



"Uptown" by Julia Ruscio

# FEBRUARY 2024

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If you have information to be shared in O-Town News, you can submit online at <http://bit.ly/O-Town-News-Content> or call (513) 529-2914 for assistance with completing the online submission form. Submission deadline is the 15th of the month for the next month's issue.

If you would like to receive O-Town News either by postal mail or email, contact [info@agefriendlyoxford.org](mailto:info@agefriendlyoxford.org) or call (513) 529-2914.

## THE "FEBRUARY FUNK"?

Even though February is the month with the least number of days, people often describe it as being the longest month of the year. Cold temperatures and less sunlight during the winter months cause some people to feel more tired, less motivated, disconnected from others, and generally glum. There is even a term that's used to describe it - the February Funk". A recent blog post on Talkspace.com offered suggestions for beating the February Funk:

- Exercise regularly*
- Try new things*
- Set small goals*
- Express gratitude*
- Listen to music*

There are a variety of factors that can contribute to your overall health and wellbeing, and If you need some help, it's okay to reach out to a friend, counselor, or therapist.

Source: Ladan Nikravan Hayes - Feb. 04, 2019



## Community Conversation: Loneliness & Social Isolation

Mon. Feb. 19

4:30 - 6:00 p.m.

Oxford Lane Library - Havighurst Room

*58% of U.S. adults  
are considered lonely*

Source: The Cigna Group "The Loneliness Epidemic Persists: A Post-Pandemic Look at the State of Loneliness among U.S. Adults"

***People are more likely to experience loneliness if they...***

*...are part of an underrepresented racial group (75% of Hispanics and 68% of African Americans)*

*...have lower income (63% of those with incomes under \$50,000)*

*...are young adults (79% of those aged 19-24 are lonely compared to 41% of older adults)*



The Community Conversations series is back with a new topic for discussion! Come and join other community members as we explore what loneliness and social isolation look like in the greater Oxford area and talk about how we can address them in our community.



**Free and open to community members of all ages!  
(And a great way to meet some new people!)**

**STAY  
TUNED!**

Next month's O-Town News will include a *Community Communication Survey* to help understand community members' needs and preferences related to local news and happenings. Take time to fill out the survey and make your voice heard. Your input is invaluable as we strive to keep greater O-Town connected and "in the know."

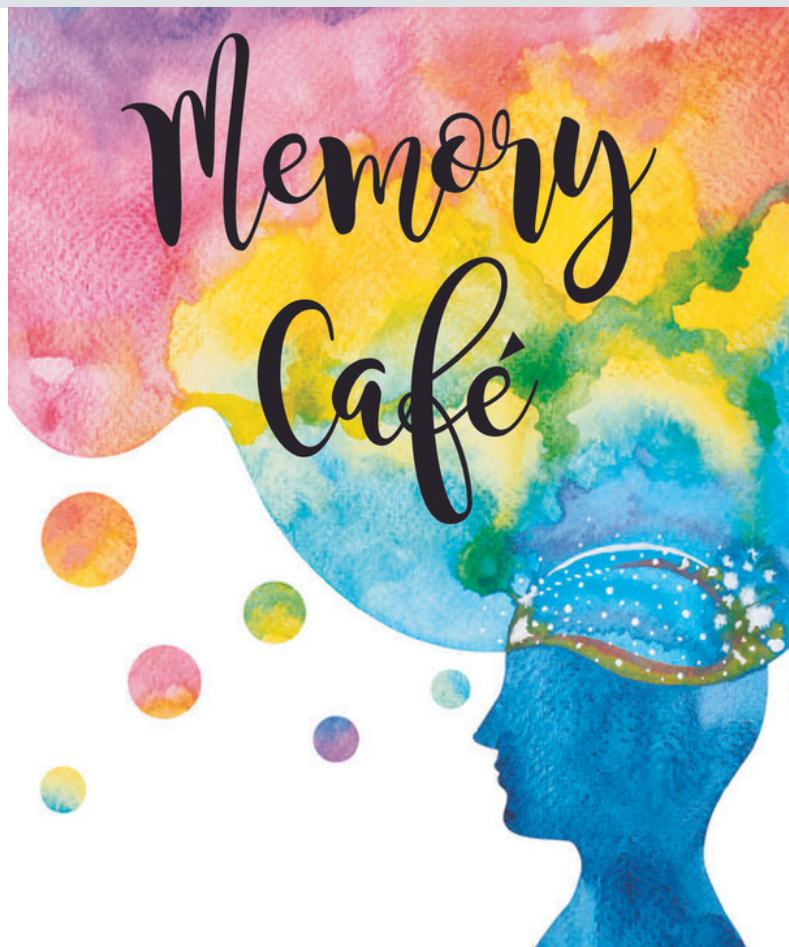


## Memory Café

**Fri. Feb. 2 - 3:00 - 4:00 p.m.**  
**Oxford Lane Library**

Memory Cafés are spaces in which people living with dementia, their caregivers, and other community members can come together to socialize and enjoy music, games, & conversation in a supportive environment.

