Spotlight on Ann Fitzgerald

Each Oxford Seniors member has a unique life story. And Oxford Seniors fulfills many different needs for our diverse membership. The story of Ann and Dan Fitzgerald is a good example. Ann Fitzgerald joined Oxford Seniors in 2017 when a friend told her about our Adult Day Service. At that time Ann's husband Dan had been diagnosed with dementia. And they needed help.

Both of the Fitzgeralds grew up in the Madisonville area of Cincinnati. They met when Ann was in 8th grade and Dan in 10th. Ann and Dan dated all through high school and college, where they each graduated from the University of Cincinnati. Ann with a degree is in Early Preschool Education, and Dan enrolled in ROTC and received a degree in Industrial Engineering. During their lives together they traveled the globe from from Ohio to Hawaii and back. Their five children - Pat, Brian, Shay, Katie, and Erin - were variously born in Hawaii, Texas, and Ohio. While their children were growing up both Ann and Dan were actively involved in their children's lives. Dan was a Boy Scout leader and Ann was a Brownie and Girl Scout leader.

Eventually, settling in Hamilton, Ann retired from teaching Presbyterian Preschool and Dan from Champion Papers. In 2017 Ann downsized their home to better fit their needs. And Dan began attending the Adult Day Service. First Dan attended 2 days a week and then eventually five days until he passed away in November 2019. Ann says being a member of Oxford Seniors was extremely valuable in helping her keep her husband with her at home.

She also continues to lead a vibrant and engaged life. She visits Berkeley Square 2 mornings a week - for an exercise group. And also visits with a 91-year-old friend who has an adult child with Downs Syndrome. She also continues to rely on Oxford Seniors for support - as she attends the Thursday, Caregiver Support Group.

Continued on page 4
**MARCH TOP OF THE HILL CAFÉ LUNCH MENU**

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 or cancel a meal before 9:00am.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 oz Roast Chicken with Gravy</td>
<td>6 oz Homemade Vegetable Beef Soup</td>
<td>1 c Homemade Chili w/Beans</td>
<td>3 oz Chicken Strips</td>
</tr>
<tr>
<td>1/2 c Garden Blend Rice</td>
<td>2 oz LS Turkey on a Bun with Mayo, Lettuce, Tomatoes &amp; Onion</td>
<td>1/2 c Spaghetti Onions and Shredded Cheese</td>
<td>1/2 c Baked Beans</td>
</tr>
<tr>
<td>1/2 c Carrots</td>
<td>1 c Tossed Salad w/Dressing</td>
<td>1/2 c Green Beans</td>
<td>1 c Tossed Salad w/Dressing</td>
</tr>
<tr>
<td>1 Dinner Roll</td>
<td>1 Piece Fresh Fruit in Season</td>
<td>3 Pkgs. Saltine Crackers</td>
<td>1 Dinner Roll</td>
</tr>
<tr>
<td>1/2 c Fruit Cocktail</td>
<td>2 Cookies</td>
<td>1/2 c Hot Spiced Apples</td>
<td>1/2 c Gelatin with Oranges &amp; Bananas</td>
</tr>
<tr>
<td>2</td>
<td></td>
<td>Dt: 1 Pkg Graham Crackers</td>
<td>Dt: 6 Vanilla Wafers</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 oz Grilled Chicken Breast on a Whole Wheat Bun with Lite Mayonnaise</td>
<td>1c Beef Quesadilla Casserole</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1/2 c Garden Peas</td>
<td>With 2T Sour Cream &amp; 1/4 c</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 c Tossed Salad w/Dressing</td>
<td>Homemade Salsa</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1/2 c Fruit Cup</td>
<td>1/2 c Green Beans</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1-2oz Corn Bread</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1/2 c Peaches</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>2 Cookies</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Dt: 1 Pkg Graham Crackers</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>2 oz LS Turkey on a Bun with Lite Mayonnaise, Lettuce, Tomato and Onion</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 c Tossed Salad w/Dressing</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1/2 c Mixed Vegetables</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1/2 c Fruited Gelatin Salad</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Dt: 1/2 c Sugar Free Fruited Gelatin Salad</td>
</tr>
<tr>
<td>1 c Homemade Chicken Pot Pie</td>
<td>3 oz LS Pot Roast w/Gravy</td>
<td>3 oz Bourbon Chicken</td>
<td>3 oz Breaded Pork Tenderloin</td>
</tr>
<tr>
<td>1/2 c Corn</td>
<td>1/2 c LS Whipped Potatoes/Gruy</td>
<td>1/2 c Vegetable Fried Rice</td>
<td>on a Whole Wheat Bun with Lite Mayonnaise, Lettuce, Tomato and Onion</td>
</tr>
<tr>
<td>1 Dinner Roll</td>
<td>1/2 c Broccoli</td>
<td>1/2 c Japanese Stir Fry Vegetable</td>
<td>1/2 c Mixed Vegetables</td>
</tr>
<tr>
<td>1 c Tossed Salad w/Dressing</td>
<td>1 Dinner Roll</td>
<td>1 c Tossed Salad w/Dressing</td>
<td>1/2 c Fruited Gelatin Salad</td>
</tr>
<tr>
<td>1/2 c Hot Spiced Apple Slices</td>
<td>1 Piece Fresh Fruit in Season</td>
<td>1 Fortune Cookie</td>
<td>Dt: 1/2 c Sugar Free Fruited Gelatin Salad</td>
</tr>
<tr>
<td>Dt: 1/2c Sugar Free Pudding</td>
<td>1 Fudge Brownie</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 oz Homemade Meatloaf</td>
<td>3 oz Pulled Chicken Breast on a Whole Wheat Bun w/ Lite Mayo, Lettuce, Tomatoes and Onion</td>
<td>1 c Homemade Beef Stew</td>
<td>4 oz LS Spaghetti Sauce/Meatballs</td>
</tr>
<tr>
<td>1/2 c LS Whipped Potatoes w/Gravy</td>
<td>1/2 c Baked Beans</td>
<td>1/2 c corn</td>
<td>1/2 c Spaghetti Noodles</td>
</tr>
<tr>
<td>1/2 c Carrots</td>
<td>1/2 c Fruit Crisp w/Topping</td>
<td>1-2oz Piece Corn Bread</td>
<td>Parmesan Cheese Packet</td>
</tr>
<tr>
<td>1 Dinner Roll</td>
<td>Dt: 1/2 c Peaches</td>
<td>1/2 c Mandarin Oranges</td>
<td>1 c Tossed Salad w/Dressing</td>
</tr>
<tr>
<td>1 Piece Fresh Fruit in Season</td>
<td></td>
<td>3 Graham Crackers</td>
<td>1 Dinner Roll</td>
</tr>
<tr>
<td>1 ea Fudge Brownie</td>
<td></td>
<td></td>
<td>Fresh Fruit in Season</td>
</tr>
<tr>
<td>Dt: 6 Vanilla Wafers</td>
<td></td>
<td></td>
<td>1/2 c Pudding</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Dt: 1/2 c Sugar Free Pudding</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 oz Pulled Pork w/Gravy</td>
<td>1 c Beef &amp; Noodles</td>
<td></td>
<td><strong>Please Remember</strong></td>
</tr>
<tr>
<td>1/2 c Sweet Potato Pudding</td>
<td>1/2 c Garden Peas</td>
<td></td>
<td>If you sign up for a Congregate Lunch, please plan to dine with us at the Senior Center &amp; enjoy some friendly conversation.</td>
</tr>
<tr>
<td>1/2 c Green Beans</td>
<td>1 c Tossed Salad w/Dressing</td>
<td></td>
<td>These meals are not meant to be boxed up and taken home.</td>
</tr>
<tr>
<td>2 oz Piece of Corn Bread</td>
<td>1 Dinner Roll</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 c Fruited Ambrosia Salad</td>
<td>1/2 c Chilled Pineapple</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 Sugar Cookies</td>
<td>1/2 c Pudding</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dt: 1/2 c Sugar Free Pudding</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**ST. PATRICK’S DAY**

