

## Ohio AG Warns Against Vaccine Scams

As the state starts to distribute the COVID-19 vaccine, Ohio Attorney General Dave Yost is warning Ohioans to watch for scams. Scammers could pose as distributors, providers or local health departments claiming to need personal information to get on a list to receive the vaccine.



“passports” to gain entry to public areas such as restaurants or bars, the release said. Purchasing a card is useless.

“A single dose of information can vaccinate you against fraud,” Yost said.

Within the first week of the COVID-19 lockdown in March, scammers started emailing, calling and texting Ohioans trying to steal their identity or money, according to data from Yost’s Constituent Services Section.

Other scammers could pretend to be able to help consumers jump to the front of the line to get a vaccine, but ask for advanced payment to secure their place in line. These communications could come through email, phone call, postal mail, text message or even through social media accounts, a release said.

Some of those scams asked people to pay for advice on how to treat COVID-19, pay for access to care and to give personal information in order to get medication or prevent infection.

Other scams may involve cards that are distributed as a reminder to get the second dose of the vaccine. These cards are reminders and will not serve as

To date, Yost’s office has received 39 complaints of potential COVID-19-related

Continued on page 18

**HOURS OF OPERATION**  
MON-FRI. | 8:30 AM - 4:30 PM  
SAT. & SUN. | CLOSED

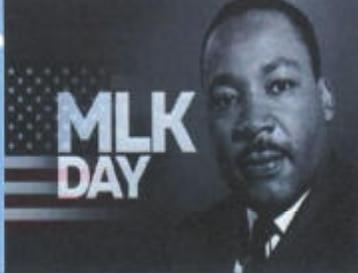
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# JANUARY | TOP OF THE HILL CAFÉ

All meals include a 1/2 pint of 1% low fat milk and 1 teaspoon of margarine. Available Monday thru Friday **(once the center has reopened)**. \$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	Friday
  				Center is Closed Happy New Year
4	5	6	7	8
1 c Homemade Beef Stew 1/2 c Corn 1 - 2oz Corn bread 1 c Tossed Salad w/Dressing 1/2 c Mandarin Oranges 3 Graham Crackers	4 oz LS Spaghetti Sauce/Meatball 1/2 c Spaghetti Noodles Parmesan cheese packet 1 c Tossed Salad w/Dressing 1 Dinner Roll 1 piece Fresh Fruit in Season 1/2 c Pudding Dt: 1/2 c Sugar Free Pudding	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	3 oz Homemade Meatloaf w/Gravy 1/2 c LS Whipped Potatoes/Gravy 1/2 c Carrots 1 Dinner Roll 1 piece Fresh Fruit in Season 1 Fudge Brownie Dt: 6 Vanilla Wafers	3 oz Pulled Chicken Breast on a Whole Wheat Bun with Lite Mayonnaise Lettuce, Tomatoes and Onion 1/2 c Baked Beans 1/2 c Fruit Crisp w/Topping Dt: 1/2 c Peaches
11	12	13	14	15
3 oz Hamburger on a Whole Wheat Bun w/Lite Mayonnaise Lettuce, Tomatoes and Onion 1/2 c Scalloped Potatoes 1/2 c Broccoli 1 piece Fresh Fruit in Season	3 oz Salisbury Steak/Gravy 1/2 c LS Whipped Potatoes/Gravy 1/2 c Carrots 1 Slice of Bread 1/2 c Applesauce 1 Fudge Brownie Dt: 1 Pkg Graham Crackers	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	3 oz Pulled Pork w/Gravy 1/2 c Sweet Potato Pudding 1/2 c Green Beans 1 - 2oz Corn bread 1/2 c Fruited Ambrosia Salad 2 Sugar Cookies Dt: 1 Pkg Graham Crackers	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
18	19	20	21	22
Center is Closed in honor of Martin Luther King Day	1 c Homemade Chili w/ Beans 1/2 c Spaghetti Onions and shredded cheese 1/2 c Green Beans 3 pkg Saltine Crackers 1/2 c Hot Spiced Apples 1 Fudge Brownie Dt: 6 Vanilla Wafers	3 oz Chicken Strips 1/2 c Baked Beans 1 c Tossed Salad w/Dressing 1 Dinner Roll 1/2 c Gelatin with Mandarin Oranges & Bananas DT: 1/2 c Sugar Free Gelatin	1 c Meat Lasagna 1/2 c Vegetable Medley 1 Slice Garlic Bread 1 piece Fresh Fruit in Season 2 Cookies Dt: 6 ea Vanilla Wafers	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
25	26	27	28	29
4 oz Beef Fritter 1/2 c Green Beans 1/2 c Oven Browned Potatoes 1 - 2oz Corn bread 1/2 c Pears 1/2 c Pudding DT: 1/2 c Sugar Free Pudding	3oz Grilled Chicken Breast on a Whole Wheat Bun with Lite Mayonnaise 1/2 c Garden Peas 1 c Tossed Salad w/Dressing 1/2 c Fruit Cup	1 c Homemade Beef, Tomato, Macaroni Casserole 1/2 c Vegetable Medley 1 Dinner Roll 1/2 c Peaches 1/2 c Chocolate Pudding Dt: 1/2 c Sugar Free Pudding	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	1 c LS Homemade Chicken and Noodles 1 c Tossed Salad w/Dressing 1/2 c LS Broccoli 1/2 c Applesauce 2 Cookies DT: 1 Pkg Graham Crackers

