



SPOTLIGHT ON AMANDA VAN GORDEN



Welcome Amanda Van Gorden, our new Program & Activity Coordinator. Amanda is from Edgewood, KY, she met her husband while studying Special Ed at Morehead State University. They now live on his grandparent’s farm north of Oxford raising their 4 children, ages 16-6. They raise beef cattle, chickens and grow alfalfa. They grow many of their vegetables and for a self-proclaimed “city girl”, she has learned to enjoy gardening, canning, and baking.

Amanda is excited to be working at Oxford Seniors and is looking forward to meeting our members and planning lots of fun events. Fun fact- Amanda is a die-hard Kentucky Wildcats fan!

HOURS OF OPERATION

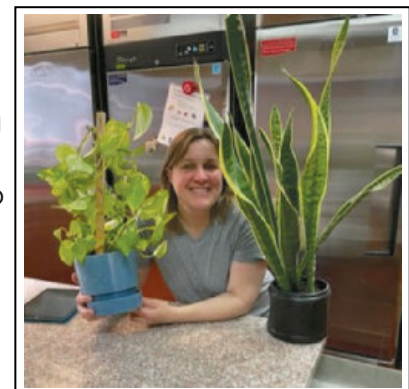
MON. | 8:30 AM - 7:30 PM
TUES.–FRI. | 8:30 AM - 4:30 PM
SAT. & SUN. | CLOSED

Check Out What’s Inside!

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Farewell to Ingrid Schreiber-

It’s been a fun journey-thank you for all your efforts, our plants never looked so good! You will be missed.



MAY | 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 by 2:00pm the day before you wish to eat.**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
2		3		4		5	
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	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			
9		10		11		12	
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	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	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			
16		17		18		19	
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	3 oz Homemade Meatloaf/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			
23		24		25		26	
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	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			
30		31					
<p>HAPPY MEMORIAL DAY!</p> <p>CENTER IS CLOSED</p>							

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

United Way of Oxford, Ohio & Vicinity

Butler County Elderly Services Program

City of Oxford

Oxford Community Foundation

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, 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 can be obtained by contacting the Executive Director at (513) 523-8100.

Board of Trustees

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Kate Rousmaniere, President

Dave Dennett, Vice President

Bobby Coley, Treasurer

Randy Allman, Secretary/President Emeritus

Trustees

Barbara Cox

Wendy Richardson

Bill Snavelly

Edna Southard

Ed Theroux

Jonathon Vivoda

Leping You



Staff & Volunteers

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Executive Director

Jeanne Glaser,
Operations Administrator

Sabrina Jewell,
Outreach & Marketing
Coordinator

Jennifer Marcum,
Meals on Wheels
Coordinator & Volunteer
Coordinator

Jacqueline Uhler,
Business Manager

Amanda Van Gorden,
Program/Activity
Coordinator

Chris Quimby,
Lead Driver

Tony Glaser, Driver

Joanne Harper, Driver

Dean Mullins, Driver

Community Adult Day Service

Lisa Davidson,
Director

Linda Charleville (5/9)
Activity Program
Assistant

Lisa Shelley,
STNA/Driver

Claire Nagle,
Registered Nurse



DIRECTOR'S LETTER

Hello for May 2022:

I wish each of you a wonderful Older Americans Month.

I think of aging in terms of the wisdom we gain through experiencing multiple situations, reading, educational pursuits, and having heartbreaks or joyous celebrations. I believe that we at Oxford Seniors are here to both share in and offer all manners of experiences to your lives. For this reason, I feel that we are successful at being a “town, gown AND field” setting in Greater Oxford, bringing in people from all walks of life.

Oxford Seniors is dedicated to being a welcoming environment at the Center, the Adult Day Service, and with all our other services. Our Board of Trustees has long-adopted policies committing us to include all races, genders, religions, colors, national origin, sex, income, or disability (see page three in this Issue “Directory” where the policy is summarized in each issued inside the Membership block).

We often use yard signs in front of the Center expressing non-discriminatory, non-political messages that fit our stated policy.