March 17th
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, gender identity, sexual orientation, 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
Officers
Randy Allman President
Jessica Kopp, Vice President
Dave Dennett, Treasurer
Kelly Spivey, Secretary
Tina Osso, President Emeritus
Don Falk, Treasurer Emeritus

Trustees
Bob Coley
Barbara Cox
Wendy Richardson
Kate Rousmaniere
Edna Southard
Ed Theroux
Jonathan Vivoda
Kathleen Carels, OVN Rep
Cathryn Loucas, Legal Advisor

Staff
Steve Schnabl, Executive Director
Jeanne Glaser, Operations Administrator
Sabrina Jewell, Outreach Coordinator
Jennifer Marcum, Volunteer Coordinator
Lisa Brunckhorst, Business Manager
Ingrid Schreiber Program/Activities Coordinator
Beverly Wood, Secretary
Chris Quimby, Driver/STNA
Joanne Harper, Driver
Mary Kollin, Driver
Paul Schiller, Driver
Sean Yates, Driver

Community Adult Day Service
Debbie Curry, Director & LPN
Stacy Lay, Activity Program Assistant/STNA
Jan Jewell, RN BSN
Shanna Cianchetti, STNA
Alexandra Hopun Aide/Driver
Marcia Schlichter, Aide/Driver
Kendra Peck Aide/Driver

DIRECTORY
Thank you to the Oxford Community Foundation and the HealthPath Foundation for their recent donations of $5000 each towards the $11,500 cost of our new members’ check in system.

COMMUNITY SUPPORT

Do you need food assistance?
Shared Harvest sponsors the Senior Commodity Food Box Program—a box of shelf stable foods available once a month. Must be 60 or older with gross monthly income of $1,287 or lower. Contact Sabrina to apply: 513-523-8100 or sjewell@oxfordsenior.org

Free Hearing Screening
Wednesday, March 25th
9:30 am -12:00 pm
Oxford Seniors’ Libaray
922 Tollgate Drive

Is This You?
1) Do people seem to mumble?
2) Do you have trouble understanding?
3) Do you find talking on the phone Difficult?
4) Do people often say you speak loudly?
5) Do you often have to ask people to repeat themselves?
6) Do you have ringing in your ears?
7) Do you have difficulty understanding in crowds?
8) Do you no longer hear Household sounds?
9) Do you have to face someone to understand speech?
10) Do people complain your T.V is too loud?

If you are experiencing any of these issues, please sign up for a complimentary hearing screening.

Congratulations!!
Christoper Lukachko is the winner of a $25 gift card to Kroger. The drawing included everyone that renewed their membership by January 31st!

Weather Alert!
During the winter months, please check Channels 5, 9, 12 or 19 for closure information. Generally, we will be closed due to weather conditions when Talawanda schools are closed. If schools are not in session, the decision to close is up to the Executive Director and that information will be shared with channels 5, 9, 12 and 19. We call individuals who have signed up for meals or rides any day we cancel. If the schools are on a 1 or 2 hour delay, it will not affect our operation. The center will have normal business hours.

Continued from cover
Group. She also attends the Alzheimer’s Association caregiver support group, And has her taxes done here at the center.

Ann still likes to travel - visiting with her children and grandchildren in Arizona, Texas, Northern Ohio, Cincinnati, and Hamilton. So, Ann is still traveling the globe! And when she comes 'home' she is still welcomed home here at Oxford Seniors.
Hello for March 2020,

Gee…seems like it was just Christmas, and now we’re almost reaching Spring! As members of the Meals on Wheels of America organization, Oxford Seniors is part of a nation-wide effort to draw attention to the issues of senior hunger under their banner for the month, March for Meals.

Oxford Seniors not only delivers Meals on Wheels (many thanks to our volunteer packers/deliverers!!), but our lunches at the Center, Monday Night Supper Club and monthly food box deliveries all are part of the intentional work to see that older adults have nutritious food, especially if their incomes are limited. Our transportation service also takes a significant number of riders to the grocery when they no longer drive.

I’m proud that we can truthfully say that Oxford Seniors is not only part of March for Meals but does this every month of the year.

