



Spotlight on Oxford Seniors Staff



We thought we should become re-acquainted, and introduce you to our newest employees.

Steve Schnabl: Executive Director- administers the affairs of the organization within the operation policy established by the Board of Trustees. Responsible for assuring adequate funding.

Jeanne Glaser: Operations Administrator- Provides daily operational leadership to the organization ensuring the programs, goals, objectives, policies and procedures are implemented. Provides for daily office needs and manages general administrative activities.

Sabrina Jewell: Outreach & Marketing Coordinator- responsible for the provision of information and assistance to inquiries from older adults and/or their family members including information about Medicare/ Medicaid, insurance, benefits, food stamp eligibility, housing, and caregiver counseling.

Responsible for marketing of Oxford Seniors in collaboration with the Executive Director including writing articles for media publication and giving presentations in the community.

Jennifer Marcum: Volunteer Coordinator- responsible for the recruitment, assignment, and supervision of Oxford Seniors' volunteers. Coordinates the Meals on Wheels program and Annual Masters Games.

Ingrid Schreiber: Programs & Activity Coordinator- plans and assures a variety of programs and activities are offered by Oxford Seniors. Writes column for monthly newsletter.

Jacki Uhler: Business Manager - Responsible for the finances and personnel records at Oxford Seniors.

Chris Quimby: Lead Driver/ Trainer - responsible for the safe and timely transportation of riders of Oxford Seniors' door-to-door

Continued on page 10

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

Check Out What's Inside!

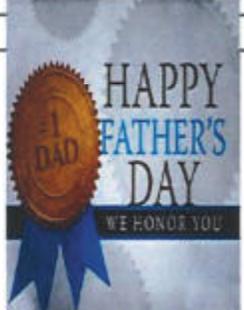
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JUNE | TOP OF THE HILL CAFÉ

All meals include a 1/2 pint of 1% low fat milk and 1 teaspoon of margarine.
Available Monday thru Friday. \$2.50 suggested donation for adults 60 or older.

Alternate meals are available with a 24 hour notice.

Please call 523-8100 to reserve a meal before 2:00pm the day before you wish to eat.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Monday</p>	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<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>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</p>	<p>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</p>	<p>3 oz Chicken Parmesan 1/2 c Noodles&1/2c LS Sauce 1 c Tossed Salad w/Dressing 1 Dinner Roll 1/2 c Fruit Crisp w/Topping Dt: 1/2 c Peaches</p>	
7	8	9	10	11
<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>6 oz Homemade Vegetable Beef Soup 2 oz LS Turkey on a Bun/Mayo Lettuce, Tomatoes and Onion 1 piece Fresh Fruit in Season 2 Cookies Dt: 1 Pkg Graham Crackers</p>	<p>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</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 manderin Oranges & Bananas DT: 1/2 c Sugar Free Gelatin</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>
14	15	16	17	18
<p>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</p>	<p>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</p>	<p>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</p>	<p>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</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>
21	22	23	24	25
<p>3 oz Bourbon Chicken 1/2 c Vegetable Fried Rice 1/2 c Japanese Stir Fry Vegetable 1 c Tossed Salad w/Dressing 1 Fortune Cookie</p>	<p>3 oz Breaded Pork Tenderloin on a Whole Wheat Bun with Lite Mayonnaise 1/2 c Mixed Vegetables Lettuce, Tomatoes and Onion 1/2 c Fruited Gelatin Salad Dt: 1/2 c Sugar Free Fruited Gelatin Salad</p>	<p>1 c Beef Quesadilla Casserole with 2T Sour Cream & 1/4c Homemade Salsa 1/2 c Green Beans 1 - 2 oz Corn bread 1/2 c Peaches 2 Cookies Dt: 1 Pkg Graham Crackers</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>3 oz LS Pot Roast w/Gravy 1/2 c LS Whipped Potatoes 1/2 c Broccoli 1 Dinner Roll 1 piece Fresh Fruit in Season 1 Fudge Brownie Dt: 6 Vanilla Wafers</p>
28	29	30	 	
<p>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</p>	<p>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</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>		

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

Oxford Kiwanis Club

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 may be obtained by contacting the Executive Director at (513) 523-8100.