**Congregate Lunch remains dependent on the reopening of the Senior Center**

# 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

Butler County United Way

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, religion, color, national origin, sex, 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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Don Falk, Treasurer Emeritus

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Edna Southard

Ed Theroux

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Coordinator

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Activity Program  
Assistant/STNA

Jan Jewell, RN BSN

Shanna Cianchetti, STNA

Marcia Schlichter,  
Aide/Driver

Kendra Peck,  
Aide/Driver



# DIRECTOR'S LETTER

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Hello for January **2021!!!**

I'm sure you are familiar with the phrase "hindsight is always 2020." Well, all I can say is I really don't want to look back at all!

Welcome to the New Year and may we all see our lives restored to a greater degree of normalcy and togetherness in this new year. I am always overjoyed when I run into one of you in the community or answer a phone call that gives us a short visit together.

Staff started our every-two-week mandatory COVID testing in early December. The first set of results came back with every one of us negative. We have also been contacted by the Council on Aging to estimate the number of doses of vaccine we might require providing to regular volunteers, program participants who visit either of our sites regularly, and our staff. This indicates to me that we might be among the first wave of people to have access to the vaccine. Of course, it will still be up to each individual, but I am guessing that we may have a State order that requires it for all staff, plus volunteers who have direct contact with clients (like in Meals on Wheels), ADS participants, and folks who want to attend the senior center regularly.

The latter may create some stress on any dosage availability we have...I am therefore going to start by offering doses to people who attended the center more than twice weekly before we closed in March. Those next in line will be people who have been receiving Meals on Wheels instead of coming to our congregate lunch site, because we want them to return. Renewed members for 2021 are next (see the application on pages 20-21 of this issue). And if our dosage allowance stretches further, new members will be next, especially if they intend to eat lunch here regularly.

We will need to focus on those who will be earning us a "unit" of our contract funding in order to bring in the funds from our regular service contracts. The generous federal grants we received will not be continuing long term,

even though as I write, I am hoping their deadlines will be extended several months beyond December 31, 2020.

But we must get back into our regular methods of operations and funding the agency. Let me explain some of the special efforts we've undertaken with the grants to assure your safety in our sites. First, we jumped on improving air circulation and ultraviolet filtering in our HVAC systems at both the Tollgate building and our ADS space at Faith Lutheran Church (many thanks to the church for its cooperation). The CDC says that this is one of the safest ways to remove airborne viruses. The Butler County Visitors Bureau, via Enjoy Oxford, has supplied us with multiple free-standing hand sanitizer dispensers and the sanitizer. Many of our cloth upholstered furnishings are being transitioned to vinyl for ease of cleaning. Several large screen TV's will allow us to view movies, show exercise videos, or screen regular TV programming while allowing seating to be distanced. One TV is in the great room, and a second will be in the library, allowing small classes to be broadcast on any topic of interest.

We must also distance seating in the luncheon area, and we have Plexiglas partitions to keep your meal space separated from others'. Lunch will be brought to your seat instead of lining up at the kitchen window. At this point, we are confident that we can continue to use our regular dishware and silverware, with food coming from McCullough-Hyde's kitchen. Friday potluck is discontinued indefinitely. Paid advertising is down in our newsletter, so our publishing company negotiated with us to reduce from 24 to 20 pages per month. You are seeing this new version debuting with this edition. We've made a few style changes, and we've moved around some of our regular insertions. Please let us know what you think (we'd appreciate some compliments, if earned, as well as the constructive criticism!) Editorially, we hope to have more photos of center activities, and stories about past, current and future events.

