



DIRECTOR'S LETTER

Hello for April 2022!

Hard to believe that we are now into the Spring months. I hope you enjoy the rainy days, the growing warmth, beautiful flowers and the greening grass and bushes.

I want to share an invitation with each of you, but first I want to report on an earlier invitation I made. In February, I asked you to join me in a monthly conversation session following our lunch at the Center on the third Wednesday of the month.

I actually had two attendees that month! I received suggestions to consider beginning a Hiking group and a Photography Club. Our Quilting group has completed another hand-quilted beauty that we worked on plans to make available for a raffle that will raise funds for the Center. One person wondered if we have members who want to attend the Saturday morning Uptown Farmers Market; if transportation is a problem? Finally, we discussed the condition of the dishwasher in the kitchen that has not been functioning properly.

Staff and I are working on recruiting leaders for the two suggested groups...possibly just a short test-run experience rather than a fixture in the event calendar. The Quilt Raffle is starting (see article and photo on page 8). This is my "call" to learn if anyone needs/wants a ride to Farmers Market (let me know so we can consider how best respond). And, I have had the dishwasher evaluated, soon to be replaced as the repair costs were out-of-line for a ten-year old commercial machine.

Last month, my guest crowd increased to seven! Let me just list ideas that I culled from that engaging session:

- *Resume watercolor class and add acrylic painting; schedule more mini-craft projects; set classes to simply acquaint people with the features of their I-Phones and Androids (n addition to 1-1 advisors); more movies; better bingo prizes; more parking; Board Game Day (and list the names of the many games the Center has available); Scrabble tournament;

CONTINUED ON PAGE 4



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

Check Out What's Inside!



Director's Letter.....	Cover
Top Of The Hill Cafe Calendar..	2
Directory	3
Community Support.....	5
Outreach & Marketing.....	7
Birthdays & Anniversaries.....	8
Purse Bingo.....	9
Calendar.....	10-11
Pool News	10
Ecology Club.....	12
Friday Programs.....	13
Programs and Activities.....	14
Pool News.....	15
Support Groups.....	16
Adult Day Service.....	18
In Our Thoughts.....	19

APRIL | 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 Thursday. \$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
			
4	5	6	7
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	3 oz Bourbon Chicken 1/2 c Vegetable Fried Rice 1/2 c Asian Stir Fry Vegetables 1 c Tossed Salad w/Dressing 1 Fortune Cookie	3 oz Breaded Pork Tenderloin on a Whole Wheat Bun with Lite Mayonnaise 1/2 c Mixed Vegetables Lettuce, Tomatoes and Onion 1/2 c Fruited Gelatin Salad 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
11	12	13	14
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 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
18	19	20	21
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	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 ea Fresh Fruit in Season
25	26	27	28
3 oz Chicken Strips 1/2 c Baked Beans 1 c Tossed Salad w/Dressing 1 Dinner Roll 1/2 c Gelatin with manderin Oranges & Bananas	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

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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Registered Nurse

Pattie Kirby
Program Aide



DIRECTOR'S LETTER

Continued from cover

regular therapy pet and unusual animal visits; work on a more diverse membership involving people of color and different nationalities; resume day trips, like an outing to Eaton or an Indiana fried chicken restaurant for lunch; discussions and presentation on issues affecting seniors like scams, advanced directives, and reverse mortgages with guest speakers; fundraiser with antiques experts to evaluate one item per person for a small fee; an Open Mike night for music, poetry, dramatic readings, etc.; a shredding event; discussions to learn about current events such as the Ukraine invasion; use Oxford Talks more to announce our interesting events in advance; sponsor an electronics recycle event; add tabs and an explanation of how to use the event sign-up book or find a better way as many people ignore it now; improve the menus for lunch and food quality.

Wow!

I also talked about our Board's conversations with the nearby Tri Center board about how we can piggyback on their plans for shared programming in an enhanced building. This discussion is in very early stages.

