



STATE FOCUSES ON DEMENTIA AID

One in every nine Ohioans age 65 or older are currently affected by Alzheimer's or another dementia (ADOD). Seventy percent of those with ADOD live in the community, according to the Alzheimer's Association. Nearly a third of those live alone, often in social isolation and loneliness that further impact the person's health and wellbeing.

Other national research concludes that diagnosed cases are under-detected by 62%. (In Ohio's case, that translates to 7 of 9, rather than 1 of 9). Feared negative stigma, lack of diagnostic skills of primary care health providers, and an unwillingness to seek help until a crisis occurs are three factors contributing to the under detection.

Our Miami University Scripps Gerontology Center hosted staff members of the Ohio Department of Aging in mid-December to present the initial version of "The Journey Together," the preliminary findings summary of the statewide Alzheimer's Disease and Related Dementias Task Force. The Task Force was created by the State Legislature in February 2020,

with a reporting target of September 2021.

This Listening Session, like others scheduled throughout the State, relied on a consultant/facilitator to guide a discussion to learn about audience members experiences. Topics covered were Diagnosis and Health Care; Community Supports; Caregiving; and Long-term Care. The intent is to use Listening Session input so that the final Task Force report addresses actual needs and frustrations, rather than just bureaucratic policy.

Oxford Seniors' Board Member Wendy Richardson, Business Manager Jacki Uhler and Executive Director Steve Schnabl attended. About twenty others represented service organizations, caregivers, and gerontology researchers.

Oxford Seniors Community Adult Day Service is an example of a Community Support that has dwindled across the State. The service is still available in only one-half of Ohio's 88 counties. Closed by State order at the beginning of COVID, nearly a

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

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DECEMBER | 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
3 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 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	4 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	5 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	6 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
10 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 Dt: 1 Pkg Graham Crackers	11 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	12 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	13 1 c Meat Lasagna 1/2 c Vegetable Medley 1 Slice Garlic Bread 1 ea Fresh Fruit in Season 2 Cookies Dt: 6 ea Vanilla Wafers	14 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
17 No Meal Delivery Frozen food offered for Delivery on Friday, 1-14-22	18 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	19 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	20 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: Vanilla Wafers	21 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
24 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	25 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	26 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	27 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	28 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
31 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				

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, gender, 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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Leping You

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Registered Nurse

Pattie Jackson-Kirby
Program Aide



DIRECTOR'S LETTER

Hello for January 2022!

This is the first time I think I have written the new year number as four digits. I am sure I am not alone in the fact that I will be writing 2021 in error over the next few weeks. I especially hate it when I do it on a check...at least that can be edited and initialed.

Of course, we all think of a “new start” each January. Our remodeling in both the Great Room and the offices will be apparent by the end of the first week of January, or thereabouts. As I write, we are juggling the painting dates and the flooring installations; our Board has just approved closing Tollgate to the public for the last week of December to allow the workers to finish as promptly as possible. Some new furnishings for the dining area are likely to appear later this month.

My sincere apologies for interrupting our usual weekday activities, and the weekday lunches. I hope you had other holiday events to keep you busy, entertained and well-fed.

The Board has also established its committee memberships for the remainder of this fiscal year. If you are interested in helping, please let me know as we can still add interested volunteers.

I look forward to 2022 as a year when we can return closer to normal operations, if COVID becomes better controlled. The staff and I urge you to keep in touch during the winter months, especially if you can't attend in person due to illness or bad weather. We will do our best to help you based on your requests for assistance. We also welcome your ideas for activities and program topics to add into our calendar...either one time or ongoing.

2021 had its good points, but many that I'm happy to leave behind.
Happy New Year!

All my best,



Steve Schnabl
Executive Director



Weather Alert!

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

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

EDUCATIONAL OPPORTUNITIES



Virtual Community Resource Fair

Age-Friendly Oxford is planning a Virtual Community Resource Fair to raise awareness about the resources available in the Oxford area to assist older adults and their families. Attendees will be able to connect through an online platform and hear short presentations from local individuals and organizations that provide support and services in our community.

If you (or your organization) would like to participate by giving a short presentation about the support or services you offer, please visit <https://bit.ly/AFO-VRF-Present> by **December 31, 2021** and complete the Presenter Interest Form.

For questions about presenting at the Virtual Community Resource Fair, please contact Jennifer Heston-Mullins by email at hestonjl@MiamiOH.edu or telephone at (513) 529-1858.

