



## HOME SWEET HOME—PART ONE

Most older adults want nothing more than to remain in their current home, whether an apartment, condo, house, or duplex.

And most would prefer to avoid a skilled nursing facility (a nursing home) or memory unit, if possible. But what if circumstances force a change? One direction is to find a home more suitable to long-term needs...one floor, fewer rooms, less outdoor space, wide doorways, etc. Wherever “home” is to be, it may be necessary to eventually find in-home caregiver support beyond what family can provide.

This Spotlight focuses on the relocating. Next month, Spotlight will address in-home care.

### **NEEDING TO MOVE?**

Housing for seniors is a significant need in Oxford, based on the results of the 800+ replies from people over 55 in the 2018 Age Friendly Oxford study completed by Scripps Gerontology Center at Miami. When a home goes on the market, it often sells at list-price or higher in the first few days. Housing is at a premium.

For an older adult whose home is for sale, this can mean a quick and profitable solution. However, unless the next home is already secured, seeking a new place while under the gun to vacate promptly creates a stressful situation.

For those with limited means, low priced or subsidized options in

Oxford are very limited. Talaford Manor, next to Oxford Seniors on Tollgate Drive, or Parkview Arms on US27 North offer the best pricing. Most apartments inside the city are geared toward Miami students, with an environment that attracts few older adults along with pricing established for the student housing market rate.

Condos at Oxford View Condominiums, Vereker Farms, Spruce Lane and Chestnut Hill plus older neighborhoods like Southern Knolls variety of ranch-style homes, provide a good choice for those with the means to afford them...when one comes available.

The City of Oxford Housing Advisory Commission (chaired now by Oxford Seniors’ Executive Director Steve Schnabl) recommended that Oxford City Council support the development of more affordable housing options for Oxford residents, including more specialized housing for older adults.

Oxford’s Planning Commission reviewed two separate proposals in December that seek to offer housing at different ends of the price spectrum. The Episcopal Retirement Services Housing proposes a 42 unit one- and two-bedroom rental complex exclusively for seniors called Oxford Court Village. A 55+ age limitation is complimented by rental rates based on a moderate to lower monthly income that allows a variable rent. *Continued on page 9*



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

## Check Out What’s Inside!

Spotlight.....	Cover
Top Of The Hill Cafe Calendar .	2
Directory.....	3
Director’s Letter .....	4
Community Opportunities.....	5
Birthdays & Anniversaries.....	7
Outreach & Marketing.....	8-9
Pool News .....	10
Red Door Concert.....	11
Ecology Club.....	12
Opening Minds Through Art....	13
Programs and Activities.....	14
Calendar.....	15
Support Groups.....	16
Adult Day Service.....	18
In Our Thoughts.....	19

# FEBRUARY | 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	2	3
	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 1/2 c LS WhippedPotatoes/Gravy 1/2 c Carrots 1 Dinner Roll 1 piece Fresh Fruit in Season 1Fudge Brownie Dt: 6 Vanilla Wafers
	7	8	9	10
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 1/2 c LS Whipped Potatoes/Gravy 1/2 c Carrots 1 Slice of Bread 1/2 c Applesauce 1 Fudge Brownie Dt: 1 Pkg Graham Crackers	3 oz Chicken Parmesan 1/2 c Noodles & 1/2 c LS sauce 1 c Tossed Salad w/ Dressing 1 Dinner Roll 1/2 c Fruit Crisp w/ Topping Dt: 1/2 c Peaches	3 oz Pulled Pork w/Gravy 1/2 c Sweet Potato Pudding 1/2 c Green Beans 1 - 2oz Corn bread 1/2 c Fruited Ambrosia Salad 2 Sugar Cookies
	14	15	16	17
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	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 ea 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	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	22	23	24
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
	28			
3 oz Bourbon Chicken 1/2 c Vegetable Fried Rice 1/2 c Japanese Stir Fry Vegetables 1 c Tossed Salad w/Dressing 1 Fortune Cookie				

