistics) <input type="checkbox"/> American Indian/Alaskan Native <input type="checkbox"/> Pacific Islander/Native Hawaiian <input type="checkbox"/> African-American/Non-Hispanic <input type="checkbox"/> White <input type="checkbox"/> Asian			

Please complete the following ONLY if you are shopping on behalf of the above applicant such as a caregiver:		
Personal Shopper/Proxy Name (if applicable):	Relationship to Participant:	Contact Number: ()
State ID or Driver's License Number:	Personal Shopper / Proxy Signature:	

(Check box corresponding to your **TOTAL** household income)

<input type="checkbox"/> 1 person in household with income of \$0 - \$23,107	<input type="checkbox"/> 2 persons in household with income of \$0 - \$31,284	<input type="checkbox"/> 3 persons in household with income of \$0 - \$39,461
<input type="checkbox"/> 4 persons in household with income of \$0 - \$47,683	<input type="checkbox"/> 5 persons in household with income of \$0 - \$55,815	<input type="checkbox"/> 6 persons in household with income of \$0 - \$63,992

I certify that I am at least 60 years of age; a resident of this service area; have not received coupons at any other location; and total household income requirements are met.

Applicant's Signature: _____ Date: _____

I have been advised of my rights and obligations under the SFMNP. I certify the information I have provided is correct. This form is being submitted for Federal Assistance and is subject to verification. I understand that intentionally misrepresenting, concealing or withholding facts may result in paying the State Agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law. I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP. Information will not be shared except for the specific purposes of responding to your request for assistance.

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.



Dear friends-

We know these past months have been so very different for everyone! Not coming to the senior center several times a week is hard on all of us! We are used to exercising, visiting our friends, playing cards and sharing a meal together, not to mention painting, playing pool, crafting stained glass; just to name a few things. We are all experiencing disappointment-missing graduations, weddings, new grandbabies being born, trips planned, etc. We hope you are staying busy: getting out to walk around your neighborhood, stretching at home, catching up on your favorite TV show, reading books, putting together puzzles, maybe trying a new craft-needlepoint or knitting? If you are feeling lonely or bored, please call a friend or family member, or one of us at Oxford Seniors! We've been trying to check in with members as able, if we've missed you, let us know. Spring is truly here, with the rain showers and trees and flowers blooming. Sunny days are ahead of us! We cannot wait until we can gather with you all again

- Oxford Seniors Staff

We have received donations from Crossroads, Oxford Presbyterian & Ambassador Pointe Churches. These items can be provided to seniors based on availability:

Laundry detergent, toilet paper, paper towels, body soap, hand soap, Lysol cleaner, disinfectant wipes, garbage bags, denture cleaner, toothbrush, toothpaste, shaving cream, playing cards, puzzles, word game books, adult coloring books & colored pencils.

If you are interested in any of these items, please call Oxford Seniors at 513-523-8100.

The Oxford Community is amazingly blessed with lots of resources and generous community members. However, during this time of uncertainty we want to advise our members of local resources that can help.

First & foremost-if you are feeling unwell-please call your doctor for directions on how to proceed. Do not go to ER or Urgent Care if you have a fever and cough until told to by your doctor.

McCullough Hyde Memorial Hospital/Tri Health- 513-523-2111 <https://www.trihealth.com/hospitals-and-practices/mccullough-hyde-memorial-hospital>

Oxford Seniors-providing Meals on Wheels, transportation and social services, senior food boxes 513-523-8100 www.oxfordsenior.org

Elderly Services Program- supportive services for Butler County residents, call for more information 868-9281

Family Resource Center-523-5859 www.frc.org

Talawanda Oxford Pantry & Social Services (TOPPS)- 523-3851 www.topps.org

Talawanda School District- www.talawanda.org

City of Oxford- www.cityofoxford.org

Also consider supporting our local restaurants who are offering delivery through Oxford to You www.oxfordtoyou.com or ordering with the restaurant for pick up.

Many of our community organizations will be overwhelmed by requests for assistance, they could use your financial support!



ONLY YOU CAN PREVENT CLIMATE CHANGE



Oxford Seniors Ecology Club

Our group mission is to: *collaboratively learn about environmental issues; advocate as a group in support of the environment; and promote environmental education among seniors and for all community members.*

LIFESTYLE CHANGES

REDUCE YOUR CARBON FOOTPRINT

FOOD

- Eat less meat – [Calculate Meat Carbon Footprint](#)
- Plan well to avoid waste – 40% of food is wasted
- Buy locally produced food and fresh food in season

HOUSEHOLD

Reduce energy use – new light bulbs, insulation, thermostats

Eliminate "[phantom load](#)"

Sign up for renewably generated electricity – [Ohio Energy Choice](#)

Reduce water use – low-flow faucets, toilets

TRANSPORTATION

Walk or bike where possible,

Buy the most fuel-efficient car you can afford

Reduce airplane travel – buy [carbon off-sets](#) when flying

WASTE DISPOSAL

[Practice the 5 Rs](#) – refuse, reduce, reuse, repurpose, recycle

Compost – at home or through the [Oxford Go Zero](#) program

PURCHASING

Reduce "stuff" – buy only what you actually need

Refuse single use items – carry a reusable water bottle

Look for items made with recycled content – especially paper products

Reduce plastic use – 90% of all plastic is thrown away

GARDEN

Raise some of your own food

Plant native flowers and trees for landscaping

Eliminate toxic chemical use - Use non-toxic products or none

TALK IT UP!

