CAREGIVER SUPPORT GROUP & RESOURCES

Pat Willeke, the Caregiver Support Group facilitator welcomes phone calls during this time of staying at home. Please feel free to call her to connect. 513-523-9921 or email at willekpa@miamioh.edu

Caring for a Senior at Home During a Pandemic

Here are some tips:

1. **Frequent handwashing:** One of the best ways to prevent getting sick is to wash your hands in hot, soapy water throughout the day.

2. **Use hand sanitizer:** While hot water and soap will always be the best option, hand sanitizer can help when you are out in public and don’t have access to a restroom.

3. **Don’t touch your face:** Most people don’t realize how many times an hour they touch their face until they try not to do so.

4. **Take good care:** A healthy diet combined with exercise and a good night’s sleep help keep your immune system strong. That’s vital for fighting off viruses of all kinds.

5. **Limit public activity:** Social distancing is another important step in protecting a senior family member from COVID-19 and other viruses. To the extent that you can, avoid going out in public while viruses are spreading. Utilize services like home delivered meals, drive-through pharmacies, and online shopping wherever possible.

6. **Screen all visitors:** Be vigilant about limiting who can visit your home or the home of your loved one during this time. People who are out in public may be carrying the virus and not showing any symptoms. By allowing others into your home, you are placing yourself and your loved one at risk.