# 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.

## Board of Trustees

### Officers

Kate Rousmaniere, President

Dave Dennett, Vice President

Bobby Coley, Treasurer

Randy Allman, Secretary/President Emeritus

### Trustees

Barbara Cox

Wendy Richardson

Edna Southard

Ed Theroux

Jonathon Vivoda

Leping You

## Staff

Steve Schnabl,  
Executive Director

Jeanne Glaser,  
Operations Administrator

Sabrina Jewell,  
Outreach & Marketing  
Coordinator

Jennifer Marcum,  
Meals on Wheels  
Coordinator & Volunteer  
Coordinator

Jacqueline Uhler,  
Business Manager

Ingrid Schreiber,  
Program/Activity  
Coordinator

Chris Quimby,  
Lead Driver

Tony Glaser, Driver

Joanne Harper, Driver

Sean Yates, Driver

## Community Adult Day Service

Lisa Davidson,  
Director

Becky Findley,  
Activity Program  
Assistant

Lisa Shelley,  
STNA/Driver

Claire Nagle,  
Registered Nurse

Pattie Kirby  
Program Aide



# DIRECTOR'S LETTER

Hello for February 2022:

Have you seen the changes in our décor at the Tollgate Building? We still don't have everything back into its new place, but we plan a photo collage for the March issue.

As you can imagine, going through a renovation, and setting up new patterns offers some struggles in the renewed space. Old habits die hard! Even so, we are very pleased with the new look; the staff and I will adjust to our new working environment soon enough. Last November, I resumed a monthly scheduled meeting in the Great Room just to sit and chat with members about whatever is on your minds...comments on the food, ideas for activities, constructive criticism, questions about the budget, compliment on staff...these are just a few ideas. In the November newsletter, I had announced that the board was beginning to consider my suggestion that we analyze the organization's future, including a possible new building.

I thought at least that topic might draw some spirited conversation. Alas, no one showed up in either November or December; I scheduled a conflicting meeting in January, so I didn't even show up! Earlier in that week, two diners had asked me about the upcoming January "Sit Down with Steve." They felt it needed far more advertising. I'm acting on that suggestion here. I truly want to know our members' perspectives, and I like doing it via personal interactions. We set this for right after lunch, so you can enjoy a meal, and then spend some time chatting with me in a group (if more than one attends!). I also remain available at *your* convenience for a phone call (office or personal cell 513-967-9617), email [sschnabl@oxfordsenior.org](mailto:sschnabl@oxfordsenior.org), or text message to the cell number.

I promise two things: I will get back to you promptly (within one business day is my goal) and I will give due consideration to all you say. But in the end, the buck stops with me, and you (along with our Board of Trustees) hold me accountable for the agency's success.

I hope you hear this as a sincere request to know what you think. And I hope you have faith in me to make good decisions, along with the Board and our great staff, for Oxford Seniors.

All my best,



Steve Schnabl  
Executive Director

Sit Down with Steve  
Wednesday, February 16th @ 1:00pm

**Let's talk about our building improvements! (and anything else)**

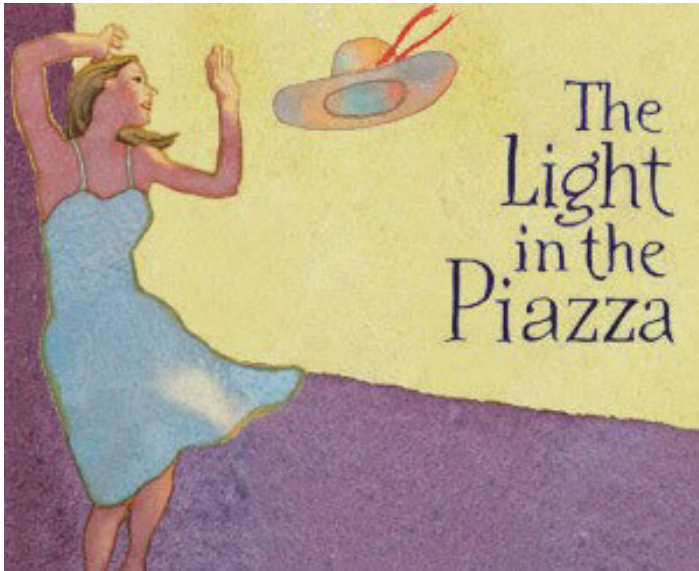


## *Weather Alert!*

*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.*

# COMMUNITY OPPORTUNITIES



**You are cordially invited to attend the light hearted opera “The Light in the Piazza”**

This is a special Senior Night, Wednesday, February 16<sup>th</sup> at 7:00 pm, Gates Abbeglen Theater, Miami Center for Performing Arts, \$12 Seniors ticket, For ticket information visit [MUOPERA.COM](http://MUOPERA.COM)

Transportation is available from Oxford Seniors. Please call 513-523-8100 to sign up. Tickets must be purchased by individuals.