Board of Trustees

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Steve Schnabl,
Executive Director

Jeanne Glaser,
Operations Administrator

Sabrina Jewell,
Outreach & Marketing
Coordinator

Jennifer Marcum,
Meals on Wheels
Coordinator & Volunteer
Coordinator

Jacqueline Uhler
Business Manager

Ingrid Schreiber,
Program/Activity
Coordinator

Chris Quimby,
Lead Driver

Joanne Harper, Driver

Mary Kollin, Driver

Sean Yates, Driver

Community Adult Day Service

Lisa Davidson,
Director

Stacy Lay,
Activity Program
Assistant/STNA

Shanna Cianchetti,
STNA/Driver

Claire Nagle,
Registered Nurse



DIRECTOR'S LETTER

Hello for June 2021,

We finally have some relief on the horizon from all the specialized regulations under which we've been living for the past year and more. As I write, Governor DeWine has just announced the cancellation of all health directives as of early June, a few days after you receive this mailing. The State had issued them as protections from COVID-19 spread. I am still not clear, but I certainly HOPE that his announcement applies to the Center and to the Adult Day Service. More restrictive rules will still exist for nursing homes and assisted living sites after his relief date that affects the general population; but our past specialized rules have been based on those settings. That's why I am awaiting a clear statement that our two types of service sites are now exempted.

We will still, however, practice safe cleaning practices and will ask each of you to monitor your own health so that you avoid coming to the Center if you aren't feeling well. Folks who have been fully vaccinated are far less likely to carry or "get" the virus moving forward. Oxford Seniors will NOT require vaccinations at the Center, although we encourage you to become vaccinated and to voluntarily share that information with us for your member profile. We will also continue to strongly encourage masking.

Community Adult Day Service will continue to require vaccination for its clientele and its staff, at least for the foreseeable future.

Although we have been reopened at both locations since March 1, our levels of participation are down. Although we have continued to mail out the newsletter beyond the usual cut-off date for non-renewing members, many of you have not renewed as we are approaching the mid-point of the year. PLEASE do renew!

If you have a favorite activity that is not yet in the schedule or you have an idea for a brand-new addition, please notify Ingrid Schreiber. We are moving back to a full calendar of events, and no time limits of attendance. We still ask for an advance lunch sign-up by calling 513-8100

by 2:00pm the day prior or registering on the sign-up sheets by the check-in scanner.

I ask you to help keep the senior center vibrant through your involvement and participation. Also, please encourage friends and neighbors who are caregivers for their older family members to consider using the Adult Day Service for some respite; financial support for ADS is available through the Butler County Elderly Services Program.

We face a unique opportunity as well...the agency has a chance to acquire property from the City on 732 south of Chestnut Street for a new center. A site of at least three acres would be near a newly planned patio housing development for the budget-minded older adult. What is your reaction? Will today's Center appeal to tomorrow's older residents, and keep the Center in operation? Or do we face the fate of many other senior centers that have closed or merged into organizations with entirely different missions?

I believe Oxford Seniors is a treasure. How do we keep it that way?

My best,



Steve Schnabl
Executive Director

Why masks still??

Oxford Seniors realizes that masking rules are changing in many parts of the community. **Council on Aging** has advised us: "... masking needs to continue in high risk settings and with high risk people. This includes...home care, senior transportation, and all public transportation. Current evidence suggests that there are still a lot of risks especially for people who are immune compromised or have multiple chronic conditions...Senior centers are also a congregate setting serving older adults..." Until further notice, please continue wearing masks during your visits. **Thank you.**

CONGRATULATIONS!!



Three Talawanda High School graduates are winners of 2021 scholarships provided by Oxford Seniors.

Seniors Rita Barclay-Hart, Kaliyah Shannon and Jean Pateman won \$1000 each toward to further their educations. Awards are based on service to school, service to community, demonstrated leadership, academic promise and financial need.

Ms. Barclay-Hart plans a future in Biochemistry and International Relations. She will attend Miami University.

Ms. Shannon is entering the field of Nursing, also at Miami.

Ms. Pateman will attend Macalaster College, a liberal arts school in St. Paul, MN. She has not yet determined a major field of study.

Each woman received her recognition during an in-person Seniors Award night May 19 at Talawanda High School. The event was open to students and their families, with members of the THS staff and administration making all presentations.

Oxford Seniors has provided a single scholarship, with funds raised via our membership from various events and activities throughout each calendar year. Selections are proposed by a small group of application readers from over thirty applications. This year, an anonymous donor provided a one-time gift to fund the two additional awards.