I have sadly learned recently that some community members, though, feel that Oxford Seniors is off-base with a policy that is so open. Some of them who were once members apparently feel so strongly that they have not renewed their memberships.

I regret their interpretation of us, and I respect their decisions, but I certainly don't understand those opinions.

One place where we do place some limits is in our Member Behavior statement that is an amendment to our operating by-laws. In the spirit of assuring a welcoming, friendly and safe environment for group services, we expect members and other program participants to act in a respectful, engaging and appropriate way

towards others at the Center or ADS. We reserve the right to advise someone who is breaching these behaviors in ways to improve, or to utilize other resources that may be better suited to their choices.

In the opening paragraph, I refer to aging as learning wisdom. Fortunately, disruptive behaviors are few and far between here. I am very proud of Oxford Seniors, its members, donors and volunteers for their active support of our mission.

Switching to some quick business notes: 1) Please welcome Amanda Van Gorden who has replaced Ingrid Schreiber in late April (see Spotlight). 2) Join us in wishing Ingrid all the best as she moves into a new role she has chosen. 3) We will be announcing our annual Talawanda graduating Senior scholarship winner in the next issue. 4) Please support our Annual Appeal and help us win our full \$5000 challenge gift by becoming a first-time donor or increasing your gift above the 2021 amount... letters coming soon, or use on-line giving at our website www.oxfordsenior.org.

Thanks, and best wishes!



Steve



PRESIDENT'S MESSAGE

A note from the President of the Board

First of all: May is Older Americans' Month. That's us!

Second: I urge you all to support our local Oxford Seniors as best you can—financial support is good (our annual fundraising drive is coming up!) but just as good is taking part in our organization—which is fun work with others.

There is always work to do—the Board has a number of committees that are always looking for more members. If you have an interest or expertise (past or present) in personnel, fundraising, or programs and activities let Steve or Jeanne know.

The main job of serving on such a committee is showing up and believing in the cause of the organization. I find that the most fun part about such work is our common commitment to the organization. The minimum qualification is to be able to say: I like this place and I want it to keep going! I want to help it in any way I can! Most of these committees meet once every month or two at Oxford Seniors which gives us all a chance to catch up with each other.

Thank You,
Kate Rousmaniere
Board President

2022 Annual Appeal for Oxford Seniors

Puzzles may be difficult but can usually be solved. Each August, Oxford Seniors' Board of Trustees adopts an operating budget for the upcoming calendar year that starts October 1. Expenses can be estimated closely for personnel costs (the largest single item in our budget), telephone service, copier lease and insurance premiums.

But others like food for Meals on Wheels and Center lunches; the amount and price of gasoline; or even the amount of copy paper can't easily be estimated.

A budget is then the "best guess" at the time it is prepared. The puzzle comes as the year unfolds. As Oxford Seniors uses a financial year of October 1 to September 30, a much stronger picture is available after March 31 when the first six months is complete. Each year our board relies on balancing our expenses in the budget by including donations as a revenue item. Our Annual Appeal is scheduled for late Spring to seek the financial gifts that have been estimated to conclude the year "in the black" or to allow time for some adjustments in spending.

Our members and friends have been very generous. We hope that will be the case again this year. Our goal for the 2022 Annual Appeal is \$50,000. A \$5000 gift is already promised...with a catch: we must earn it dollar-for-dollar through gifts from first-time donors, or the increases donors make above their gifts made last year. Freda First donates \$50 but has never given before for the Appeal. Her gift earns Oxford Seniors \$50 from the \$5000 challenge. Rodney Repeater gave \$100 last year, and increases it to \$125 this year. His added \$25 earns \$25 from the challenge.

Each gift is a piece of the puzzle that makes the picture complete. Every gift is important. Watch your mail for our Annual Appeal request. Please give as generously as you are able.

oxford services
community adult day service

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More than dry cleaning!

