



LET'S CREATE OUR FUTURE!



This year's National Senior Center month is not so much about applauding our past, but about how we effectively adapt into the future.

COVID has taught us two things at Oxford Seniors: 1) our Center and all its services are of true value to our local community; and 2) coming back to "full steam" after an unexpected and long closure means overcoming a variety of barriers and challenges for the first time, with no past history to adequately help steer those solutions.

Oxford is fortunate to be a college town with the wonderful resource of Miami's Scripps Gerontology Center. In July, Steve Schnabl invited Scripps Director Suzanne Kunkel and several others of the Scripps faculty to share their insights and professional knowledge about senior centers and adult day programs.

We welcomed Dr. Kunkel, Dr. Bob Applebaum, Dr. Kate Abbott, Dr. Kate de Medeiros, Dr. Jonathon Vivoda (a member of the Oxford Seniors' Board), plus professors Aaron Abbott and Jennifer Heston-Mullins.

Jeanne Glaser, Lisa Davidson, and Steve Schnabl also attended.

Steve facilitated a sharing process that focused on Strengths, Weaknesses, Opportunities and Threats (known as a SWOT analysis), to both senior centers and adult day programs. We sought comments that were broad, and not specific to Oxford Seniors.

After covering each of the four topics on both program types, the group spent twenty minutes in open discussion that included our staff.

Senior centers are viewed as "hubs for access to the community and a broad array of services;" "creates community among the older adults who attend;" "has some government funding directed to it;" "addressed a big challenge of late life: isolation."

Difficulties include "targeting programs to a range of ages from 50 to 100+ is tough;" "adequate/stable funding doesn't exist;" "need to become 'nimble' at adapting to changes of

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SEPTEMBER | 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
		1 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	2 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	3 3 oz LS Pot Roast w/Gravy 1/2 c LS Whipped Potatoes/Gravy 1/2 c Broccoli 1 Dinner Roll 1 piece Fresh Fruit in Season 1 Fudge Brownie Dt: 6 Vanilla Wafers
		6 Senior Center is closed in observance of Labor Day	7 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	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
13 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	14 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	15 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	16 3 oz Hamburguer 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	17 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
20 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	21 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	22 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	23 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	24 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
27 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	28 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	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	30 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	

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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STNA/Driver

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DIRECTOR'S LETTER

Hello for September 2021,

My mom was a saleswoman and my father, a teacher/musician/entertainer. Both loved people and were extroverted. Even when I was quite young, I was always with them as they visited friends of all ages, traveled to Florida and Gatlinburg, went to concerts or my dad's performances (often in churches that exposed me to a range of religious practices that differed from our own church). I feel that I learned to be around, interact, respect, and enjoy people. Senior Centers are a people business; I think I fit.

When I was young and fell in love with Jan, I defined love as that feeling one had for a mate. As I have aged, I realize that we can also choose to love others for what they are, instead of just a romantic link. I believe that letting them know that can be very important, especially to someone who is ill or lives alone or faces some real hardship. I also learned that I can love my work...and I do!

September is celebrated across our nation as Senior Center Month. As I have said before, many centers have closed, scattered across all fifty states, due to lack of support or participation.

Oxford Seniors is a prime example of a scrappy little non-profit in a diverse semi-rural setting that is still succeeding at survival. I love it here, I love our team and I love our members. YOU are a great part of Oxford Seniors' success... and our future.

As our fiscal year ends on September 30, we are seeing that our forced COVID closure has resulted in a loss of earned revenue, leaving us with a financial shortfall far greater than we expected. Our Annual Appeal letters have recently been mailed, and I ask that you consider as generous a gift as possible. Our original goal for gifts was \$35,000, and we fortunately already have nearly \$23,000 raised. But this shortfall has prodded me to increase the goal to \$48,000, and to seek other one-time grants to help us balance.

So, I am nick-naming this emergency campaign "25 by 30" for \$25,000 more in giving to occur by September 30. Please celebrate National Senior Center month by investing in our future. I'd love YOUR help please.

All my best,



Steve Schnabl
Executive Director



Duplicate Welcome! Duplicate Welcome!