7. **Explore virtual physician visits:** If a senior has

---

Jennifer Marcum & Sabrina Jewell packing meals for delivery during the COVID-19 shutdown
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 Chicken Parmesan</td>
<td>3 oz Pulled Pork w/Gravy</td>
<td>1 c Beef &amp; Noodles</td>
<td>3 oz Hamburger on a Whole Wheat Bun w/Lite Mayonnaise, Lettuce, Tomato and Onion</td>
</tr>
<tr>
<td>1/2 c Noodles &amp; 1/2 c LS Sauce</td>
<td>1/2 c Sweet Potato Pudding</td>
<td>1/2 c Garden Peas</td>
<td>1/2 c Scalloped Potatoes</td>
</tr>
<tr>
<td>1 c Tossed Salad w/Dressing</td>
<td>1/2 c Green Beans</td>
<td>1 c Tossed Salad w/Dressing</td>
<td>1/2 c Broccoli</td>
</tr>
<tr>
<td>1 Dinner roll</td>
<td>2 oz Piece of Corn Bread</td>
<td>1 Dinner roll</td>
<td>Fresh Fruit in Season</td>
</tr>
<tr>
<td>1/2 c Fruit Crisp w/Topping</td>
<td>1/2 c Fruited Ambrosia Salad</td>
<td>1/2 c Chilled Pineapple</td>
<td>Fresh Fruit in Season</td>
</tr>
<tr>
<td>Dt: 1/2 c Peaches</td>
<td>2 Sugar Cookies</td>
<td>1/2 c Pudding</td>
<td>Dt: 1/2 c Sugar Free Pudding</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 oz Chicken Strips</td>
<td>1 c Meat Lasagna</td>
<td>3 oz Roast Chicken with Gravy</td>
<td>6 oz Homemade Vegetable Beef Soup</td>
</tr>
<tr>
<td>1/2 c Baked Beans</td>
<td>1/2 c Vegetable Medley</td>
<td>1/2 c Garden Blend Rice</td>
<td>2 oz LS Turkey on a Bun with Mayo, Lettuce, Tomatoes &amp; Onion</td>
</tr>
<tr>
<td>1 c Tossed Salad w/Dressing</td>
<td>1 Slice Garlic Bread</td>
<td>1/2 c Carrots</td>
<td>1 Piece Fresh Fruit in Season</td>
</tr>
<tr>
<td>1 Dinner Roll</td>
<td>Fresh Fruit in Season</td>
<td>1 c Tossed Salad w/Dressing</td>
<td>2 Cookies</td>
</tr>
<tr>
<td>1/2 c Gelatin w/ Mandarin Oranges and Bananas</td>
<td>2 Cookies</td>
<td>1 Dinner Roll</td>
<td>Dt: 1 Pkg Graham Crackers</td>
</tr>
<tr>
<td>Dt: 1/2 c Sugar Free Gelatin</td>
<td>Dt: 6 Vanilla Wafers</td>
<td>1/2 c Fruit Cocktail</td>
<td></td>
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</tbody>
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<tr>
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<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 oz LS Beef BBQ on a Bun</td>
<td>1 c LS Homemade Chicken &amp; Noodles</td>
<td>4 oz Beef Fritter</td>
<td>3 oz Grilled Chicken Breast on a Whole Wheat Bun with Lite Mayonnaise</td>
</tr>
<tr>
<td>1/2 c Mixed Vegetables</td>
<td>1 c Tossed Salad w/Dressing</td>
<td>1/2 c Green Beans</td>
<td>1/2 c Garden Peas</td>
</tr>
<tr>
<td>1/2 c Coleslaw</td>
<td>1/2 c LS Broccoli</td>
<td>1/2 c Oven Brownded Potatoes</td>
<td>1 Piece Tossed Salad w/Dressing</td>
</tr>
<tr>
<td>1 Piece Fresh Fruit in Season</td>
<td>1/2 c Applesauce</td>
<td>2 oz slice Corn Bread</td>
<td>1/2 c Pears</td>
</tr>
<tr>
<td>1 Fudge Brownie</td>
<td>2 Cookies</td>
<td>1/2 c Pudding</td>
<td>1/2 c Fruit Cup</td>
</tr>
<tr>
<td>Dt: 6 Vanilla Wafers</td>
<td>Dt: 6 Vanilla Wafers</td>
<td>Dt: 1/2c Sugar Free Pudding</td>
<td></td>
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</tbody>
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<th>THURSDAY</th>
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</thead>
<tbody>
<tr>
<td>1c Beef Quesadilla Casserole With 2T Sour Cream &amp; 1/4 c Homemade Salsa</td>
<td>1 c Homemade Chicken Pot Pie</td>
<td>3 oz LS Pot Roast w/Gravy</td>
<td></td>
</tr>
<tr>
<td>1/2 c Green Beans</td>
<td>1/2 c Corn</td>
<td>1/2 c LS Whipped Potatoes/ Gravy</td>
<td>1/2 c Broccoli</td>
</tr>
<tr>
<td>1-2oz Corn Bread</td>
<td>1 Dinner Roll</td>
<td>1/2 c Broccoli</td>
<td>1 Dinner Roll</td>
</tr>
<tr>
<td>1/2 c Peaches</td>
<td>1 c Tossed Salad w/Dressing</td>
<td>1 Piece Fresh Fruit in Season</td>
<td>1 Fudge Brownie</td>
</tr>
<tr>
<td>2 Cookies</td>
<td>1/2 c Hot Spiced Apple Slices</td>
<td>Dr: 6 Vanilla Wafers</td>
<td></td>
</tr>
<tr>
<td>Dt: 1 Pkg Graham Crackers</td>
<td><strong>Please Remember</strong></td>
<td>Please remember lunch will only be offered when we are able to reopen.</td>
<td></td>
</tr>
</tbody>
</table>

**Please Remember**
If you sign up for a Congregate Lunch, please plan to dine with us at the center & enjoy some friendly conversation. We are billed for no-shows. These meals are not meant to be boxed up and taken home.

Center is Closed
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.

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Mary Kollin, Driver
Sean Yates, Driver

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Stacy Lay, Activity Program Assistant/STNA
Jan Jewell, RN BSN
Shanna Cianchetti, STNA
Alexandra Hopun, Aide/Driver
Kendra Peck, Aide/Driver
Marcia Schlicter, Aide/Driver
Mallory Hollister, Aide/Driver
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

COVID-19 Economic Stimulus Checks

If you receive these benefits, we already have your information and you will receive $1,200. You do not have to apply if you receive:

- Social Security retirement, disability (SSDI), or survivor benefits
- Railroad Retirement and Survivor Benefits

For security reasons, the IRS plans to mail a letter about the economic impact payment to the taxpayer’s last known address within 15 days after the payment is paid. The letter will provide information on how the payment was made and how to report any failure to receive the payment. If a taxpayer is unsure they’re receiving a legitimate letter, the IRS urges taxpayers to visit IRS.gov first to protect against scam artists.