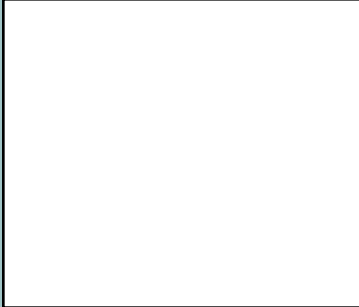
CLEANERS & FORMALWEAR
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ArmstrongDryCleaners.com

Health Insurance Questions?
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BIRTHDAYS & ANNIVERSARIES



WELCOME!

Anna Kelly
Sandy Lighter
Rachel Lakes

Dave Belka	5/1	Steve Dana	5/16
Lisa Brunckhorst	5/2	Nancy Conner	5/17
Jacki Uhler	5/2	Ed Martin	5/17
Tom Wagner	5/3	Cindy Hampton	5/18
Frances Heintschel	5/3	Don Morner	5/22
Phyllis Mendenhall	5/6	Jean Howell	5/23
Lyndi Ann Gordon	5/7	Eleanor Marcum	5/23
Craig Cashell	5/8	Adele Flower	5/23
Kathy Larson	5/9	Mickey Bement	5/25
Gaston Bowling	5/9	Virginia Kamke	5/25
Norma Schaner	5/10	Karen Vaught	5/25
Pat Richardson	5/10	Linda Wiseman	5/25
Bonnie Simpkin	5/10	Kim Geisler	5/26
Sue Clark	5/10	Danny Feakes	5/27
Jessica Kopp	5/12	Jerrilyn Hill	5/29
Sharon Taylor	5/12	Mary Dugle	5/29
Susan Bartow	5/12	Bill Fant	5/30
Steve Pace	5/14	Lorene Paglione	5/31
Hamer Sizelove	5/16		



Bob & Jo Setlock 5/12
Tom & Sharron Staab 5/21



RED DOOR COMMUNITY CONCERTS

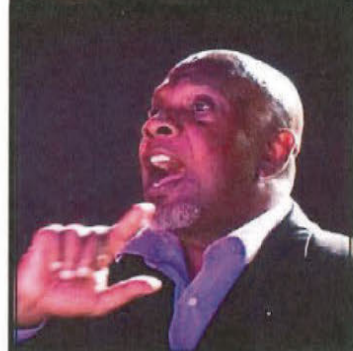
May 6, 2022 at 12:15 at Holy Trinity Episcopal Church

Red Door Community Concert #5 will feature the Queensmen, the small ensemble of the Cincinnati Men's Chorus with Steve Milloy, their Artistic Director. This ensemble strives to be the "best of the best" of the Chorus, representing the larger group. According to Steve, their program will be uplifting and positive, a selection of songs relating to contemporary social issues. Steve, a Miami grad, holds a Master of Music from UC's Cincinnati Conservatory of Music. He has spent over three decades coaching and directing singers of all ages in diverse venues across the Midwest.

Red
Door
Community
Concerts



The Cincinnati Men's Chorus is unique. It is a voluntary, nonprofit, community chorus organized to provide the opportunity for individuals identifying as male, whether gay, bisexual, transgender or strait allies to sing together. Their mission is, "Through music to strive for excellence, to support and nurture its members; to entertain their audiences, to work for justice, equity, diversity, inclusion, and harmony between the gay community and the community at large". Founded in 1991, the Chorus was part of the gay men's choral movement which began in San Francisco and struck a hopeful chord in other cities across America. Their singing gave voice to the growing Aids epidemic, eventually bringing life-saving HIV research and medicine. The Cincinnati Men's Chorus is now in its 31st year and has grown to about 100 members.



Steve Milloy



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



Join us for the Holy Trinity Episcopal Church Red Door Concert, featuring Cincinnati Men's Chorus-The Queensmen on Friday, May 6th at 12:15 pm.

Save the Date-Hamilton Ohio Pride Festival, Saturday, June 4th. Come visit our PFLAG booth.



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



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.

CONGRATS TO OUR GRADUATE INTERNS



Kathryn Clubb will begin her MSW at Miami University this summer.



Herbert Kwofie will be joining the Deloitte firm in Cleveland as a Strategy Analyst.



Samantha Segoloff will be taking a year off to work before Grad School.

