



## HOME SWEET HOME—PART TWO



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? Last month's Spotlight addressed moving into smaller or more accessible housing. This month's focus is on securing helpers to come into your home... wherever that may be.

None of these agencies has an Oxford office. Note that their employees are often reluctant to travel to Oxford since travel time and expense is not included in the worker's pay. Dependable transportation can be another barrier.

Medical and nursing services are also available from service agencies. Often, insurance will pay part of this expense with a doctor's prescription, especially during a post-hospitalization period.

The Butler County Elderly Services (BCESP) program is an excellent resource for any 60+ county resident. Supported by a property tax levy, a person qualifies by exhibiting several limitations in independence, such as needing assistance with bathing or medication management. BCESP offers cost savings to its consumers in two ways: first, it contracts with a group of providers who have committed to highly competitive rates. Second, BCESP underwrites up to 100% of the cost with tax funding, based on the client's income after medical expenses are deducted. Their scale is very generous. A side benefit is the no-cost relationship with a trained care manager who is skilled in working with older adults and their families.

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

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### "I WANT TO STAY AT HOME!"

Whether it is house cleaning and laundry assistance, or care of a personal nature, finding someone to meet your needs may be tricky due to Oxford's separation from the larger population parts of Butler County. This is especially true for those who have no family nearby to carry some of the responsibilities.

Oxford Seniors offers a list of those who help for pay...from handymen to overnight caretakers, and other types in between. Oxford Seniors does not seek, nor does it endorse anyone on the list. However, each entry includes names and phone numbers of references.

Agencies such as Home Instead and HomeWell are another avenue to explore for non-medical care.

Continued on page 9

# MARCH | 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
	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	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	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 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
7	8	9	10	11
3 oz Homemade Meatloaf w/Gravy 1/2 c LS Whipped Potatoes/Gravy 1/2 c Carrots 1 Dinner Roll 1 Piece Fresh Fruit in Season 1 Fudge Brownie Dt: 6 Vanilla Wafers	3 oz Pulled Chicken Breast on a Whole Wheat Bun with Lite Mayonnaise Lettuce, Tomatoes and Onion 1/2 c Baked Beans 1/2 c Fruit Crisp w/Topping Dt: 1/2 c Peaches	1 c Homemade Beef Stew 1/2 c Corn 1 - 2oz Corn bread 1 c Tossed Salad w/Dressing 1/2 c Mandarin Oranges 3 Graham Crackers	4 oz LS Spaghetti Sauce/Meatballs 1/2 c Spaghetti Noodles Parmesan cheese packet 1 c Tossed Salad w/Dressing 1 Dinner Roll 1 Piece Fresh Fruit in Season 1/2 c Pudding Dt: 1/2 c Sugar Free Pudding	3 oz LS Roast Turkey w/Gravy 1/2 c Dressing 1/2 c Sweet Potatoes 1/2 c Vegetable Medley 1/2 c Pineapple Chunks
14	15	16	17	18
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	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
21	22	23	24	25
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	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 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
28	29	30	31	
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	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	



# 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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Activity Program  
Assistant

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STNA/Driver

Claire Nagle,  
Registered Nurse

Pattie Kirby  
Program Aide



# DIRECTOR'S LETTER

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Hello for March 2022

Oxford Seniors has been strengthening its ties to Meals on Wheels of America, a membership organization that set standards for local meals programs, and advocates to assure that no older adult goes hungry across the nation. We are gladly supporting their March on Meals campaign to show our solidarity. Thanks to Jennifer Marcum, our Meals Coordinator and all our Meals volunteers for making our local program such a success.

An Internet-based website called SmartAsset has listed Oxford as the best place in Ohio to retire. Imagine that!

SmartAsset provides some on-line services to older adults who are seeking financial advisors. (NOTE: Oxford Seniors is in NO way endorsing them). Their staff analyzed taxes paid by an older resident in various cities, and then ranked their staff results. This non-scientific study has flaws in its logic, but I can't argue that being in a small but active university town has its benefits. And I personally know folks...not only Miami grads...but others in our age range who have moved here to enjoy our surroundings. Now if we can only get warmer weather, without suffering effects of global warming!