The Light in the Piazza occupies the rare air between musical and opera, with a sweeping operatic score paired with a more theatrical mode of storytelling. The musical, which garnered six Tony Awards, debuted on Broadway in 2005. Guettel’s ambitious score is demanding both musically and emotionally. The production will feature a grand set designed by Nicholas Muni; former Artistic Director of Cincinnati Opera, stage and musical direction by Benjamin Smolder, lighting design by Sharon Huizinga; formerly with the Dutch National Opera and Ballet, and projection design by the Next Level Projection Club. We are excited to welcome you back to live theater with a production that the New York Times called “the most romantic score since West Side Story.”



## Research Participants Wanted:

Goal of the study: To examine the control of upright human balance in a virtual environment.  
Participant requirements:

- \*Participants must be at least 18 years old
- \*Participants must be free of skeletal disorders, uncorrected significant visual deficits, or medication use that would affect balance
- \*Participants must weigh less than 181 kg (about 400 lbs.) due to the limit of the safety harness
- \*Participants must be able to stand upright and perform a series of approximately 1 min. balance tasks
- \*Total session will be approximately 45 min.

Compensation: None For more information or to schedule an appointment contact: Jim Chagdes at (513) 529-0742 or [chagdejr@miamioh.edu](mailto:chagdejr@miamioh.edu)



Bring in your old dry cell batteries, old rechargeable battery, or old cell phones battery. **Ace Hardware Recycle will do the rest.**

**E&H ACE Hardware**

513-523-6361  
300 S. College Ave.  
Oxford, OH 45056

oxford services  
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

More than dry cleaning!

CLEANERS & FORMALWEAR

**513-523-4861**

ArmstrongDryCleaners.com

Health Insurance  
Questions?

Call Lynn Specht  
1-513-684-7050

MEDICAL MUTUAL

Animal Care Clinic

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

Preventative Services  
Dental Services, Radiology,  
and more for your pets!

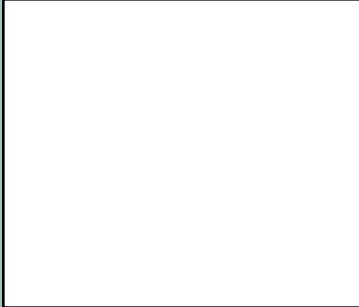
ANYTIME FITNESS

- Balance
- Endurance
- Mobility
- Strength
- Cognitive Function
- Neuromuscular Function

**AGELESS FITNESS**

Programs specifically for those 55+  
(513) 524-3212

5276 College Corner Pike



Peace of mind. Isn't it time?

Retirement living  
at its best.

**513.524.7990**

knollsoxford.org

Ogle & Paul R. Young Funeral Home

5086 College Corner Pike Oxford, OH 45056

paulyoungfuneralhome.com | 513-523-4411

Improving Lives Every Day

Free Checking. Best rates on  
CDs, Money Markets and Savings.

Miami University and Community Federal Credit Union  
(513) 523-8888 • www.muccu.org

Your savings are federally insured to at least \$250,000, and backed by the full faith and credit of the United States Government. MUCFCU is not a legal entity of the University.

**MEALS on WHEELS**  
GREATER OXFORD

Oxford Seniors Latest Enhancement

ACE Hardware & Building Supply  
**SPRING IS HERE!**  
Stop in for all your Gardening  
Needs - WE DELIVER!

300 S. COLLEGE AVENUE, OXFORD | 513-523-6361

**FREE AD DESIGN**  
WITH PURCHASE OF THIS SPACE

CALL 800.477.4574

support our  
**ADVERTISERS**

**Primary**  
HEALTH SOLUTIONS

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

**ADULT MEDICINE, PEDIATRICS, BEHAVIORAL HEALTH**



# BIRTHDAYS & ANNIVERSARIES



## WELCOME TO OUR NEWEST MEMBERS!

Bonnie Arloski  
Priscilla Baker  
Mary Anne Cangemi  
Julia Frazier  
David Howard  
Doris Lewis  
Karen (Sati) Williams