Oxford Seniors sends warm congratulations to Rita Barclay-Hart, Kaliyah Shannon and Jean Pateman. We are also very grateful for the anonymous gift that allowed the additional two awards this year.



Oxford Seniors Members stop in the office for a sweet treat that will be graciously donated biweekly from Oxford's uptown Starbucks.

Feel free to stop by Starbucks at 19 E. High St. to show your appreciation of their donations and support to Oxford Seniors.



Beginning with the 2021 Tax Year, our new software program will allow us to provide you with a year end summary of all your donations to Oxford Seniors.

We will continue to acknowledge donations throughout the year, but if you'd like to have an easy and convenient report of your giving and not have to search through a years worth of records, please contact us in January 2022.

Contact Jeanne Glaser by phone at 513-523-8100 or by email at jglaser@oxfordsenior.org.

oxford seniors
community adult
day service

CREATING COMMUNITY SINCE 1953

Providing a positive experience for older adults with special needs in a safe and supportive environment.

For information call Lisa Davidson, Director
513-523-0464
420 S. CAMPUS AVENUE, OXFORD, OH 45056 • WWW.OXFORDSENIOR.ORG

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75 Lynn Avenue, Oxford, OH 45056
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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
U.S. Small Business Administration PPP



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ADULT MEDICINE, PEDIATRICS, BEHAVIORAL HEALTH



BIRTHDAYS & ANNIVERSARIES

WELCOME!

Diana Elkins
 Stephen Elkins
 Neil Kaiser
 Sylvia Love



Clarence & Jeanette Buller	6/3
Bob & Carol Kabakoff	6/3
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

Alma Seward	6/1	Marilyn Robinson	6/14
Betty Flick	6/3	Bill Slover	6/15
Jim Brown	6/3	Linda Davis	6/17
Linda Schnur	6/5	Patricia Willeke	6/18
Brenda Wright	6/5	Judie Woolum	6/21
Nick Asher	6/5	Judy Fisher	6/21
Bob Blackburn	6/6	Jim Morgan	6/23
Charlie Hinkle	6/7	Beverly Scaggs	6/23
Dawn Pfohl	6/7	Joan Martin	6/24
Jim Clark	6/7	Brad Simcock	6/24
Bill King	6/8	Susan Thrasher	6/25
Susan Chabot	6/8	Mary Lawson	6/26
Pauly Zody	6/8	Connie Everhart	6/29
Judith Deluce	6/9	Loma Wynn	6/30
Angela Davis	6/11		
Dean Gray	6/12		



A SPECIAL COMPETITION for **CROSSWORD PUZZLE AFICIONADOS !!!!**

Join us here at the center on Wednesday afternoon
 June 23rd - @ 1:30 pm for a friendly, timed event to
 see who completes the crossword puzzle first -

IN UNDER AN HOUR - without any mistakes.

A beverage and snack will be provided !

OUTREACH & MARKETING

It is June, the cicadas have arrived and hopefully not damaged too many things. Have you checked out the new trails at Oxford Community Park? They are truly something to enjoy with family and friends.

For appointments regarding insurance, SNAP, etc.; please call Sabrina at 513-523-8100. I am meeting with people in the library of the senior center if an in-office appointment is required. Additionally, Zoom and phone appointments are available.

We can provide the following services:

OSHIIP 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.



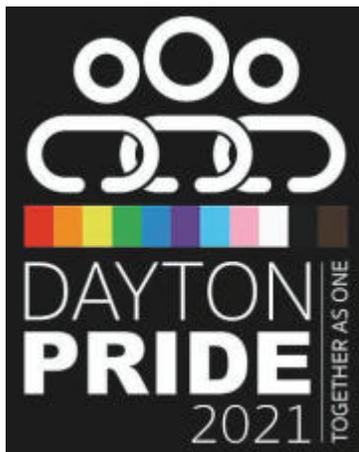
Call Sabrina Jewell, OSHIIP Counselor for an appointment today. 513-523-8100

Oxford Area PFLAG



There are several fun PRIDE events happening in June.