I'm sorry to say that our usual Spaghetti Dinner to benefit Community Adult Day Service (ADS) is not occurring again this March. We look forward to resuming it as soon as State guidance allows us. Who knows, it may even change months and start a new traditional annual date.

The ADS continues to bring pride to Oxford Seniors and the greater Oxford area. Attendance is still lower than our capacity, but we draw compliments from the participants and their families. Last month, Director Lisa Davidson posted a request on the program's FACEBOOK page asking for Valentines for the participants Valentines Day party. The response was huge and heart-warming. Candy, puzzles, word books and Valentine cards came from nearby, but also from across Indiana, Connecticut, North Carolina, and Illinois, to

name a few. Some were hand-made notes from children. What a festive day!

Believe it or not, we are STILL getting a few details finished in our remodeling, so the photos I promised are delayed another month. We expect delivery of new chairs for the dining area this month. And staff are still arranging all the storage in our updated offices.

If your friends mention that they are not receiving their newsletter, please urge them to call us to renew their membership!

I am looking forward to Spring...and seeing more of you at the Center soon.

My best,



Steve Schnabl  
Executive Director

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

***"Sick of Covid?? What's ahead***



**Herbert Kwofie, one of our Miami interns, is available to help resolve issues with cell phones, laptops and tablets.** He will be available

each Thursday during March and April from 11 am to noon. This will be on a first-come, first-served basis. To assure time with Herbert, call in advance to reserve some time.

# MEET OUR INTERN



**Herbert Kwofie (pronounced KO-fee) is interning from Miami University working with Steve Schnabl this semester.**

Herbert, from Cleveland, is a senior majoring in Public Health Policy & Administration/Entrepreneurship.

His placement at Oxford Seniors came via Professor Aaron Abbott who works in both the Scripps Gerontology department and the Entrepreneurial program of the Farmer School of Business. Herbert is in Professor Abbott's Senior Capstone class.

Since arriving on campus he has volunteered with the First Miami Student and Alumni Federal Credit Union where he is a certified as an Executive Director. That credit union is coincidentally managed by Oxford Seniors' board treasurer Bob Coley.

While at Oxford Seniors, Herbert is learning about small business finances, fundraising and strategic planning. After graduation, he will join Deloitte, a nationwide firm, in their Consulting division in the Cleveland office. Last summer, he was an intern with Abbott Pharmaceuticals, spending some of the time in Minneapolis plus virtual service. He is offering his experience with computers to help the office to upgrade individual skills and staff use of computer programs.

He is also available for consultation with members, by appointment, to help with cell phones, tablets and laptop troubleshooting.

Herbert emigrated from Ghana with his parents while he was very young. He is a naturalized US citizen. He has both a younger brother and sister.

Meet Herbert M-TH mornings and learn why he was voted Mr. Congeniality two years ago in a Men's Pageant at Miami.



## 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 [chagdej@miamioh.edu](mailto:chagdej@miamioh.edu)



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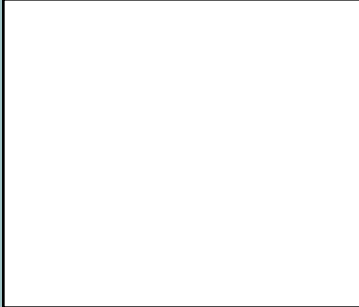
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# OUTREACH & MARKETING

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 March Community meeting will be Monday, March 14<sup>th</sup> at 7 pm, join us for a Zoom meeting discussing Ohio House Bill 454. This legislation is an extreme attack on affirming mental and medical care for LGBTQ+ youth. Banning affirming mental and medical care for minors goes against the recommended medical advice and would harm the mental and physical well-being of LGBTQ+ youth across the state, specially transgender and non-binary youth.