Duplicate Bridge players of Oxford will be moving their weekly evening sessions to Oxford Seniors beginning Wednesday, September 1 at 6 p.m. Duplicate bridge is different from regular bridge in that teams at different tables play the same pre-dealt hands to compete for the best score on each hand. An established group of players has been together in Oxford for many years and will be the core of this new activity. Currently, three to four tables play per night from until about ten p.m.

The sessions will welcome new participants, preferably in teams of two or four. All ages are invited.

Eventually, members of the core group plan to offer introductory training sessions during daytime scheduled activity hours at the senior center.

ANNUAL MEETING

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

Trustees: Ed Theroux, Edna Southard, Leping You

***Terms to run from 10/1/2021—9/30/2023**

Continued from front cover

interest rather than always keeping the same calendar of activities.”

For our future consideration, crafting a new vision of the role and functions of a senior center to become one that develops and maximizes partnerships with other organizations (working with Age Friendly Oxford to enact its plan is a great example). Developing a strong definition to publicize the “value” that a center provides will also help the community understand and embrace our mission and purpose.

Concerning Adult Day Programs, the need is seen as “critical at certain stages in life and will only continue to grow” as the population of older adults expands for the next twenty years. Even if the percentage of people affected by Alzheimer’s Disease, other dementias, Parkinson’s, and similar health issues remains constant, the number affected will grow.

Adult Day Service is “enriching to clients;” “improves quality of life for person and family;” “is a bargain compared to assisted living, skilled nursing care or even in-home paid caregivers.”

Desirable qualities to achieve are: offers programming that is engaging; avoids an environment that equates to the warehousing of people in former state institutions; provides a pleasant, inviting atmosphere; has ability to address those with more complicated needs (such as assistance with bathing), and maintains staff who are truly caring about the people they serve.

Advocacy is needed to convince government officials to financially support Adult Day programs more adequately. A recent state-wide effort convinced the State Legislature to increase Adult Day funding in the latest state budget for Medicaid referrals.)

Bringing these SWOT insights back to Oxford Seniors and Community Adult Day Services, ideas were to survey the 50 plus population about needs, interests and opinions that would mold program growth and evolution. Fortunately, such surveys are a strength of the Scripps department, whose help we may enlist.

Professor Aaron Abbott also offered a Miami student intern this Fall, working with Steve Schnabl to revise Oxford Seniors business plans and considering many of the ideas from these sessions. Steve also plans to have open discussion sessions with members about the material and any proposals that are developed.

oxford seniors
community adult
day service

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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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BIRTHDAYS & ANNIVERSARIES

WELCOME!

Paul Arvil
 Patricia Brindle
 Colleen Johnson
 Connie Marshall
 Pam Mollett
 Ricky Mollett
 Niki Selcer
 Rick Selcer



Marjorie Therrien	9/1	Ruby Gesell	9/12
Connie Marshall	9/1	Irene Jones	9/13
Nelly Bly Cogan	9/2	Paul Horn	9/15
John Buchanan	9/3	Mary Fox	9/17
Gloria McElroy	9/3	Georgie Reardon	9/19
Marta Wendt	9/4	Sandy Buchanan	9/23
Agnes McDonough	9/4	Mary Jane Roberts	9/23
Cathy Newren	9/5	Dixie DuChemin	9/24
Joan Fasick	9/9	Linda Kramer	9/25
Jane Sheard	9/10	Gene Blough	9/25
Pat Haizman	9/10	Shuxia Yi	9/25
Louise Friedman	9/11	Etta Jean Crawford	9/26
Fritzi Wellman	9/11	Evelyn Coltharp	9/27
Mary Kay Schroer	9/11	Joanne McQueen	9/27
Nancy Gross	9/11	Gary Wynn	9/27
Dana Vaughn	9/12	Joan Potter-Sommer	9/29
Emilie Ratterman	9/12	Ed Slone	9/29



James & Dorothy Swarz	9/8
Mike & Julie Sheff	9/9
Phil & Louise Friedman	9/12
Bill Ollier & Carol Hauser	9/28



Welcome to our Miami University Interns for the coming school year: Social Work Interns Kathryn Clubb & Samantha Segal and Gerontology Intern Melanie Harvey.