Edwin Yamauchi	2/1	Bonnie Raisch	2/17
Anna Jones	2/2	Anne Hutchinson	2/18
Jack Fryman	2/3	Greg Farthing	2/18
Kathryn Wiley	2/3	Doris Franklin	2/19
Barb Eshbaugh	2/5	Pat Lanni	2/20
Ruth Felblinger	2/5	Maureen Rushton	2/20
Mike Farmer	2/6	Ron Setser	2/21
Gayle Shidler	2/7	Danny Baker	2/21
Diana Cox	2/9	Anne Davis	2/22
Edna Southard	2/9	Don Davis	2/23
Donna Boehmler	2/9	John Bercaw	2/23
Cindy Hurley	2/11	Kim Ogle	2/23
Susan Srivastava	2/12	Virginia Osborne	2/24
William Opanashuk	2/12	Ken Scaggs	2/24
Mary Vincent	2/13	George Day	2/24
Susan Amrhein	2/13	Rich Bement	2/25
Lee Hamill	2/14	Jan Zoellner	2/25
Margie Edwards	2/14	Mary Jean Priest	2/26
Velmer Jones	2/14	Norma Pennock	2/26
Bob Ratterman	2/15	Don Falk	2/28
Sharon Ihrig	2/15	Helen Niehaus	2/28
Judy Schiller	2/16	Debra Hensley	2/28
Jerry Green	2/16		



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](mailto:bdockery@stmox.org) or 523-2153 or Jeanne Glaser at [jglaser@oxfordsenior.org](mailto:jglaser@oxfordsenior.org) or 513-523-8100.

# OUTREACH & MARKETING

We can provide the following services:

- 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.

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



*Ohio Senior Health Insurance Information Program*



Our February Community meeting February 14 at 7 pm, will be a book discussion. The book we are reading is "Troublemaker for Justice" by J Housman, W Naegle and M Long. Please email us at [oxfordareapflag@gmail.com](mailto:oxfordareapflag@gmail.com) to be sent a Zoom link for the meeting.

Join us on Friday, February 25<sup>th</sup> for the 10<sup>th</sup> Anniversary of the You Can Play Initiative at the hockey game of Miami University vs Minnesota Duluth, 7:05 pm Goggin Arena

**Please check our Facebook Page for updates.**  
[www.Oxfordareapflag.org](http://www.Oxfordareapflag.org)

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



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 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](http://www.development.ohio.gov/is/is_heap.htm)



# 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 February 16th, March 9th, April 13th and May 11th from 1:00-4:00pm .

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



**Annika Goldman, M.A.** is a 4th year student in Miami University's Clinical Psychology Ph.D. program with a focus on aging. She was recently accepted into the Ohio Scholars in Aging program sponsored by the Ohio Department of Aging and through this program is planning an educational series titled Aging and Mental Health. This program will consist of a two-part presentation and dialogue for community members which will include: an over-

view of common mental health problems among older adults, how to support yourself and others, and strategies for improving mental health. Annika will also be holding an additional two-part presentation and dialogue specifically for senior center staff, healthcare workers, and other local professionals who serve older adults. The staff educational series will focus on: recognizing signs of mental health issues among clientele, how to support and refer clientele to mental health resources, and provide strategies for improving mental health among themselves.

The dates and locations of these educational series will be determined soon, and will be recorded and uploaded to YouTube so they can be viewed at a later time. Annika would like to thank Oxford Senior Center for welcoming her and giving her a home for this project!

continued from front cover

The Owls Landing project is planned on the former Garnett farm property along Brookville Road. Originally conceived for older adults downsizing, it has evolved to being available to anyone who wants new-build Universal Design Features that enhance Aging in Place. It's 80 units are market-priced condominiums with private streets, a resident council, and maintenance-free living. Purchase estimates range from the mid \$200's to \$400,000. Owls Landing differs from the Knolls of Oxford's independent living units because no coordinated in-home service supports are being planned, nor is there a "continuing care" provision with Assisted Living and Skilled Care as other steps on site. The Planning Commission approved both proposals. City Council agreed on January 18, triggering next steps.

In mid-January, Owls Landing reported that with final Council approval, their builder's team can make final adjustments in the layout and floorplans for the development, with a possible groundbreaking for construction in the Winter of 2023.

Episcopal Retirement Homes must now apply for and win State tax incentive funding that will allow them the flexible rental pricing. State decisions will not occur until Fall, but construction should begin soon after that expected approval. Even after determining the best home setting and being there, needs may change to require in-home assistance. Check back next month for Part 2 of Home Sweet Home.



## Free at-home COVID-19 tests

Every home in the U.S. can order 4 free at-home COVID-19 tests. The tests will be completely free—there are no shipping costs and you don't need to enter a credit card number.