**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.



## Mental Health & Aging Workshops

Join Annika Goldman, MA, Geropsychologist in training for two Mental Health workshops-learn how to identify symptoms, how to support and where to access resources and strategies to strengthen mental/brain health.

For Community Members, Family members, etc:  
Wednesday, March 2<sup>nd</sup> at 1:30 pm.

For Aging Staff & Professionals: Monday, March 7<sup>th</sup> at 5:30 pm.

Call 513-523-8100 to register to attend in-person or virtually. Refreshments will be provided.



**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)

# BIRTHDAYS & ANNIVERSARIES



## WELCOME TO OUR NEWEST MEMBERS!

Carolyn Clayton  
Brooke Holl  
Sarah Pace

Peggy Branstrator	3/1	Maureen Reimer	3/17
Sarah Pace	3/1	Jean Dockery	3/17
Deanna Richardson	3/4	Kathy McMahon-Klosterman	3/17
Thyra Stigall	3/4	Denise Duncan	3/20
Barb Broida	3/4	Beverly Anderson	3/21
Jeri Schaner	3/4	Peter Lang	3/21
Deanie Brunemann	3/6	Danny Cross	3/22
Michael Waller	3/7	Karen Wates	3/23
JoAnn Hofmann-Sandro	3/7	Jim Jones	3/23
Ted Slone	3/7	Jay Fry	3/26
Joan Binstadt	3/7	Rex Wright	3/27
Erich Mees	3/8	Carol Hauser	3/28
Edith Todd	3/9	Diana Uhlman	3/28
Herman Mahlerwein	3/9	Jennifer McLaughlin	3/28
John Whelpton	3/12	Robert Setlock	3/28
Karen (Nani) Ball	3/13	Frances Yates	3/29
Joyce Gordon	3/14	Ralph Martin	3/30
Mary Guiler	3/14	Deb Quilligan	3/30
Marilyn McCarty	3/16	Janie Thompson	3/30
Bobby Coley	3/17	Joe Suttman	3/31



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. Transportation "on your own"

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.



# HOME SWEET HOME (CONTINUED)

Continued from front cover

Oxford Seniors contracts with the ESP program to provide Meals on Wheels, Adult Day Services and Transportation. Other contractors serve Oxford, too, with different types of services.

## **CAREGIVER RESPITE**

For households dealing with a person with dementia, Community Adult Day Service (ADS) can be family caregivers' best friends. This weekday program includes planned activities, lunch and individualized personal care. Being out of the home for part of the week can allow family members to continue working or simply to have a break from responsibility. Community Adult Day is the only such program in Butler County. In addition to cost underwriting from the County, ADS also has contracts with several Medicaid groups and with the U.S. Veterans Administration of Dayton or Cincinnati. Finally, private payment is also accepted. Many attendees have a combination of payor types, since each type may limit the number of days it will support. Families may need more than two-three days that one payor will offer. Some Preble County families and some from nearby Indiana have also used the program; they are not eligible for the Butler County funding.

## **SO WHAT WILL IN-HOME COST ME?**

Each service type has its own cost range, based on the length of time and complexity of care/support needed. An agency-based non-medical in-home provider costs \$25-\$30 per hour, after credit approval. Medical care is far more costly, though often paid by insurers. Long term care insurance, if available, also may support prescribed in-home care.

Using private in-home care providers range from \$12-\$20 per hour...someone staying overnight expects a higher rate, even though her/his direct contact time is usually lower than someone who works waking hours. Some families pay "under the table" which is not approved by the IRS. Other families become registered employers, deducting Social Security, Medicare. The employee may need to make voluntary quarterly withholding tax deposits for local, state and federal income tax. Worker's Compensation coverage is also a state-required employer cost. Benefits like healthcare, vacation and sick time are all between the family and the worker.

One BIG issue: whenever a paid caregiver is unavailable (car trouble, sick child, personal illness or family emergency), who will be the back-up, and especially if the cancellation comes the morning a worker is expected?