We were very fortunate during the Fall to have

Continued on page 13

# CRAFTS & ACTIVITIES

"Should auld acquaintance be forgot  
and never brought to mind?

Should auld acquaintance be forgot  
and days of auld lang syne?

For auld lang syne, my dear,  
for auld lang syne,

we'll take a cup of kindness yet,  
for auld lang syne."

- Robert Burns, *Auld Lang Syne*

Don't forget that Oxford Seniors has a library of jigsaw puzzles, board games, and books to loan out to members. We also have plenty of craft materials to help you complete projects at home. Call the center and ask for Ingrid; I can help you stay entertained and creatively engaged in 2021!

We still have a variety of houseplants available; free to members. Call the office to arrange pick up or delivery.



## **January Craft Kit:** **Birdseed Ornaments**

This kit will include everything you need to create hanging birdseed ornaments to feed your feathered friends this winter! Available free to members. Call the office to arrange pick-up or delivery.



We don't  
stop playing  
because we  
grow old.  
We grow old  
because we  
stop playing.

—GEORGE BERNARD SHAW



oxford seniors  
community adult  
day service

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Providing a positive experience for older adults with special needs in a safe and supportive environment.  
For information call Debbie Curry, LPN  
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420 S. CAMPUS AVENUE, OXFORD, OH 45056 • WWW.OXFORDSENIOR.ORG

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Stephen Menke, Owner

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After 5p: 513-255-1721  
oxfordmemorials@yahoo.com

Animal Care Clinic

75 Lynn Avenue, Oxford, OH 45056  
513-523-5272  
Molly Buckley, DVM  
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Preventative Services  
Dental Services, Radiology,  
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Ogle & Paul R. Young Funeral Home

5086 College Corner Pike Oxford, OH 45056  
paulyoungfuneralhome.com | 513-523-4411



Health Insurance Questions?

Call Lynn Specht  
1-513-684-7050

MEDICAL MUTUAL

oxford seniors

CREATING COMMUNITY SINCE 1953  
922 Tollgate Drive Oxford, Ohio 45056



oxford seniors

community adult  
day service

CREATING COMMUNITY SINCE 1953  
922 Tollgate Drive Oxford, Ohio 45056

Oxford Seniors is grateful to these governmental sources for supporting our organization with special CARES Act funding while we continued to operate essential services during the pandemic.

- Butler County Elderly Services Program
- Butler County Health Department
- Butler County, Ohio
- City of Oxford, Ohio
- Council on Aging of Southwestern Ohio
- Ohio Bureau of Workers' Compensation
- Ohio Department of Aging
- Ohio Office of Budget and Management
- Ohio Department of Medicaid
- U.S. Department of Health and Human Services
- US Small Business Administration PPP



NOW ACCEPTING NEW PATIENTS!  
10 N. Locust Street, Suite A.,  
Oxford OH 45056 | 513-454-1111  
myprimaryhealthsolutions.org

**ADULT MEDICINE, PEDIATRICS, BEHAVIORAL HEALTH**



# BIRTHDAYS & ANNIVERSARIES

## WELCOME!

Jean Derickson  
 Roby Stephens  
 Karen Vaught  
 Linda Wiseman



Nick & Linda Asher 01/02  
 Wayne & Beverly Tipton 01/24  
 Brad Simcock & Like Lokon 01/25  
 Michael & Marcia Waller 01/29

Patricia Burge	1/1	Martin Miller	1/12
Sandie Davis	1/1	Charles Kamke	1/14
Regin Hannah	1/1	Barbara Lawson	1/14
Anne Lodge	1/1	Beverly Rauch	1/16
Jody Kress	1/2	Fred Schuurmann	1/16
Isidora Martinez	1/2	Jesse Dickson	1/17
Sharon Campbell	1/3	Judy Cross	1/19
Susan Lippman	1/4	Linda Augspurger	1/20
Nancy Martin	1/6	Nancy Meeker	1/20
Jan Belka	1/9	Bonita Porter	1/20
Bernice Coleman	1/7	Bonnie Riddle	1/22
Harry Zehler	1/7	Mickey Preston	1/24
Ellen Buerk	1/9	Diana DiPaolo	1/25
Tony Foguth	1/9	Lydia Hofmann	1/25
Robert Kimbrough	1/9	Pattie Jackson Kirby	1/25
Barbara Wilson	1/9	Amy Foley	1/26
Jean Luechauer	1/10	Dan Umbstead	1/26
Mina Treick	1/10	Zetha Hankins	1/27
Mollie Penn	1/11	Nancy Wilson	1/27
Theodore Davis	1/12	Carole Tipton	1/31