So now for my latest invitation (besides that I **still** want you to join in on my regular monthly Sit Down with Steve): **BEGINNING FRIDAY APRIL 1 COME IN EACH FRIDAY FOR POT LUCK LUNCH AND A SPECIAL PROGRAM.** No, this is NOT an April Fool's joke!) After a two-year COVID-instigated hiatus, we are bringing back this regular favorite weekly event. We will supply Kroger fried chicken to feed about 30 (thanks to weekly sponsors we are recruiting) and we ask that you bring another meat, a side dish or a dessert with enough to feed ten guests. We will have lemonade and ice water. Colas are available for \$.50. If you can't bring something to share, we ask that you donate \$2-4 per person IF POSSIBLE, in the collection bowl at the head of the food line. We suggest that you bring your own plate, utensils and drinking

cup. Some paper and plastic items will be available, and we have serving utensils.

Our April 1 session is a celebration of your return. The Knolls of Oxford is donating a sheet cake and I am sponsoring the fried chicken. In May, we will resume Birthday/Anniversary recognition on the first Friday of each month.

Members have been asking for this to happen, and it is finally becoming a reality again. But there is a bittersweet point in this celebration: our friend Dana Vaughn (Mrs. Richard) passed away in March and will not be with us. Dana had overseen Friday lunch and programs for years, with the help of monthly chairs. Dana was also a board member when I arrived in 2017, but she previously was an activities person at Community Adult Day Service, and a driver for our transportation service. She will be sorely missed.

Our condolences to Richard and the family. They have requested donations in her memory to either Oxford Seniors or to College Corner Presbyterian Church.

I have one more reason to celebrate April 2022 at Oxford Seniors. My fifth year anniversary as your Executive Director is this month!

My best,

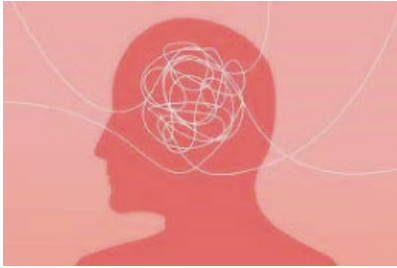


Steve Schnabl
Executive Director

Sit Down with Steve
Wednesday, April 20th @ 1:00pm

"Is the World Ending?"

COMMUNITY SUPPORT



The Mental Health and Aging educational series at Oxford Seniors' was a success. The community dialogue inspired engaging conversation among its 23 total virtual and in-person attendees.

Community members increased their awareness of common mental health problems among people over 65 as well as strategies to decrease their risk of experiencing such problems.

The staff and professionals dialogue was attended by 15 staff members of local aging organizations such as Oxford Seniors, Adult Day Service, and The Knolls. Staff members learned about how to identify common mental health problems and how to reach out and connect their clients to local services.

The presenter, Annika Goldman, would like to thank all who attended and made this program possible. For future inquiries or questions feel free to email her at goldmaa7@miamioh.edu.

**TECH
HELP**

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.



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

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513-523-6361
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Oxford, OH 45056



Members of Oxford Seniors are invited to stop in the office for a sweet treat that will be graciously donated bi-weekly 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.

oxford services
community adult day service

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More than dry cleaning!

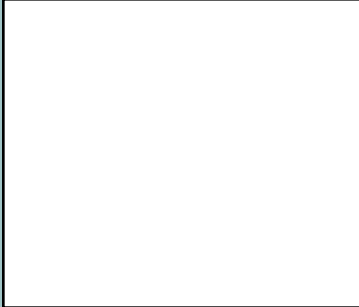
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Primary Health Solutions

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



The Community Meeting will be on Tuesday, April 12 at 6:30 in the Havinghurst Room. We will be gathering in person to reconnect and create conversations regarding upcoming programming, ideas for future projects, etc. We look forward to seeing everyone. Please let us know you can join us at oxfordareapflag@gmail.com. Refreshments will be served.