[www.covidtests.gov](http://www.covidtests.gov)

# POOL NEWS



## Pool Rivalry is Renewed as Oxford And Hamilton Square Off Again

After almost 15 months of no Thursday afternoon pool at Oxford Seniors, followed by six months of every-man-for-himself round-robin tournaments amid continued COVID uncertainty, our weekly matchups between teams from Oxford and Hamilton have resumed.

As reported in last month's newsletter, a measure of relative certainty has allowed us to choose up teams and resume not only our traditional weekly eight-ball tournaments, but also an informal practice session each Tuesday afternoon.

In what we can view as "preseason" competition, Hamilton thumped Oxford on October 14th and 21st, with Oxford winning the day on October 28th. Hamilton again took the prize in the November 11th and 18th tournaments. December, however, belonged to the Oxfordians, drubbing Hamilton in tournaments on the 2<sup>nd</sup>, 9<sup>th</sup> and 16<sup>th</sup>.

With "regular season" underway (starting with the arrival of the New Year), Team Oxford has won twice, by scores of 205-179 on January 11th and again on January 13<sup>th</sup>, 205-183.

REMINDER: We are always looking to add players to the rosters of both the Oxford and Hamilton teams. If interested, please stop by and introduce yourself to us so we can work you into the rotation and add you to the roster!



**MEALS on WHEELS**  
GREATER OXFORD

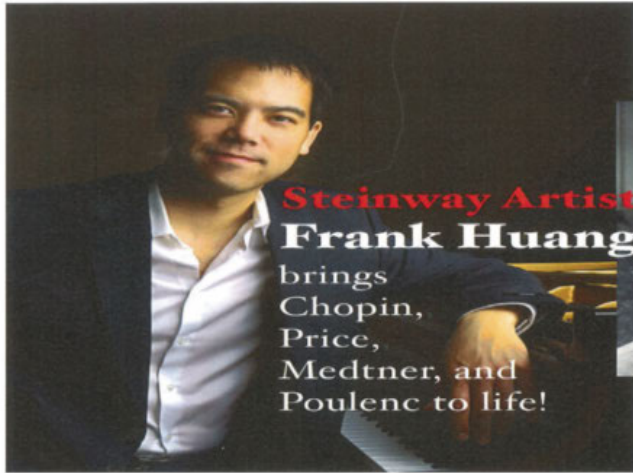
Introducing our new logo for our Meals on Wheels Program/  
Affiliation



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.

**RED DOOR  
COMMUNITY  
CONCERTS**  
at HOLY TRINITY  
EPISCOPAL CHURCH  
25 East Walnut, Oxford OH



Frank Huang is a Steinway Artist and currently serves as an Associate Professor of Piano at Miami University, Oxford, OH. A native of Seattle, WA, Mr. Huang obtained both a Bachelor of Music and Master of Music degrees from The Juilliard School and a Doctor of Musical Arts degree at The Cleveland Institute of Music. He has gained international recognition for his artistry and technical command as well as his "thoughtful and accomplished performances." Among his creative interests is performing lesser-known classical music and works of our times, including the works he will play at this concert. This concert should be a real treat!

**Friday, February 11, 2022 12:15 to 1:00pm**

**Free and open to the public - Masks required**

Concerts will also be posted on the Holy Trinity YouTube channel.

Limited Transportation available  
(subject to cancellation)

Call Oxford Seniors at 513-523-8100  
to schedule a ride.



## 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.

### **February 28<sup>th</sup>**

Meetups – Senior Active Adventures & Trips

### **March 28<sup>th</sup>**

Internet Fraud & Scams – Keeping Your Information Safe

### **April 25<sup>th</sup>**

Recycling - As you purge how to consider the environment

# ECOLOGY CLUB

---

**GROUNDHOG DAY**, February 2 - time for the groundhog, Punxsutawney Phil, to predict when spring will arrive. Regardless, if he sees his shadow or not, it is still at least six more weeks until spring and then, maybe not. In expectation of spring, several members of the Eco Club are reviewing seed catalogs and websites in anticipation of spring planting.

As somewhat of a novice in this area, I offer definitions of seed choice verbiage.