I am 88 years old and I just realized that I still have so many unanswered questions! I never found out who let the Dogs Out...where's the beef...how to get to Sesame Street... why Dora doesn't just use Google Maps...Why do all flavors of fruit loops taste exactly the same.....why eggs are packaged in a flimsy paper carton, but batteries are secured in plastic that's tough as nails...why women can't put on mascara with their mouth closed... why "abbreviated" is such a long word... why lemon juice is made with

artificial flavor yet dish-washing liquid is made with real lemons... why they sterilize the needle for lethal injections... and, why do you have to "put your two cents in" but it's only a "penny for your thoughts" where's that extra penny going to... why do The Alphabet Song and Twinkle Twinkle Little Star have the same tune... why did you just try to sing those two previous songs... and just what is Victoria's secret? And does anyone know exactly what is in Pandora's Box? Why we park in driveways but drive in parkways, and who wrote the book of love? Wow after reading this, I am discombobulated. I wonder what it feels like to be combobulated? I shall

have to sit in my horseless carriage and think about that. Is there such a thing as a horseful carriage? Why is it, that when the stars are out you can see them, but when the lights are out it is dark? Why are wise guys and wise men opposites? And why is it when you wind up a clock it starts, but when you wind up a speech it stops?

Do you know the way to San Jose.....and do you really think I am this witty?? ... I actually got this from a friend, who stole it from his brother's girlfriend's, uncle's cousin's, baby momma's doctor who lived next door to an old high class mate's mail man...

# OUTREACH & MARKETING



## 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 2016-2017, the income levels are:

[www.development.ohio.gov/is/is\\_heap.htm](http://www.development.ohio.gov/is/is_heap.htm)  
Applications available at Oxford Seniors.

### Size of Household

1	up to \$21,245
2	up to \$28,805
3	up to \$36,365

## OSHIP Counseling

- Medicare & Rx Plans, Medicaid, OPERS, STRS, SERS, Ohio Police & Fire, and other insurance plans
  - Benefits and eligibility checks and application assistance - SNAP, Senior food boxes, etc.
  - Assistance with housing and utility issues
  - Are you turning 65 in 2021? If so, you may need to sign up for Medicare.
- Call Sabrina Jewell, OSHIIP Counselor for an appointment today. 513-523-8100



## PUSH - People United for Self Help

Do you or a friend need help with critical or emergency repairs on your house? Give PUSH a call to see if you qualify for assistance. Grants are available to low-income homeowners in the Talawanda School District for critical and emergency home repairs. Call Jeanne or Sabrina at 513-523-8100 for more information. Update: PUSH received \$25,000 in CARES Act Funding from the City of Oxford. They were able to assist 9 families with critical repairs, including: furnace replacement, roof repair, new refrigerator, wheelchair ramp, etc. We

have 3 more families that we hope to help before the end of the year! Thank you to all who helped provide the funding, homevisits, repairs, etc. Be safe this New Year!



## Oxford Area PFLAG

Join us on Monday, January 11<sup>th</sup>, at 7 p.m. for a Zoom discussion on new books, movies, TV shows, podcasts, etc. that have positive LGBTQ+ representation. Email us at [oxfordareapflag@gmail.com](mailto:oxfordareapflag@gmail.com) to be sent a Zoom link.

**Please check our Facebook Page for updates.**

[www.Oxfordareapflag.org](http://www.Oxfordareapflag.org)



# OUTREACH & MARKETING



\*take a walk in a different place like the newest segment of Oxford Area Trail

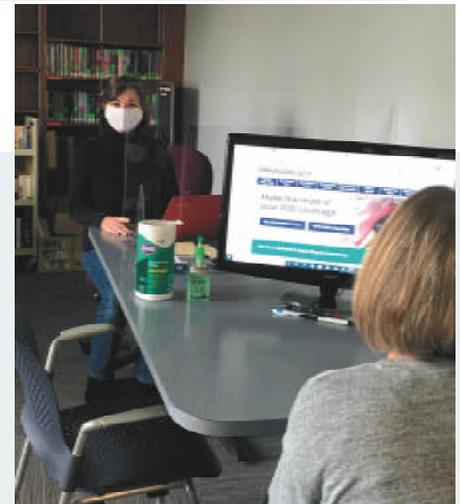
## Grief & the Coming New Year-

We were thrilled to have Kim Ogle PhD, host a virtual event about grief and the Coming New Year. 2020 has been a year of upheaval, disappointments, loss of loved ones, isolation from friends and family, job uncertainty and many other emotional situations. Kim gave us a list of helpful tips to get through the holidays and coming year, trying to find joy and light in the little things.