We’re now using our new sign-in computer station inside the main door at the Center and feedback from members is that it is far easier to use than the old system! So please check in regularly. Recording your attendance and how you spend your time at the Center, helps Oxford Seniors prove our worth to our major funding sources like United Way, the City of Oxford and the Council on Aging. When we write a special grant, having good attendance records puts us ahead of other groups who only state “we serve lots of people” in their requests for funds. Being specific draws favorable consideration.

Thanks go to the Oxford Community Foundation for its recent donation of $5000 toward the $11,500 cost of that new system. The HealthPath Foundation provided another $5000 earlier.

We will also soon begin using this new system to track: Meals on Wheels clients and deliveries; attendance at our various caregiving groups (no confidential information is shared); the Adult Day Service attendance; individual supportive service contacts with Sabrina Jewell and others on the staff; and eventually our rides.

This investment will help Jeanne Glaser get to spend more time at her desk and not “fixing the sign in computer” which happened at least once a day before. And Lisa Brunckhorst will save time every month creating the documentation for our billing to our contract funders.

Bev Wood and volunteers like Dave Brooks are spending time at the sign in desk to help new users and can assign the small bar-code cards that attach to your key ring during your first visit. But don’t worry, if you forget your card, there is an easy method to sign in WITHOUT your personalized card.

We ended last year with 615 people having paid dues…we are lagging that greatly right now, so I urge you to take a moment to stop in and renew; we’ll introduce you to the easy sign in and give you your new scan card. After this year, when you renew, the same card will stay in use. Or, if you lose it, we can easily assign another card, and maintain all your file data without compromise.

I’m sure some of you are flabbergasted at the price we paid for this software program. We’re so fortunate that most of the cost was paid by special, unbudgeted solicited gifts. Let me tie this into why we raise funds each year…and will be again sending out our Annual Appealletters in April.

Your Board of Trustees has approved a budget of $588,000 for the current Fiscal Year, which runs from last October 1 through the end of this September 2020. Employees and their benefits account for $428,000 of that total, or 73%. We earn our contract payments for every single meal, ride, ADS visit or advising contact we document. But we never really know if we will have enough business to earn the amounts we have estimated in the budget. Even if we

Continued on page 19
Providing a positive experience for older adults with special needs in a safe and supportive environment.

For information call Debbie Curry, LPN
513-523-0464

420 S. CAMPUS AVENUE, OXFORD, OH 45056 • WWW.OXFORDSENIOR.ORG

Contact Bill Taylor to place an ad today!
bttaylor@4Lpi.com or (800) 477-4574 x6440

Call today to connect with a SENIOR LIVING ADVISOR
INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

A Place for Mom has helped over a million families find senior living solutions that meet their unique needs.

There’s no cost to you!
(888) 612-8951
We're paid by our partner communities

= Joan Lunden, journalist, best-selling author, former host of Good Morning America and senior living advocate.

Now accepting new patients!
10 N. Locust Street, Suite A., Oxford OH 45056 | 513-454-1111
myprimaryhealthsolutions.org

ADULT MEDICINE, PEDIATRICS, BEHAVIORAL HEALTH
Welcome our Newest Members!

Joe Campbell
Marilyn Revalee

*The names listed on this page this month may not include everyone as we are still working to complete the move to our new computer system. Thank you for your patience.

March Birthdays, Anniversaries and our newest members will be celebrated on Friday, March 6th at our potluck lunch beginning at noon.

BIRTHDAYS

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peggy Branstrator</td>
<td>3/1</td>
</tr>
<tr>
<td>Woody Anderson</td>
<td>3/4</td>
</tr>
<tr>
<td>Deanna Richardson</td>
<td>3/4</td>
</tr>
<tr>
<td>Jeri Schaner</td>
<td>3/4</td>
</tr>
<tr>
<td>Thyra Stigall</td>
<td>3/4</td>
</tr>
<tr>
<td>Michael Waller</td>
<td>3/7</td>
</tr>
<tr>
<td>Herman Mahlerwein</td>
<td>3/9</td>
</tr>
<tr>
<td>Marilyn Revalee</td>
<td>3/9</td>
</tr>
<tr>
<td>Edith Todd</td>
<td>3/9</td>
</tr>
<tr>
<td>Carol Boettger</td>
<td>3/11</td>
</tr>
<tr>
<td>Karen (Nani) Ball</td>
<td>3/13</td>
</tr>
<tr>
<td>Ed Solomon</td>
<td>3/13</td>
</tr>
<tr>
<td>Mary Guiler</td>
<td>3/14</td>
</tr>
<tr>
<td>Rebecca Hensley</td>
<td>3/16</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jean Dockery</td>
<td>3/19</td>
</tr>
<tr>
<td>Anne Kirby</td>
<td>3/19</td>
</tr>
<tr>
<td>Beverly Anderson</td>
<td>3/21</td>
</tr>
<tr>
<td>Anne Baxter</td>
<td>3/23</td>
</tr>
<tr>
<td>Karen Wates</td>
<td>3/23</td>
</tr>
<tr>
<td>David Keitges</td>
<td>3/26</td>
</tr>
<tr>
<td>Thomas McKnight</td>
<td>3/27</td>
</tr>
<tr>
<td>Carol Hauser</td>
<td>3/28</td>
</tr>
<tr>
<td>Robert Setlock</td>
<td>3/28</td>
</tr>
<tr>
<td>Keith Wells</td>
<td>3/28</td>
</tr>
<tr>
<td>Ralph Martin</td>
<td>3/30</td>
</tr>
<tr>
<td>Deb Quilligan</td>
<td>3/30</td>
</tr>
</tbody>
</table>

If my body were a car, this is the time I would be thinking about trading it in for a newer model. I've got bumps and dents and scratches in my finish and my paint job is getting a little dull...

But that’s not the worst of it.

My headlights are out of focus, and it’s especially hard to see things up close.

My traction is not as graceful as it once was. I slip and slide and skid and bump into things even in the best of weather.

My whitewalls are stained with varicose veins. It takes me hours to reach my maximum speed.

My fuel rate burns inefficiently.

But here’s the worst of it.

