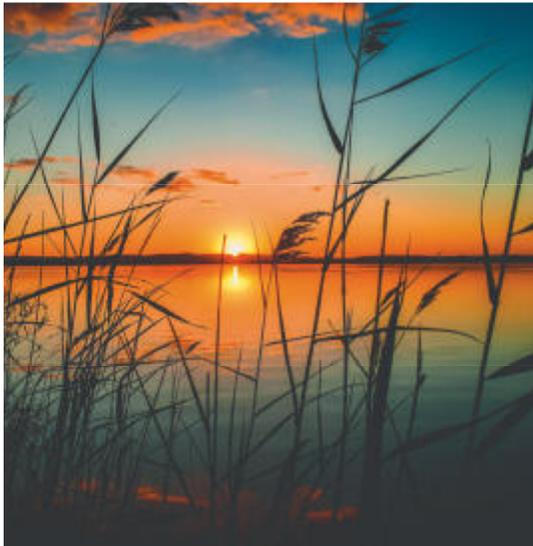




Spotlight on Ayako Reiff



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

Check Out What's Inside!

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WWW.OXFORDSENIOR.ORG

Oxford Seniors has a long history of creating beautiful works of art in stained glass. We are excited to finally reopen our glass classroom with the help of our new instructor, Ayako Reiff. She is new to our organization, but stained glass has been in her life for a long time. Ayako was born and raised in Japan, where her mother taught stained glass at a local community center. Her mother also created stained glass artwork in their home, often having students come to the house to learn and create. While Ayako has created her own works of art in glass, this is her first time teaching the craft.

Ayako came to the United States in 1997 as a journalism student at the University of Findlay. From there, Ayako took a job working at Neaton Auto in Eaton, Ohio. During her time at Neaton she met a spry young fellow named Karl,

who was working there as an engineer. In 2004, Ayako and Karl were married. Together they have two children, a daughter named Anna and a son named Otto. Today, Karl and Ayako both work at Miami University. They live in Oxford with their children, some cats, chickens and a rooster. We are happy to have Ayako joining us at Oxford Seniors to revitalize our stained glass program. She is here every Tuesday from 1:00-4:00. Please stop by if you are interested in joining the class, or just to welcome Ayako!



Pictured L-R: Debbie Shelley, Phyllis Mendenhall, Instructor Ayako Reiff & Mary Fox

AUGUST | 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
2	3	4	5	6
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	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/Meatballs 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	3oz Homemade Meatloaf w/Gravy 1/2c LS Whipped Potatoes/Gravy 1/2 c Carrots 1 Dinner Roll 1 piece Fresh Fruit in Season 1 Fudge Brownie Dt: 6 Vanilla Wafers
9	10	11	12	13
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	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 1/2c 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
16	17	18	19	20
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 c Fruit Cocktail	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	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 Vanilla Wafers
23	24	25	26	27
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	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
30	31			
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	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			

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.

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Shanna Cianchetti,
STNA/Driver

Claire Nagle,
Registered Nurse

Becky Findley,
Aide



DIRECTOR'S LETTER

Hello for August 2021,

I am assuming that we are facing the Dog Days of summer, with high heat and humidity, as is usual for August. But July has seemed to be much more tolerable this year.

We continue to see attendance and program options build here at Oxford Seniors, and our registration is growing at Community Adult Day Service. Meals on Wheels is stable, and transportation continues to provide a very needed service.

We have submitted a proposal to Council on Aging to contract for rides to locations, especially medical appointments, in Fairfield, West Chester, Hamilton, Eaton, and Richmond. The new contract may also allow us to do trips to the main hospitals/medical centers in Cincinnati. Our plan would be to add a driver exclusively for these rides so the driver and vehicle would be solely committed to that person's ride for that day. Other local rides would not be affected, which has been our great concern in the past.