### 10 Tips for handling Grief & the Holidays

1. There is no right or wrong way to handle loss during the holidays.
2. Be careful of a "Should".
3. Be careful of anticipation.
4. Know that it is okay to feel hurt and to be sad during the holidays.
5. Manage your own and other's expectations.
6. Get the alone time you need.
7. Spend time with "safe" people.
8. Limit the time you spend with those who aren't helpful to you.
9. Find ways to honor your absent loved ones-light a candle, set a place at the table, share stories.
10. Be kind to yourself.

"How did you survive the holidays and what are you looking forward to in 2021?- A **follow up virtual event** is scheduled for Wednesday, January 13<sup>th</sup> from 2:00 – 3:30 p.m. Please contact Sabrina Jewell to register for the event. Also the Zoom Video is now available from the December 16<sup>th</sup> event. Let us know if you'd like the link sent to you. 513-523-8100 or [sjewell@oxfordsenior.org](mailto:sjewell@oxfordsenior.org)



Sabrina met with clients in the library -socially distanced with plexi-glass divider and monitor to oversee the Medicare process!

## Medicare Open Enrollment Season Complete

Wow-Medicare Open Enrollment was busy! Sabrina & Kathryn Carder (our MU Social Work Intern) worked with over 180 clients this season saving almost \$60,000! That's why it pays to check your Medicare Rx plan each year!



# ECOLOGY CLUB



From the Ecology Club  
Something to consider . . .

What is your Climate Friendly 2021 New Year's Resolution?

Eartha First's number one Climate Friendly 2021 New Year's Resolution is to try to make decisions based on the premise – What will this do to the Earth? What will its environmental impact be? Seemingly small decisions can actually have sizeable effects.

Change is coming. Join in the solution. Here's to our Earth and its future.

Have a Healthy, Happy New Year!



## Weather Alert!

During the winter months, please check Channels 5, 9 or 12 for closure information. Generally, **we will be closed due to weather conditions when Talawanda schools are closed. If schools are not in session, the decision to close is up to the Executive Director and that information will be shared with channels 5, 9 and 12. We will call individuals who have signed up for meals or rides any day we cancel.**

If the schools are on a 1 or 2 hour delay, **it will not affect our operation. The center will have normal business hours.**



## Thank You For a Successful Shred Event

Oxford Seniors was happy to host our first ever Community Shredding Event, and appreciated everyone that participated. We had over 60 vehicles drive thru to contribute nearly 4000 pounds (2 tons!) of documents to be shredded.



oxford seniors



NAPIS \_\_\_ MEMBERSHIP \_\_\_ Barcode # \_\_\_\_\_

New \_\_\_ Renewal \_\_\_ Membership Fee \_\_\_\_\_  
\$25/Year 1/2/21-12/31/21 Donation \_\_\_\_\_  
Entered in Database \_\_\_\_\_ Total \_\_\_\_\_  
Cash \_\_\_ Check # \_\_\_\_\_ or Credit Card \_\_\_\_\_

### Membership/\*NAPIS Registration

(\*Client Registration form for Adult Day Care, Congregate Meals, Home Delivered Meals, Senior Transportation, Supportive Services)  
*Some of our questions may seem unusual. We must ask, complying with Federal expectations. We hope you understand!*

First Name: \_\_\_\_\_ MI \_\_\_\_\_ Preferred Name \_\_\_\_\_ Last Name \_\_\_\_\_ Suffix: \_\_\_\_\_  
Home Phone: (\_\_\_\_) \_\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Mailing Address: \_\_\_\_\_ Spouse/Partner's Name: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_ Wedding Anniversary: \_\_\_\_\_  
Residential Address (if different from Mailing Address): \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Newsletter Mailed \_\_\_\_\_ Newsletter Emailed \_\_\_\_\_  
Photo Release (copy available in the office) \_\_\_\_\_ Yes \_\_\_\_\_ No  
Are you interested in volunteering at Oxford Seniors?  YES  NO

#### NOTIFY IN CASE OF EMERGENCY:

Name: \_\_\_\_\_ Home Phone: (\_\_\_\_) \_\_\_\_\_  
Relationship: \_\_\_\_\_ Work or Cell Phone: (\_\_\_\_) \_\_\_\_\_