Registration is required in advance and a care partner or family member is required to accompany participants living with dementia. Please call (513) 523-7531 to register.



Cafés are open to those age 18 and older.



## **FREE COMMUNITY MEALS IN OXFORD - ALL MEALS 5:30 - 6:30 P.M.**

**Wed. Feb. 7** - Dine in or pick up at United Methodist Church, 14 N Poplar St.

**Mon. Feb. 12** - Dine in or pick up at Oxford Seniors, 922 Tollgate Dr.

\*Monday's menu includes Scott's Award Winning Chicken Chili in a tomato base, sweet cornbread, coleslaw, fresh fruit, and dessert. This community event is open to anyone; there's no financial need required for attendance.

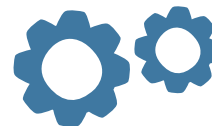
**Wed. Feb. 14** - Dine in or pick up at Faith Lutheran Church, 420 S. Campus Ave.

**Wed. Feb. 21** - Dine in or pick up at St. Mary Church, 15 S. Poplar St.

**Wed. Feb. 28** - Dine in or pick up at Holy Trinity Church, 25 E. Walnut St.



## MIAMI UNIVERSITY SPRING CAREER FAIRS



### Tue. Feb. 20 - Career & Internship Fair

Connect with more than 1,000 students at the 2024 Miami University Spring Career and Internship Fair. Employers are invited to promote their full-time, internship, and co-op opportunities while networking with students spanning all majors, career interests, and class levels.

### Wed. Feb. 21 - Careers for the Common Good Fair

Linking values-driven hiring organizations with students seeking internships and full-time roles in areas such as nonprofit, government, public service, healthcare, and social service. Employers with positions in social work, advocacy, sustainability, and non-licensed teaching are welcome to network with students from various majors and class levels.

Employer registration fees apply and vary based on the type of organization.

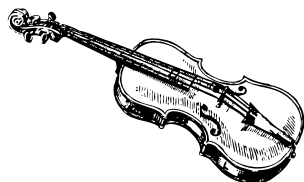
Registration deadline is  
**Tue. Feb. 6 at 5:00 p.m.**

If you have questions regarding registration, please contact the Center for Career Exploration and Success at

**careerfairs@miamiOH.edu**  
or **(513) 529-3834**.

### EVENT SCHEDULE (both days)

9 a.m. - Employer Check-In Begins  
11 a.m. to 1 p.m. - Employer Lunch  
1 - 5 p.m. - Fair



**Fri. Feb. 16**  
**12:15 - 1:00 p.m.**

## RED DOOR COMMUNITY CONCERTS

at HOLY TRINITY  
EPISCOPAL CHURCH  
25 East Walnut, Oxford OH



Concert #4 highlights the duo of Siok Lian Tan on piano and Tze Yean Lim on violin, interpreting Twentieth Century compositions from the Americas. Tan holds a Doctor of Musical Arts degree in Piano from University of Cincinnati CCM and has performed as a soloist with the Cincinnati Symphony Orchestra in cities worldwide. Additionally, she collaborates with her husband, Tze Yean Lim, a Doctor of Music in Violin from CCM. Lim, formerly with the faculty string quartet at Wright State University, presents solo violin recitals globally and is actively engaged in the College Music Society-Great-Lakes Conferences. Both artists currently serve on the faculty at Miami University. Don't miss this extraordinary concert!

## About Town



**Sun. Feb. 4 - Make & Bake Artisan Italian Loaves - 1:00 - 3:00 p.m.** *Oxford Lane Library.* Bake Italian loaves with expert Michelle Kovach from Cracking Crust Microbakery! This hands-on workshop covers focaccia, ciabatta, and tips for home baking. Supplies provided. Age Group: Adult. Registration required at (513) 523-7531.

**Sat. Feb. 3, 17 - Artist's Makerspace - 1:00 - 5:00 p.m.** *Oxford Lane Library.* Ages 14 - up. Explore the library's makerspace on the 2nd floor where you will find various tools and art supplies for self-guided crafting.