PIANO RECITAL

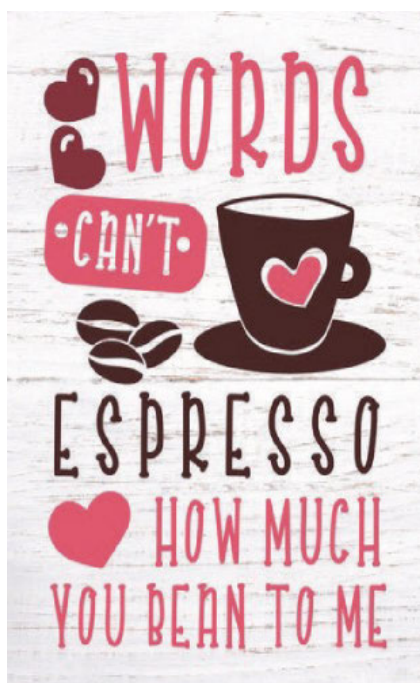


PIANO RECITAL: May 17, 2022 at 3:00 pm in Souers Recital Hall of the Performing Arts Center at Miami University.

Dr. James Miltenberger is a native of Oxford, Ohio. He graduated from the last senior class (1956) of Oxford McGuffey High School with additional education at Miami University and the Eastman School of Music. He is a Professor Emeritus at West Virginia University, where he taught for 55 years. His first solo Piano recital was at Oxford College (now the Oxford Community Arts Center) 70 years ago. Dr. Miltenberger will be in Oxford celebrating with his McGuffey class their 66th reunion.

The recital on the 17th is entitled “The Intersection of Jazz and Classical Music” and will include music by J.S. Bach, Claude Debussy, George Gershwin, and the jazz composer Horace Silver among others. He has performed throughout the US, Western Europe, and Southeast Asia during his performing career as a solo pianist, jazz pianist, and collaborative pianist. He extends an invitation to all McGuffey and Miami alumni to attend the recital and hopes to see you there.

The recital, which is free and open to the public, will be approximately one hour in length with discussion of the pieces a large part of the presentation,



Thank you to everyone who attended the Volunteer Appreciation Open House and made the event a success. Also, thank you to all the volunteers who were unable to attend the event.

Sponsors for this year's celebration were:





- Best Western Sycamore Inn
- Dunkin Donuts
- Queen City Hospice
- Starbucks
- The Knolls of Oxford

Any volunteer who did not receive a gift bag, please stop by the Senior Center and pick one up.

Anyone interested in volunteer opportunities please contact Jennifer Marcum jmarcum@oxfordsenior.org or 513-523-8100

MAY CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30-10:30 Exercise 2:00-4:00 French Club	3 10:30-11:30 Bible Study 1:00 Bowling 1:30-4:00 Pool	4 9:00-11:40 Massage 9:30-10:30 Exercise 10:45-11:45 Songbirds 3:00 OMA	5 10:00 Hand Clay 10:30 Bingo 1:30-4:00 Pool	6 9:30-10:30 Exercise 12:00 Friday Potluck 1:00 Friday Program Birthdays & Anniversaries 2:00 Golf Cards
9 9:30-10:30 Exercise 2:00-4:00 French Club	10 10:30-11:30 Bible Study 1:00 Bowling 1:30-4:00 Pool	11 9:00-11:40 Massage 9:30-10:30 Exercise 10:45-11:45 Songbirds 2:30 Ecology Club	12 10:00 Hand Clay 10:30 Bingo 1:30-4:00 Pool	13 9:30-10:30 Exercise 12:00 Friday Potluck 1:00 Friday Program -Movie: "The Bucket List" 2:00 Golf Cards
16 9:30-10:30 Exercise 2:00-4:00 French Club	17 10:30-11:30 Bible Study 1:00 Bowling	18 9:00-11:40 Massage 9:30-10:30 Exercise	19 10:00 Hand Clay 10:30 Bingo	20 9:30-10:30 Exercise 12:00 Friday Potluck