Please introduce yourself when you see them!

OUTREACH & MARKETING

September brings back the Miami students, lots of evening activities and weekends full of Uptown Farmers Market, families visiting, and seeing our friends out and about.

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



Please join us for the Welcome Back Picnic on Sunday, September 12th at 4:30 pm at Miami's Peffer Park-RSVP with your reservation to oxfordareapflag@gmail.com by Friday, September 9th.

Please check our Facebook Page for updates.

www.Oxfordareapflag.org



PFLAG provides 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

Update on House Bill 6 from 2019.

By Peggy Branstrator Member of the Oxford Seniors Ecology Club

Do you remember hearing about House Bill 6 from 2 years ago? It was also called the "Nuclear Bail-out Bill" and was passed as a result of a \$60 million bribe. Larry Householder lost his position as Speaker of the Ohio House, the Chairman of the Ohio Public Utility Commission (PUCO) resigned, several executives from First Energy Corporation were fired and one long-time lobbyist committed suicide after the FBI began investigating. The investigation continues today and the court cases have not yet begun. The extent of the misconduct is not yet known.

Many people believe that HB 6 was repealed but this is not really true. The nuclear plant bail-out part was repealed but all the other parts are still in effect and many of them affect you directly.

The part that affects you every month is the subsidy for 2 OVEC coal-fired power plants that are so obsolete that they cannot sell the electricity they make for what it costs to make it. Electric customers have been subsidizing these 2 plants (one is in Indiana) since 2012 but HB 6 expanded and extended these subsidies. Residential customers pay \$1.50 per month and commercial customers pay \$1500 per month. That comes to \$233,000 per day statewide. Does this seem like a waste of money to you? It sure does to me!

Not only is this money going for uneconomic and unneeded power production, these plants are adding to global warming pollution by burning coal! This summer has made very clear that we need to move much faster to cut fossil fuel use of all kinds to reduce the worst consequences of climate change!

Members of several environmental groups in Ohio, especially, the Ohio Sierra Club and the Ohio Environmental Council, are starting campaigns to raise awareness of these subsidies and call for them to be terminated. There has been a bill in the Ohio Senate for about a year to do just that, but it is stuck in committee. And the Public Utility Commission of Ohio (PUCO) has regulatory responsibility and can bring pressure.

You can help. Letters, emails and phone calls from citizens calling for an end to these unfair subsidies can send a powerful message. There is strength in numbers!

Join members of the Ecology Club at their next meeting Sept 8, 2:30 -4:00 at Oxford Seniors and help with this effort! We plan to handwrite postcards and send them to decision making legislators.

UPCOMING EVENTS



Do you have clothes in your closet, dressers, or storage that you just don't wear anymore? Do you want to update your wardrobe in a sustainable fashion, where you lessen your environmental impact on the planet? **Thread Up Oxford will hold an Oxford Seniors Clothing Swap on Wednesday, September 15th, from 2-4pm in**

the Oxford Seniors building. Participants should bring clothing (without stains or tears) they no longer want and find clothes new to them! Tables will be provided.

Thread Up Oxford is a local textile waste reduction action group devoted to preventing textiles (fabric) from going to the landfill. Some facts about fabric waste: The volume of clothing Americans throw away each year has doubled in the last 20 years, from 7 million to 14 million tons. In 2018, 17 million tons of textile (not just clothing) waste ended up in landfills, according to data from the Environmental Protection Agency, making up 5.8 percent of the total material waste generation that year.

One way we can each easily do our part is to buy less new clothing, become part of the "slow fashion" movement that believes fewer well made items can make a killer wardrobe, and making sure your clothes don't become landfill waste by donating to a fabric redistributor like Thread Up Oxford or Goodwill.

Any items left over after the swap can either stay with Thread Up Oxford for redistribution in the community or participants can donate to the organization of their choice.



Drive Thru Flu Shot Clinic

Friday, September 17th,

1-4 pm 922 Tollgate Dr.

Provided by Walgreens Pharmacy

Stop by to sign-up or call the office at 523-8100 to be added to the list.

Save time and fill out the needed paperwork ahead of time. Forms will be available in the office. . Your insurance will be billed.