EDUCATIONAL SEMINARS AT OXFORD SENIORS

Oxford Seniors will again be the location for educational (and social!) seminars appealing to the Boomer and Senior community in the Talawanda School District. Oxford businesswomen and Talawanda graduates Denise Gifford and Marion Schloemer are bringing local experts to deliver in-person seminars from October 2021 to July 2022. Seminars are free, and registration is requested: <https://www.lynsdaughter.com/senior-seminars> Snacks and drinks will be served.

Time: 5:30pm – 7:00pm

Location: In person at the Oxford Senior Center at 922 Tollgate Drive in Oxford, OH.

January 24th

Universal Design – How to modify your home to stay or what are my other options?
(Ann, Denise & Contractor)

February 28th

Meetups – Senior Active Adventures & Trips

March 28th

Internet Fraud & Scams – Keeping Your Information Safe

oxford seniors
community adult
day service

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For information call Lisa Davidson, Director
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MEDICAL MUTUAL

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513-523-5272
Molly Buckley, DVM
www.accoxford.com

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paulyoungfuneralhome.com | 513-523-4411

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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 TO OUR NEWEST MEMBERS!

Mike Brunner
Ray Creech
Fran Heintschel
Debbie Hensley
Judi Hill
Cindy Hurley
Cassie Jones
Randy Rucker



Rolf Brunckhorst	1/2	Beverly Rauch	1/16
Mark Fitzgerald	1/4	Greg Uhler	1/17
Nancy Martin	1/6	Linda Augspurger	1/20
Joy Russell	1/8	Nancy Meeker	1/20
Barbara Wilson	1/9	Henry Duncan	1/22
Tony Foguth	1/9	Gerald Olson	1/23
Jean Luechauer	1/10	Mickey Preston	1/24
Mina Treick	1/10	Lydia Hofmann	1/25
Roby Stephens	1/10	Diana DiPaolo	1/25
Daniel Pritikin	1/10	Pattie Kirby	1/25
Clayton Miller	1/12	Dan Umbstead	1/26
Norma Ward	1/13	Nancy Wilson	1/27
Leslie Johnson	1/13	Zetha Hankins	1/27
Charles Kamke	1/14	Leslie Sizemore	1/28
Barbara Lawson	1/14	Nancy Abernathy	1/30
Judy Davis	1/15	Carole Tipton	1/31
Fred Schuurmann	1/16		



Nick & Linda Asher 1/2

Continued from front cover

third of the prior ADS sites

have failed to reopen and are likely to have closed permanently.

Oxford Seniors also offers a variety of supports to caregivers that include group and individual sessions. Many other Ohio communities no longer have a senior center or trusted local source of early information.

The Ohio Department of Aging website aging.ohio.gov and the Task Force website aging.ohio.gov/alztaskforce provide access to the Summary Report, plus other ADOD resources and information. Oxford Seniors also has several copies for review.

OUTREACH & MARKETING



Ohio Senior Health Insurance Information Program

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

- Medicare & Rx Plans, Medicaid, OPERS, STRS, SERS and other insurance
- Benefits and eligibility checks, and application assistance- SNAP, Senior food boxes, etc.
- Assistance with housing and utility issues
- Are you turning 65 in 2022? If so, you may need to sign up for Medicare.

Kat Clubb (SW Intern) and I were busy this Medicare Open Enrollment Season. We met with over 150 clients by phone, Zoom or in person; reviewing their Medicare Rx or Medicare Advantage Plans for 2022. We were able to save our clients over \$69,000! It pays to review your plans each year.



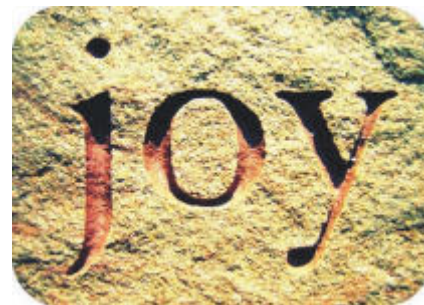
PUSH is available to assist with critical and emergency home repairs for low-income homeowners in the Talawanda School District. If you need help with a furnace or water heater repair or replacement, or other home repair assistance contact Jeanne or Sabrina at 513-523-8100 at Oxford Seniors.