**Hybrid** - a plant grown from the seed produced by cross-pollinating two distinct parent plants of different varieties

**Heirloom** - term is usually applied to fruit, flower or vegetables varieties that were being grown before World War II

**Organic** – plants grown without the use of synthetic pesticides, herbicides, fungicides or fertilizers

**Open Pollinated** - seeds collected from one year will produce plants with most of the characteristics of the parent plant

**GMO** – (genetically modified organism) plants and foods that have been created through genetic engineering

**Determinate** - triggered to produce all flowers in a certain time frame

**Indeterminate** - flower until some environmental condition triggers them to stop

**Zone** - which plants can survive winter in your area

So, depending, where you live, what kind of veggie you would like to plant, and when you would like to harvest, is how you can choose the type of seed you will plant.

**DID YOU KNOW** that in comparison to other states, **Ohio ranks third last** in renewable energy consumption at just 3%. Use of natural gas is at 43% while coal is at 39%. Overall, the United States use of renewable energy is at 17.7%. What a challenge it is to reduce our emissions in half by 2030 and be carbon neutral by 2050, as the City of Oxford has pledged to do. Being carbon neutral means that any CO2 released into the atmosphere from human activities is balanced by an equivalent amount being removed. It is imperative we reduce our emissions through climate action. Learn all you can about climate change and reducing your carbon footprint. Write your legislator and demand action to “electrify” our nation. By developing renewable energy sources for electricity, and eliminating fossil fuels, the harmful greenhouse emissions will be mitigated. We can curb rising temperatures and save our Earth from becoming inhabitable.

Sources:

<https://www.msn.com/en-us/money/markets/this-is-how-much-renewable-energy-ohio-is-producing/ar-BB1eSAMk>

<https://www.eia.gov/state/analysis.php?sid=OH>

<https://plana.earth/academy/what-is-difference-between-carbon-neutral-net-zero-climate-positive/>

**PHASE 2 SOLAR ROOF-TOP PROJECT** - One renewable energy source available to homeowners is solar panels. During 2021, several Oxford residents joined with residents of the Village of Silverton in the purchase and installation of solar panels on their homes. **Phase 2 of the solar roof-top project** in Oxford is accepting sign-ups through February. Free assessments are available. Sign up at Solarize Silverton <https://www.prolightingsolar.com/solarize-silverton-request> For more information about Solar Now, email Silverton Village Manager Tom Carroll at [T.Carroll@Silvertonohio.us](mailto:T.Carroll@Silvertonohio.us)



**JOIN US** - Join members of Oxford Seniors Ecology Club at the center on the second Wednesday of the month from 2:30-4:00pm. All are welcome. For more information call (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.

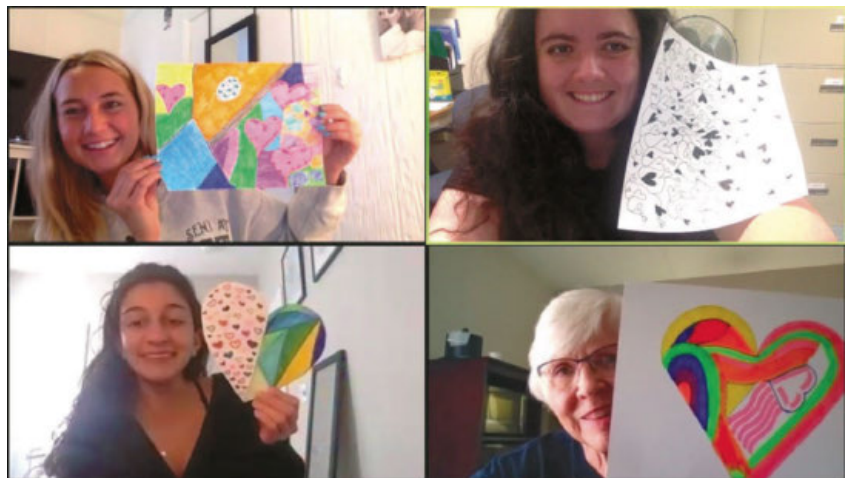
Art sessions will be held Wednesdays from 3:00 - 4:00 pm at Oxford Seniors. The sessions will begin February 9th and run through May 4th. Sign-up is requested and available at Oxford Seniors.

For questions about the program, please contact [ScrippsOMA@MiamiOH.edu](mailto: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](mailto: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.

**Bingo** We will play Bingo on Thursdays 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

**Hand Clay** Hand building with clay will meet Thursday from 10:00-12:00. Instructor: Sheila Wilson

**Movie** Each Friday we will show a movie starting at 1:15 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. Donations welcome.