Butler County Elderly Services has a special program, Consumer Directed Care, that authorizes a family to employ a caregiver...including a member of the family...to do the job. BCESP connects the family with a third party that handles the paychecks and tax deposits. Basic ESP eligibility is a requirement.

## **OXFORD SENIORS IS HERE TO HELP**

When the time comes, call to get help digging through the options. Sabrina Jewell, Chris Quimby, Jeanne Glaser and Steve Schnabl have experience and access to up-to-date information. Caregiver Support groups also meet regularly to put families in touch with one another for mutual support and idea sharing. Contact the office for current details.

Remember, Home Sweet Home is the goal!

 **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 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.

# POOL NEWS



## Despite Obstacles, Thursday Pool Tournaments Rock On

It seems that if it's not one thing, it's another. Seemingly underway following a long shutdown due to the COVID-19 pandemic, Thursday afternoon pool competition at Oxford Seniors has recently had to leap a couple new obstacles. But, billiards fans, fear not. The balls continue to roll toward the pockets most Thursday afternoons and Tuesday practice sessions during recent weeks.

Despite having to work around a player shortage on one Thursday and the threat of the Ice Storm of the Century the following week, Oxford Seniors continues to offer the best in pool competition on a regular basis. Teams from Oxford and Hamilton, both based at Oxford Seniors, have faced off three times since our last reporting, with the following results:

**Thursday, January 27:** With every member of each 4-man team playing every opponent twice during the afternoon, Oxford prevailed over Hamilton in the 8-round tournament, 270 to 216.

**Tuesday, February 1:** Heeding the weatherman's warning that "we may be under a foot of ice by this time Thursday," the decision was made to play Thursday's tournament on Tuesday instead. In another 8-round, 4-vs-4 matchup, Oxford once again thumped Hamilton, this time by 43 points, 266 to 223.

**Thursday, February 10:** Tired of limping back to Hamilton after yet another dismal afternoon at Oxford Seniors, and with both teams at full strength, the guys from Hamilton rallied from an early 20-point, first-round deficit, to pull out a tournament win in the last game of the day by a slim 194-to-190 margin.



**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.

# ILR CLASSES & SENIOR SEMINARS

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## Upcoming ILR classes hosted **AT OXFORD SENIORS:**

### **Playing With Color: An Introduction to Watercolor**

Wednesday 2:00-2:30; 5 weeks starting 3/30/22

Instructor: Elizabeth Brice

### **Stained Glass for Beginners**

Thursday 2:00-3:30; 5 weeks starting 3/31/22

Instructor: Ayako Reiff

### **Fabtabulous: Fun and Useful Ways to Reduce Textile Waste**

Friday 2:00-3:30; 5 weeks starting 4/1/22

Instructors: Shana Rosenberg and Ingrid Schreiber

Participation in these classes requires registration through ILR at Miami.

Call 513-529-8500 for more information.

## **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.

### **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

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As many of you know, but worth repeating, there are two climate actions you can participate in because you live in or around Oxford. First is **composting** - Compostables are accepted in the green bins located just outside the City of Oxford's Streets and Maintenance Division garage facility at 945 S Main St, Oxford. These cans are available 24/7. The City contracts with GoZERO services, a nonprofit food scraps courier service, for weekly collection and transportation of Oxford's food scraps. [https://www.cityofoxford.org/our\\_community/climate\\_efforts/composting.php](https://www.cityofoxford.org/our_community/climate_efforts/composting.php)

Compostables include:

Fruits and vegetable scraps (with stickers, ties, and wrappers removed)

Greasy pizza rounds and boxes                      Meat, fish, and bones                      Bread, flour, and pasta

Eggs and eggshells                      Nuts and shells                      Dairy products                      Spices

Oils, fats, dressings, and condiments                      Biodegradable Plastic Institute (BPI) and Products

What are Biodegradable Plastic Institute (BPI) and Products? These items are certified by the Institute and are labeled with a BPI logo. Items include biodegradable bags that you can use for your compostable waste, food containers, egg flats, food labels, etc. More information about the certification process and products/items that have been certified is available at <https://www.bpiworld.org/>