Almost every time I sneeze, cough or sputter, Either My Radiator Leaks or My Exhaust Backfires!

Submitted by Eleanor Otto, Author unknown
• 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 2020? 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 Event is Thursday, March 19th. We are excited to welcome Dr. Lee Ann Conard, RPh, DO, MPH, Director of Cincinnati Children’s Transgender Health Clinic. She will be spending the day in Oxford and meeting with various groups. Exact schedule will be posted on Facebook and emailed. Contact Sabrina Jewell with any questions.

Please check our Facebook Page for updates. oxfordareapflag@gmail.com

Oxford Parkinson’s Information & Support
There is a monthly gathering on the 4th Thursday of the month from 6:30-8:00 p.m. The group includes individuals with Parkinson’s and their spouses, partners or other caregivers. Important, it is not just a couples group. All are welcome in any combination.

For Information or to RSVP contact Linda Scholten at 513-523-4608 or lindascholten@yahoo.com.

Memory Cafe is a special space where people living with Alzheimer’s or other dementias and their care partners are welcomed. Monthly gathering provides opportunities to socialize with each other and with Miami students, enjoy music, art, games, food, or other fun activities. Program will vary each month.

Memory Cafe is offered on the first Monday evening of each month at the Oxford Community Arts Center from 6 PM - 7:30 PM and third Friday afternoon at Oxford Lane Library from 2:30-4:00 pm.

Co-sponsored by Scripps Gerontology Center and Opening Minds through Art (OMA), the Lane Public Library and Oxford Community Arts Center.

Donation By:
Adele Flower
Joanne McQueen & Woody Woodruff

In Memory of:
Ginny Lee
Kenny Russell
A.J. Christopher
**OUTREACH & MARKETING**

**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 2020-2021, the income levels are:

<table>
<thead>
<tr>
<th>Size of Household</th>
<th>Up to</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$21,857</td>
</tr>
<tr>
<td>2</td>
<td>$29,592</td>
</tr>
<tr>
<td>3</td>
<td>$37,327</td>
</tr>
</tbody>
</table>

[www.development.ohio.gov/is/is_heap.htm](http://www.development.ohio.gov/is/is_heap.htm)
Applications available at Oxford Seniors

---

**Tech Savvy with Emma!**

Do you sometimes need help figuring out technology? From social media to email to all things smart phone, Oxford Seniors has just the program for you! Our Social Work intern, Emma Rankin, is taking appointments on Wednesdays and Fridays to meet one-on-one and help with any difficulties you have regarding technology. Bring your questions and your devices! Learn to connect with friends and family through the wonders of technology. Make your appointment today!

---

**Do you care for a grandchild?**
You are not alone in Kinship care!

Lunch & Learns are available with FREE lunch and FREE childcare.

Next session March 10, 2020
Your Changing Family
Oxford United Methodist Church
(14 N. Poplar St.)
12:00-1:30 p.m.
Call 513.869.2388 to confirm and reserve your spot by 3/4

---

**Uplift!**
Butler Behavioral Health has a new program for older adults (60+) who experience symptoms of depression and/or anxiety. Uplift is an evidence-based intervention that takes place at the clients’ home or chosen location. Uplift focuses on strengthening problem solving skills and increasing physical, social, and pleasant activities.

Uplift includes 8 face-to-face sessions with an Uplift counselor which center on specific issues chosen by the client; and works on generating action steps for the upcoming week(s). Uplift is a Butler County funded service.

Uplift may be a great program for you or someone you know! To learn more or make a referral, call 513-273-8064.

Butler Behavioral has moved to 10 N. Locust St. Ste. C
GRIEF SUPPORT GROUP

Every other Tuesday night- 6-7:30 PM
At Oxford Seniors (Library)
922 Tollgate Dr, Oxford OH 45056

March 3, 17, 31
April 14, 28
May 5

Facilitated by Pastor Tim Tice:
Chaplain at McCullough-Hyde Memorial Hospital/TriHealth
Reading The Grief Recovery Handbook
20th Anniversary Expanded Edition
By John W. James and Russell Friedman

Pastor Tim is currently the Chaplain at McCullough-Hyde Hospital in Oxford, as well as the pastor at Grace Pointe Church. He has been in the people business for his entire career and has filled a range of positions from working with children, to education, to business management, to pastoral ministry.

He is currently involved in a Clinical Pastoral Education program and has studied the subject of grief at length. With his life-long involvement in ministry he has dealt with various types of loss and emotional pain; both personal and professional.

His love for people and desire to serve is evident in his life. The grief recovery group sessions will engage all participants as well as involving empathetic listening and thoughtful availability.

For more information, contact Sabrina Jewell (513)525-8100
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-4:30 Open Pool</td>
<td>9:00-4:30 Open Pool</td>
<td>9:00 Stained Glass Room Available</td>
<td>9:00 Stained Glass Room Available</td>
<td>9:00-4:30 Open Pool</td>
</tr>
<tr>
<td>9:30 Exercise</td>
<td>9:30 Exercise</td>
<td>9:45 Taiji</td>
<td>9:45 Taiji</td>
<td>9:30 Exercise</td>
</tr>
<tr>
<td>10:30 Lunch @ Reily</td>
<td>10:30 Lunch @ Reily</td>
<td>11:15 Bingo</td>
<td>11:15 Bingo</td>
<td>10:30 Covered Dish</td>
</tr>
<tr>
<td>12:15 Luncheon</td>
<td>12:15 Luncheon</td>
<td>12:15 Advanced Watercolor Class</td>
<td>12:15 Advanced Watercolor Class</td>
<td>12:00 Covered Dish</td>
</tr>
<tr>
<td>1:00 Hand Clay</td>
<td>1:00 Hand Clay</td>
<td>1:15 Quilting/Cards</td>
<td>1:15 Quilting/Cards</td>
<td>12:00 Cards/Open Pool</td>
</tr>
<tr>
<td>3:00 French Club</td>
<td>3:00 French Club</td>
<td>3:00 Stained Glass Help</td>
<td>3:00 Stained Glass Help</td>
<td>3:00 Computer Help</td>
</tr>
<tr>
<td>5:00 Supper Club Night</td>
<td>5:00 Supper Club Night</td>
<td>1:15 Pool Competition</td>
<td>1:15 Pool Competition</td>
<td>1:00 Alzheimer's Assoc. Caregiver Support Group</td>
</tr>
<tr>
<td>6:00 United Way Game Night</td>
<td>6:00 United Way Game Night</td>
<td>6:00 Alzheimer's Assoc. Caregiver Support Group</td>
<td>6:00 Alzheimer's Assoc. Caregiver Support Group</td>
<td>6:00 Alzheimer's Assoc. Caregiver Support Group</td>
</tr>
</tbody>
</table>