**The IRS urges taxpayers to be on the lookout for scam artists trying to use the economic impact payments as cover for schemes to steal personal information and money.** Remember, the IRS will not call, text you, email you or contact you on social media asking for personal or bank account information—even related to the economic impact payments. Also, watch out for emails with attachments or links claiming to have special information about economic impact payments or refunds.

On March 13, 2020 at 6:30pm AARP Foundation sent an announcement to all Tax-Aide Volunteers announcing that Tax-Aide Site service is suspended until further notice due to the coronavirus (COVID-19). This means that no returns are to be done at our site (Oxford Seniors) until further notice.

AARP Tax-Aide will continue to assess the situation and determine if we can open again for the remainder of the tax season and if so, when. It also needs to be determined if IRS plans to extend the 2019 tax year season. Consequently, it may be two (2) to three (3) weeks before we know how to proceed.

If the decision is made to restart the Tax-Aide service, we will call each taxpayer who is currently scheduled (on the Oxford Seniors sign up list) to either reschedule or, if they wish, cancel their appointment.

In the meantime, if you have access to the internet, check the AARP website for further news.

Thank you,
Your Oxford Seniors Tax-Aide team

*Tax filing date has been extended to July 15th
DIRECTOR’S LETTER

Hello for May 2020.

Well, this is getting tiring, isn’t it?

I am missing the routines of my life, as I imagine you are, too. The most recent news of slow business re-openings gives me hope. But as I read the stages of return to normalcy, I don’t predict that the senior center or Adult Day will be opening until at least the second, if not third stage. I am guessing that means about mid-June.

Ugh.

We continue to staff the office weekdays, and we field a number of calls each day with a broad variety of topics. Meals on Wheels are being delivered weekly, with an increase of nearly 100% so far in the addresses to which we are delivering the frozen meals once each week. I expect this to continue to grow. We are getting some positive feedback on the frozen meals, but we certainly expect to return to hot meals as soon as the hospital is cleared to prep them for us again.

Transportation continues, with our decision to limit to one passenger at a time (folks who live together can ride together). All riders must use the back seats to distance from the driver, and riders must wear masks. We keep some fresh ones in the vehicles in case a rider does not have one. We aren’t making exceptions. The vehicles are wiped down after each ride is complete.

Sabrina continues to help people with insurance, Medicare, and many other types of issues each day, mostly by phone and occasionally via a meeting on a computer where each participant can see the other.

We are also offering to help anyone complete their census input by phone...the postcards coming via the US Census Bureau have an individualized code; call us, and we sign into the Census computer website. You tell us your code, and we enter your answers for the questions...this takes maybe ten minutes to complete, and your responses will have a positive impact on the Oxford area getting its fair share of federal income assistance for the next ten years.

Since the senior center is closed to the public, the wallpaper and carpeting from the library have been removed and will be redone. Wallpaper will come down in the Great Room later this week. The floors will be thoroughly cleaned. This will be the first major freshening of the center’s interior since the building opened in 1982!

We have been having some problems with the phone system, so we will likely need to replace it too, especially since phone service is so important to maintaining contact during this health emergency. I think we have a way to do the work without giving callers a busy signal or no answer. If there is disruption, it won’t be for more than a day; if you can’t get through some day, don’t give up on us! By the way our phone numbers will remain the same.

If you need some supplies, we have some on hand to provide you: masks; laundry and cleaning items; hand soap; shampoos and personal products; some paper products; and “activity bags” with magazines, puzzles, and a surprise or two.

Just as we are preparing to send the newsletter for printing, we’ve learned of Paul Schiller’s death. His service to Oxford Seniors and our community has been exemplary. He will be missed.