The second climate action opportunity is **recycling** through curb side pick-up and at locations throughout the city. It is important to note that even though the item may have a recycle logo, depending on its shape, it may or may not be acceptable to Rumpke. Keep up to date by checking Rumpke's web site at <https://www.rumpke.com/for-your-home/recycling/acceptable-items>

Acceptable items include:

Glass Bottles & Jars (all colors)

Metal Cans: Aluminum cans, steel cans and lids, empty aerosol cans with the lids and tips removed

Plastic Bottles (empty, crush, reattach lid): Bottles and jugs that have a small mouth and wider base, such as milk jugs, soda bottles, laundry detergent bottles, water bottles, shampoo bottles and contact solution bottles

Plastic Tubs: Containers for butter, sour cream cottage cheese, yogurt, Jello and fruit slices would fall into the tub category. Lids should be reattached prior to recycling

Plastic Cups\* (remove/discard straw, reattach lid): Fast food beverage cups

Paper: newspaper, magazines, cardboard, mixed office paper and envelopes, paperboard (cereal boxes), pizza boxes free of food debris and grease, telephone books and catalogs

Paper Cups\*\* (remove/discard lids, straws and stoppers): Fast food beverage cups, coffee cups, Dixie cups

Cartons: food and beverage cartons, such as milk, juice, soup, wine, broth and other cartons.

**EarthFest** is fast approaching on April 16 from 10:00am – 1:00pm. It is being held in the uptown park. Come support Oxford Seniors Eco Club and learn from other participating organizations what is happening and what you can do for our Earth.

In preparation for the Club's participation in EarthFest, the group will be **planting zinnia seeds** at our next meeting of March 9 from 2:30-4:00pm. All planting supplies are provided. Come and help.

The Eco Club meets on the second Wednesday of the month from 2:30pm to 4:00pm. All are welcome to attend.



# MARCH FOR MEALS



The annual March for Meals celebration commemorates the historic day in March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. This year, Meals on Wheels programs from across the country are joining forces for the awareness campaign to celebrate 50 years of success and garner the support needed to ensure these

critical programs can continue to address food insecurity and malnutrition, combat social isolation, enable independence, and improve health for years to come. For information on volunteering, please contact Jennifer Marcum at 513-523-8100 ext#123 or [jmarcum@oxfordsenior.org](mailto:jmarcum@oxfordsenior.org)



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 inter-generational 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.



# CRAFTS & ACTIVITIES

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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 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