**Valentine's Day Celebration:** Gather for treats and friendship at 1:00pm Monday, February 14.



## February Movies:

**2/4:** The Sting (1973)

**2/11:** Fried Green Tomatoes (1991)

**2/18:** The Pink Panther (1963)

**2/25:** Citizen Kane (1941)

# FEBRUARY CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 10:30-11:30 Bible Study  11:45-1:15 Lunch  1:00 Bowling  1:30-4:00 Pool	<b>2</b> 9:00-11:40 Massage 9:30-10:30 Exercise  10:45-11:45 Songbirds  11:45-1:15 Lunch	<b>3</b> 10:00 Hand Clay 10:30 Bingo  11:45-1:15 Lunch  1:30-4:00 Pool  2:00-4:00 Stained Glass	<b>4</b> 9:30-10:30 Exercise  11:45-1:15 Lunch  1:00 Golf Cards  1:15 - 3:30 Movie
<b>7</b> 9:30-10:30 Exercise  11:45-1:15 Lunch  2:00-4:00 French Club	<b>8</b> 10:30-11:30 Bible Study  11:45-1:15 Lunch  1:00 Bowling  1:30- 4:00 Pool	<b>9</b> 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	<b>10</b> 10:00 Hand Clay 10:30 Bingo  11:45-1:15 Lunch  1:30-4:00 Pool  2:00-4:00 Stained Glass	<b>11</b> 9:30-10:30 Exercise 9:30-12:00 Shuffleboard  11:45-1:15 Lunch  1:00 Golf Cards  1:15 - 3:30 Movie
<b>14</b> 9:30-10:30 Exercise  11:45-1:15 Lunch  1:00 Valentine Party  2:00-4:00 French Club	<b>15</b> 10:30-11:30 Bible Study  11:45-1:15 Lunch  1:00 Bowling  1:30-4:00 Pool	<b>16</b> 9:30-10:30 Exercise  10:45- 11:45 Songbirds  11:45-1:15 Lunch  1:00 Sit Down w/Steve	<b>17</b> 10:00 Hand Clay 10:30 Bingo  11:45-1:15 Lunch  1:30-4:00 Pool  2:00-4:00 Stained Glass	<b>18</b> 9:30-10:30 Exercise  11:45-1:15 Lunch  1:00 Golf Cards  1:15 - 3:30 Movie
<b>21</b> 9:30-10:30 Exercise  11:45-1:15 Lunch  2:00-4:00 French Club	<b>22</b> 10:30-11:030 Bible Study  11:45-1:15 Lunch  1:00 Bowling  1:30-4:00 Pool	<b>23</b> 9:00-11:40 Massage 9:30-10:30 Exercise  10:45-11:45 Songbirds  11:45-1:15 Lunch	<b>24</b> 10:00 Hand Clay 10:30 Bingo  11:45-1:15 Lunch  1:30-4:00 Pool  2:00-4:00 Stained Glass	<b>25</b> 9:30-10:30 Exercise  11:45-1:15 Lunch  1:00 Golf Cards  1:15 - 3:30 Movie
<b>28</b> 9:30-10:30 Exercise  11:45-1:15 Lunch  2:00-4:00 French Club	This month's Senior Seminar will be held February 28th 5:30-7:00 Subject: "Meetups – Senior Active Adventures & Trips"			

# SUPPORT GROUPS



Kim Ogle continues to facilitate a bi-monthly (2 x a month) in-person and virtual grief group. The meetings for February are Wednesdays 9th and 23rd at 4:30pm at Oxford Seniors. Questions? Please email Kim Ogle at [kkogle24@gmail.com](mailto:kkogle24@gmail.com).



## Oxford Parkinson's Information & Support

There is a monthly gathering on the 1<sup>st</sup> 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



**Butler Behavioral Health**

**Prevention. Healing. Wellbeing**

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/>



## Dispatching



Become a volunteer dispatcher (Answering phones and scheduling rides) at Oxford Seniors, 922 Tollgate Drive.

We are currently looking for a volunteer on **Monday & Friday mornings from 8:30am to 11:00am & Mondays from 11am to 1:30pm & Thursdays from 1:30 to 4.**

If you're not available on a weekly basis, you can be on our sub list to be called when needed.

The shifts are: Monday through Fridays 8:30am-11am; 11am-1:30pm; 1:30pm-4pm.