Applications are available at the Family Resource Center (513)523-5859, Oxford Seniors and at <http://www.push-oxford.org>



Did you know that the Oxford Lion's Club collects used eyeglasses? Lions have recognized the urgent need for corrective lenses and collect usable glasses in their communities to support the Lions Recycle For Sight Program. There is an eyeglass collection box at Oxford Seniors.

There is also assistance for low income individuals for vision exams. Please contact Sabrina for the application.



What brings you joy? We are working on a future article and would appreciate your input. If you are interested in participating, please submit 2-3 sentences about what brings you joy.

Send your inputs to Jeanne Glaser at jglaser@oxfordsenior.org or drop them off in the office.

OUTREACH & MARKETING



Hearing Clinic at Oxford Seniors

Visit the clinic here at Oxford Seniors for screening, threshold testing and hearing aid care/cleaning/troubleshooting,

The clinic will be offered on Wednesday afternoons. Dates for 2022 will be announced at a later date.

Please stop by the office or call 513-523-8100 to sign up.



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 2021-22, 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



Happy New Year from Oxford Area PFLAG!

Join us for a Zoom meeting on Monday, January 10th at 7:00 pm. Please email us for the Zoom link at oxfordareapflag@gmail.com

We will discuss the proposed **Ohio House Bill 454: Banning Affirming Healthcare for Minors.**

This legislation is an extreme attack on affirming mental and medical care for LGBTQ+ youth modeled after similar legislation passed in Arkansas to significant national public and legal alarm, resulting in a Federal Judge blocking the measure in July of this year.

Email us at oxfordareapflag@gmail.com

Follow us on Facebook at www.facebook.com/OxfordAreaPFLAG/
www.oxfordareapflag.org



FYI: LGBTQ+: Lesbian, Gay, Bi-Sexual, Transgender, Queer or Questioning, + many more adjectives defining people's gender & sexuality.

POOL NEWS



Put the Balls In the Rack. Oxford Seniors Pool is Back!

Believe it or not, it's now been 21 months since your Oxford Seniors monthly newsletter has reported on the goings-on that occur every Thursday afternoon on the pool tables at 922 Tollgate Drive. Although there's been nothing of substance to report in the weekly billiards battles between the teams from Oxford and Hamilton, we have in fact, finally resumed sharpening our games under the assumption that the COVID pandemic that shut us down for the better part of 15 months might finally be under reasonable control. To that end, we've dusted off the tables, chalked up our cue sticks, chosen up teams, and have resumed not only our previous Thursday afternoon madness, but have added a practice session on Tuesdays as well.

For those who may be interested in participating, weekly tournaments between the teams from Oxford and Hamilton are held on Thursdays starting at 1:30PM, with informal practice sessions on Tuesdays, also starting at 1:30. And speaking of teams, we've divided up the group, largely on the basis of their hometown zip codes, as follows: Team Oxford: Danny Feakes, Steve Pace, Tom Wagner, Jim "Woody" Woodruff, Ron Zemko. Team Hamilton: Nick Asher, Gordon Fox, Jim Morgan, Shelby Skidmore, Hank Taylor.

We always play traditional eight-ball, also commonly known as "stripes and solids," with the winner of each game scoring ten points for his team and the loser being credited with the number of balls he made during his loss. The total points amassed by all the players on each team throughout the day determine the winning team for the day.

With the resumption of regular weekly play, and assuming no more facility closures due to COVID complications, look for regular Pool News reports for 2022 starting with the February monthly newsletter.



MEALS on WHEELS
GREATER OXFORD

Introducing our new logo for our
Meals on Wheels Program/
Affiliation



Members of Oxford Seniors are invited to 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.

CONGREGATE FOOD EVALUATION FOR JANUARY 1, 2021 – DECEMBER 31, 2021

This is a survey for anyone who ate a Congregate Meal throughout 2021. If you used to eat with us and no longer do so, please let us know why. If there is a reason why you don't eat with us, please let us know why. What would entice you to eat at Oxford Seniors?