Come visit our booth at the Fresh Air Fair, Saturday, April 23rd at the Talawanda High School 9am-12pm. This is also the Kiwanis Pancake Breakfast! Please email us at oxfordareapflag@gmail.com

Please check our Facebook Page for updates.
www.Oxfordareapflag.org

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



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



**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 April 13th and May 11th from 1:00-4:00pm .

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

BIRTHDAYS & ANNIVERSARIES



WELCOME TO OUR NEWEST MEMBERS!

Harold Hughes
Elizabeth (Liz) Moore
Edna Ratliff
Roy Ratliff
John Sadler
George Schmid
Robert Smith



Bob & Emilie Ratterman 4/8
Rex & Brenda Wright 4/16
Danny & Nancy Feakes 4/25

Laura Kolb	4/1	Wayne Walker	4/15
Betty Kindoll	4/1	Alice Winterrod	4/16
JoAnne Bogard	4/2	Carolyn Fontaine	4/17
Sylvia Kettlewell	4/3	Natalie Harwood	4/17
Sue Holmes	4/4	Julia Montgomery	4/18
Virginia Smith	4/4	Hank Taylor	4/18
Janet Miller	4/4	Jan Jewell	4/21
William (Albert) Phillips	4/7	Jane Flueckiger	4/23
Neil Kaiser	4/7	Kathleen Fox	4/24
Jackie Boone	4/9	Don Barnhart	4/26
Bob Baer	4/12	Colleen Johnson	4/26
Peter Pedroni	4/14	Richard Quay	4/27
Heike Mitchell	4/14	Jane Jones	4/27
Elizabeth Johnson	4/15	Tina Curry	4/28
Gordon Fox	4/15	Judy Ward	4/28
Mary Lang	4/15		



Quilt Raffle

Oxford Seniors' Quilters had just finished sewing up this quilt "Grand Adventures" and putting it into the frame in March 2020 when the center was forced to close due to the Covid Pandemic. Upon the center's reopening, the hand quilting commenced on this modern design. The full size, extra long quilt is on display at Oxford Seniors.

We're always looking for new quilters to keep this tradition going.

**Tickets are 2 for \$5 or 10 for \$20.
Winner will be drawn during this
year's Holiday Market.**

PURSE BINGO



Friday, April 29th 2022

Oxford Senior Center ~ 922 Tollgate Drive

Doors Open at 5:30pm

PURSE BINGO starts at 6:30pm

You MUST be 18 yrs or older to participate

Tickets available now at the Oxford Senior Center for \$20
and MUST be purchased pre-event Or call 513-255-7755

Sponsored by
Nu Alpha Chapter of
Delta Theta Tau Sorority

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.



APRIL CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Happy Easter... April 17th</p>	 <p>April is Autism Awareness Month</p>	 <p>Earth Day April 22</p>	 <p>LOVE FRIDAYS *See page 13 for more information about Friday Programs</p>	<p>1</p> <p>9:30-10:30 Exercise 12:00 Friday Potluck 1:00 Friday Program - "Welcome Back!" 2:00 Golf Cards 2:00-3:30 Reducing Textile Waste (ILR)</p>
<p>4</p> <p>9:30-10:30 Exercise 2:00-4:00 French Club</p>	<p>5</p> <p>10:30-11:30 Bible Study 1:00 Bowling 1:30-4:00 Pool</p>	<p>6</p> <p>9:00-11:40 Massage 9:30-10:30 Exercise 10:45-11:45 Songbirds 2:00-3:30 intro to Watercolor (ILR) 3:00 OMA</p>	<p>7</p> <p>10:00 Hand Clay 10:30 Bingo 1:30-4:00 Pool 2:00-3:30 Stained Glass (ILR)</p>	<p>8</p> <p>9:30-10:30 Exercise 12:00 Friday Potluck 1:00 Friday Program -Pro-Seniors 2:00 Golf Cards 2:00-3:30 Reducing Textile Waste (ILR)</p>
<p>11</p> <p>9:30-10:30 Exercise 2:00-4:00 French Club</p>	<p>12</p> <p>10:30-11:30 Bible Study 1:00 Bowling</p>	<p>13</p> <p>9:00-11:40 Massage 9:30-10:30 Exercise</p>	<p>14</p> <p>10:00 Hand Clay 10:30 Bingo</p>	<p>15</p> <p>9:30-10:30 Exercise 12:00 Friday Potluck</p>