**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.

## WATCH FOR THE EXPANDED TWO-PAGE ACTIVITY CALENDAR IN APRIL!



### March Movies:

**3/4:** Citizen Kane (1941)

**3/11:** Anatomy of a Murder (1959)

**3/18:** His Girl Friday (1940)

**3/25:** Field of Dreams (1989)



# MARCH CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Lunch Served Daily at 12:00.</b></p> <p><b>Reservations required by 2:00 pm the day before.</b></p>	<p><b>1</b></p> <p>10:30-11:30 Bible Study</p> <p>1:00 Bowling</p> <p>1:30-4:00 Pool</p>	<p><b>2</b></p> <p>9:00-11:40 Massage</p> <p>9:30-10:30 Exercise</p> <p>10:45-11:45 Songbirds</p> <p>3:00 OMA</p>	<p><b>3</b></p> <p>10:00 Hand Clay</p> <p>10:30 Bingo</p> <p>1:30-4:00 Pool</p> <p>2:00-4:00 Stained Glass</p>	<p><b>4</b></p> <p>9:30-10:30 Exercise</p> <p>1:00 Golf Cards</p> <p>1:15 - 3:30 Movie</p>
	<p><b>7</b></p> <p>9:30-10:30 Exercise</p> <p>2:00-4:00 French Club</p>	<p><b>8</b></p> <p>10:30-11:30 Bible Study</p> <p>1:00 Bowling</p> <p>1:30- 4:00 Pool</p>	<p><b>9</b></p> <p>9:00-11:40 Massage</p> <p>9:30-10:30 Exercise</p> <p>10:45-11:45 Songbirds</p> <p>2:30-4:00 Ecology Club</p> <p>3:00 OMA</p>	<p><b>10</b></p> <p>10:00 Hand Clay</p> <p>10:30 Bingo</p> <p>1:30-4:00 Pool</p> <p>2:00-4:00 Stained Glass</p>
<p><b>14</b></p> <p>9:30-10:30 Exercise</p> <p>2:00-4:00 French Club</p>	<p><b>15</b></p> <p>10:30-11:30 Bible Study</p> <p>1:00 Bowling</p> <p>1:30-4:00 Pool</p>	<p><b>16</b></p> <p>9:30-10:30 Exercise</p> <p>10:45- 11:45 Songbirds</p> <p>1:00 Sit Down w/Steve</p> <p>3:00 OMA</p>	<p><b>17</b></p> <p>10:00 Hand Clay</p> <p>10:30 Bingo</p> <p>1:30-4:00 Pool</p> <p>2:00-4:00 Stained Glass</p>	<p><b>18</b></p> <p>9:30-10:30 Exercise</p> <p>1:00 Golf Cards</p> <p>1:15 - 3:30 Movie</p>
<p><b>21</b></p> <p>9:30-10:30 Exercise</p> <p>2:00-4:00 French Club</p>	<p><b>22</b></p> <p>10:30-11:030 Bible Study</p> <p>1:00 Bowling</p> <p>1:30-4:00 Pool</p>	<p><b>23</b></p> <p>9:00-11:40 Massage</p> <p>9:30-10:30 Exercise</p> <p>10:45-11:45 Songbirds</p> <p>3:00 OMA</p>	<p><b>24</b></p> <p>10:00 Hand Clay</p> <p>10:30 Bingo</p> <p>1:30-4:00 Pool</p> <p>2:00-4:00 Stained Glass</p>	<p><b>25</b></p> <p>9:30-10:30 Exercise</p> <p>1:00 Golf Cards</p> <p>1:15 - 3:30 Movie</p>
<p><b>28</b></p> <p>9:30-10:30 Exercise</p> <p>2:00-4:00 French Club</p> <p>5:30-7:00 Senior Seminar</p>	<p>29</p> <p>10:30-11:030 Bible Study</p> <p>1:00 Bowling</p> <p>1:30-4:00 Pool</p>	<p><b>30</b></p> <p>9:00-11:40 Massage</p> <p>9:30-10:30 Exercise</p> <p>10:45-11:45 Songbirds</p> <p>3:00 OMA</p>	<p><b>31</b></p> <p>10:00 Hand Clay</p> <p>10:30 Bingo</p> <p>1:30-4:00 Pool</p> <p>2:00-4:00 Stained Glass</p>	

# SUPPORT GROUPS



Kim Ogle continues to facilitate a bi-monthly (2 x a month) in-person and virtual grief group. The meetings for March 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 & Tuesday mornings from 11:00am to 1:30pm**

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)

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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

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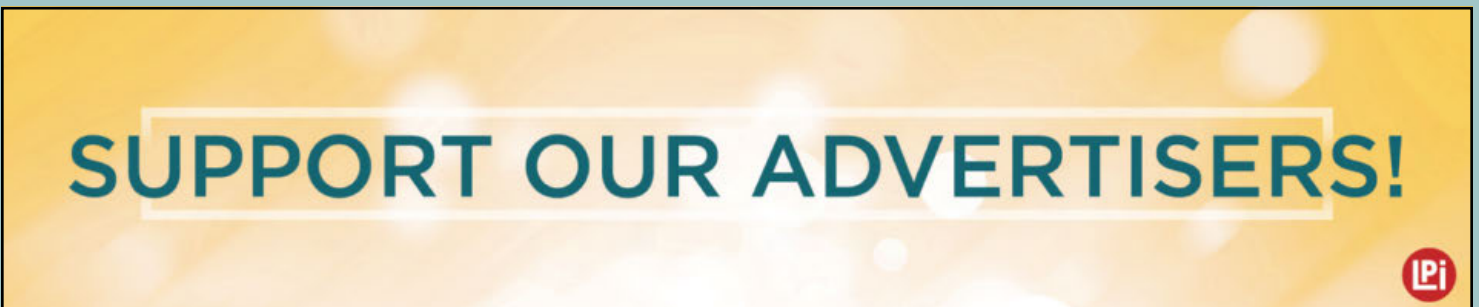
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# COMMUNITY ADULT DAY SERVICE