Hamilton Pride- Saturday, June 5th, 12 pm-6 pm Marcum Park.
<https://www.facebook.com/events/287519026249143>



Saturday, June 5th, 10:00a to 11:00a
Reverse PRIDE Parade Downtown Dayton
Noon to 4:00p, PRIDE Festival Courthouse Square
<https://www.daytonlgbtcenter.org/pride>

Please check our Facebook Page for updates.

www.Oxfordareapflag.org

OUTREACH & MARKETING



Join us for Oxford Community Arts Center's **2nd Friday Celebration of the Arts** on Friday, June 11. The opening reception for artists starts at 6 pm inside the OCAC. The outdoor concert, featuring The PanVibe Jazz Quartet

with Miami's Chris Tanner, starts at 7:30 pm in the Pavilion. Stop by Oxford Area PFLAG's table to meet some of our board members and see how you can get involved.

Remember June is PRIDE month-celebrating diversity and embracing inclusion!

A SMILE

It costs nothing, but means so much.
It enriches those who receive it,
without impoverishing those that give it.
It happens in a flash,
but sometimes the memory lasts forever.
None are so rich that they can get on without it
And none so poor, but are the right for its benefits
It is rest to the weary, daylight to the discouraged
Sunshine to the sad and nature's best antidote
in time of trouble.
Yet it cannot be bought, borrowed or stolen
For it is something that is no earthly use to anyone
unless given away.
And if in the rush of business a man is too tired
to give you one
Then leave one of yours.
For no one needs a smile
so much as those who have none to give.



How to support elders, youth, LGBTQ+ and minorities in our community!

- Check on your elderly neighbors-Are they able to take care of their yards? Get to the grocery? Do you notice if they are imbalanced and/or falling often?
- Add your preferred pronouns to your email signature. For example mine is: Sabrina Jewell, she/her/hers
- Acknowledge the grocery store workers by name and thank them for their service
- Take the time to wave to Rumpke and City of Oxford workers when you drive by them
- If you see someone in distress, reach out to them to see how you can help
- Speak up when you hear someone being bullied or harassed
- When someone goes out of their way to help, thank them with genuine appreciation
- If your neighbor needs their lawn cut or driveway shoveled, please offer to help them!

Oxford is a generous and kind community- let's keep it that way!

DONATIONS

continued from front cover

transportation; coordinates training and record keeping associated with credentialing of drivers and Oxford Seniors fleet of vehicles.

Joanne Harper, Mary Kollin, Sean Yates — Senior Van Drivers

Lisa Davidson: Director of Community Adult Day Service - responsible for the overall operation and delivery of adult day services. Provides informational caregiver support.

Stacy Lay, STNA/Driver: Activity Program Assistant-Adult Day Service – plans and assures a variety of programs and activities are offered at the adult day service; provides personal care to participants.

Shanna Cianchetti, STNA/Driver: Adult Day Service – provides medical documentation in adult day service clients' charts and oversight of clients' general wellbeing at the service. Assists in transporting clients

Claire Nagle, RN: Registered Nurse at Adult Day Service – Conducts initial and sporadic medical assessments. Creates care plan for ADS attendance.



In Memory of: Cindi Kmecik
Donation By: Nancy Sturgeon

In Memory of: Chris & Sharon Peterson
Donation By: David & Alice Phillips

In Memory of: Paul Schiller
Donation By: Jane Sheard

In Memory of: Deb Schindler
Donations By: Ken & JoAnne Bogard, Jim Woodruff and Joanne McQueen, David & Alice Phillips, Jack & Georgie Reardon

In Memory of: Jean Schindler
Donation By: David & Alice Phillips

In Memory of: Alfrieda Stafford
Donation By: Nancy Sturgeon

In Memory of: Jean Woodruff
Donation By: Nancy Sturgeon

Thank you for your kind donations made in memory of members and friends we've recently lost. This list represents memorial donations received April 22, 2021 through May 20, 2021.

COMMUNITY EVENTS



ART SHOP

Now Open!!

New Hours: Wednesday, Thursdays & Saturdays: 11 am - 2 pm, Fridays: 11 am - 5 pm

10 S College Ave, Oxford, OH 45056
Telephone: 513-524-8506
E-mail: info@oxarts.org



Saturday Uptown Market: Every Saturday year round from 9am to noon in the parking lot just north of Memorial Park in the center of Uptown Oxford.

Tuesday Market: May - Oct. Every Tuesday from 4 to 7 pm in the TJ Maxx-Moon Coop parking lot at the corner of Locust and Wells Mills Drive.