I can’t express how much I miss seeing you, and sharing hugs (whenever that may become “approved” again).

Best wishes,

Steve Schnabl, Executive Director

Please support our Annual Appeal!
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

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April & May Birthdays, Anniversaries and our newest members will be celebrated once we have reopened.
The Oxford Community is amazingly blessed with lots of resources and generous community members. However, during this time of uncertainty we want to advise our members of local resources that can help.

First & foremost—if you are feeling unwell—please call your doctor for directions on how to proceed. Do not go to ER or Urgent Care if you have a fever and cough until told to by your doctor.

1. McCullough Hyde Memorial Hospital/Tri Health- 513-523-2111
2. Oxford Seniors-providing Meals on Wheels, transportation and social services, senior food boxes 513-523-8100 www.oxfordsenior.org
3. Elderly Services Program—supportive services for Butler County residents, call for more information 868-9281
4. Family Resource Center-523-5859 www.frc.org
5. Talawanda Oxford Pantry & Social Services (TOPPS)- 523-3851 www.topps.org

Also consider supporting our local restaurants who are offering delivery through Oxford to You www.oxfordtoyou.com or ordering with the restaurant for pick up or by their own delivery drivers.

Many of our community organizations will be overwhelmed by requests for assistance, they could use your financial support!

Butler Behavioral Health has a wonderful counseling program for older adults (60+) who experience symptoms of depression and/or anxiety. They can provide 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 for the upcoming week(s). Uplift is a Butler County funded service.

513-896-7887
Oxford Seniors is committed to serving our senior population and to help everyone stay healthy during flu/coronavirus season. Drink water often to stay hydrated; older people are more susceptible to getting dehydrated which can complicate any illness. Wash your hands-again! If you are feeling sick, contact your doctor. Don’t rush to the ER or Urgent care, your doctor will advise you of your next steps. Check the www.cdc.gov website for up to date information about the flu and coronavirus. Also we encourage you to check on your elderly neighbors. Please call us if you need assistance. AND wash your hands!!!

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>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>21,857</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>29,592</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>37,327</td>
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</tbody>
</table>

www.development.ohio.gov/is/is_heap.htm
Applications available at Oxford Seniors

Do you have insurance or benefit questions?
- 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
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Stephen Menke, Owner
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After 5p: 513-255-1721
oxfordmemorials@yahoo.com

Serving Oxford for 30 Years
a routine medical appointment scheduled, call the physician’s office. Many doctors are moving to virtual visits until the pandemic is under control.

Supporting a Loved One When You Can’t Be There

If your aging parent or another senior loved one lives in an assisted living community, you may not be able to visit during an outbreak of the flu or a pandemic emergency. This can be stressful for all involved. Finding ways to stay connected can help keep everyone’s spirits up.

Here are a few suggestions for doing so:

- **Use technology:** Have virtual face-to-face conversations with your senior family member using a video chat platform like Skype or FaceTime. While phone calls are always nice, being able to see one another can help decrease anxiety and a sense of isolation for everyone. If your loved one doesn’t own a device or isn’t comfortable with technology, call the community to ask for help. Someone on staff will be glad and able to provide assistance.

- **Write letters and cards:** Organize a letter-writing campaign to ensure your family member knows they aren’t forgotten. Ask friends and family members to send cards and letters as much as possible. Another nice gesture would be to call the activities staff at the community to see if there are residents who don’t have family. The staff might be able to arrange for you to be pen pals with them during this time of forced isolation.

- **Send care packages:** Unless the community has restricted deliveries, take advantage of online shopping. Send the senior books, daily devotionals, journals, and even craft kits. Activities they can enjoy with fellow residents, such as games, puzzles, and movies, will also be appreciated.

- **Make family videos:** Round up loved ones and ask them to email or text your family member with family videos. Make them lighthearted and fun! For example, have the kids or grandkids read jokes or perform dance moves. Anything that makes you laugh will likely make them laugh, too.