I am also pleased to report that our paid membership has grown back to over 400; since we are in the last half of the year, joining is reduced to \$12.50 per person for the remainder of 2021. If you are a prior year member, and have continued to receive our newsletter throughout the first part of 2021, we are eager to have you renew, and ask that you consider paying the full year's fee of \$25 since we continued to serve you with that major membership benefit.

Bev Wood, our secretarial assistant provided to us via the senior employment program VantAGE, returned in July. She will be handling the monthly mailing of members' birthday and anniversary recognition cards, along with her other important roles. Help us welcome her!

As we approach the end of our business year on September 30, I remind you to please plan to attend our Annual Meeting on Friday September 24 at 1 p.m. We will vote on a slate of officers and for three trustees, all of whom will serve for the next two years, beginning October 1, 2021. (See slate on page 16.)

The State Aging and Health Departments, along with the U.S. Center for Disease Control, continue to voice grave concerns about the possible impact of the Delta variation of COVID-19. Their guidance to senior centers is that we **urge** people (staff, volunteers or participant/visitors) who are not vaccinated to **wear masks in our building except when eating lunch**. We started that request on July 19, and we ask those who are fully vaccinated (two weeks after final dosage) to voluntarily report that fact to us. We will note that, and excuse those who are vaccinated from masking (see form below to clip and return).

I am also setting the requirement that any new participants at Community Adult Day Service must be fully vaccinated prior to attending; otherwise, we sadly will not be accepting them as clients.

Oxford Seniors has an obligation to protect its members, volunteers, guests and staff to the best of our ability during this pandemic and its ever-developing surprises. I apologize for any inconvenience to you or for offense you may take.

My best,



Steve Schnabl
Executive Director

I am fully vaccinated against COVID-19

As the Delta variant of Covid brings back higher risks, we ask you to share your vaccination status, OR YOU MUST WEAR A MASK.

Name: _____

Date I became fully vaccinated: _____

Please return completed form to the office or call us at 523-8100 and ask for Jeanne Glaser.

CAREGIVER SUPPORT GROUPS

Alzheimer's Association Caregiver/Family Support Group

Monday, August 9th | 6:00 PM |
Oxford Seniors

We meet the second Monday of the month in the conference room at Oxford Seniors. This is a peer support group for family caregivers of individuals with Alzheimer's or a related dementia.

Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

Candace Burch, Facilitator (715)781-5167
Debbie Curry, Facilitator (513) 708-9707



Join Virtual OMA this Fall!

Older adults are invited to meet weekly with Miami University students to discuss art and music, and to create original drawings, stories and poetry. Older adults (living with and without dementia) will meet with the same three students every week for 45 minutes throughout the entire semester. No art background or preparation necessary. The students will come prepared for every session. All participants must be able to use Zoom.

The program was well received last semester, as one participant wrote, *"I found both in form and content our much too brief time together fascinating, surprisingly challenging, and very well presented."*

For more information and to sign up, please email Meghan Young at ScrippsOMA@MiamiOH.edu.

Caregiver Support Group With Pat Willeke Scheduled to return in August



The group meets at 1:15p.m. on the
2nd Thursday of the month

For more information,
call Oxford Seniors
513-523-8100



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 do-
nations and support to Oxford Seniors.

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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Health Insurance Questions?

Call Lynn Specht
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MEDICAL MUTUAL

Animal Care Clinic

75 Lynn Avenue, Oxford, OH 45056
513-523-5272
Molly Buckley, DVM
www.accoxford.com

Preventative Services
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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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Oxford OH 45056 | 513-454-1111
myprimaryhealthsolutions.org

ADULT MEDICINE, PEDIATRICS, BEHAVIORAL HEALTH



BIRTHDAYS & ANNIVERSARIES

WELCOME!