**MARCH CALENDAR OF EVENTS**

- **MONDAY**
  - 9:00-4:30 Open Pool
  - 9:30 Exercise
  - 10:30 Bible Study
  - 12:15 Luncheon
  - 1:15 Quilting/Cards
  - 3:00 French Club
  - 6:00 United Way Game Night

- **TUESDAY**
  - 9:00-4:30 Open Pool
  - 9:30 Exercise
  - 10:30 Lunch @ Reily
  - 12:15 Luncheon
  - 1:15 Quilting/Cards
  - 3:00 French Club
  - 6:00 United Way Game Night

- **WEDNESDAY**
  - 9:00 Massage
  - 9:00 Stained Glass Room Available
  - 9:45 Taiji
  - 11:15 Bingo
  - 12:15 Luncheon
  - 1:15 Quilting/Cards
  - 2:15 Tai Ji

- **THURSDAY**
  - 9:00 Massage
  - 9:00 Stained Glass Room Available
  - 9:45 Taiji
  - 11:15 Bingo
  - 12:15 Luncheon
  - 1:15 Advanced Watercolor Class
  - 2:30 Stained Glass Help

- **FRIDAY**
  - 9:00 Exercise
  - 9:00 Blood Pressure
  - 11:00 Covered Dish
  - 12:00 Cards/Open Pool
  - 1:15 Cards
  - 2:00 Bowling
  - 3:00 Stained Glass Help
  - 5:00 Supper Club Night
  - 6:00 United Way Game Night

**NOTE:** The activities listed are subject to change and may vary depending on the facility's schedule and availability.
<table>
<thead>
<tr>
<th>Date</th>
<th>Activities</th>
</tr>
</thead>
</table>
| 1 | 1:15 Quilting/Cards  
3:00 French Club  
5:00 Supper Club  
6:00 The Human Element |
| 2 | 1:15 Beginning Watercolor Class  
1:15 Beginning Knitting  
2:00 Bowling |
| 3 | 10:45 Songbirds  
12:15 Luncheon  
1:30 Dance  
1:30 Stained Glass Help  
2:30 Computer Help |
| 4 | 12:15 Luncheon  
1:15 Advanced Watercolor Class  
1:15 Pool Competition |
| 5 | 2:00 Cards/Open Pool |
| 6 | 9:00-4:30 Open Pool  
9:30 Exercise  
10:30 Bible Study  
12:15 Luncheon  
1:00 Hand Clay  
1:15 Quilting/ Cards  
3:00 French Club  
5:00 Supper Club  
5:45 Movie: “UP” |
| 7 | 9:00-4:30 Open Pool  
9:45 Tai Ji  
10:00 Casino Trip  
11:15 Bingo  
12:15 Luncheon  
1:15 Advanced Watercolor Class  
1:15 Pool Competition  
1:15 Caregiver Support |
| 8 | 9:30 Exercise  
11:00 Blood Pressure  
12:00 Covered Dish  
1:00 Game Day  
2:00 Cards/Open Pool/Board Games |
| 9 | 9:30-4:30 Open Pool  
9:30 Exercise  
10:30 Bible Study  
12:15 Luncheon  
1:00 Hand Clay  
1:15 Quilting/Cards  
5:00 Supper Club  
5:45 Movie: “UP” |
| 10 | 9:00-4:30 Open Pool  
9:45 Tai Ji  
10:00 Casino Trip  
11:15 Bingo  
12:15 Luncheon  
1:15 Advanced Watercolor Class  
1:15 Pool Competition  
1:15 Caregiver Support |
| 11 | 9:30 Exercise  
11:00 Blood Pressure  
12:00 Covered Dish  
1:00 Game Day  
2:00 Cards/Open Pool/Board Games |
| 12 | 9:00-4:30 Open Pool  
9:30 Exercise  
10:30 Bible Study  
12:15 Luncheon  
1:00 Hand Clay  
1:15 Quilting/Cards  
5:00 Supper Club  
5:45 Movie: “UP” |
| 13 | 9:00-4:30 Open Pool  
9:45 Tai Ji  
10:00 Casino Trip  
11:15 Bingo  
12:15 Luncheon  
1:15 Advanced Watercolor Class  
1:15 Pool Competition  
1:15 Caregiver Support |
| 14 | 9:30 Exercise  
11:00 Blood Pressure  
12:00 Covered Dish  
1:00 Game Day  
2:00 Cards/Open Pool/Board Games |
| 15 | 9:00-4:30 Open Pool  
9:30 Exercise  
10:30 Bible Study  
12:15 Luncheon  
1:00 Hand Clay  
1:15 Quilting/Cards  
5:00 Supper Club  
5:45 Movie: “UP” |
| 16 | 9:00-4:30 Open Pool  
9:45 Tai Ji  
10:00 Casino Trip  
11:15 Bingo  
12:15 Luncheon  
1:15 Advanced Watercolor Class  
1:15 Pool Competition  
1:15 Caregiver Support |
| 17 | 9:30 Exercise  
11:00 Blood Pressure  
12:00 Covered Dish  
1:00 Game Day  
2:00 Cards/Open Pool/Board Games |
| 18 | 9:00-4:30 Open Pool  
9:30 Exercise  
10:30 Bible Study  
12:15 Luncheon  
1:00 Hand Clay  
1:15 Quilting/Cards  
5:00 Supper Club  
5:45 Movie: “UP” |
| 19 | 90:0-4:30 Open Pool  
9:45 Tai Ji  
10:00 Casino Trip  
11:15 Bingo  
12:15 Luncheon  
1:15 Advanced Watercolor Class  
1:15 Pool Competition  
1:15 Caregiver Support |
| 20 | 9:30 Exercise  
11:00 Blood Pressure  
12:00 Covered Dish  
1:00 Game Day  
2:00 Cards/Open Pool/Board Games |
| 21 | 9:00-4:30 Open Pool  
9:30 Exercise  
10:30 Bible Study  
12:15 Luncheon  
1:00 Hand Clay  
1:15 Quilting/Cards  
5:00 Supper Club  
5:45 Movie: “UP” |
| 22 | 9:00-4:30 Open Pool  
9:45 Tai Ji  
10:00 Casino Trip  
11:15 Bingo  
12:15 Luncheon  
1:15 Advanced Watercolor Class  
1:15 Pool Competition  
1:15 Caregiver Support |
| 23 | 9:30 Exercise  
11:00 Blood Pressure  
12:00 Covered Dish  
1:00 Game Day  
2:00 Cards/Open Pool/Board Games |
| 24 | 9:00-4:30 Open Pool  
9:30 Exercise  
10:30 Bible Study  
12:15 Luncheon  
1:00 Hand Clay  
1:15 Quilting/Cards  
5:00 Supper Club  
5:45 Movie: “UP” |
| 25 | 9:00-4:30 Open Pool  
9:45 Tai Ji  
10:00 Casino Trip  
11:15 Bingo  
12:15 Luncheon  
1:15 Advanced Watercolor Class  
1:15 Pool Competition  
1:15 Caregiver Support |
| 26 | 9:30 Exercise  
11:00 Blood Pressure  
12:00 Covered Dish  
1:00 Game Day  
2:00 Cards/Open Pool/Board Games |
| 27 | 9:30-4:30 Open Pool  
9:30 Exercise  
10:30 Bible Study  
12:15 Luncheon  
1:00 Hand Clay  
1:15 Quilting/Cards  
5:00 Supper Club  
5:45 Movie: “UP” |
| 28 | 9:00-4:30 Open Pool  
9:45 Tai Ji  
10:00 Casino Trip  
11:15 Bingo  
12:15 Luncheon  
1:15 Advanced Watercolor Class  
1:15 Pool Competition  
1:15 Caregiver Support |
| 29 | 9:30 Exercise  
11:00 Blood Pressure  
12:00 Covered Dish  
1:00 Game Day  
2:00 Cards/Open Pool/Board Games |
| 30 | 9:00-4:30 Open Pool  
9:30 Exercise  
10:30 Bible Study  
12:15 Luncheon  
1:00 Hand Clay  
1:15 Quilting/Cards  
5:00 Supper Club  
5:45 Movie: “UP” |
| 31 | 9:00-4:30 Open Pool  
9:45 Tai Ji  
10:00 Casino Trip  
11:15 Bingo  
12:15 Luncheon  
1:15 Advanced Watercolor Class  
1:15 Pool Competition  
1:15 Caregiver Support |
MONDAY NIGHT PROGRAMS