CLIENT _____ DATE _____

How would you rate the food in general? Poor _____ Fair ___ Good ___ Very Good ___

Is the hot food hot enough and cold food cold enough? Yes _____ No _____ Most Times _____

Are there any foods you would like deleted from the menu? _____

Are there any foods you would like to see added to the menu? _____

Is your meal served between 12:15p.m. and 12:30p.m.? Yes _____ No _____

How would you rate the people who serve your meals in the following categories:

COURTESY POOR _____ GOOD _____ EXCELLENT _____

PROMPTNESS POOR _____ GOOD _____ EXCELLENT _____

Additional comments: _____

TRANSPORTATION EVALUATION FOR JANUARY 1, 2021 – DECEMBER 31, 2021

This evaluation is for anyone who has used Oxford Seniors transportation anytime throughout 2021. If you used to use our transportation and no longer do, please let us know why. If you have never used our transportation, please let us know what would entice you to use our transportation. Anyone who returns a completed survey no later than January 31, 2022, will be entered in a drawing to win a prize.

CLIENT _____ DATE _____

How would you rate the Senior Transportation in general? Very Good ___ Good ___ Fair ___ Poor ___

Is the dispatcher friendly and courteous on the phone? Yes _____ No _____ Most Times _____

Are the drivers on time to pick you up? Yes ___ No ___ Most Times ___ If no which driver _____

Do the drivers drive safely and follow the traffic laws? Yes ___ No ___ If no, which driver _____

If you need help, do the drivers assist you to and from the door of pick-up or destination?

Always ___ Usually ___ Seldom ___ If no, which driver _____

Additional comments: _____

PLEASE RETURN COMPLETED FORMS TO: OXFORD SENIORS, 922 TOLLGATE DRIVE, OXFORD, OH 45056 ATTN: JENNIFER MARCUM. ANYONE WHO RETURNS A COMPLETED SURVEY NO LATER THAN JANUARY 31, 2022, WILL BE ENTERED IN A DRAWING TO WIN A PRIZE.

ECOLOGY CLUB

From the Eco Club

Something to consider . . .



What is your Climate Friendly 2022 New Year's Resolution?

In addition to continue to honor last year's resolution of making decisions based on the premise of What will this do to the Earth? -Its environmental impact?, Eartha First's number one Climate Friendly 2022 New Year's Resolution is to determine her carbon footprint using the Environmental Protection Agency's Carbon Footprint Calculator through the link. <https://www3.epa.gov/carbon-footprint-calculator/index2.html> There are many similar tools located on the internet. Just plug in Carbon Footprint Calculator. Some are more extensive than others. But, the point is to establish a baseline of consumption and then, develop a plan to cut individual emissions. Join Eartha First in this endeavor by committing to do the calculation and work toward NetZero emissions within your family.

The November 18, Oxford's Climate Action Steering Committee presentation/workshop sponsored by Oxford Seniors Eco Club, League of Women's Voters and Age Friendly Oxford, was a success. The hybrid, in person-Zoom event was attended by 50 people who engaged in listening, discussion and offering comments and questions. Keep you eyes open for follow-up events to learn how to do your own carbon footprint calculation and ways to cut greenhouse gas emissions on a personal basis.

Change is coming. Join in the solution. Commit to our Earth and her future.

Oxford Seniors Ecology Club meets the second Wednesday of the month from 2:30-4:00pm. Join us to learn together and advocate for our Earth.

Have a Healthy, Happy New Year!



Tickets are being made available for the September 25th evening performance in Cincinnati thru Bernadette Dockery at St. Mary Parish.

Ticket price will range from \$85-\$115 and money will be due in March.

For more information, contact Bernadette Dockery at St. Mary at bdockery@stmox.org or 523-2153 or Jeanne Glaser at jglaser@oxfordsenior.org or 513-523-8100.

OPENING MINDS THROUGH ART



Join Miami University students for FUN & FREE abstract art making sessions! No background in art is required and all project steps and supplies will be provided. All ages and abilities are welcome. This is a great opportunity for intergenerational connection and creative expression.