Mark Fitzgerald
 Joanne Harper
 Irene Kleiman
 Peter Lang
 Gloria McElroy
 Guy McElroy
 Terry Paul
 Julie Sheff
 Debbie Shelley



Barb Adams	8/1	Bill McClanahan	8/14
Alice Krauth	8/5	Candie Sheard	8/15
Rich Daniels	8/5	Toni Saldivar	8/15
Mary Bachmann	8/6	Cathleen Woedl	8/18
Ron Pfohl	8/6	Oleda Woods	8/22
Mary Epp	8/7	Richard Vaughn	8/24
Carri Thompson	8/7	Cynthia Gilbert	8/25
Joanne Shaver	8/10	Carol Hennessey	8/25
Betty Macke	8/11	Mike Simpson	8/26
Sonia Kuhlmann	8/12	Betsy Jones	8/29
James Swartz	8/13	Patricia Gump	8/30
Susan Horn	8/13	Frances Strick	8/31



Andy Sommer & Joan Potter-Sommer 8/4
 Ken & Nancy Conner 8/6
 Jim & Ann Dunlevy 8/6
 Jim Woodruff & Joanne McQueen 8/16
 Ray & Sandy White 8/17
 Woody & Beverly Anderson 8/18
 Don & Marie Marcum 8/18
 John & Jackie Huntington 8/19
 Hank & Sharon Taylor 8/29

Just For Fun Read it out loud!

Person 1: A B C D puppies?

Person 2: L M N O puppies.

Person 1: O S M R! C M P N?



OUTREACH & MARKETING

Welcome to August!

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 Parkinson's Information & Support

There is a monthly gathering on the 1st Thursday of the month from 6:30-8:00 p.m. at The Loft at Oxford Bible Fellowship. The group includes individuals with Parkinson's and their spouses, partners or other caregivers. Importantly, it is not just a couples group. All are welcome in any combination. Contact Sara Penhale for more information. 513-593-0059



Our next Community Meeting will be in September, please check back for details.

Providing support, education and advocacy to the families, friends and allies of the LGBTQ+ community.

Please check our Facebook Page for updates.

www.Oxfordareapflag.org



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 2019-20, the income levels are:

For July 2021-May 2022, the income levels are:

Size of Household	Total Household Income 12 Months
1	up to \$22,540
2	up to \$30,485
3	up to \$38,430

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



ECOLOGY CLUB

Light Pollution from Street Lights and Neighbor's Outdoor Lights?

By Ellen NickKenzie Lawson, Member of Oxford Seniors Ecology Club

The City of Oxford has, naturally, rules and regulations about lights outside private residences and street lights.

Seth Copenbaker, Assistant to the Oxford City Manager, explains, “We have illumination standards to insure that there is not only a minimum of security lighting maintained, but also that light does not spillover inappropriately to any residential property that may be adjoining.”

He also notes that Oxford will soon be updating all its street lighting to LEDs of 7000 lumen, same as existing lights. (This is equivalent to 350 watts or a pair of 65 and 42 watts as 4200 and 2700 lumen.) But instead of bright white street lights, these new LEDs will be yellow, which has fewer wavelengths than white making it less intense, e.g. softer. This move is more efficient for the city as LEDs have longer service life, requiring less maintenance and lower replacement costs.

For the applicable rules for street lights, see **Code 406F - Infrastructure for “Street Lights” Code 406F**. These lights must be within 50 feet of every intersection, at the end of a road, or on a cul-de-sac. Currently they are allowed up to 9500 lumen but most in Oxford are at 7000. The City Engineer, at his discretion, may vary the spacing of street lights. Street lights along sidewalks can be no higher than 16 feet maximum while those at intersections can be up to 32 feet high.

Outside residential lighting rules are quite different. **See Code Section 1141.04 - Environmental Regulations, under (f) - “Light and Glare from Exterior Lights. Environmental Regulations**

First, the light source within a light fixture must not be visible from a neighboring structure. They should be shielded or recessed and set on low poles to “prevent light from shining onto neighboring properties or distracting drivers.”

Second, no light used to illuminate a parking area shall shine onto property in a residential district.

Third, the intensity and direction of the light must not significantly “disrupt the night habitat of any natural area” larger than half an acre, or a stream, or riparian corridors, etc.