March 2nd
Game Night with Student United Way & Employees of United Way

March 9th
Alzheimer’s Association—Caregiver Support Group
& Ellie Marcum’s Handmade Band

March 16th
The Human Element
Green Energy Ohio presentation
(see page 18 for more information)

March 23rd
Movie: “UP”
Bring your grandkids along for this one!

March 30th
ADS Spaghetti Dinner

Alzheimer’s Association Caregiver/Family Support Group

Monday, March 9th | 6:00 PM | Oxford Seniors
We meet the second Monday of the month in the conference room at Oxford Seniors. This is a peer support group for family caregivers of individuals with Alzheimer’s or a related dementia. Our group gives us an opportunity to discuss caregiving challenges and share helpful tips, while receiving support from others in similar situations.

UP
Monday, March 23rd | 5:45 PM
Carl Fredricksen, a 78-year-old balloon salesman, is about to fulfill a lifelong dream. Tying thousands of balloons to his house, he flies away to the South American wilderness. But curmudgeonly Carl’s worst nightmare comes true when he discovers a little boy named Russell is a stowaway aboard the balloon-powered house. On their journey, they make many new friends including a talking dog, and figure out that someone has evil plans. Carl soon realizes that this evildoer is his childhood idol.
| Animation | Adventure | Comedy | Family | 96 Minutes
Monday Night Supper Club
March Sponsors

MARCH 2
The Knolls of Oxford

MARCH 9
Oxford HEALTHCARE CENTER

MARCH 16
The Knolls of Oxford

MARCH 23
HomeWell SENIOR CARE

Monday Supper is served at 5:00PM
Reservations required (limit 25)
Sign-up or call the office at 523-8100 before 10:00 am
Monday morning to be added to the list.

Game Night with Student United Way & employees of United Way

Monday, March 2nd
6:00 p.m.

Ellie Marcum’s Handmade Band

Monday, March 9th
6:00pm

2019 Evaluations

We asked anyone who either ate congregate meals and/or used our transportation throughout 2019 to complete a survey. Everyone who turned in a completed survey by January 31, 2020, had their name entered into a drawing for a gift card.

- The Transportation winner: Teresa Gag’non
- The Congregate winner: Jean Eich

They each won a $25 gift card.

Thank you to everyone who took the time to complete a survey. Oxford Seniors relies on the comments of our clients to make sure we are doing what we can to make our services the best they can be.
FRIDAY PROGRAMS
DANA VAUGHN, CHAIR

FRIDAY LUNCH PROGRAM
March Organizer: Jean Luechauer

March 6th
Talawanda Middle School Choir
Birthdays, Anniversaries and New Member Welcome
Musician: Lucy Herndon

March 13th
Talawanda High School Choir
Musician: Debbie Lease

March 20th
Talawanda Steel Band
Musician: Ida Mae Lemmons

March 27th
Game Day
Musician: Karen O’Hara

Songbirds
March! Comes in like a lamb—goes out like a lion; or is it in like a lion-out like a lamb? I forget.
We here at Songbirds don’t care which it is—we just sing our hearts out and hope for good weather. There aren’t many songs about lions & lambs.
If you can think of any, come join us every Wednesday at 10:45 a.m. You don’t have to bring a lamb song, just come on over and have fun. Lip sync if you want.
And, Keep a song in your heart!
Later,
JBB

Trips and Travel

Casino Trip
Thursday, March 26th
Leaving the center at 10:00 am and return about 3:00 (leaving the casino at 2:00 pm). Lunch is on your own. However, it is Senior Day at the casino and you can enjoy the lunch buffet for $9.99. We are asking for a suggested donation of $8 for transportation. Please see the sign-up sheet in the office or call 523-8100 to be added to the list.