		1:30-4:00 Pool	10:45-11:45 Songbirds 2:00-3:30 Intro to Watercolor (ILR) 2:30 Ecology Club 3:00 OMA	1:30-4:00 Pool 2:00-3:30 Stained Class (ILR)	1:00 Friday Program -Perry Thacker 2:00 Golf Cards 2:00-3:30 Reducing Textile Waste (ILR)
18	19	9:30-10:30 Exercise 2:00-4:00 French Club	10:30-11:30 Bible Study 1:00 Bowling 1:30-4:00 Pool	20 9:00-11:40 Massage 9:30-10:30 Exercise 10:45-11:45 Songbirds 1:00 Sit Down With Steve 2:00-3:30 Intro to Watercolor (ILR) 3:00 OMA	21 10:00 Hand Clay 10:30 Bingo 1:30-4:00 Pool 2:00-3:30 Stained Class (ILR)
25	26	9:30-10:30 Exercise 2:00-4:00 French Club 5:30-7:00 Senior Seminar "Recycling"	10:30-11:30 Bible Study 1:00 Bowling 1:30-4:00 Pool	27 9:00-11:40 Massage 9:30-10:30 Exercise 10:45-11:45 Songbirds 2:00-3:30 Intro to Watercolor (ILR) 3:00 OMA	28 10:00 Hand Clay 10:30 Bingo 1:30-4:00 Pool 2:00-3:30 Stained Class (ILR)
				29 9:30-10:30 Exercise 12:00 Friday Potluck 1:00 Friday Program -Movie: "The Sandlot" 2:00 Golf Cards 2:00-3:30 Reducing Textile Waste (ILR)	
				22 9:30-10:30 Exercise 12:00 Friday Potluck 1:00 Friday Program -"The Greatest Sitcoms of All Times" 2:00 Golf Cards 2:00-3:30 Reducing Textile Waste (ILR)	

ECOLOGY CLUB

Although March is celebrated as Women's History month, **I wanted to highlight women's contributions to Science and especially, Environmental Science for April's newsletter.** Many groups have highlighted special women during March and the following includes information taken from a variety of sources. Check on-line for more about the following.

The Smithsonian Institution called March "Women's Futures Month" and selected 120 women currently working in various STEM fields and mentoring young female scientists to honor with 3-D printed statues. The statues are bright orange and scattered around different Smithsonian areas.

Rachel Carson, author of the book, *Silent Spring*, is often credited as starting the modern environmental movement. Long before that, many women have been concerned about environmental issues over the ages, often in their role as advocates for the health of family members. In 1856 Eunice Foote performed a series of simple experiments showing that atmospheric carbon dioxide trapped heat. It took us a long time to understand the implications of her pioneering work.

Early women activists often had to surmount cultural biases. Minna Hall and Harriet Hemenway's efforts to stop the use of birds and bird feathers in fashion led to the first Audubon groups but they had to use their husband's names to register the non-profits!

Here are some American women currently leading on environmental issues:

- **Catherine Coleman Flowers** has fought for better sewage and drinking water treatment, especially in the rural south, where it disproportionately affects Black communities. Her work was recognized by being awarded the 2020 MacArthur Fellowship.
- **Nikki Silvestri** thinks food insecurity is a gateway to environmental activism. She strives to draw attention to the interrelatedness of environmental justice and social inequity through her consulting group Soil and Shadow.
- **Katherine Hayhoe's** book, *Saving Us: A Climate Scientist's Case for Hope and Healing in a Divided World*, was chosen by Green Energy Ohio for its spring book club. Catherine tries to make climate science accessible to people of various viewpoints by seeking common values.
- **Rep. Kathy Castor** is the U.S. Representative for the 14th district of Florida. She currently serves as the Chair of the House Select Committee on the Climate Crisis and led the development of their roadmap for Solving the Climate Crisis: The Congressional Action Plan for a Clean Energy Economy and a Healthy, Resilient, and Just America. Her dedication to advancing environmental progress is demonstrated by her incredible score of 100% on League of Conservation Voter's 2021 National Environmental Scorecard.
- **U.S. Rep. Nanette Barragán**, from California's 44th district, helped defeat a ballot measure that would have allowed offshore drilling in Santa Monica. She co-founded the United for Climate and Environmental Justice Task Force and serves on the Energy and Commerce Committee.
- **Sen. Catherine Cortez Masto** is the first Latina elected to the United States Senate and is currently serving her first term as Senator for Nevada. Cortez Masto is an outspoken leader for protecting our public lands as well as protecting children's health by transitioning to clean electric school buses.