	<p>1:30-4:00 Pool</p>	<p>10:45-11:45 Songbirds 1:00 Sit Down With Steve</p>	<p>1:30-4:00 Pool</p>	<p>1:00 Friday Program -Pizza, Cards & Board Games 2:00 Golf Cards</p>
<p>23 9:30-10:30 Exercise 2:00-4:00 French Club 5:30-7:00 Senior Seminar "Wills, Trusts and Estate Planning"</p>	<p>24 10:30-11:30 Bible Study 1:00 Bowling 1:30-4:00 Pool</p>	<p>25 9:00-11:40 Massage 9:30-10:30 Exercise 10:45-11:45 Songbirds</p>	<p>26 10:00 Hand Clay 10:30 Bingo 1:30-4:00 Pool</p>	<p>27 9:30-10:30 Exercise 12:00 Friday Potluck 1:00 Friday Program Farm BINGO 2:00 Golf Cards</p>
<p>30  CENTER IS CLOSED</p>	<p>31 10:30-11:30 Bible Study 1:00 Bowling 1:30-4:00 Pool</p>			

SHREDFEST



Let's Get Shredding!

ShredFest 2022

ShredFest is your opportunity to bring confidential office and personal documents for secure, on-site shredding at the various Miami campuses.

Oxford Campus

Thursday, May 12, 2-4 pm
Cook Field, outside Pulley Tower

COMMUNITY INVITED!!

POOL NEWS/SENIOR SEMINARS



Team Oxford Continues to Roll; Takes 3-of-4 of the Most Recent

Thursday Tournaments

After winning 4-of-5 Thursday afternoon pool competitions against their foes from Hamilton from mid-February to mid-March, the Oxford billiard boys maintained that impressive pace through the middle of April.

Leading off the March/April period with three consecutive wins by comfortable margins, Team Oxford's streak was finally broken when Hamilton scored a big measure of revenge against the local guys on April 14.

Results of the four most recent matchups are as follows:

March 24: Down by eight points after two rounds, Oxford rallied late to down Hamilton, 200 -186.

March 31: By winning 4-of-5 games in the third round, Oxford overcame an early 13-point deficit to claim a 207-186 victory.

April 7: Team Oxford led from start to finish, building on their lead in each of the five rounds, to steamroll to an easy 29-point win, 202-173.

April 14: Tired of taking their licks the previous three weeks, and with two of their players going 5-0 on the day, the Hamiltonians brought their "A" game to Oxford and handed the local guys a convincing loss, 205-174.

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 Oxford Seniors at 922 Tollgate Drive in Oxford, OH.

(MAY 23) Wills, Trusts, and Estate Planning – What You Need to Know to Ensure Your Family Understand Your Wishes.

- Having a will helps minimize any family fights about your estate that may arise, and also determines the “who, what, and when” of your estate. A local attorney will help you think ahead so you can leave all the information your loved ones need to take care of your belongings, business affairs, and wishes.

(JUNE 27) Stay @Home Longer – Living Independently with In-Home Health Care

- We know that 90% of folks age 65+ want to stay at home as long as possible, and in-home health care can be the key to achieving the highest quality of life possible. It can enable safety, security, and increased independence; it can ease management of an ongoing medical condition; it can help avoid unnecessary hospitalization; it can aid with recovery after an illness, injury, or hospital stay—all through care given in the comfort and familiarity of home.

PROGRAMS & ACTIVITIES

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 Join us M, W, F 9:30-10:30.

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 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.

Corn Toss: Monday, May 18 at 1:00. Please sign up at the center or call to be added to the list.

In recognition of Mother's Day, please bring in a photo of your mother for our display window during the month of May!

Unfinished Project Round Up

We have a collection of unfinished projects in our stained glass room. Please let us know if you have a project here you want us to save for you. We need to make space for new projects but we don't want anyone to miss out on finishing their artwork.