Dementia and COVID-19

According to the Alzheimer’s Association, having dementia doesn’t increase a person’s risk for contracting COVID-19. However, some behavior-related issues linked to dementia might. Also, because people with dementia are typically older, their odds of getting the virus are higher.

One risk for those who experience memory loss is that they may forget to wash their hands or refrain from touching their face. Both are known risk factors for viruses of all types.

Another complicating factor is if a senior with dementia has lost or impaired verbal skills. They may be unable to communicate that they have a headache or are experiencing chest pain, two symptoms of COVID-19.

Here are a few suggestions that may help you lower your family member’s risk for the illness:

- **Model good behavior:** Cough into your elbow. Rinse your hands often and encourage your senior loved one to do the same.

- **Be on guard for symptoms:** Watch for signs of a fever, such as sweating or a flushed face. Also, pay attention to a cough or if the senior is breathing differently or struggling for breath. Increased confusion may also be a warning sign.

- **Disinfect the environment:** Wipe the senior’s environment down with bleach wipes on a frequent basis. It’s better to overreact to the situation than to underreact.

Stay Updated on the COVID-19 Pandemic
### Monday
- 9:00-4:30 Open Pool
- 9:30 Exercise
- 10:30 Bible Study
- 12:15 Luncheon
- 1:15 Cards
- 1:15 Quilting/Cards
- 1:30 French Club
- 5:00 Supper Club

### Tuesday
- 9:00-4:30 Open Pool
- 10:30 Lunch @ Reily
- 12:15 Luncheon
- 1:15 Cards
- 2:00 Bowling

### Wednesday
- 9:00 Massage
- 9:00 Stained Glass Room Available
- 9:00 Tai Ji
- 10:30 Blood Pressure
- 11:00 Covered Dish
- 12:15 Luncheon
- 1:30 Stained Glass Help
- 2:00 Computer Help

### Thursday
- 9:00 Stained Glass Room Available
- 9:45 Tai Ji
- 12:15 Luncheon
- 1:15 Cards
- 2:00 Bowling

### Friday
- 9:30 Exercise
- 11:00 Blood Pressure
- 12:00 Covered Dish
- 1:00 Cards/Open Pool
- 1:15 Pool Competition

### May Calendar of Events

**Important Note:** Please remember the activities listed are dependent on our closed status.

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**MAY CALENDAR OF EVENTS**

May 10th

**MONDAY**
- 9:00-4:30 Open Pool
- 9:30 Exercise
- 10:30 Bible Study
- 12:15 Luncheon
- 1:15 Cards
- 1:15 Quilting/Cards
- 3:00 French Club
- 5:00 Supper Club

**TUESDAY**
- 9:00-4:30 Open Pool
- 9:30 Exercise
- 10:30 Lunch @ Reily
- 12:15 Luncheon
- 1:15 Cards
- 1:50 Bowling

**WEDNESDAY**
- 9:00 Massage
- 9:00 Stained Glass Room Available
- 9:00 Tai Ji
- 11:00 Blood Pressure
- 12:00 Covered Dish
- 1:00 Members Welcome
- 2:00 Cards/Open Pool

**THURSDAY**
- 9:00 Stained Glass Room Available
- 10:30 Lunch @ Reily
- 12:15 Luncheon
- 1:15 Cards
- 1:15 Blood Pressure
- 1:15 Covered Dish

**FRIDAY**
- 9:30 Exercise
- 11:00 Blood Pressure
- 12:00 Covered Dish
- 1:00 Cards/Open Pool

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**MONDAY**
- 9:00-4:30 Open Pool
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- 1:15 Cards
- 1:15 Quilting/Cards
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- 10:30 Lunch @ Reily
- 12:15 Luncheon
- 1:15 Cards
- 1:50 Bowling

**WEDNESDAY**
- 9:00 Massage
- 9:00 Stained Glass Room Available
- 9:00 Tai Ji
- 11:00 Blood Pressure
- 12:00 Covered Dish
- 1:00 Members Welcome
- 2:00 Cards/Open Pool