For more information call Jennifer Marcum at the Oxford Seniors 523-8100 or

[jmarcum@oxfordsenior.org](mailto:jmarcum@oxfordsenior.org)



**STATELINE  
MEDICAL  
EQUIPMENT**  
866-574-3947  
Serving Both Indiana & Ohio

**PROUDLY MADE IN AMERICA**

 Lift Chairs •  
Wheel Chairs •  
Walking Aids •  
Hospital Beds •  
and more •

*Serving Families When It Matters Most*

**BROWN-DAWSON-FLICK**  
FUNERAL HOME

*Serving Butler County from Two Locations*  
330 Pershing Ave. Hamilton  
1350 Millville Ave. Hamilton

513-895-5412  
www.browndawsonflick.com

 **Family Vision Care** (513) 523-6339  
Jeffrey W. Collins, O.D., M.S. 127 Lynn Ave., Oxford OH

**Specializing in Eyewear & Contact Lenses**


- Emergency Service Available
- Locally & Family Owned
- Treatment of Eye Diseases & Injuries



www.oxfordfamilyvisioncare.com



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



Kimberly K. Ogle, Ph.D. (513) 796-0218 Office  
311 S. College Ave., P.O. 128 (513) 255-1168 Cell  
Oxford, Ohio 45056 kkgole24@gmail.com

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



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

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



**ADT-Monitored Home Security**

Get 24-Hour Protection From a Name You Can Trust


- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide





ADT Authorized Provider SafeStreets 1-855-225-4251

**Thrive Locally**



**AVAILABLE FOR A LIMITED TIME!**

**ADVERTISE HERE NOW!**

Contact **Dan Goben** to place an ad today!  
dgoben@lpicommunities.com  
or (800) 950-9952 x2633

**WE'RE HIRING**

AD SALES EXECUTIVES


**BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.**

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



 Contact us at careers@4lpi.com  
www.4lpi.com/careers

**SUPPORT OUR ADVERTISERS!**



# COMMUNITY ADULT DAY SERVICE

a division of Oxford Seniors



420 S. CAMPUS AVE OXFORD, OHIO 45056 | 513-523-0464  
(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

Stickers—all kinds  
Hershey Chocolate Bars  
Adult Fuzzy Socks  
Air Popcorn Popper  
White Popcorn

## 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.

Hello!

We are half way through the winter season. I cannot wait until spring! We are already planning field trips and spring activities.



If this is an accurate description of you or your loved one, call me! We offer games, crafts, cognitive skill activities, socialization and much more! I can assist you with enrolling your loved one. No more Winter boredom for your loved one AND you get time to visit friends, shop, sign up for community activities! No more boredom for you! Win-win for everyone!!

February is considered the month of love! It describes us perfectly! The staff loves to spend time with your loved one! Make your own pizza, IHOP National Pancake Day, Senior Exercises, Cognitive Crafts and Games are just some of our offerings in February. ♥

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



**Anne Baxter  
Peter Dahoda  
David Dunn  
Denise Federick**

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.

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, 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

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: Bob Bogan  
Donation By: Rich & Mickey Bement

In Memory of: Mike Broida  
Donation By: Ellen Weisman

In Memory of: Geneva Byrd  
Donation By: Fritzi Wellman

In Memory of: Barbara Kolb  
Donations By: Joshua Gensic (Audoban  
Metals), Meghan Duncan (NHKelman, Inc.)  
Judith Rowe, Lacey Shadoan, Dorothy  
Wewe

In Memory of: Mike Nagle  
Donation By: Ellen Weisman

In Memory of: Barb Serraino  
Donation By: Ellen Weisman

In Memory of: Deb Schindler  
Donation By: Jerry Schindler

In Memory of: Jean Schindler  
Donation By: Jerry Schindler

Thank you for your kind donations made in memory of members and friends we've recently lost. This list represents memorial donations received December 16, 2021 through January 20, 2022.

Bulk Rate  
Nonprofit Organization  
Postage Paid  
**Permit 18**  
Oxford, OH 45056

922 Tollgate Drive  
Oxford, OH 45056  
www.oxfordsenior.org

**DATED MATERIAL  
PLEASE DO NOT DELAY**

# OXFORD *tomorrow*



February 16th ~ 7:00pm  
There will be opportunity  
for virtual public input

## OUR COMMUNITY'S PLAN FOR THE FUTURE

The Oxford Tomorrow  
Comprehensive Plan will  
**shape future growth and  
change** in the community  
for years to come. **We need  
your voice** to make Oxford  
an even better place for all!

**LEARN MORE AT**  
[oxfordtomorrow.org](http://oxfordtomorrow.org)