Gender:  Male  Female  Other \_\_\_\_\_

Ethnicity:  Hispanic/ Latino  
 Not Hispanic/ Latino

Current Marital Status:  Single  
 Married  
 Legally Separated  
 Widowed  
 Divorced

Race: (Select all that apply)  
 American Indian or Alaskan native  
 Asian  
 Black or African American  
 Native Hawaiian or other Pacific Islander  
 White  
 Other

Current Living Arrangement:  Lives Alone  
 With spouse/partner  
 With spouse/partner & child  
 With child/children  
 With others

#### Household Size and Income Level

- One person – is the household annual income (circle one) Above, At, or Below \$12,490?
- Two People – is the household annual income (circle one) Above, At or Below \$16,910?
- Three People – is the household annual income (circle one) Above, At or Below \$21,330?
- Four or more People – is the household annual income (circle one) Above, At or Below \$25,750?
- Refused

Disabled?  Yes  No

(Definition: Having a disability attributable to mental or physical impairments, that result in substantial functional limitation in 1 or more of the following areas of major live activity: (A) self-care, (B) receptive and expressive language, (C) learning, (D) mobility, (E) self-direction, (F) capacity for independent living, (G) economic self-sufficiency, (H) cognitive functioning, and (I) emotional adjustment.)

**Self Declared Nutritional Risk Assessment:**

- 1. Have you made any changes in lifelong eating habits because of health problems?  yes  no
- 2. Do you eat fewer than 2 meals per day?  yes  no
- 3. Do you eat fewer than five (5) servings (1/2 cup each) of fruits or vegetables each day?  yes  no
- 4. Do you eat fewer than two servings of dairy products (such as milk, yogurt, cheese) every day?  yes  no
- 5. Do you sometimes not have enough money to buy food?  yes  no
- 6. Do you have trouble eating well due to problems with chewing/swallowing?  yes  no
- 7. Do you eat alone most of the time?  yes  no
- 8. Without wanting to, have you lost or gained 10 pounds in the past 6 months?  yes  no
- 9. Are you not always physically able to shop, cook, and/or feed yourself (or to get someone to do it for you)?  yes  no
- 10. Do you have 3 or more drinks of beer, liquor or wine almost every day?  yes  no
- 11. Do you take 3 or more different prescribed or over-the-counter drugs per day?  yes  no

**Disclosure Statement:** All information obtained will be kept confidential and no personal identifying information about you will be released to the public unless otherwise required under federal law. The information will be entered into a secure database. Summarized data will be reported to the Administration on Aging in order to keep both state and federal legislators informed of the effectiveness of senior programs (as required by the Older Americans Act reauthorization). You may not be denied services for refusing to provide any of the information requested. If you have any questions, ask the staff to explain why this is necessary.

\_\_\_\_\_  
Participant Signature Date

I have discussed/ read/ explained the Disclosure Statement with the client.

\_\_\_\_\_  
Provider Signature Date

**Authorization for Release of Information for COA Programs**

As a consumer of the Title III (congregate meals, transportations, supportive services, or home delivered meals) PASSPORT or ESP, I hereby authorize Oxford Seniors and The Community Adult Day Service to release information, medical or non-medical, to, or receive such information from, any entity that may be involved in my care. This is for the purpose of providing services to meet my needs. This includes: 1. Designated representatives 2. Physicians, hospitals, or 3. Any federal, state or county agency, including the Council on Aging of Southwestern Ohio for the purpose of audition or evaluation. I understand that by signing this form, all information will be held confidential by Oxford Seniors. This release will remain in effect until I disenroll from all aforementioned programs in which I participate for points #1 and #2 above. For the purpose of audition and evaluation, point #3 will remain in effect. By signing, I agree with the above conditions

\_\_\_\_\_  
Participant Signature Date

\_\_\_\_\_  
Provider Signature Date

**Care Manager information**

Name	Agency	Phone Number	Email

# MEMORIAL DONATIONS

Continued from page 4

two classes of Miami Strategic Communications' capstone students helping think about improving our outreach via communication. The classes have suggestions we are considering in our website, this newsletter and in our social media. One idea is to post some videos of Center programming on a special YouTube channel. Another is to create a Members Only room on our Facebook account.

We may have additional help from a new batch of that class's members in the new semester. They would help us start these innovative on-line efforts.

In the meantime, before reopening, Ingrid continues to offer materials for home crafting projects, loans of books or puzzles, and other ideas for filling your time.