**The Oxford Community Band
In Concert**

**Monday, May 2, 2022
6:30pm**

**Oxford Seniors
922 Tollgate Dr.**

**Free Admission
(donations appreciated)**

FRIDAY PROGRAMS



Birthdays & Anniversaries

May 6th

If you are celebrating a birthday or anniversary in May, please join us at the head table for our Friday lunch. You'll receive first in line privilege for lunch and you'll have the opportunity to share a little bit about yourself after the meal.



Movie

May 13th

"The Bucket List" - 97 minutes
Corporate billionaire Edward Cole and working class mechanic Carter Chambers have nothing in common except for their terminal illnesses. While sharing a hospital room together, they decide to leave it and do all the things they have ever wanted to do before they die according to their bucket list. In the process, both of them heal each other, become unlikely friends, and ultimately find joy in life.



Pizza, Cards & Games

May 20th

Enjoy a slice of pizza as part of our regular Friday Potluck and stay for the afternoon to enjoy a board game or hand of cards.



Farm Bingo

May 27th

Join students from Talawanda High School's FFA program for an afternoon of Farm Bingo!



ECOLOGY CLUB

Spring is here and the grass is growing!

As we think about climate change and look for things that we can do as individuals to help our environment, the way we manage our lawns is another way that the choices we make will add up to making a difference. I enjoy the look of a lush green lawn and the scent of freshly mowed grass, but I think it is time to look at that differently. Frequent mowing, raking, fertilizing, weeding, chemical treatment, and watering take time, money and provide little benefit to wildlife and in fact are often harmful. A lawn with carefully tended grass has no flowers to feed the bees and other pollinators; in fact it is as much a loss of habitat for wildlife as a bulldozed area or a parking lot. Mowing less often and converting part of our lawns to a more diverse and natural landscape creates a space for wildlife including pollinators.

No Mow May is a conservation initiative first promoted in the United Kingdom and it has been gaining participants across North America. The idea is that if a lawn where no pesticides have been used is allowed to grow without mowing for one month it creates habitat and forage for early season pollinators. One research study in Appleton, Wisconsin focused on No Mow May and found that the unmown lawns had many more pollinators than the regularly mowed urban parks nearby. We could try that. You can print out a No Mow May sign from the Xerces Society website to let your neighbors know what you are doing. (<http://beecityusa.org/no-mow-may/>)

Another approach is to just reduce the frequency of mowing during the growing season. Studies have been done to learn the effect of different frequencies. Susannah Lerman of the USDA Forest Service studied herbicide-free suburban lawns in Springfield, Massachusetts. With a team she tested different lawn mowing frequencies, 1, 2, or 3 weeks apart, and how that changed the number and diversity of bees. Their study found that there were more bees when lawns were mown every other week rather than weekly. Mowing every three weeks meant more flowers in the lawns, but not as many bees as when lawns were mown every other week. They think the explanation for that is that although there were more flowers in the grass, the grass was tall enough to make the flowers harder for the insects to find.

You can also change the composition of your lawn to include more flowering species. You could include Dutch clover which is a low-growing flowering plant and captures nitrogen to help feed the grass. You may already have violets in your lawn and they are a valuable host plant for fritillary butterflies. Reducing mowing saves water, helps your lawn become more resilient to drought, and reduces emissions from the gas-powered lawn equipment that often lacks the emission reduction control found on larger engines.

You can go even further and replace some of your lawn with a pollinator garden or an area of meadow. There may be city ordinances intended to ensure that property looks taken care of. The appearance of neglect can be overcome by keeping a neatly mown edge around the longer growing areas. Our first reaction to a large area of perfectly tended grass is that it is pretty, but we can do more in that space to contribute to a healthy environment.

Here are some resources:

The USDA study in Springfield, Massachusetts: <https://www.nrs.fs.fed.us/pubs/55816>

A source for ideas about pollinator lawns: <https://bluethumb.org/turf-alternatives/pollinator-lawn/>

Ideas from the Natural Resources Defense Council: <https://www.nrdc.org/stories/more-sustainable-and-beautiful-alternatives-grass-lawn>

And a book with ideas for landscaping with native plants: Tallamy, Douglas W. "Bringing Nature Home: how you can sustain wildlife with native plants."