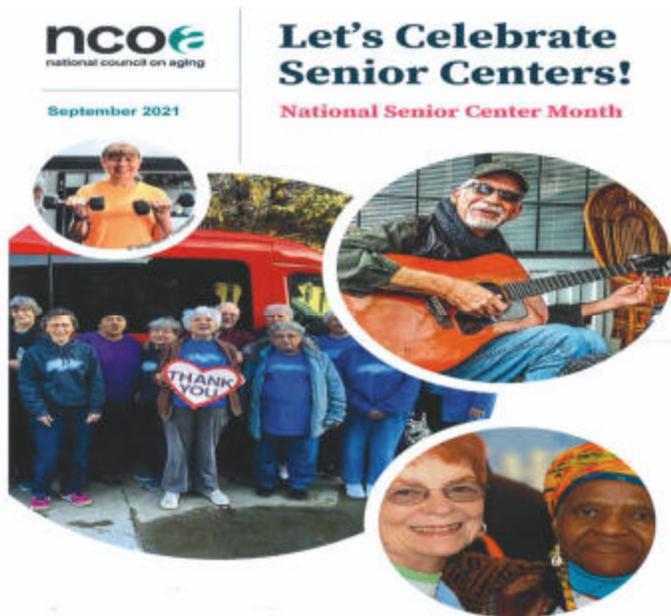


AARP TAX AIDE EVENT

AARP Foundation Tax-Aide provides in-person and virtual tax preparation help to anyone, free of charge, with a focus on taxpayers who are over 50 and have low-to-moderate income. Because of the complexity of the U.S. tax code, many taxpayers overpay their taxes or turn to paid tax services they cannot afford. Some may forego filing their taxes and miss out on the credits and deductions they've earned because they are unable to pay for assistance.

At our event we'll discuss who is eligible for this free service as well as the individuals who volunteer to make the program work. **Join us September 29th, 2 PM at the Oxford Senior Center to hear how Tax-Aide assists the Oxford community each tax season.**

National Senior Center Month



4 PILLARS OF HEALTHY AGING EXERCISE - DIET - PEOPLE - SLEEP

These form the foundation that supports our aging in a healthy way. Indeed - it's thought that they may be more important than our own genetic background.

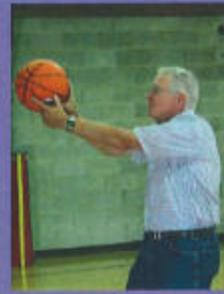
REGULAR EXERCISE : Regular physical activity at least 4 - 5 times a week. Mild to moderate activity - just walking for 20 minutes or so will get it done.

NUTRITIOUS EATING: Moderate, nutritious eating habits. Eat fish, poultry, leafy green vegetables, nuts and berries.

SOCIALIZE : Maintain/Create daily contacts with family and friends.

SOUND SLEEP 7- 8 HOURS: Separate yourself from electronics (computers and bright lights) 1-2 hours before bed time.

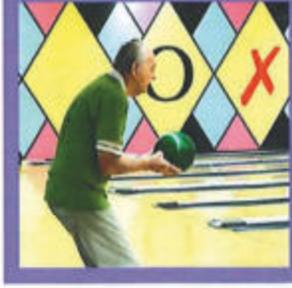
And - in case you haven't noticed -- Oxford Seniors is a GREAT RESOURCE for the first three of these supports. So keep us in mind for exercise, nutritious meals, and engaging socializing!



Oxford Masters Games 2021 Registration Form

Entry fee is \$10.00

Additional donations accepted
Please complete form and return 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: _____

Shirts are no longer available to order after August 27th

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.

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.

Shuffleboard Practice: In preparation for the Masters Games, we will practice shuffleboard on Friday, September 10 at 9:30.



September Movies:

9/3: The Flame and The Arrow (1950)

9/10: Green Book (2018)

9/17: Up (2009)

9/24: The Odd Couple (1968)



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.