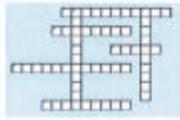
May 21 | June 11 | July 9 | August 13
5-10PM, Uptown Oxford

From 5 PM - 10 PM, participating businesses will set up at tables on the sidewalks and in parking spots on High Street with select items for sale, from food to retail! We're encouraging each business to play some music from their individual tables so as you walk from one end of High Street to the other, going table to table, you'll enjoy a unique, ever-changing musical experi-



Oxford's Designated Outdoor Refreshment Area (DORA) will be in effect beginning Thursday, May 20th which means you'll be able to walk into a participating bar or restaurant, get a drink to go (in a DORA cup, only), and then enjoy it as you walk around outside (within the DORA boundaries, so please finish your beverages before heading to OCAC's Second Friday experience).

MASTERS GAMES



2021 Masters Games Planning Committee

Masters Games Survey

Do you plan on registering for the 2021 Games?

Yes No If no, why: _____

Please return your response to Jennifer at 922 Tollgate Dr or jmarcum@oxfordsenior.org



We will begin planning our 2021 Masters Games. Our first meeting will be Monday, June 7, 2021 at 2:00p.m. here at the Senior Center.



If anyone is interested in helping plan our Masters Games, which is scheduled for September 13th through September 24th, **please contact Jennifer Marcum at 523-8100 ext #123 or jmarcum@oxfordsenior.org**. Our meetings are scheduled for Mondays: June 7th, July 12th, August 9th and October 11th at 2:00p.m. here at the Senior Center in the Conference Room.



We will need assistance with:

- Getting food donations for the Awards Ceremony
- Scheduling events
- Organizing events
- Score keeping during certain events
- Picking up food from local restaurants the day of the awards ceremony
- A chairman to coordinate each event



The events for 2021 Masters Games are:

- | | | |
|---------------------------|---------------------|---------------|
| -Basketball | -Crossword Puzzle | -Horseshoes |
| -Bocce Ball | -Darts | -Pickle Ball |
| -Bowling | -Euchre | -Pool |
| -Bridge | -Fitness Walk | -Scrabble |
| -Chair Balloon Volleyball | -Golf (a card game) | -Shuffleboard |
| -Corn Toss | -Golf | -Wii Bowling |
| -Croquet | -Hike | -Yatzee |



Any new event suggestions? _____

ECOLOGY CLUB



Most likely, we all have experienced it. You wake at night and wonder where the heck the light is coming from. For me, it is across the street from a motion sensor light that is on the side of a house. The house is about 300 yards away, but the light shines into my bedroom window.

I've taken to closing my vertical blinds tightly in order to eliminate the glow. Up the street, from my house, I sometimes confuse the light that is there for the moon coming up. It isn't, it is an all-night mercury light that gives off a strong shine. Then, how about the flashing light coming off the cell tower south of Oxford, flashing all night long. How annoying. Not only is it annoying, all these scenarios are disrupting our environment, safety, energy consumption and health.

Members of the Oxford Seniors Ecology Club have decided to become more knowledgeable about light pollution and its effects. In turn our monthly newsletter submissions will focus on different facets of light pollution. To start with, we offer the following definitions from the International Dark-Sky Association <https://www.darksky.org/light-pollution/>.

Light pollution - The inappropriate or excessive use of artificial light that can have serious environmental consequences for humans, wildlife, and our climate.

Components of light pollution include:

Glare – excessive brightness that causes visual discomfort

Skyglow – brightening of the night sky over inhabited areas

Light trespass/stray light – light falling where it is not intended or needed

Clutter – bright, confusing and excessive groupings of light sources

Correlated Color Temperature (CCT) - A measure in degrees Kelvin (°K) of light's warmth or coolness. Lamps with a CCT of less than 3,200 °K are pinkish and considered warm. Lamps with a CCT greater than 4,000 °K are bluish-white and considered cool. High Kelvin lighting (greater than 3000K) create a harsh glare, making it difficult to see clearly at night. It can also suppress melatonin production, leading to disrupted sleep and other health risks.

High-intensity discharge lamp (HID). Light is produced by the passage of an electric current through a gas. High-intensity discharge (HID) include mercury, metal halide, and high-pressure sodium lamps.

Incandescent lamp - Light is produced by a filament heated to a high temperature by electric current.

LED - Light emitting diode. 3000K LED lighting is both economically viable and energy efficient. 3000K and less LED lights are the safest LED currently available.