Fourth, foot-candle measurements at any property line should not exceed one lumen. So if your neighbor's exterior light spills over your property line and exceeds one lumen, this is not allowed.

Lastly, light intensity shall be reduced after closing hours. This is odd unless your neighbor is a business? Or does it mean neighbors cannot leave external lights on 24/7 year around?

If you have any questions, Scott Otto, the City Engineer is ultimately responsible for lighting issues in Oxford. His phone number is 513-524-5200, email is sotto@cityofoxford.org. You may also go to the city's website (cityofoxford.org) and report a concern there.

Oxford Seniors Ecology Club meets the second Wednesday of the month from 2:30-4:00pm. All are welcome.

Testimony for **Ohio Alzheimer's Disease and Related Dementias Task Force**

I am Steve Schnabl, Executive Director of Oxford Seniors/Community Adult Day Service in Oxford. I have 22 years consecutive non-profit management experience in the community-based Aging Services field. I have an additional 20 years' experience managing in the DD field, and as a planner in community Mental Health. I am also a caregiver at home for my wife who is diagnosed with early stages of dementia. Beginning with the personal experiences, I am drained by the caregiver role, and I see the effect on my work productivity; my style has always been to work 50 or more hours per week. I also cannot easily go to the grocery, take a walk by myself, or meet a friend for dinner. My employer sponsors Caregiver Support groups, but I cannot attend evening sessions without finding a different person. In our small town, caregivers are in very short supply, for private care, through an agency (few offer services in Oxford due to its "rural" setting), for our Adult Day Service, or for the areas several long term care facilities.

Professionally, I have just been part of a concerted effort to get the Administration and Ohio Legislature to include an increase in pay rate for Adult Day via PASSPORT. The rate has been \$49.39 for nearly ten years, as wages, transportation costs, food and other operating costs have escalated. In contrast, our Butler County Elderly Services (levy) Program pays us nearly \$75 per day (including transportation, if in the service plan), and we just became eligible for Veterans' Administration referrals at \$106 per day, plus transportation.

I worked with a subcommittee of the Advocacy Committee of Leading Age Ohio. Another group of Adult Day providers was also advocating a similar package. Fortunately, the funding increase to about \$64 a day was budgeted, but now awaits implementation on an as-yet unknown time frame.

Oxford Seniors has operated its Adult Day since 2000, never at a break-even rate. As a nonprofit entity, we have supplemented that shortfall from our fundraising, or have operated at an agency loss, eating into our limited reserves.

Our daily cost is \$85-90, plus any transportation, the cost of which varies due to distance. We use space in a church, at a subsidized rent rate, so our current costs are not fully accurate. At the start of the Pandemic, Ohio Department of Aging providing Leading Age with a list of about 125 Senior Adult Day programs. I, along with some other committee colleagues, conducted a telephone survey of that list. Nearly 50 could not be contacted and were assumed closed. Some of that group did have a phone message, or some other way to indicate that this closure was permanent. Of the remaining 75, one-third had unspecific plans to reopen after State permission.

Oxford Seniors' ADS reopened March 1. Our average daily attendance previously had been 12, with an enrollment of 25 or so. Currently we have scratched up to an average of 8 per day, with 11 enrolled.

Across our nation, both adult day programs and senior centers are closing at high percentages due to lack of attention from funders, thought leaders, state employees and elected representatives. As the aging population is projected to grow dramatically, especially in Ohio, these two types of entities are very cost-effective ways to support those in need as they enter the community-based end of the aging services continuum of care.

Adult Day programs cost a fraction of Assisted Living placement and even less compared to Skilled Nursing Care. What other options exist to families who cannot care appropriately for a loved one at home? And when family financial resources are exhausted, the burden falls on taxpayer supported care.