A sincere Thank You to all our sponsors who contribute to our luncheons! Their generosity is greatly appreciated.
No Winter Blues for Oxford Eightballers; Billiards Team Takes 3-of-4 From Hamilton

With the New Year has come good news for the Oxford Seniors’ billiards team and their loyal fans: By winning three of the four most recent Thursday afternoon eightball tournaments, (including the last three in a row) from their foes from Hamilton, the local guys appear to have their Victory Bus hitting on all cylinders once again.

Recent results follow:

**January 23:** In their only win in the last four weeks, Hamilton led this 6-on-6 competition from start to finish, posting a narrow 7-point win, 276-269.

**January 30:** Jumping out to a 20-point lead in the first round, Oxford steadily increased its advantage in each of the five remaining rounds. It was all downhill the rest of the way, as Oxford’s Victory Bus coasted across the finish line, winning by an impressive 74-point margin, 311-237.

**February 6:** Despite trailing by 20 points at the halfway mark of this 6-round competition, Oxford rallied to take 13 of the day’s final 18 games to emerge with a 21-point triumph, 295-274.

**February 13:** Down by 11 points after three rounds, the local guys put the pedal to the metal in the second half to claim a close 13-point win over their Hamilton opponents, 298-276.

To volunteer contact Jennifer Marcum at 523-8100 or jmarcum@oxfordsenior.org
Mark your calendars – Save the Date!

EarthFest
April 18, 2020 – Uptown Park from 9am-1pm

Anote’s Ark
Cosponsored by Oxford Seniors Ecology Club, Interfaith Center, Oxford Citizens for Peace & Justice, #META Collective MU
April 19, 2020 at 2 pm at Interfaith Center located at 16 S. Campus Ave.

Oxford Seniors Ecology Club meets on the first Thursday of the month from 3:00-4:15 pm. All are welcome.
earn all we have planned, our contracts bring us around $380,000. That’s not even enough to pay for employee wages! Even if we still have 615 members, that earns just over $15,000 more.

Another unsteady factor is that we plan on about $48,000 of revenue from our investments that go toward our operating costs. Since interest rates fluctuate, can we really count on this full amount? Of course, it might also be higher than we’ve planned.

So, when we budgeted for this year, we needed to include $145,000 in donations to make the income balance the expenses. Fortunately, we can count on several repeat donations, like those from the City of Oxford, the Molyneaux Foundation, the Oxford Masons and United Way. But that still leave us with a shortfall of $50,000 or so, plus or minus any unexpected swings in our earned revenues.

We turn to you and members of the community.

I recently heard that members don’t “see” where their donations are going unless there is a new TV, a bigger coffee pot, free snacks or something tangible. The point was that the gift wasn’t necessary unless it made a visible impact on the people who attend the Center.

Remember I said that 73% of the budget pays for our staff, across all our programs? Just think: when you see Jeanne, Chris, Sabrina, Ingrid, Debbie of ADS, Lisa, Jennifer, Mary, Shawn, me and any of the other staff at ADS….THAT is where the gifts are going and assuring that Oxford Seniors delivers the highest quality services...for YOU.

My best,

Steve Schnabl, Executive Director

---

**BOARD BYTES**

News from Oxford Seniors’ Board of Trustees

- Treasurer Emeritus Don Falk has let us know that he is ending his weekly practice of coming into the office to prepare our cash deposits and to rebalance the petty cash fund. He had maintained this duty, by choice, after giving up all the rest of the treasurer’s role about five years ago. He is still doing well, living at Knolls and he promises to drop in regularly. He will maintain the honorary title, based on his many years of service as the board treasurer.

- Norma Pennock, who has agreed to help us re-start our Marketing Committee as its chair, and Steve Schnabl have met to begin planning where to start and when. She and Steve will work together further with a goal of a first meeting of the committee in March. Please contact Steve if you would like to assist on the committee.

- An Ad Hoc (short-term) committee composed of Kate Rousmaniere and Steve Schnabl plus two representatives from Faith Lutheran Church are working to update the agreement between Oxford Seniors and the church concerning our use of their space for the Adult Day Service. Our goal was that a final draft can be presented at the Church’s mid-February council meeting, and then approved for both parties to sign.

- The Finance Committee heard the fiscal year 2019 audit presentation from Mary Butterfield; we have another year with a “clean” audit, meaning that our books accurately reflect our financial status. This is the basis for filing our annual 990 report with the IRS. Now both reports will be put into final status. Either will be available for review, on request, in the office. The 990 will also be available to review on our website sometime in April.

- Jonathon Vivoda, chair and a professor in the Scripps Gerontology Center, has the Program Committee thinking about ways to improve our client satisfaction surveying. The new computer tracking system will provide much more data to see our program statistics.

- The Board is undertaking its Early Bird Campaign for the Annual Appeal, expecting to reach 100% participation. Staff are also invited to contribute during this Early Bird phase, before the donation letter is mailed.
**Regularly Scheduled Activities**

**Knitting Group**
Join us for knitting and socializing! Beginners welcome; let us know if you need help with supplies. Crocheters are welcome as well! Instructor: Sonia Kuhlman
Tuesdays 1:15-3:00

**Beginning Watercolor Class**
Tuesday 1:15-3:00 Fee: $5 / 4 classes
One mini painting per session.

**Advanced Watercolor Class**
Thursday 1:15-3:00
Sorry, this class is full for March!

**Hand Building with Clay**
Our clay room is open Monday from 10:00-3:00.
Instruction and guidance available from 1:00-3:00. Fee: $15 (members) $20 (non-member) Additional projects have a firing fee of .04 cents per cubic inch.