It is estimated that over 80% of the world's population lives under skyglow. As you go through the month of June, observe the light pollution that is around you. Is the source something you have control over or not. Next's month submission will out-line potential solutions on an individualized basis.

Oxford Seniors Ecology Club invites you to join our monthly meetings at Oxford Seniors. They are held on the second Wednesday of the month from 2:30-4:00 pm. For more information, contact Joan Potter-Sommer through Oxford Seniors at (513)523-8100.

CRAFTS & ACTIVITIES

Some activities require prior registration. Please see below. Please be patient as we safely move towards resuming full activities.

Congregate Lunch Lunch will be from 11:45-1:15 Monday through Friday. Lunch is served at 12:15. Reservations must be made at least one day in advance by calling the office. Suggested lunch donation is \$2.50.

Pool Tournament takes place Thursdays from 1:30-4:00. Practice day is Tuesday from 1:30-4:00. Please feel free to bring a snack and drink for yourself.

Exercise This month we will meet Monday, Wednesday and Friday at 9:30 to follow our prerecorded exercise routine. *Please note that we are working to line up a live instructor(s).

Bingo We will play Bingo Thursdays from 10:30-11:30. Prize donations are always welcome!!

French Club The French Club will meet on Mondays from 2-4.

Tech Time with Maciek Friday from 11:00 – 1:00, one of our volunteers is available to help you with your phone, laptop or tablet questions. Call ahead if you'd like to reserve time with Maciek.

Movie Each Friday we will show a movie starting at 1:30 in the Great Room. Movie titles will be announced ahead of time. Please feel free to call the office with requests!

June 4th -"Moonstruck "

June 11th - "The Truman Show "

June 18th -"An Affair to Remember "

June 25th - "Tog Gun "

Bible Study Bible Study with Pastor Steve Elkins will be held Tuesdays from 10:30-11:30.

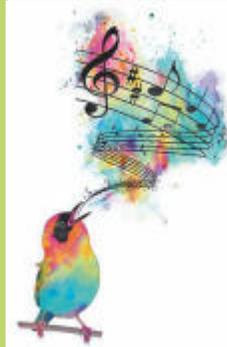
Hand Clay Hand building with clay will meet Thursdays from 10:00-12:00. New students please call Ingrid to sign up for the month of June.

Crossword Tournament Wednesday, June 23rd at 1:30, please join us for a friendly, timed event to see who can finish the crossword puzzle first without mistakes! A beverage and snack will be provided.

Stained Glass The stained glass room will be open for use this month Tuesdays 1:00-4:00. Stop by to meet our new instructor, Ayako Reiff. Classes for new students will begin in July. Call Ingrid to be added to the class list, or if you would like to use the room at an alternate time.

Songbirds Begins June 16th. Wednesdays 10:45-11:45 join us for Songbirds with John Bercaw.

Cards and Table Games Thursday 1:30-4:00 Bring your own games or select from our collection! Tables can be reserved on other days; please call Ingrid to set up a time.



Songbirds Return
Wednesday, June 16th
10:45 a.m.