SEPTEMBER CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>September 12th</p>		<p>1</p> <p>9:00-11:40 MASSAGE</p> <p>9:30-10:30 EXERCISE</p> <p>10:45 SONGBIRDS</p> <p>11:45-1:15 LUNCH</p>	<p>2</p> <p>10:30 BINGO</p> <p>11:45-1:15 LUNCH</p> <p>1:30-4:00 POOL</p>	<p>3</p> <p>9:30-10:30 EXERCISE</p> <p>11:45-1:15 LUNCH</p> <p>1:00 Golf Cards</p> <p>1:30 - 3:30 MOVIE</p>
<p>6</p>  <p>Center is closed</p>	<p>7</p> <p>10:30-11:30 BIBLE STUDY</p> <p>11:45-1:15 LUNCH</p> <p>1:00-4:00 Stained Glass</p>	<p>8</p> <p>9:00-11:40 MASSAGE</p> <p>9:30-10:30 EXERCISE</p> <p>10:45 SONGBIRDS</p> <p>11:45-1:15 LUNCH</p> <p>2:30-4:00 Ecology Club</p>	<p>9</p> <p>10:30 BINGO</p> <p>11:45-1:15 LUNCH</p> <p>1:30-4:00 POOL</p>	<p>10</p> <p>9:30-10:30 EXERCISE</p> <p>11:45-1:15 LUNCH</p> <p>1:00 Golf Cards</p> <p>1:30 - 3:30 MOVIE</p>
<p>13</p> <p>9:30-10:30 EXERCISE</p> <p>11:45-1:15 LUNCH</p> <p>2:00-4:00 FRENCH</p>	<p>14</p> <p>10:30-11:30 BIBLE STUDY</p> <p>11:45-1:15 LUNCH</p> <p>1:00-4:00 Stained Glass</p>	<p>15</p> <p>9:00 -11:40 MASSAGE</p> <p>9:30-10:30 EXERCISE</p> <p>10:45 SONGBIRDS</p> <p>11:45-1:15 LUNCH</p> <p>2:00-4:00 Clothing Swap</p>	<p>16</p> <p>10:30 BINGO</p> <p>11:45-1:15 LUNCH</p> <p>1:30-4:00 POOL</p>	<p>17</p> <p>9:30-10:30 EXERCISE</p> <p>11:45-1:15 LUNCH</p> <p>1:00 Golf Cards</p> <p>1:00-4:00 Flu Shots</p> <p>1:30 - 3:30 MOVIE</p>
<p>20</p> <p>9:30-10:30 EXERCISE</p> <p>11:45-1:15 LUNCH</p> <p>2:00-4:00 FRENCH</p>	<p>21</p> <p>10:30-11:030 BIBLE STUDY</p> <p>11:45-1:15 LUNCH</p> <p>1:00-4:00 Stained Glass</p>	<p>22</p> <p>9:00-11:40 MASSAGE</p> <p>9:30-10:30 EXERCISE</p> <p>10:45 SONGBIRDS</p> <p>11:45-1:15 LUNCH</p>	<p>23</p> <p>10:30 BINGO</p> <p>11:45-1:15 LUNCH</p> <p>1:30-4:00 POOL</p>	<p>24</p> <p>9:30-10:30 EXERCISE</p> <p>11:45-1:15 LUNCH</p> <p>1:00 Golf Cards</p> <p>1:30 - 3:30 MOVIE</p>
<p>27</p> <p>9:30-10:30 EXERCISE</p> <p>11:45-1:15 LUNCH</p> <p>2:00-4:00 FRENCH</p>	<p>28</p> <p>10:30-11:030 BIBLE STUDY</p> <p>11:45-1:15 LUNCH</p> <p>1:00-4:00 Stained Glass</p>	<p>29</p> <p>9:00-11:40 MASSAGE</p> <p>9:30-10:30 EXERCISE</p> <p>10:45 SONGBIRDS</p> <p>11:45-1:15 LUNCH</p>	<p>30</p> <p>10:30 BINGO</p> <p>11:45-1:15 LUNCH</p> <p>1:30-4:00 POOL</p>	

SUPPORT GROUPS

Alzheimer's Association Caregiver/Family Support Group

Monday, September 13th | 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



Caregiver Support Group With Pat Willeke



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

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



Grief Support Update

Kim Ogle has offered to continue to facilitate a bi-monthly (2 X a month) virtual grief group. The meetings for September are on Wednesday the 8th and the 22nd at 4:30pm.