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

FRIDAY PROGRAMS



I Don't Want to Think About That Yet!
Friday, April 8th ~ 1:00pm

We often put off thinking about decisions like preparing a will, or moving into a nursing home or assisted living. The Long-Term Care Ombudsmen program at Pro Seniors helps people through the process of choosing a long-term care home like a nursing home, memory care, assisted living or group home. We'll help you understand the levels of care, what questions to ask, explain how it all gets paid for, and share some resources that will help you or your loved one. Pro Seniors is a 501(c)(3) non-profit serving residents of Ohio.



Perry Thacker, Baseball Coordinator
Cincinnati Reds Hall of Fame & Museum

Friday, April 15th ~ 1:00pm

Sit back and enjoy a discussion about the history of the Cincinnati Reds

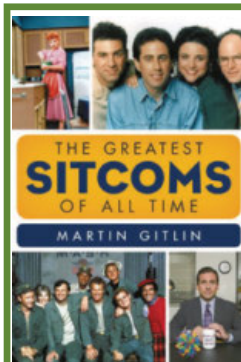
April 1st - Welcome Back (to Friday Potluck and Programs!!)

April 8th - Pro Seniors: "I Don't Want to Think About That Yet!"

April 15th - Perry Thacker, Baseball Coordinator Cincinnati Reds Hall of Fame & Museum

April 22nd - Marty Gitlin; A Funny Program About Funny Programs: The Greatest Sitcoms of All Time

April 29th - Movie: The Sandlot



A Funny Program About Funny Programs: The Greatest Sitcoms of All Time

Friday, April 22nd ~ 1:00pm

Award-winning author and pop culture historian Martin Gitlin hosts this fun and enlightening presentation based on his book,

The Greatest Sitcoms of All Time. He is the only author to actually rank the best of the best, including *I Love Lucy*, *The Andy Griffith Show*, *Get Smart*, *All in the Family*, *The Mary Tyler Moore Show*, *Cheers*, *Seinfeld*, *Frasier* and *Modern Family*. He will show funny snippets from those shows and others, challenge patrons with sitcom trivia (including identifying cool theme songs!), discuss the criteria he used to rank 70 years of sitcoms and talk about how they have evolved over the decades in humor, presentation and content. This program is really entertaining so join in on the fun!

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 Thursday. 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

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.

We are excited to announce the return of Friday Potluck and Programs this month! To allow for various programs, we will not be showing regular movies on Fridays. Please see page 13 for more details on our Friday programs.



April Movie, 4/29:

The Sandlot (1993)

In the summer of 1962, a new kid in town is taken under the wing of a young baseball prodigy and his rowdy team, resulting in many adventures.

POOL NEWS



March Madness? Oxford Takes 4-of-5 In Series With Hamilton

March might be known as the month for college basketball “Madness” across the US of A, but here in Butler County a different brand of madness has been evidenced lately in the world of eight-ball pool.

After dropping a mid-February contest to their foes from Hamilton, the Billiards Boys from Oxford Seniors went on a tear, taking four tournaments in a row in the weekly Thursday afternoon pool competition.

February 17: Playing with only four shooters on their team, the Hamiltonians led from start to finish in handing Oxford a close loss by the score of 199-190.