CALENDAR OF EVENTS

JUNE 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01 10:30-11:30 BIBLE STUDY 11:45-1:15 LUNCH 1:30-3:00 PAINTING	02 9:30-10:30 EXERCISE 11:45-1:15 LUNCH	03 10:30 BINGO 11:45-1:15 LUNCH 1:30-4:00 POOL	04 9:30-10:30 EXERCISE 11:45-1:15 LUNCH 1:30 - 3:30 MOVIE
7 9:30-10:30 EXERCISE 11:45-1:15 LUNCH 2:00-4:00 FRENCH	8 10:30-11:30 BIBLE STUDY 11:45-1:15 LUNCH 1:30-3:00 PAINTING 1:30-4:00 POOL	9 9:30-10:30 EXERCISE 11:45-1:15 LUNCH 2:30-4:00 ECOLOGY CLUB	10 10:30 BINGO 11:45-1:15 LUNCH 1:30-4:00 POOL	11 9:30-10:30 EXERCISE 11:45-1:15 LUNCH 1:30 - 3:30 MOVIE
14 9:30-10:30 EXERCISE 11:45-1:15 LUNCH 2:00-4:00 FRENCH	15 10:30-11:30 BIBLE STUDY 11:45-1:15 LUNCH 1:30-3:00 PAINTING 1:30-4:00 POOL	16 9:30-10:30 EXERCISE 10:45 SONGBIRDS 11:45-1:15 LUNCH	17 10:30 BINGO 11:45-1:15 LUNCH 1:30-4:00 POOL	18 9:30-10:30 EXERCISE 11:45-1:15 LUNCH 1:30 - 3:30 MOVIE
21 9:30-10:30 EXERCISE 11:45-1:15 LUNCH 2:00-4:00 FRENCH	22 10:30-11:030 BIBLE STUDY 11:45-1:15 LUNCH 1:30-3:00 PAINTING 1:30-4:00 POOL	23 9:30-10:30 EXERCISE 10:45 SONGBIRDS 11:45-1:15 LUNCH 1:30 CROSSWORD PUZZLE TOURNAMENT	24 10:30 BINGO 11:45-1:15 LUNCH 1:30-4:00 POOL	25 9:30-10:30 EXERCISE 11:45-1:15 LUNCH 1:30 - 3:30 MOVIE
28 9:30-10:30 EXERCISE 11:45-1:15 LUNCH 2:00-4:00 FRENCH	29 10:30-11:030 BIBLE STUDY 11:45-1:15 LUNCH 1:30-3:00 PAINTING 1:30-4:00 POOL	30 9:30-10:30 EXERCISE 10:45 SONGBIRDS 11:45-1:15 LUNCH		

HOW TO PRACTICE SAFE SHOPPING

Here are tips to protect you and others while enjoying fresh produce and helping to support farms and farmers in your community.

1. Call ahead or check your local farmers' market's website for hours. Ask about special safety measures.
2. Plan your visit to the market when it is less crowded. Ask about special shopping times for older adults.
3. Check if your local farmers market has pre-orders or drive-thru pick-up.
4. Stay home if you feel sick or have been in contact with someone that was sick.
5. Wear a mask or face covering.
6. Maintain at least six feet distance from other shoppers, vendors, and staff.
7. Avoid crowded booths or tents.
8. Use hand sanitizer, or wash your hands before and after you visit the market.
9. Let farmers serve you at their stands.
10. Do not touch or sample any food you are not buying.
11. Use exact change or a credit card to minimize contact.

ELIGIBILITY & ENROLLMENT

You are eligible for the Ohio Senior Farmers' Market Nutrition Program if you are 60 or older and meet income guidelines.

Applications are available through your local area agency on aging.

Participants receive **\$50.00 worth of coupons** for the growing season.

HOW THE PROGRAM WORKS

VISIT – Use your coupons at participating farmers' markets and roadside stands. Look for the Senior Farmers' Market Nutrition Program (SFMNP) poster when shopping.

SHOP – Select produce equal to the amount of your coupons. If you buy less than the amount of your coupon, farmers cannot give you change back. If you buy more than your coupon, farmers may accept cash or SNAP to cover the amount over the coupon value. Use your coupons by the expiration date.

ENJOY – Fresh fruits and vegetables add flavor and variety to meals and are key to a healthy diet! Honey and fresh, cut herbs are also eligible items.



SOME OF THE AVAILABLE PRODUCE:

	MAY	JUN	JUL	AUG	SEP	OCT
Apples						
Asparagus						
Blackberries						
Blueberries						
Broccoli						
Cantaloupe						
Carrots						
Cauliflower						
Cherries						
Green Peas						
Lettuce						
Onions						
Peaches						
Plums						
Potatoes						
Pumpkins						
Raspberries						
Rhubarb						
Spinach						
Strawberries						
Sweet Corn						
Tomatoes						
Watermelon						
Winter Squash						

HONEY AND HERBS ARE ELIGIBLE

Coupons **may not** be used for:

- Flowers
- Cider
- Cheese
- Bakery
- Dried/Potted herbs
- Non-local produce (pineapples, bananas, citrus)
- Plants
- Nuts
- Crafts
- Preserves
- Decorative gourds
- Eggs
- Syrup
- Dried fruits
- Processed foods

Apply online at help4seniors.org or download and print the application from help4seniors.org/farmersmarket and mail to:

Council on Aging
 ATTN: Farmers Market Program 175 Tri County Parkway, Cincinnati, OH 45246

If you are unable to apply online or download and/or print the application, please call us at (513) 721-1025 or (800) 252-0155 and select Option 2 from the menu to reach our call center and request an application be mailed to you.