CLIMATE CHANGE AFFECTS EVERYONE

Nature's Wrath

All my belief is based on one
Assumption very clear:
Whatever my experience,
My death is very near;

So I can say what others may
Consider impolite:
That all this death from new disease
Must be what's only right!

The case for this is clear enough;
We only need to think
That nature will defend itself,
As we have reached the brink.

There is in earth a hidden force
To keep it on a path;
We know this by its hold to sun,
But seldom see its wrath.

Now earth has felt us populate
And willfully pollute
The air and land it's given us,
Our gratitude, minute.

Then we shall learn this lesson hard:
To travel so much less
And find a source of energy
That doesn't make a mess.

Author – Jack Sommer, May 2020

The poem above is the author's reflection of the pandemic we are experiencing. Readers of Oxford Seniors monthly newsletter are welcome to submit their own reflections to be published as space allows. Send reflections to jglaser@oxfordsenior.org.



A Flowering

Just as winter blossoms into spring, so too is the Oxford Community Arts Center planning on how we can safely reopen. During this interim period, we invite you to enjoy the outside of our historic building. Our broad porch, the bench near the statue of Caroline Scott Harrison, the low stone walls: all are fine places to take a rest as you seek uplifting views or a new place to read.

The plants in our gardens are coming up: the butterfly and pollinator garden, the children's garden to come, the iris. All are delightful and refreshing. The books in the Little Free Library are there for you to look at and take with you. Stop by to see our new pavilion to the west of our building. We hope to be offering safe programming there later in the summer.

We're also planning to dip our toes into a live streaming event, featuring a local star undertaking a musical adventure of enormous proportion. Here's a tiny clue: 88 key. Find us on Facebook, Instagram, or Twitter to learn more!



CRAFTS & ACTIVITIES

Regularly Scheduled Activities

Knitting Group

Join us for knitting and socializing! Beginners welcome; let us know if you need help with supplies. Crocheters are welcome as well! Instructor: Sonia Kuhlman
Tuesdays 1:15-3:00

Beginning Watercolor Class

Tuesday 1:15-3:00 Fee: \$5 / 4 classes
One mini painting per session.

Advanced Watercolor Class

Thursday 1:15-3:00
Sorry, this class is full for March!

Hand Building with Clay

Our clay room is open Monday from 10:00-3:00. Instruction and guidance available from 1:00-3:00. Fee: \$15 (members) \$20 (non-member) Additional projects have a firing fee of .04 cents per cubic inch.

Stained Glass

Class time with Linda Brown is Wednesday 1:00-3:00. Open studio for stained glass members Wednesday and Thursday 9:00-4:00

Woodworking

Our woodworking room is available Monday through Friday 9:00-3:00. Please notify the office ahead of time to use the room.

Quilting Club

Monday 1:15 Please call ahead if you need help with a quilt, or if it is your first time.

French Club

Monday at 3:00. Rejoignez-nous pour explorer la langue et la culture françaises!

Bowling at Oxford Lanes

Tuesday at 2:00 Fee: \$1.00 per game

Dancing

Wednesdays 1:30-4:00
Dance the afternoon away with a live band!
Donation: \$5 (for the band)

BINGO

Thursday 11:15 until lunch arrives. Prize donations welcome!

Exercise

Monday, Wednesday and Friday 9:30-10:30
Led by Miami University students when possible.
Suggested donation: \$1 per session

Tai Ji

Thursday 10:00 Body movement that concentrates on the health of mind and body. Guided by Laurie Traveline Neyer. Class begins at 10:00; Laurie is available before class for newcomers and discussion.
Fee: \$5

Cards

Monday and Tuesday 1:15; Friday 2:00

Tuesdays at Reily

A congregate meal is served at 11:30 at the Reily Presbyterian Church. The menu is the same as Oxford Seniors. Suggested donation \$2.50

Ingrid Schreiber

Programs and Activities Coordinator

ischreiber@oxfordsenior.org



Please be aware that regularly scheduled activities may be cancelled during June due to the current pandemic. Call Oxford Seniors or check our Facebook page for current information!



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14-1460

COMMUNITY APPRECIATION/MEMORIAL DONATIONS

thankful
AND
grateful

The outpouring of concern and generosity from our community over the past eight weeks has been so abundant! We have had community members making and donating face masks; 4-H clubs sending cards, churches collecting personal care and cleaning items, puzzles and word games; local farmers starting vegetable seedlings to help seniors plant simple Victory Gardens. Our staff and members have been so touched by the outpouring of donations and calls. We truly are a Village making certain that all needs are being met.