February 24: Oxford scored a measure of revenge for their previous week’s loss to Hamilton, holding off the visitors for a hard-fought 201-186 victory.

March 3: Oxford started off the month of March on the right foot, leading all the way in a 5-round, 5-on-5 contest, defeating Hamilton, 205-192.

March 10: With neither team leading by more than six points at the end of any round, Oxford scratched and clawed its way to an eventual 10-point win, downing Hamilton by a final score of 202-192.

March 17: Apparently energized by the kelly-green hues reflecting off the pool tables, the Oxford team rallied from an

early 5-point deficit to claim a St. Patrick’s Day victory over Hamilton, 205-192. (I-rish we could play this well every week!)

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.

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

SUPPORT GROUPS



Kim Ogle continues to facilitate a bi-monthly (2 x a month) in-person and virtual grief group. The meetings for April are Wednesdays the 13th and 27th at 4:30pm at Oxford Seniors. Questions? Please email Kim Ogle at kkogle24@gmail.com.



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



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/>



Scripps Gerontology Focus Group

Miami University's Scripps Gerontology Center is looking for older adults living in the Oxford area to participate in a 60-minute focus group about recent initiatives to enhance and strengthen the home care workforce. Participants will receive a \$20.00 Visa gift card in appreciation for their time. If you would like to participate in the group or would like to know more about this research, please contact Dr. Jennifer Heston-Mullins by phone (513) 529-1858 or email hestonjl@MiamiOH.edu by Friday, April 8, 2022. Date of the focus group will be based on feedback from interested participants.

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



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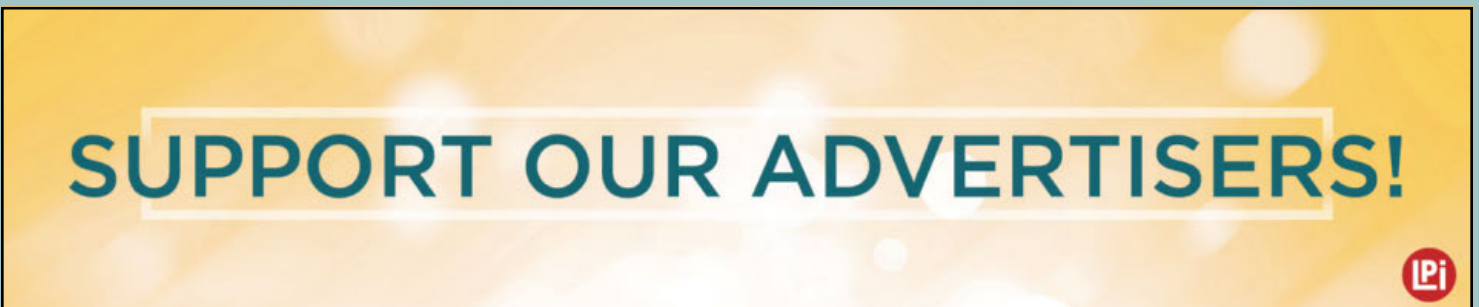
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(STAFF LISTING ON PAGE 3)



Join Us!

We have openings! It is fun! A great place to socialize and build friendships. A wonderful program for Caregivers to feel comfortable leaving their loved ones to have a little break. What are you waiting for? Schedule a visit and have lunch with us.

513-523-0464

ldavidson@oxfordsenior.org

Wish List

Gem or Rock Dig Kits
(sold at Walmart & Amazon)

Plastic Easter Eggs and Candy

Construction Paper- all colors

Medium or Large Stickers

Cucumber & Tomato Plants

**Thank you
for supporting ADS**

We're Hiring

We are looking for an energetic individual that enjoys engaging with the elderly to fill our Activities Assistant position. This is a full time position. If you're interested call 513-523-0464 for more information.



Hello,

The participants are excited for Spring! MU Speech Pathology assisted the participants with starting vegetable and flower plants. They are doing great. Most have popped out of the dirt and are growing as fast as a weed. They definitely will be ready to plant in the courtyard by mid April. Thank you to

MU Speech Pathology! We still have a few plants needed. The participants would like to plant cucumbers, and tomatoes.