**Stained Glass**
Class time with Linda Brown is Wednesday 1:00-3:00. Open studio for stained glass members Wednesday and Thursday 9:00-4:00

**Woodworking**
Our woodworking room is available Monday through Friday 9:00-3:00. Please notify the office ahead of time to use the room.

**Quilting Club**
Monday 1:15 Please call ahead if you need help with a quilt, or if it is your first time.

**French Club**
Monday at 3:00. Rejoignez-nous pour explorer la langue et la culture françaises!

**Bowling at Oxford Lanes**
Tuesday at 2:00 Fee: $1.00 per game

**Dancing**
Wednesdays 1:30-4:00
Dance the afternoon away with a live band!
Donation: $5 (for the band)

**BINGO**
Thursday 11:15 until lunch arrives. Prize donations welcome!

**Exercise**
Monday, Wednesday and Friday 9:30-10:30
Led by Miami University students when possible.
Suggested donation: $1 per session

**Tai Ji**
Thursday 10:00 Body movement that concentrates on the health of mind and body. Guided by Laurie Traveline Neyer. Class begins at 10:00; Laurie is available before class for newcomers and discussion.
Fee: $5

**Cards**
Monday and Tuesday 1:15; Friday 2:00

**Tuesdays at Reily**
A congregate meal is served at 11:30 at the Reily Presbyterian Church. The menu is the same as Oxford Seniors. Suggested donation $2.50

Ingrid Schreiber
Programs and Activities Coordinator
ischreiber@oxfordsenior.org

---

**Do you have a skill to share with Oxford Seniors?** We are looking for members, students, and community members to lead a class, a one-time lesson, or do a demonstration. Contact Ingrid to make arrangements!
NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.ourseniorcenter.com
Birthdays
We have 2 birthdays in March to celebrate – George H will be 93 on March 2nd, Izzy C. will be 93 on the 7th. Our friend and custodian of Faith Lutheran, PD Smith, celebrates his birthday on the 24th. We wish each of them a very happy birthday!

HERE WE GROW AGAIN! Alexandra Hopun from Beavercreek Ohio is a graduate student at Miami studying Kinesiology and will be working for us on a as needed basis. She also is working on a study about the effects of aerobic exercise and diet on skeletal muscle inflammation in overweight older adults at Miami. Welcome to the team!

We are still looking for someone to lead us in a regularly scheduled devotional hour. If you know someone who may be interested, please have them call the ADS for more information.

UPCOMING Events

Help us Celebrate 20 fantastic years of serving the Oxford Community!

We have 2 interns this semester. Emma Rankin is from Cincinnati and is a senior at Miami. She will graduate in May with a degree in Social Work. She will split her time between the ADS and the Senior Center. Emma was part of the senior center last semester as well. Emily Mann is also from Cincinnati and is a senior at Miami. She will graduate in May with a degree in Gerontology and a minor in Disability Studies. She hopes to become a recreational therapist. We would like to welcome them to the ADS family.

We have a number of outings scheduled. We will take the clients that want to go on each day – weather permitting. Here our Activity Highlights for March:

*March 3rd – Go to Oxford Healthcare Center at 10:30 for Volleyball

*March 4th – Pete Carels joins us for drumming fun at 11:00

*March 10th – Go to the Knolls of Oxford for BINGO at 10:30

*March 17th – Go to Oxford Healthcare Center at 10:30 for Volleyball

*March 18th – Bob Baer will come to lead us in a sing-a-long

*March 31st – we will go to Woodland Country Manor for Ice Cream & Bingo

Every Thursday afternoon (except for the 26th) from 2-4pm Miami Speech and Hearing students come with planned activities and we all look forward to this.

OMA (Opening Minds through Art) will be here every Friday from 3-4, except for the 27th
IN OUR THOUGHTS

Caregiver Support Group

The Caregiver Support Group meets twice a month: the second and fourth Thursdays. We meet in the conference room at the Oxford Senior Center at 1:15 pm.

If you want to have lunch at the Senior Center, call Oxford Seniors by 9:00 am to make a lunch reservation. Lunch is served around 12:15 pm. 513-523-8100.

What is a Caregiver Support Group?

- It is a safe haven for sharing true feelings (that won’t be shared outside the meeting)
- A group who understands the trials and the joys of caregiving
- A place to make new friends
- A source for information about resources and coping mechanisms
- A source for informal advice on what lies ahead
- A resource for dealing with family members

If you are a caregiver and want some support, you are invited to attend the second and fourth Thursday of each month. For more information call Patricia Willeke 513.523.3321. Or email at willekpa@miamioh.edu.

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

Judie Woolum, Rebecca Shoupe, Juddi Trent
The Knolls of Oxford
6727 Contreras Rd.
Oxford, OH 45056

Elmo Seyberth
Bradford Place
1302 Millville Ave.
Rm 205
Hamilton, OH 45013

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

Adele Flower
2200 Welcome Place Unit #411
Columbus, OH 43209

Nelly Bly Cogan, Peter Dahoda, Phyllis Demass, Phyllis Gibson, Beth Keiser, Chris Peterson, Jan Reinhart, Alfrieda Stafford, Maurine Saylor, Marilyn Sherman, Jane Strippel, Janie Weinrich, Richard Kolb
Woodland Country Manor
4166 Somerville Rd
Somerville, OH 45064

John & Jean Woodruff, George Luechauer
Oxford Healthcare Center
6099 Fairfield Rd #A7.
Oxford, OH 45056

Virginia “Ginny” Lee
Phyllis Neumann
Lucy Zimmerman

And when 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
Monday, March 30th
5 – 6:30 pm

20th Anniversary Celebration
&
All-you-can-eat Fundraising Spaghetti Dinner
w/ Salad, Garlic Bread and Dessert

Carry Out Available
Door Prizes and Raffles

Adults -- $8  Children under 10 -- $4

OXFORD SENIORS – 922 TOLLGATE DRIVE - OXFORD

***All proceeds go to the Community Adult Day Service Program***