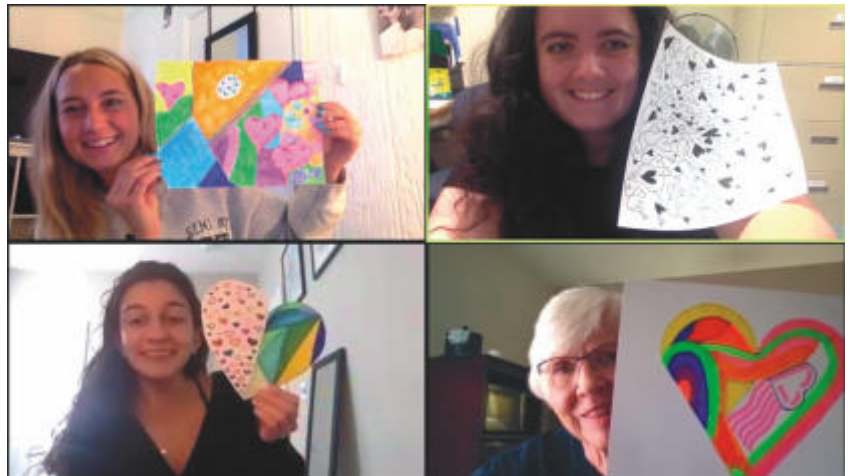
Art sessions will be held Wednesdays from 3:00 - 4:00 pm at Oxford Seniors. The sessions will begin February 9th and run through May 4th. Sign-up is requested and available at Oxford Seniors.

For questions about the program, please contact ScrippsOMA@MiamiOH.edu or call 513-529-2914.



You're invited to virtually connect with Miami University students to discuss art and music, and to create original drawings, stories and poetry. The weekly one hour sessions will **start the week of February 21, 2022** (10 times total).

One participant said: "*[The students] say we were a bright spot in their remote learning. Meeting on zoom with them every week to explore music, art, and poetry was a high point of the week for us. They absolutely were - and are - a bright spot for us too. One of the many perks of living in a college town!*"



No art background or preparation necessary. All participants must be able to use Zoom. **SPACE IS LIMITED, SIGN UP SOON!** Registration forms are due Tuesday, February 1st. To register, please email ScrippsOMA@MiamiOH.edu.

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 Maddie. Friday at 9:30 with Anna. *Students will be away for the first part of January. We will have participants lead the class or use videos during the time they are away.

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 Thursday from 2:00-4:00 (new time). The room will be also be open Tuesdays from 1:00-4:00. Fees are per project. Instructor: Ayako Reiff

Movie: Each Friday we will show a movie starting at **1:15 (new earlier time)** 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.

Duplicate Bridge: Wednesday evening starting at 6:00. Please enter through west doors and bring a partner. Organized by Paula.

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 On Friday, January 14th, 9:30-12:00 we will have a Shuffleboard Tournament. Sign-up required. We must have a minimum of 8 people.

Corn Toss: Come play corn toss and have fun socializing! Friday, January 21st 10:00am until noon.



January Movies:

January 7: The Maltese Falcon (1941)

January 14: Breakfast at Tiffany's (1961)

January 21: Grey Gardens (1975)

January 28: Indiana Jones and The Last Crusade (1989)

JANUARY CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30-10:30 Exercise 11:45-1:15 Lunch 2:00-4:00 French Club	4 10:30-11:30 Bible Study 11:45-1:15 Lunch 1:30-4:00 Pool	5 9:00-11:40 Massage 9:30-10:30 Exercise 10:45-11:45 Songbirds 11:45-1:15 Lunch	6 10:30 Bingo 11:45-1:15 Lunch 1:30-4:00 Pool 2:00-4:00 Stained Glass	7 9:30-10:30 Exercise 11:45-1:15 Lunch 1:00 Golf Cards 1:15 - 3:30 Movie
10 9:30-10:30 Exercise 11:45-1:15 Lunch 2:00-4:00 French Club	11 10:30-11:30 Bible Study 11:45-1:15 Lunch 1:30-4:00 Pool	12 9:00-11:40 Massage 9:30-10:30 Exercise 10:45-11:45 Songbirds 11:45-1:15 Lunch 2:30-4:00 Ecology Club	13 10:30 Bingo 11:45-1:15 Lunch 1:30-4:00 Pool 2:00-4:00 Stained Glass	14 9:30-10:30 Exercise 9:30-12:00 Shuffleboard 11:45-1:15 Lunch 1:00 Golf Cards 1:15 - 3:30 Movie
17 9:30-10:30 Exercise 11:45-1:15 Lunch 2:00-4:00 French Club 5:30-7:00 Closing the Digital Divide	18 10:30-11:30 Bible Study 11:45-1:15 Lunch 1:30-4:00 Pool	19 9:30-10:30 Exercise 10:45- 11:45 Songbirds 11:45-1:15 Lunch 1:00 Sit Down w/Steve	20 10:30 Bingo 11:45-1:15 Lunch 1:30-4:00 Pool 2:00-4:00 Stained Glass	21 9:30-10:30 Exercise 10:00-12:00 Corn Toss 11:45-1:15 Lunch 1:00 Golf Cards 1:15 - 3:30 Movie
24 9:30-10:30 Exercise 11:45-1:15 Lunch 2:00-4:00 French Club	25 10:30-11:030 Bible Study 11:45-1:15 Lunch 1:30-4:00 Pool	26 9:00-11:40 Massage 9:30-10:30 Exercise 10:45-11:45 Songbirds 11:45-1:15 Lunch	27 10:30 Bingo 11:45-1:15 Lunch 1:30-4:00 Pool 2:00-4:00 Stained Glass	28 9:30-10:30 Exercise 11:45-1:15 Lunch 1:00 Golf Cards 1:15 - 3:30 Movie
31 9:30-10:30 Exercise 11:45-1:15 Lunch 2:00-4:00 French Club				