April will be a fun and active month. We will be replacing the winter hum drum with Spring plans and preparing for Summer!

With Spring arriving, our wonderful interns and volunteers will be leaving. We are looking for summer volunteers. We also are looking for PRNS (substitutes as needed). We are a program of the Oxford Seniors, feel free to stop in the Senior Center and fill out an application. You can also send a resume or letter to my email. Ldavidson@Oxfordseniors.org

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 veteran isn't in assisted living they can attend also! I can help with the approval process.

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



**Ken Charleville (ADS)
Herb Howard
Marjory Leflar
Greg McBee
Ed Slone
Dana Vaughn
Freeman Workman**

**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

Phil & Louise Friedman
411 Western Row Rd. #354
Mason, OH 45040

Susan Osborn
Bradford Place
1302 Millville Ave.
Hamilton, OH 45013



In Memory of: Mike Broida
Donation By: George Schmid

In Memory of: Ellen Lawson
Donation By: Clarence & Jeanette Buller

In Memory of: Sharon Peterson
Donation By: Will & Sandi Hazleton

In Memory of: Dana Vaughn
Donations By: Kelly Bender, Joan Binstadt,
Teresa Davidson, Jessica Kopp, Sarah Per-
singer, Thomas Salem, Steve Schnabl, Jim
Woodruff & Joanne McQueen, and College
Corner Presbyterian Church

Thank you for your kind donations made in memory
of members and friends we've recently lost. This list
represents memorial donations received February 16,
2022 through March 24, 2022.

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

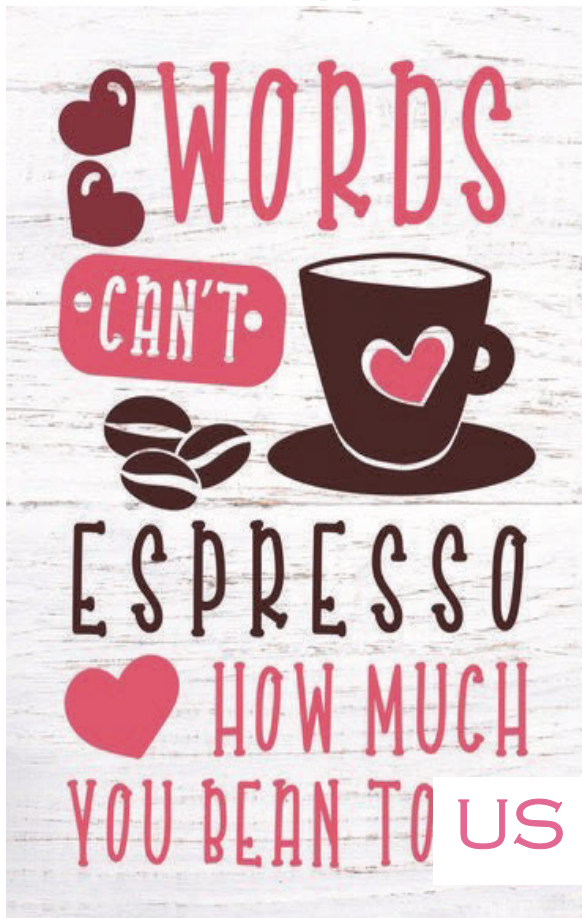
Oxford Seniors also welcomes opportunities to discuss you estate plans and the ways you may support Oxford Seniors via bequests, life insurance/IRA beneficiary appointment, trust distributions or other methods. Contact Steve at 513-523-8100 for a private appointment.

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Volunteer Appreciation Week is April 18-22, 2022



**Oxford Seniors invites
all volunteers to our
Open House Friday,
April 22nd between
1:30 and 3:30 to let us
show our appreciation
for all you do**

**(FOLLOWING OUR NOON
POTLUCK LUNCH)**

**Oxford Seniors would like to thank Starbucks, Queen City Hospice and
The Knolls of Oxford as our Sponsors**