a division of Oxford Seniors



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(STAFF LISTING ON PAGE 3)

## Join Us!

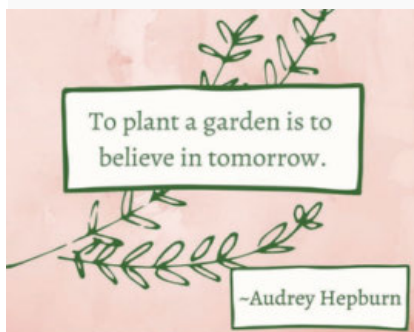
We have a few openings for full or part time, full or half day guests. We would love to assist your loved ones. Give Lisa a call at 523-0464.

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

## Wish List

The wish list is a little different this month. We have a participant who used to build birdhouses and feeders. He wants to show the other participants how to make their own birdhouse/feeder. The issue is he is unable to cut the boards and materials anymore. Staff can assist with the glueing and hammering to build them.

Is there anyone that would donate already cut wood to build them? Maybe there are pre-cut kits that someone has? I know little about it. I'm just trying to help him feel needed.



The month of March has many opportunities for Celebration. ADS will be taking advantage of it.

Mardi Gras fun will be the start of the celebration. A party with lots of fun activities for the day!

On the 3rd we will start with a discussion in celebration of the USA adopting the "The Star Spangled Banner as our National Anthem. The VA participants will want to stand and salute to The National Anthem. Of course, we will all join in.

Participants will be planting vegetable seeds in individual pots in celebration of National Plant a seed day. When the time is right they will be planted in the courtyard garden.

Daylight Savings Time will be on Sunday 13th. We will be doing some cognitive activities on Friday and Monday to help remind participants and staff! Don't forget to spring forward!

We do not want to miss out on St. Patrick's Day on the 17th!! We will be creating an Irish craft along with reading some Irish Folklore.

Spring is on the 20th! Depending on weather the hope is to take a drive to Hueston Woods. Maybe a picnic! Definitely something fun along with crafts and spring decorating at the center.

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. Do you know a veteran that is in assisted living? The VA will provide funding for the veteran to attend Community Adult Day Service. If a VA isn't in assisted living they can attend also! I can help with the process of approval

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



**Elizabeth Foley  
Charlie Hinkle  
Ellen Lawson  
Randy Listerman**

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



## 5 Ways Honor/Memorial Gifts Help

1. Pay tribute in life, or after a life well-lived
2. Extend recognition to family, friends and community
3. Commemorate a birthday, holiday or anniversary
4. Support Oxford Seniors' great services  
Show how much you care

Oxford Seniors also welcomes opportunities to discuss you estate plans and the ways you may support Oxford Seniors via bequests, life insurance./IRA beneficiary appointment, trust distributions or other methods. Contact Steve at 513-523-8100 for a private appointment.

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## **MARCH FOR MEALS**

### **COMMUNITY CHAMPIONS WEEK - MARCH 21-25, 2022**

During this time, Oxford Seniors invites local, state and federal officials, local celebrities and other prominent community figures to safely deliver meals, speak out for seniors and raise awareness for the power of the work of the Meals on Wheels program. (see page 13 for more information)

For more information on how you can get involved in Congregate Meals and/or Meals on Wheels contact Jennifer Marcum at 513-523-8100 or [jmarcum@oxfordsenior.org](mailto:jmarcum@oxfordsenior.org)