SUPPORT GROUPS



Kim Ogle continues to facilitate a bi-monthly (2 x a month) in-person and virtual grief group. The meetings for January are Wednesdays 12th and 26th at 4:30pm at Oxford Seniors. Questions? Please email Kim Ogle at kkogle24@gmail.com.



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



Butler Behavioral Health

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Butler Behavioral Health has a wonderful counseling program - **UPLIFT** - for older adults (60+) who experience symptoms of depression and/or anxiety. BBH offers 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/>



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

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311 S. College Ave., P.O. 128 (513) 255-1168 Cell
Oxford, Ohio 45056 kkogle24@gmail.com

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(STAFF LISTING ON PAGE 3)



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.

We have openings for PRN work. A great opportunity for students to make some pocket money!

Wish List

Paper or styrofoam small plates, cups and bowls.
Elmer Glue
Finger nail polish
Finger nail polish remover
Model car kits.

Weather Alert

During the winter months, please check Channels 5, 9 or 12 for closure information. Generally, we will be closed due to weather conditions when Talawanda schools are closed. If schools are not in session, the decision to close is up to the Executive Director and that information will be shared with channels 5, 9 and 12. If the schools are on a delay, we will typically be open for our usual hours.

Happy New Year!

Happy 2022!

ADS ended 2021 with lists of fun and celebrations! I am looking forward to all the plans for 2022. Hot Wheel Races, building Model Cars, and Tea Parties are just a few of the activities offered. Did you know we offer Elderly exercises, Cognitive Exercises and Memory Activities? We do! Along with Topic discussions and Monthly Birthday Parties! We can't forget crafts. All of our activities focus on fine and gross motor skills, memory and cognitive skills. Our goal is to provide a safe environment, independence, supervised activities that might improve daily living skills and interaction with others for the elderly.

I have been asked by many, if you have to have Dementia or Alzheimer's to attend. The answer is NO. Absolutely not. Participants come to ADS for companionship, socialization and because care givers have appointments or need a break. If you or loved one would like to be involved in our wonderful program, give me a call at 513-523-0464.

Thank you to all that donated items for the Christmas Party. It was greatly appreciated.

Thank you to the staff of ADS for making December a magical month!

Lisa Davidson
Director



Are you or a loved one a Veteran? There may be Veteran's benefits available. Contact me for information on enrolling at Community Adult Day Service. Financial assistance may be available through ESP, Passport, and many others. We also accept private pay. Feel free to call me anytime!

Transportation is available in designated areas. Full Time, Part Time and Half Day openings are available. We are open Monday- Friday, 8:00am - 5:00pm. Office number: 513-523-0464

IN OUR THOUGHTS



**Geneva Byrd
Mary Jo Clark
Gertrude Herb
Barbara Kolb**

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

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

Anne Baxter, Rebecca Shoupe, Pat McDonough, Bill Slover, David Osborne.
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
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



In Memory of: Woody Anderson
Donation By: Beverly Anderson

In Memory of: Bob Bogan
Donation By: Fritzi Wellman

In Memory of: Mike Broida
Donations By: Donald & Paula Byrkett,
Susan Wilson

In Memory of: Barbara Kolb
Donations By: Michael & Debbie Gross,
Daren & Heather Redpath, Judy Ashley
Rowe, Ernie & Marcia Schlicter

In Memory of: Mike Nagle
Donation By: Carol Kabakoff

Thank you for your kind donations made in memory of members and friends we've recently lost. This list represents memorial donations received November 23, 2021 through December 16, 2021.

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