**THURSDAY**
- 9:00 Stained Glass Room Available
- 9:45 Tai Ji
- 12:15 Luncheon
- 1:15 Cards
- 2:00 Bowling

**FRIDAY**
- 9:30 Exercise
- 11:00 Blood Pressure
- 12:00 Covered Dish
- 1:00 Cards/Open Pool
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<tr>
<th>18</th>
<th>19</th>
<th>20</th>
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<tbody>
<tr>
<td>9:00-4:30 Open Pool</td>
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<td>12:15 Luncheon</td>
<td>9:30 Exercise</td>
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MAY 2020 | 13
Spring is Here...Our Beautiful Grounds
by The Oxford Community Arts Center

While the world is on lockdown, people are being encouraged to get out and walk. While our building is closed, the Oxford Community Arts Center grounds offer other delights to see and experience from the exterior of our historic building. Trees and bushes are beginning to leaf. Flowers are starting to pop up. In addition, signs of our building’s history abound. Find clues to our organization’s future. View markers of our place in the community.

Signs of the Past
To the west of the building, you will find a sculpture of Caroline Scott Harrison created by Jarrett Hawkins of Hawkins and Hawkins Custom, Cincinnati, Ohio. Caroline Scott graduated from the Oxford Female Institute where her father, The Reverend John Witherspoon Scott, was the first President. She met Benjamin Harrison while he was a college student in Cincinnati. He transferred to Miami in the 1850s and they married in 1853, one year after their graduations. Benjamin Harrison was elected President of the United States in 1888. Caroline Scott Harrison served as the first national DAR President while living in Washington, DC. Stop by to see the entire sculpture or take a rest on the bench next to her.

Clues to the Future
At the edge of our property, you’ll see the development of our new pavilion. While it is still under construction, it is close to being completed. The landscape has been smoothed out and planted with new grass to accommodate audiences. We look forward to summer performances and events.

Community Participation

Teddy Bear Hunt
We’re participating in the Teddy Bear Hunt. Families and participating families, individuals, and organizations place stuffed bears (and other animals) in the window of their buildings so when families go for car rides or walks during quarantine, they can hunt for bears. Communities across the country are participating in Bear Hunts for the little ones to enjoy while we’re social distancing.

#SeeHeartsSeeHope
You’ll see large hearts in several of our windows. We’re participating in the Butler County Visitor’s Bureau #SeeHeartsSeeHope campaign. As a way to spread hope and an uplifting message during these challenging times, the Butler County Visitors Bureau has launched a new initiative entitled “See Hearts, See Hope.” You can find out more about this campaign on social media (Facebook and Instagram). What other signs can you discover from a stroll around our building? We invite you to come and find out. Follow us on Facebook, Instagram, and/or Twitter to access the arts in the virtual world.
Mother's Day
Second Sunday of May

Appreciation
Beautiful
Breakfast
Candy
Charming
Comfort
Devoted
Flowers
Forgiving
Gifts

Guidance
Hugs
Jewelry
Joy
Kisses
Laughter
Love
Maternal
Mom
Mother

Nurture
Perfume
Protective
Share
Telephone
Tender
The Best
Warm
Wise

Answers on page 20
FRIDAY PROGRAMS

DANA VAUGHN, CHAIR

We are not scheduling Friday Programs until the closure is over. When we reopen, please plan to come for lunch and stay to play games or socialize with friends.

Hope to see you soon!!

Songbirds

According to Daniel H. Pink, in his book *When: The Scientific Secrets of Perfect Timing*, “Choral singing calms the heart and boosts endorphin levels. It improves lung function. It increases pain thresholds and reduces the need for pain medication,” Pink claims, citing research published in *Evolution and Human Behavior*. It also seems to improve your outlook, boosting mood and self-esteem while alleviating feelings of stress and depression.

These aren’t simply effects of singing. “People who sing in a group report far higher well-being than those who sing solo,” he notes. It’s about synchronizing with others.

Rowers and dancers have similarly shown a greater capacity to endure pain when performing in time with others. What can explain this? According to Pink, it’s due to the sense of belonging that synchronizing with others brings.