But, believe me, nothing will be better than being able to see all of you in person!

As always, my best,



Steve Schnabl  
Executive Director

*Happy New Year  
2021*



In Memory of: Paul Schiller  
Donations By: James & Dorothy Swartz, Sally Southard

In Memory of: Judy Davis  
Donation By: Marilyn Revalee

In Memory of: Sharon Peterson  
Donations By: James & Dorothy Swartz, Ruth & Martin Miller, Sally Southard

In Memory of: Chris & Sharon Peterson  
Donation By: Ruth & Martin Miller

In Memory of: Ida Mae Lemmons  
Donation By: Larry & Deanna Richardson, Woody Woodruff & Joanne McQueen, Steve & Kathy Beard, Ralph & Nancy Martin, Carol Kabakoff

In Memory of: Juddi Trent  
Donation By: Peter & Monika Pedroni

In Memory of: Rich Hofmann  
Donation By: Michael & Kay Griffith

Thank you for your kind donations made in memory of members and friends we've recently lost. This list represents memorial donations received November 20, 2020 through December 18, 2020. Donations received after that date will be listed in next month's newsletter.

# OXFORD COMMUNITY ART CENTER



## **Create With Us: Help make our Enchanted Winter even more enchanted!**

Come enjoy our winter gardens and our outdoor exhibit, Enchanted Winter. Featuring tree sweaters, unusual wind-chimes, a colorful panel installation in our pavilion, and lots and lots of lights. While the lights aren't on during the day, there are still things to see and do.

### **Create a postcard to send to friends and families.**

Stop by one of the four mailboxes to start your creation adventure. Take a postcard, and use the stamp. Then find the other three mailboxes and use the stamp in each of those. Then, like magic, you've created a unique postcard to send to someone you love.

### **Participate in our social media photo contest.**

Visit the Oxford Community Arts Center, day or evenings, and take a picture of our grounds and gardens. Post your photos to our Facebook page, Twitter feed, or Instagram with the hashtag #OCACphoto. Fridays at 4:00pm we'll hold a drawing with the names of people who've posted that week. *Drawings will be held on: December 11, December 18, January 8, January 15, and January 22.* The winners will be announced via our social media channels and can stop by the office to pick up their prize.

### **Write a poem to share**

Novices and experts alike are encouraged to share a poem or poems on the theme of winter. Send your poem to [info@oxarts](mailto:info@oxarts) between now and January 15, 2021. Include the title of your poem, your name, your social media handles (if any) and the poem. Send it in the format of your choice: within the email, attach a word document or a pdf, or send a link to a Google Drive.



*We'll get through this winter together, safely, with activities you can do at home and share on our grounds.*

### **Being craftsy not your style?**

*We have two other options for you:*

Come inside to view our latest exhibits in the indoor galleries.

Remember to listen to the latest release of Musical Snacks: From Mozart to Scott Joplin, our collaboration with the Miami University Performing Arts Series. Pianist Bruce Murray performs and records these audio treasures from our beautiful ballroom. To view them, go to [www.youtube.com](http://www.youtube.com) and search for "Musical Snacks Bruce Murray."

*Questions?*

*Email us at [info@oxarts.org](mailto:info@oxarts.org) or call 513-524-8506. Follow us on Facebook, Twitter, and Instagram.*



## Non-Perishable Items

December 4th

33 community members donated 386 non-perishable items. That was enough to provide each client with a grocery bag full of items!



## Blankets

December 11th

31 community members donated 72 blankets.. That was enough for each of our 64 Meals on Wheels clients to receive a blanket!



## Pet Food

December 18th

25 community members donated pet supplies to be distributed to 22 Meals on Wheels clients. A very generous community member donated \$100 to purchase future pet supplies.

Through the Subaru Share the Love® Event, from November 19, 2020, to January 4, 2021, Subaru of America is donating \$250 for every new Subaru vehicle purchased or leased to the customer's choice of the four national charities, including Meals on Wheels, with a minimum guarantee of \$250,000. In addition to these partners, local Subaru retailers have selected hundreds of hometown charities for their customers to support as well. As a member of Meals on Wheels of America, Oxford Seniors will receive a share of the money awarded.



## Busam Subaru

For the 2<sup>nd</sup> year in a row Branden Miracle and Ray Hill with Busam Subaru have organized 6 Busam employees to drive Subaru vehicles to Oxford Ohio and help deliver Meals on Wheels to all of our local meal clients as part of Subaru's Share the Love Event.