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

SUPPORT GROUPS



Kim Ogle continues to facilitate a bi-monthly (2 x a month) in-person and virtual grief group. The meetings for May are Wednesdays the 11th and 25th 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/>



Caregiver Support Group

The group is facilitated by Patricia Willeke. If you are interested in more information, please call Oxford Seniors at 523-8100.

THINGS TO DO IN OXFORD



The poster features a central illustration of a wine glass and a beer mug. The wine glass contains a red liquid and is labeled 'Oxford Wine & Craft Beer Festival'. The beer mug is filled with dark beer and has '2022' written on it. Above the glass is a speech bubble that says 'Save the Date'. The background shows a blurred scene of a festival with tents and people.

Oxford Chamber of Commerce presents

Save the Date

**Saturday
May 21, 2022**

2 pm - 10 pm

Oxford, Ohio | Uptown Parks

**WINE | ART | MUSIC
BEER GARDEN & CUISINE**



Nature Trails, Parks, and Hueston Woods

In Oxford, Ohio we love our natural areas, evident by the 17+ miles of hiking trails that wind beautifully throughout the town. Hike up through the Silvoor Biology Sanctuary and enjoy the expansive views from the bluffs. Or check out the first phase of the Oxford Area Trails and enjoy a relaxing walk or bike ride on a multi-use paved trail. Have a BBQ at Peffer Park and spread out your meal under the gazebo. If you're itching for a drive, Hueston Woods State Park is just fifteen minutes away by car. The park features over 12 miles of trails and Acton Lake, which you can enjoy from the fishing pier or a rented kayak.

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...a pathway Home

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311 S. College Ave., P.O. 128 (513) 255-1168 Cell
Oxford, Ohio 45056 kkgole24@gmail.com

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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 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

The Community Adult Day Service will be having an open house on May 19th, 2022, from 4-7 pm. During the open house, we will be having a basket of goodies raffle! Raffle tickets will be sold before and during the Open house (you do not have to be present to win). Stop in at the Senior Center on Tollgate Drive to purchase or call me at 513-523-0464. Refreshments will be served.

Mark your calendar and plan to have an evening of fun!

Wish List

Tomato Plants
Bird Seed
Dirt For Planting

Thank you
for supporting ADS

Do you enjoy Rock & Fossil Dig Kits? How about Parties and fun? Do you like to do light exercises? Community Adult Day Service is the place for you!
Call 513-523-0464 for more information.



We will be closed
Monday, May 30th in
honor of Memorial Day



Thank you, Kathy & Wendy,
for the donations of the Dig Kits!!

IN OUR THOUGHTS



**Phil Friedman
Susan Thrasher**

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

Adele Flower
2200 Welcome Place #411
Columbus, OH 43209

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

Carolyn Bentley
Mallard Cove Senior Living
1419 Mallard Cove Dr. Rm 5212
Sharonville, OH 45246

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

Nelly Bly Cogan, Gil Gordon, Nancy Holley, Jane Strippel, Janie Weinrich, Mike Farmer
Woodland Country Manor
4166 Somerville Rd
Somerville, OH 45064



In Memory of: Phil Friedman
Donations By: Louise Friedman, Jerry Schindler, Shane Carlin & Annie Sit, Gordon Fox, Mickey Preston and Steve Schnabl

In Memory of: Greg McBee
Donations By: Ellen Weisman and Carol Kabakoff

In Memory of: Ron Phares
Donation By: Debbie Curry

In Memory of: Paul Schiller
Donation By: Jim & Dorothy Keith

In Memory of: Deb Schindler
Donation By: Jerry Schindler

In Memory of: Susan Thrasher
Donation By: Mary Guiler

In Memory of: Dana Vaughn
Donations By: Jean Luechauer, Lydia Hofmann, Gordon Fox, Ellen Weisman and Mickey Preston

Thank you for your kind donations made in memory of members and friends we've recently lost. This list represents memorial donations received March 25, 2022 through April 26, 2022.



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

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OLDER AMERICANS MONTH



AGE MY WAY: MAY 2022