My conclusions and recommendations are, therefore:

Ohio Department of Aging should implement the PASSPORT funding increases to Adult Day Programs immediately

ODA should develop a strong message to care managers, educating them about ADS programming and encouraging

Continued on page 16

COMMUNITY EVENTS



Let's enjoy the last **Thursday Night Uptown Music** concerts organized by Enjoy Oxford:

- 8/5-The Fries (Classic Rock)
- 8/12-Claypool Block (Blues & Rock)
- 8/19- US Air Force Band: Flight One (Rock)
- 8/26- Butler Philharmonic Orchestra.

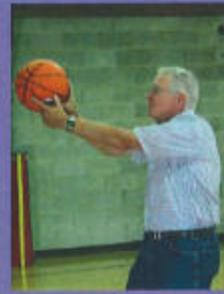


August 15th from 5 PM - 10 PM participating businesses will set up at tables on the sidewalks and in parking spots on High Street with select items for sale, from food to retail! We're encouraging each business to play some music from their individual tables so as you walk from one end of High Street to the other, going table to table, you'll enjoy a unique, ever-changing musical experience! Last one for this year!!



Oxford's Designated Outdoor Refreshment Area (DORA) is in effect May 20th, 2021- August 15th, 2021 daily from 11 AM - 11 PM. (The inaugural launch was on June 25th, 2020 which coincided with the first Red Brick Friday). This is an exciting development for our town and one that we hope you'll enjoy, whether you're a resident or a visitor passing through for the day.

In Oxford, the DORA boundaries are as follows: from the East side of Beech Street from Church Street to Walnut Street, the Northside of Walnut Street from Beech Street to Campus Avenue, the West side of Campus Avenue from Walnut Street to Church Street, and the south side of Church Street from Beech Street to Campus Avenue.



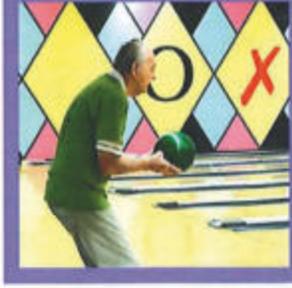
Oxford Masters Games 2021 Registration Form

Entry fee is \$15.00

If you don't want a t-shirt it's \$10

Additional donations accepted

Please complete form and return by August 27th to:
Oxford Seniors 922 Tollgate Dr. Oxford, Ohio 45056



Name: _____ Sex: Female Male

Address _____ Age as of 9-13-21 _____

City: _____ State: _____ Zip: _____

Telephone: _____ email: _____

How many years have you participated in Oxford Seniors Masters Games: _____

Shirt Size: (Circle One) **ALL SHIRT SIZES ARE FINAL!**

LADIES: XS S M L XL 2XL MEN: S M L XL 2XL

Please check the events you will be entering (Do not sign-up for over-lapping events!):

We do ask that everyone who registers for the games make sure their schedules are clear so that they can attend the entire event; if an event is scheduled for more than one day; everyone needs to attend both days.

- | | |
|--|--|
| <input type="checkbox"/> Basketball | <input type="checkbox"/> Fitness Walk |
| <input type="checkbox"/> Bocce Ball | <input type="checkbox"/> Golf (a card game) |
| <input type="checkbox"/> Bowling (Please Circle Age Group: 50-64 / 65+) | <input type="checkbox"/> Hike |
| <input type="checkbox"/> Bridge | <input type="checkbox"/> Horseshoes |
| <input type="checkbox"/> Chair Balloon Volleyball | <input type="checkbox"/> Pickleball |
| <input type="checkbox"/> Corn Toss | <input type="checkbox"/> Pool (Please Circle 8 ball and/or 9 ball) |
| <input type="checkbox"/> Croquet | <input type="checkbox"/> Scrabble |
| <input type="checkbox"/> Crossword Puzzle | <input type="checkbox"/> Shuffleboard |
| <input type="checkbox"/> Darts | <input type="checkbox"/> Wii Bowling |
| <input type="checkbox"/> Euchre | <input type="checkbox"/> Yahtzee |
| <input type="checkbox"/> Golf Putting Contest (Please Circle for Golf Lunch: Salad or Club Sandwich) | |
| <input type="checkbox"/> Golf Scramble (Please Circle for Golf Lunch: Salad or Club Sandwich) (Circle skill level A B C) | |