So come on out and join us and bring some suggestions. We can use you, and it’s fun!

FRIDAY LUNCH PROGRAM

May 1st
Birthdays, Anniversaries and New Member Welcome
Musician: Debbie Lease

May 8th
Game Day
Musician: Mary Vincent

May 15th
Game Day
Musician: Treva Boardman

May 22nd
Game Day
Musician: Lucy Herndon

May 29th
Game Day
Musician: John Bercaw

Friday lunch and program subject to change dependent on our closed status

Thank you for your generosity

A sincere Thank You to all our sponsors who contribute to our luncheons! Their generosity is greatly appreciated.
ONLY YOU CAN PREVENT CLIMATE CHANGE

Have you read that greenhouse gas emissions are down due COVID-19 shelter-in-place directives? There is photographic evidence, as confirmed by satellite images, comparing pre-COVID-19 levels of air pollution to lock-down emission levels. This evidence has huge implications for us and future generations. Now is the time to come together to insist on substantive change in the way our state, country and world generates energy.

GET POLITICALLY ACTIVE

THIS IS HOW WE CAN GET THE NEW LAWS WE NEED

VOTE
- Every election is important
- Preview ballots - see Oxford’s League of Women Voters
- Research issues on non-profit organization websites

WRITE AND CALL ELECTED OFFICIALS
- Local, State and National
- Develop a ‘what you want them to do’ relationship
- Be sure to thank them when appropriate

CONTACT REGULATORY AGENCIES
- Follow especially the Ohio Power Siting Board (wind power), Ohio EPA (air and water quality), Ohio Dept of Natural Resources (natural habitats), Butler County Soil and Water Conservation (land management), Ohio Public Utility Commission (electricity and gas)
- Write or call agencies about hearings, regulations – let them know your views

SUPPORT CANDIDATES THAT SHARE YOUR CONCERNS
- Research their positions on environmental topics
- Check voting record on League of Conservation Voters Scorecard
- Donate money or time to a candidate

SUPPORT ENVIRONMENTAL ORGANIZATIONS
- See for example the political activism of the Citizens Climate Lobby (CCL) or the Natural Resources Defense Council (NRDC)

TALK IT UP!
CLIMATE CHANGE AFFECTS EVERYONE

- Stick to policies and issues, not individuals or parties
- Educate yourself and talk to friends, relatives, neighbors
- Set an example
- Join Oxford Seniors Ecology Group
- Add your ideas to the Oxford-Seniors-Ecology-Club Facebook Site
Dear Group,

So sorry about how everything has turned out...I was excited about our Grief Recovery Group. I’m still looking forward to connecting again when this pandemic is over. There is light at the end of the tunnel.

I wanted to encourage you to keep reading our “Grief Recovery Handbook,” and working through the exercises as much as you can. Reading other resources related to grief can be helpful. Often looking through someone else’s lens or at least from a different angle can improve our perspective.

Several books from my library that I recommend are: 

**Grief, Contemporary Theory and the Practice of Ministry** by Melissa Kelley

**All our Losses; All our Griefs**
by Kenneth Mitchell and Herbert Anderson

I have signed up for a monthly “grief connection” at www.whatsyourgrief.com. I find the information very helpful and insightful. They have articles and resources that provide hope on so many different levels.

Until we meet again, hang in there—remember you are not alone!

TIM

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**Coping with COVID-19: Managing Stress And Anxiety**

Posted by a guest blogger on HealthinAging.org

According to the Centers for Disease Control and Prevention (CDC), here’s what stress during an infectious disease outbreak can look like:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleeping or eating habits
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco or other drugs

You may not be able to control the virus, but you can help control your emotional reaction to it. Here are some smart strategies from the CDC to help you manage your anxiety.