Our quarterly report from Kroger's Community Rewards Program indicates that from February 1, 2020 – April 30, 2020 we received \$67.98 from 10 participating households. Please consider linking your Rewards card to Oxford Seniors. Our agency number is UG408. Thank you for your support!!



In Memory of: John Davis

Donation By: Phil & Louise Friedman

In Memory of: George Herb

Donation By: Gary Harvey, Beth Riczko

In Memory of: George Luechauer

Donation By: Elayne Bleill, Ken & Jo Anne Bogard, Nancy Conner, Elizabeth Demske, Jack Fryman, Dan Gifford, Glenn Gifford, Tom & Marcia Gifford, Jim & Mickey Hileman, John & Linda Hyer, Jim & Karen Martino, Larry & Iris Newton, Jake & Natalie Palmer, Patricia Richardson, Judy Schiller, Donna & John Skillings

In Memory of: Paul Schiller

Donation By: Dorothy Avery, Ernst Bever & Betty Rogers, Elayne Bleill, Ken & Jo Anne Bogard, Mike & Barbara Broida, Lisa Brunckhorst, Jim & Craig Cashell, Delores Coles, Nancy Conner, Charles Crain, Brad & Lynn Cronk, Debbie Curry, Elizabeth Demske, Rebecca Evans, Adele Flower, Jane Flueckiger, Phil & Louise Friedman, Carol Kabakoff, Peggy Lewis, Randy & Layne Listerman, George & Jean Luechauer, Ralph & Nancy Martin, Jim & Karen Martino, Ruth & Martin Miller, Mary Orr, Charles & Pam Parkinson, Alice & David Phillips, Dorothy Preston, Richard & Rebecca Quay, Patricia Richardson, Carol Schaber, Steve Schnabl & Jan Elzey, Sue Ellen Skillings, Dick & Kathy Sollmann, Edna Southard, Sara Speh, Ellen Wesiman, Kathy & Ron Wiley, Tom & Holly Wisning, Nu Alpha Chapter Delta Theta Tau

Thank you for your kind donations made in memory of members and friends we've recently lost. This list represents memorial donations received by May 20, 2020. Donations received after that date will be listed in next month's newsletter.

IN OUR THOUGHTS



Louise DeLano
Shirley Garner
Vallie Long
George Luechauer

And when that day arrives
That we no longer are apart,
I'll smile and hold you close to me
Forever in my heart

By: Unknown Author

Below is a list of current member(s) who may be in the hospital or a nursing facility. Cards and/or visits would lift their spirits and many times encourage healing.

Ann Baxter, Judie Woolum, Rebecca Shoupe, Juddi Trent
The Knolls of Oxford
6727 Contreras Rd.
Oxford, OH 45056

Susan Osborn, Elmo Seyberth
Bradford Place
1302 Millville Ave.
Rm 205
Hamilton, OH 45013

Carolyn Bentley
Mallard Cove
Senior Living
1419 Mallard Cove Dr. Rm
5212
Sharonville, OH 45246

Adele Flower
2200 Welcome Place Unit
#411
Columbus, OH 43209

Nelly Bly Cogan, Peter Dahoda, Phyllis Gibson, Beth Keiser, Chris Peterson, Jan Reinhart, Alfrieda Stafford, Maurine Saylor, Marilyn Sherman, Jane Strippel, Janie Weinrich, Richard Kolb
Woodland Country Manor
4166 Somerville Rd
Somerville, OH 45064

John & Jean Woodruff,
Oxford Healthcare Center
6099 Fairfield Rd #A7.
Oxford, OH 45056



Caregiver Support Group

The Caregiver Support Group meets twice a month: the second and fourth Thursdays. We meet in the conference room at the Oxford Senior Center at 1:15 pm.

If you want to have lunch at the Senior Center, call Oxford Seniors by 9:00 am to make a lunch reservation. Lunch is served around 12:15 pm. 513-523-8100.

What is a Caregiver Support Group?

- It is a safe haven for sharing true feelings (that won't be shared outside the meeting)
- A group who understands the trials and the joys of caregiving
- A place to make new friends
- A source for information about resources and coping mechanisms
- A source for informal advice on what lies ahead
- A resource for dealing with family members

If you are a caregiver and want some support, you are invited to attend the second and fourth Thursday of each month. For more information call Patricia Willeke 513.523.3321. Or email at willekpa@miamioh.edu.



BULK RATE
Nonprofit Organization
POSTAGE PAID
Permit 18
Oxford, OH 45056

922 Tollgate Drive
Oxford, OH 45056
www.oxfordsenior.org

DATED MATERIAL
PLEASE DO NOT DELAY

OHIO SMP SCAM WATCH CORONAVIRUS (COVID-19)

Be on the lookout for scams that could arise from the coronavirus (COVID-19) pandemic.

As a reminder:

- Do not give out your Medicare number to anyone other than your doctor, health care provider, or other trusted representative.
- Be cautious of anyone going door-to-door to offer free coronavirus testing, supplies, or treatments.
- Don't fall for scare tactics or time sensitive offers.

Contact Ohio SMP for questions or to report Medicare fraud, error, or abuse at **1-800-488-6070** or at **proseniors.org**