In consideration of the acceptance of my entry, I, for myself, my executors, administrators, absolve all sponsors and individuals assisting in the presentation of the Oxford Masters Games of all claims of damages, demands and actions what so ever in any manner or growing out of my participation in risks involved in this activity, that I assume those risks, that I will assume and pay my own medical expenses and emergency expenses in the event of accident, illness or other incapacity, regardless of whether I have authorized such expenses. I attest that I am physically fit and sufficiently trained to participate in these games.

I have no physical restrictions that would prohibit my participation in the Oxford Masters Games. I assume responsibility for informing my physician of my intention to participate in the Masters Games.

I agree and consent to the use of photographs and interview for publicity and advertising by the Masters Games, and I waive all claims for any compensation for such use.

I have read this entry form and understand the terms and conditions stated therein and voluntarily execute this entry. I attest that I have full knowledge of the risks involved in the events.

Signature: _____ Date: ____/____/____

In case of emergency contact: _____ Telephone number: _____

Masters Games 2021 Schedule of Events

1st week September 13-17	Monday 9-13	Tuesday 9-14	Wednesday 9-15	Thursday 9-16	Friday 9-17
Bocce Ball @TRI Community Center 6025 Fairfield Rd.		3pm			
Chair Balloon Volleyball @TRI Community Center 6025 Fairfield Rd.		2pm			
Corn Toss					9am
Darts				9am	
Fitness Walk	8am				
Horseshoes @Community Park 6801 Fairfield				4pm	
Kick-off Ceremony	8:45am				
Pickleball @Miami's Rec Center 547 S Campus Ave. \$6 for non Rec Center members			9:30am		
Pool 9 ball	9am				
Shuffleboard		9am	9am		
Wii Bowling	1pm				

2nd week September 20-24	Monday 9-20	Tuesday 9-21	Wednesday 9-22	Thursday 9-23	Friday 9-24
Awards Ceremony					12pm
Basketball @TRI Community Center 6025 Fairfield Rd.				4pm	
Bowling @Oxford Lanes 4340 Oxford-Reily Rd. \$5 for 3 games		9am			
Bridge (lunch will be provided following the event)		9am			
Croquet @ Oxford Community Park 6801 Fairfield Rd.	4pm		4pm		
Crossword Puzzle			1pm		
Euchre	1pm				
Golf Scramble @ Oxford Country Club 6200 Contreras Rd. \$14 for Lunch, riding cart \$7, non-club member \$10 guest fee	9:15am				
Golf Putting	1pm				
Golf Cards			9am		
Hike				9am	
Pool 8 ball	9am				
Scrabble (lunch will be provided following the event)	10am				
Yahtzee				1pm	

CRAFTS & ACTIVITIES

Participants must register for some activities ahead of time by calling the Oxford Seniors office.

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 Thursday from 1:30-4. Practice day is Tuesday from 1:30-4. Please feel free to bring a snack and drink for yourself.

Exercise Monday and Wednesday at 9:30 with Paula. Friday at 9:30 we follow a prerecorded exercise video.

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

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

Bible Study Bible Study will be held Tuesday from 10:30-11:30, led by Pastor Steve Elkins.

Hand Clay Hand building with clay will meet Thursday from 10:00-12:00.

Stained Glass Stained Glass Class will meet Tuesday from 2:00-4:00. The room will be available for work at 1:00. Fees are per project. Instructor: Ayako Reiff

Movie Each Friday we will show a movie starting at 1:30 in the Great Room. Popcorn is provided, and sodas are available for purchase. Please reserve a seat by 10 am Friday. Suggested donation is \$1.00.

Songbirds Wednesday 10:45-11:45 join us for Songbirds.