- **Take breaks** from watching, reading or listening to news stories, including on social media.
- **Take care of your body.** Take deep breaths, stretch, or meditate.
- **Eat healthy, well-balanced meals.**
- **Exercise regularly.** For older adults, the CDC recommends aiming for 150 minutes a week of moderate intensity activity such as brisk walking. Do walk outside on nice days but avoid crowded places and make sure to maintain a 6 foot distance between you and others. Wash your hands when you get home.
- **Get Plenty of sleep.**
- **Relax by doing activities you enjoy.** Try a crossword or jigsaw puzzle, get outside and garden if you can, cook healthy meals and freeze some for later, and seek out TV shows to watch that give you pleasure. Explore your library’s online offerings.
- **Connect with others.** You may not be able to socialize in person for awhile, but many older adults are turning to video chat options.
- **Find Virtual support.** If you already have issues with your mental health or substance abuse, you may find it harder to cope right now. Many in-person groups are holding online meetings to provide each other with mutual support.
Unfortunately we were unable to celebrate National Volunteer Appreciation this year, so I would like to thank all of Oxford Seniors Volunteers:

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<th>Congregate Meals</th>
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**Regularly Scheduled Activities**

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

**Thursday Craft Room**  
The Craft Room will be open for ongoing craft projects and socializing with friends. A selection of craft projects will be available if you come empty-handed.  
Thursdays 1:15-3:00.

**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

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**Important Note**  
Please be aware that regularly scheduled activities may be cancelled during May due to the current pandemic.  
Call Oxford Seniors or check our Facebook page for current information!

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Key to Word Search on Page 15
NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at

www.ourseniorcenter.com
The Community Adult Day Service Staff and Volunteers miss each of you and hope you are staying well and washing your hands!
IN OUR THOUGHTS

IN MEMORY
OF
PAUL SCHILLER
July 21, 1942—April 21, 2020

Gisela Bahr
Judy Blake
George Herb
Judy Mees
Paul Schiller

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

Thank you for 42 years of service
to Oxford Seniors and our community.
You will be missed!

Why be a Volunteer?

It’s not for money, it’s not for fame.
It’s not for any personal gain.
It’s just for love of fellowman.
It’s just to lend a helping hand.
It’s just to give a tithe of self.
That’s something you can’t buy with wealth.
It’s not a medal worn with pride.
It’s for that feeling deep inside.
It’s that reward down in your heart.
It’s that feeling that you’ve been a part.
That makes you be a Volunteer.

Author Unknown

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.

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

Susan Osborn,
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 Gibson, Beth Keiser, Richard Kolb, Vallie Long, Chris Peterson, Jan Reinhart, Alfrieda Stafford, Maurine Saylor, Marilyn Sherman, Jane Strippel, Janie Weinrich
Woodland Country Manor
4166 Somerville Rd
Somerville, OH 45064

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

The flag at Oxford Seniors is being flown at half mast in memory of Paul. Shown here with "his" van.
Oxford Seniors’ Coronavirus/COVID-19 Update  
(as of 4/23/2020)

Oxford Seniors remains closed to all activities and events at both the Senior Center on Tollgate Drive and its Community Adult Day Service in the Faith Lutheran Church.

Meals on Wheels continue, relying on frozen meals and shelf-stable food sets, instead of daily hot weekday meals. Multiple meals are delivered at one time to reduce the number of contacts between the recipient and the delivery personnel. Oxford Seniors will be making phone calls to clients to continue personal contact.

Specialized transportation services also continue, with a limit of one rider per vehicle. Transportation to and from health care residences will not occur. Oxford Seniors is reserving the right to limit the number of trips per week for an individual.

"We will staff our phone lines Monday through Friday from 8:30 a.m. until 4:30 p.m. with knowledgeable staff. We continue to be available to address the needs of our current members and others in the greater Oxford area who are 50 and older. Please call us at 513-523-8100," states Executive Director Steve Schnabl.

Medicare and other benefit counseling is available by phone and email with Sabrina Jewell, OSHIIP counselor.

Oxford Seniors is working in coordination with the City of Oxford, TOPPS food pantry and the Family Resource Center. Needs that Oxford Seniors cannot address will be shared with the other organizations to devise a response.