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(STAFF LISTING ON PAGE 3)



Employment

As we grow, we are in need of additional part-time “call in” staff. If interested, please phone 523-8100 for an application.

Join Us!

We have a few openings for full or part time care. If you need assistance with your loved one, give us call at 523-0464.

Wish List

Annual Flowers to plant in our courtyard
Vegetable Plants:
- Tomato & Peppers
Flower plants for pots
Etch A Sketch
VCR with Remote

Phrases we hear at ADS

Strike while the iron is hot!
Water is for washing not drinking!
Right church wrong pew!
Too soon old, too late smart!
Madder than a wet hen!
A sight for sore eyes!
Don't count your chickens!

In Celebration of Older Americans Month, we had some special events during the month of May.

Participants enjoyed a special cake during the Celebration of Life Party. Staff shared information about the birth year of our participants 90 and over. Oh my goodness, how things have changed! Staff, Director and participants enjoyed hearing the history!

Many of our participants have expressed missing the “old” dishes they cooked or had cooked for them. The Director dug out her mother’s and grandma’s recipes. She cooked lunch up for everyone. Fried Corn, fried potatoes and cornbread from scratch were a few of the dishes on the menu. The participants made “Thank you for your service “ cards for the Veteran participants.

Staff played reporters. We had so much fun interviewing and listening to our participants!!

From our Veterinarian - **“I was a Veterinarian for over 30 years before retiring.** I doctored family pets and livestock. Farmers would call with sick cattle, pigs, chickens, goats and horses. I like all livestock, horses are my favorite. I enjoyed riding in the country and fields. I do not enjoy riding them in town. I remember a peacock brought into the office sick. I think it was the most unusual patient I treated. The hardest part of being a vet for me, was knowing that someone’s loved pet was not going to make it. Telling the family was the hardest. ~ Dave M.

“I am over 90 years old and have lived a great life. I’ve done and seen many things. Over the years, I have had the privilege of seeing things change and grow. I grew up with no indoor plumbing. We got our water from the well. I played in the creek for entertainment. It was fun! Television was invented but we could not afford one. We were always busy. I had chores to do and tended the livestock. I graduated high school from a one room schoolhouse. I went to Business College. I worked after college. I loved my job but the best time of my life was becoming a mother.” Izzy C.

“I started here just a few weeks ago. My daughter found out about Adult Service from someone. My kids are great taking care of me. I was lonely. I needed something to do and people around me. Now, I get to do crafts, go on field trips, visit with others my age and play Bingo. The staff talks with me. I wouldn’t change a thing even the food. **I am not lonely anymore 😊!** “ Carol K.

IN OUR THOUGHTS



**Phyllis Gibson
Deb Schindler
Barb Winkler
Scott VanDam**

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



Grief Support Update

Kim Ogle has offered to continue to facilitate a virtual grief group. The meetings for June are Wednesdays 2nd, 16th and 30th at 1:30pm.

Please email Kim Ogle at kkogle24@gmail.com for the Zoom link to be sent to you.

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, Rebecca Shoupe, Judie Woolum, Pat McDonough, Bill Slover
The Knolls of Oxford
6727 Contreras Rd.
Oxford, OH 45056

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

Nelly Bly Cogan, Peter Dahoda, Gil Gordon, Nancy Holley, Jan Reinhart, Jane Strippel, Janie Weinrich,
Woodland Country Manor
4166 Somerville Rd
Somerville, OH 45064

Adele Flower
2200 Welcome Place #411
Columbus, OH 43209

Linda Davis, David Dunn, John Woodruff
Oxford Healthcare Center
6099 Fairfield Rd. Oxford,
OH 45056

Greg McBee
W. Chester Asstd. Living
7047 Hamilton Mason Rd.
Unit 206
West Chester, OH 45069

Phil & Louise Friedman
411 Western Row Rd. #354
Mason, OH 45040

Susan Osborn
Bradford Place
1302 Millville Ave.
Hamilton, OH 45013



Butler Behavioral Health has a wonderful counseling program for older adults (60+) who experience symptoms of depression and/or anxiety. They are able to 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 f <https://www.bbhs.org/what-we-do/services-for-seniors/> or the upcoming week(s). Uplift is a Butler County funded service.

513-896-7887

<https://www.bbhs.org/what-we-do/services-for-seniors/>



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June 21st