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



Butler Behavioral Health

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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/](https://www.bbhs.org/what-we-do/services-for-seniors/)

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



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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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(STAFF LISTING ON PAGE 3)



Welcome

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, full or half days. We would love to assist your loved ones. Give Lisa a call at 523-0464.

Wish List

Floppy Hats—any color (for an upcoming event)
Silverware (forks & spoons)
Soup Bowls
Small Dessert Bowls
Bingo Prizes for men

Thank you to all that have already donated items form our wish list. It is very much appreciated!



We will be closed
Monday, September 6th

Hello!

August has ben an exciting month for ADS. We have new participants!

Participants made Root Beer Floats one day.. We had time in the kitchen, mixing ingredients and then cooking Funnel Cakes, sprinkling the powder sugar on was the best part! A big shout out to Staff Becky for creating this wonderful cooking experience. 📞

The participants made visual menus of what they wanted on their Chili Dogs for the upcoming grill out. All enjoyed a wonderful day watching staff grill hotdogs. Of course, some wonderful sides were made: Cucumber, Tomato, Onion Salad along with Macaroni Salad, Watermelon and wonderful hot dog toppings! Thank you to Chris Quimby for donating Charcoal! ❤️

We have a participant that is ill. Everyone crafted a Get Well Card to send to her. Hopefully she will be well soon!

The weather has slowed us down somewhat this month. We have started fall crafts and decorations for the upcoming season. We have played a toss the ring pop bottle game. Everyone won a Diet Soda to take home. Bingo has been a big hit!

Keep your 👁️ on the upcoming months newsletter. ADS is making some wonderful changes to the Daily Activity Calendar. We are excited to bring some different activities and a new schedule to the participants. 😊

We are always looking for volunteers to bring their talent to our participants. Dancing, musical instruments, arts & crafts, jewelry making, sewing, all talents! Give us call!



Participant Jim Popp had his daughter stop by with his 1953 Chevy to show it to everyone.

IN OUR THOUGHTS



**Mike Broida
Judy Cross**

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



In Memory of: Mike Broida
Donation By: Dave & Laura Brooks

In Memory of: Linda Davis
Donation By: Fritz Wellman

In Memory of: Kay LeVan
Donations By: Jane Flueckiger, Sunnie Swallow, Carolyn & Wayne Walker, Patricia Willeke

In Memory of: Deb Schindler
Donation By: Dave & Laura Brooks

Thank you for your kind donations made in memory of members and friends we've recently lost. This list represents memorial donations received July 24, 2021 through August 20, 2021.

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

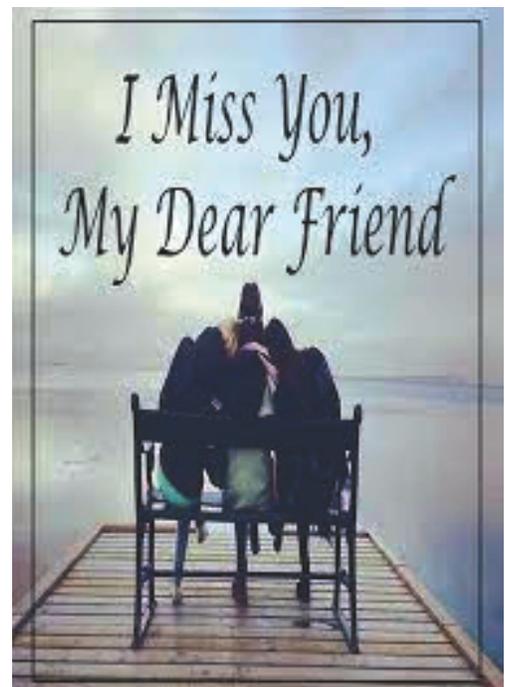
Adele Flower
2200 Welcome Place #411
Columbus, OH 43209

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





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We Need Your
VOTE

Oxford Seniors Annual Meeting
Friday, September 24, 2021
Must have quorum of 50

(Following the Masters Games' Award Luncheon)