Cards and Table Games: Friday 1:30-4:00 join us for group card games such as Golf. Call to reserve a table at other times throughout the week. Bring your own games or choose from our collection.

Hand and Foot Massage: Sign up ahead of time for a free hand or foot massage with Laura Brooks. 20 minute sessions from 9:00 -12:00 Wednesdays.



August Movies:

August 6th: Sorry, Wrong Number, 1948
with Burt Lancaster

August 13th: Vertigo, 1958

August 20th: The Princess Bride, 1987

August 27th: Rear Window, 1954

JULY CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			01 10:30 BINGO 11:45-1:15 LUNCH 1:30-4:00 POOL	02 9:30-10:30 EXERCISE 11:45-1:15 LUNCH 1:00 Golf Cards
5 9:30-10:30 EXERCISE 11:45-1:15 LUNCH 2:00-4:00 FRENCH	6 10:30-11:30 BIBLE STUDY 11:45-1:15 LUNCH 1:00-4:00 Stained Glass 1:30-3:00 PAINTING	7 9:00-11:40 MASSAGE 9:30-10:30 EXERCISE 10:45 SONGBIRDS 11:45-1:15 LUNCH	8 10:30 BINGO 11:45-1:15 LUNCH 1:30-4:00 POOL	9 9:30-10:30 EXERCISE 11:45-1:15 LUNCH 1:00 Golf Cards 1:30 - 3:30 MOVIE
12 9:30-10:30 EXERCISE 11:45-1:15 LUNCH 2:00-4:00 FRENCH	13 10:30-11:30 BIBLE STUDY 11:45-1:15 LUNCH 1:00-4:00 Stained Glass 1:30-3:00 PAINTING	14 9:00 –11:40 MASSAGE 9:30-10:30 EXERCISE 10:45 SONGBIRDS 11:45-1:15 LUNCH 2:30-4:00 ECOLOGY CLUB	15 10:30 BINGO 11:45-1:15 LUNCH 1:30-4:00 POOL	16 9:30-10:30 EXERCISE 11:45-1:15 LUNCH 1:00 Golf Cards 1:30 - 3:30 MOVIE
19 9:30-10:30 EXERCISE 11:45-1:15 LUNCH 2:00-4:00 FRENCH	20 10:30-11:030 BIBLE STUDY 11:45-1:15 LUNCH 1:00-4:00 Stained Glass 1:30-3:00 PAINTING	21 9:00-11:40 MASSAGE 9:30-10:30 EXERCISE 10:45 SONGBIRDS 11:45-1:15 LUNCH	22 10:30 BINGO 11:45-1:15 LUNCH 1:30-4:00 POOL	23 9:30-10:30 EXERCISE 11:45-1:15 LUNCH 1:00 Golf Cards 1:30 - 3:30 MOVIE
26 9:30-10:30 EXERCISE 11:45-1:15 LUNCH 2:00-4:00 FRENCH	27 10:30-11:030 BIBLE STUDY 11:45-1:15 LUNCH 1:00-4:00 Stained Glass 1:30-3:00 PAINTING	28 9:00-11:40 MASSAGE 9:30-10:30 EXERCISE 10:45 SONGBIRDS 11:45-1:15 LUNCH	29 10:30 BINGO 11:45-1:15 LUNCH 1:30-4:00 POOL	30 9:30-10:30 EXERCISE 11:45-1:15 LUNCH 1:00 Golf Cards 1:30 - 3:30 MOVIE

Donations

Continued from page 10

them to discuss this with families, and increase their referral rates.

FUNDING IS STILL INADEQUATE! A State task force focused on saving the ADS programs still in existence is needed.

A statewide advertising/educational campaign is needed to let Ohioans know that they need not be alone in providing care for a loved one with a dementia.

Assistance in recruiting, orienting and adequately paying direct care staff is imperative.

Considering the DSM 5 (the mental health professional diagnostic description tool) lists a new definition of Major Neurocognitive Disorder (formerly dementia), the statewide mental health system needs to embrace some responsibility for helping older adults with dementia, and not only depression or anxiety.