# CITY OF OXFORD EVENTS



Beginning December 21, 2020 Oxford residents may place live Christmas trees at the curbside for disposal on regularly scheduled refuse collection days. Trees will be picked up and recycled by the City of Oxford Streets and Maintenance Division. No yard waste tags are required for this service.

Residents are asked to remove ALL decorations from the tree prior to setting the tree at the curbside. This holiday pick up service does not include wreaths or garland.

Any questions should be directed to the City of Oxford Streets and Maintenance Division at 523-8412.

This seasonal service will conclude by January 29, 2021.



## Oxford Night Lights

Oxford is home to a variety of holiday sights to behold this winter:

- The Oxford Community Arts Center grounds and gardens feature a Winter Wonderland, filled with all manner of sensory delights.
- The Uptown Parks will host murals created by local artists, light installations, and holiday-themed movies streaming in the window of Enjoy Oxford.
- The Designated Outdoor Refreshment Area ([DORA](#)) is once again activated, from November 27-January 22nd. 11am-10pm, 7 days a week.

More information can be found at [Enjoy Oxford](#).



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**Miami Rec Center** in Oxford, OH partners with several insurance providers to offer free or discounted memberships!

**Contact us for a free facility tour today!**

Questions? Contact Beth Keith at (513) 529-8157



Life... Death... Grief...  
*...a pathway Home*

Kimberly K. Ogle, Ph.D. (513) 796-0218 Office  
5176 Morning Sun Rd., #2 (513) 255-1168 Cell  
311 S. College Ave., P.O. 128 Oxford, Ohio 45056  
kkogle24@gmail.com

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# OUR WISH FOR YOU!

continued from front cover

scams, a release said.

The Ohio AG's Office recommends several tips to help consumers avoid scams, such as verifying any vaccine information with a legitimate news report and double-checking anything that may be "too good to be true," looking for red flags of a scam such as wiring money or sending gift cards to a stranger, being pressured to act immediately and pressure to keep a conversation a secret, the release said. A healthcare provider or anyone distributing a vaccine will not ask for your Social Security number or other personal information and it is unlikely you will need to pay out of pocket to get the vaccine, the release said.

If you have additional concerns, you can contact the statewide Ohio Department of Health's COVID-19 call center (1-833-427-5634) to check on issues you are unsure about or contact your family doctor.

\*reprinted with permission. Originally appeared in the Hamilton Journal News December 15, 2020.



MY HOLIDAY WISHES <sup>FOR</sup> YOU,  
**NOW AND ALWAYS:**  
MAY YOU REMEMBER **THAT YOU ARE CAPABLE**  
**OF GETTING** to the **OTHER SIDE OF THIS.**  
MAY YOU HAVE A **SAFE PLACE** to LET GO  
and **HAVE COMFORT CLOSE BY, EVEN IF**  
**THAT MEANS WEARING** the **SAME SWEATPANTS**  
**MANY DAYS** in a row. May YOU HAVE the **COURAGE**  
to **SAY NO** WHEN YOU NEED TO. May you **SHOW**  
**YOURSELF KINDNESS, EVEN WHEN YOU THINK YOU**  
**SHOULD BE STRONGER.** May YOU **FIND NEW THINGS**  
**THAT BRING YOU JOY, FEEL** in your **BONES** the **LOVE**  
**PEOPLE HAVE FOR YOU, and TRUST THAT YOU WILL**  
**NOT FEEL LOST FOREVER.**

*Barb McDonald* **SENIO** #OPTION@THERE

# IN OUR THOUGHTS



**Ida Mae Lemmons  
Elmo Seyberth  
Chuck Osso, brother of Immediate Past  
Board President Tina Osso  
Juddi Trent  
Barb Wessel**

**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 nursing facilities. Cards and/or visits would lift their spirits and many times encourage healing.

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

Susan Osborn  
Bradford Place  
1302 Millville Ave.  
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, Jan  
Reinhart, Alfrieda  
Stafford, Maurine  
Saylor, Marilyn  
Sherman, Jane Strippel,  
Janie Weinrich,  
Dorothy Avery, Gil  
Gordon  
Woodland Country  
Manor  
4166 Somerville Rd  
Somerville, OH 45064

John & Jean Woodruff,  
David Dunn  
Oxford Healthcare  
Center  
6099 Fairfield Rd.  
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 also want to have lunch at the Senior Center, call the Oxford Seniors 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)
- Every member understands the trials and the joys of caregiving
- A place to make new friends
- Information about resources and coping mechanisms
- Advice on what lies ahead
- Help 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.



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