Thank you for this opportunity.

-Presented July 15, 2021



In Memory of: Kay LeVan

Donations By: Ralph & Nancy Martin, Edith Todd, Fritzi Wellman, Marilyn Robinson, Jessica Kopp, Ryan & Debbie Curry, Shawn, Mary & Gracie Fulmer

In Memory of: Deb Schindler

Donation By: Ryan & Debbie Curry

Thank you for your kind donations made in memory of members and friends we've recently lost. This list represents memorial donations received June 24, 2021 through July 23, 2021.

Proposed Slate For September Annual Meeting Oxford Seniors Board of Trustees

President: Kate Rousmaniere

Vice President: Dave Dennett

Treasurer: Bobby Coley

Secretary/President Emeritus: Randy Allman

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311 S. College Ave., P.O. 128 Oxford, Ohio 45056
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(STAFF LISTING ON PAGE 3)



Welcome

We would like to welcome our newest staff member, Becky Findley. Becky is a real asset to the program!

As we grow, we are in need of additional part-time "call in" staff. If interested, please contact Lisa at 523-0464 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

Charcoal
Charcoal Lighter Fluid
Extra fine dry erase markers
McDonalds, Burger King,
Arby's, Pizza, Spring Street
Treats gift cards



Stacy L.– on the 18th
Stacy S. on the 21st

Adult day care programs can provide caregivers with a needed break while giving older adults a chance to socialize with their peers and remedy the isolation and loneliness many experience. –AARP

Adult Day is a wonderful resource for my mom and for me. I trust them with my mom several days each week. Mom's time at Adult Day provides her with a change of pace from her normal at-home routine and gives me the time to run errands and complete household chores. Scheduled activities and interactions at Adult Day create a stimulating environment that keeps Mom's mind active and provide opportunities for movement and light exercise. The staff at Adult Day is excellent, treating each participant with the upmost care and respect. Adult Care is a worry-free solution for elder care. I am so pleased to have such a great resource available to me.

G. Herb

Isabella is 93 years old, and wheelchair bound. To say that I am an overprotective first-born son is an understatement! I freely admit that. My younger brother and sister tie for second place even if they will not admit it. My mom has always been there for me even when I was not the exemplary son I am today (giving all credit to mom). She had truly been an inspiration to me and now we get to be there for her.

We first heard about the ladies in Oxford at the Oxford Day Center a few years ago. After researching the center my siblings and I agreed that it would benefit mom to spend time there. We had no idea the change in mom that was about to occur. It was nothing short of amazing. The improvements were many, but the biggest change was her attitude was so much brighter and happier.

Then Covid hit and everything was shut down and even though the Senior Center was closed mom would still ask if there was any news of their reopening. Finally, 2021 arrived. The protocols and procedures would be put into place so the Center could reopen. We did not hesitate a second to get mom enrolled again and back to a regular schedule. And again, the change in mom was remarkable. I cannot say enough about the staff both before and after Covid.

These ladies are angels. I have often kidded with them telling them they have raised the bar for mom's care. The care I give mom will have to go to the next level if I'm to remain her favorite, which in all modesty I'm sure I am.

C.Combs

IN OUR THOUGHTS



**Linda Davis
Kay LeVan
Patrick Roll
(son of Pat Roll)**

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 bi-monthly (2 X a month) virtual grief group. The meetings for August are on Wednesday the 4th and the 18th 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.

Anne Baxter, Rebecca Shoupe, Pat McDonough, Bill Slover, David Osborne. Carol Hennessey
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, Jane Strippel, Janie Weinrich,
Woodland Country Manor
4166 Somerville Rd
Somerville, OH 45064

Adele Flower
2200 Welcome Place #411
Columbus, OH 43209

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 from <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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Coming Soon!!

**2021 Masters Games
September 13-24**

**See inside for more information & Registration
(registrations due by August 27th)**