**Mon. Feb. 5 - Fact and Fiction Book Club - 6:30 - 7:30 p.m.** *Oxford Lane Library.* Each quarter the club will read and discuss two books, one non-fiction and one fiction, covering the same topic. This quarter's selections are *Silver Like Dust* by Kimi Cunningham Grant and *The Japanese Lover* by Isabel Allende. Age Group: Adult.

**Wed. Feb. 7 - Yoga with Bernadette Unger - 10:30 - 11:30 a.m.** *Oxford Lane Library.* Join this session of stretching and relaxation with local yoga teacher Bernadette Unger. The class is suited for all fitness levels and offers modifications for all poses. Bring a yoga mat and a towel. Age Group: Adult.

**Wed. Feb. 7 - Keeping Safe in a Digital World - 6:30 - 7:30 p.m.** *Oxford Lane Library.* Join local cybersecurity expert Timothy Carver to keep your data safe in the cyberworld. Feel a sense of security as you navigate the internet and avoid scams. Age Group: Adult.

**Fri. Feb. 9 - Art Contest Opening Night Gala - 6:30 - 7:30 p.m.** *Oxford Lane Library.* Calling all artists! Showcase your talent in the Lane Libraries' Art Contest. Whether you're a painter, knitter, or jewelry designer, submit your work in any medium. The community will have the chance to view and vote for their favorites during the opening night art gala, featuring music and refreshments. Visit [www.lanepl.org/artcontest](http://www.lanepl.org/artcontest) or call (513) 523-7531 for details.

**Sat. Feb. 10 - 10SoCo Concerts: "Hedy! The Life and Inventions of Hedy Lamarr"- 7:30 - 9:30 p.m.** *Oxford Community Arts Center.* The story of Hedy Lamarr, Hollywood icon and inventor of Frequency-Hopping Spread Spectrum Technology. Heather Massie's award-winning solo play unfolds Lamarr's journey, interwoven with characters like Jimmy Stewart and Bette Davis. From Hollywood glamor to wartime intrigue, discover the woman behind today's wireless technology revolution. Tickets: \$15-\$18. For inquiries, call (513) 524-8506.

**Mon. Feb. 12 - Audubon Miami Valley Public Presentation Solar Eclipse - 7:30 - 9:00 p.m.** *LCNB Bank Community Room, 30 W Park Pl, Oxford.* Audubon Miami Valley Public Presentation Total Solar Eclipse. Terry Mann, astronomer, NASA Ambassador and President of Ohio Dark Sky Association will talk about the upcoming Total Solar Eclipse and Ohio Dark Sky Initiatives.

**Sat. Feb. 17 - Catacoustic Consort - 7:30 - 8:30 p.m.** *Center For Performing Arts.* The Secret of the Muse: Music of the French Baroque. A concert in memory of Pat Baugher. Catacoustic Consort: Annalisa Pappano, Joanna Blendulf, Pardessus de Viole; Melissa Harvey, Soprano. Join us for an evening of early music performed on period instruments. All are welcome to join in this memorial concert for the late arts supporter and Oxford community member, Pat Baugher. Free admission.

# FEBRUARY 2024

**Sat. Feb. 24 - Improv Night with Sketched Out Improv - 6:00 - 8:00 p.m.** *Oxford Lane Library.* Yes, and... Join Sketched Out Improv for the third performance of the Winter Theater Series. You never know what will happen next! (Including the refreshments. What in the world will we serve?) All we know for certain is that the night will be a scintillatingly delightful mix of spontaneous hilarity, wit and skill. Age Group: Adult. To register, call (513) 523-7531.



## On Campus



### Public Skating at the Goggin Ice Center

Great fun for all ages and experience levels and a perfect addition to a heart healthy lifestyle. Figure or hockey skates may be worn and both are available for rent in infant size 6 to adult 14. Skate aids are available for kids ages 9 and under. Free Wi-Fi available.

**Fri. Feb 2, 9, 16, 23** - 12:10 - 1:10 pm. \$5 Admission

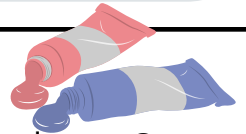
**Fri. Feb 2, 9, 16, 23** - 7:15 - 8:30 pm

**Sat. Feb 3, 10, 17, 24** - 3:15 - 5:00 pm

**Sun. Feb 4, 11, 18, 25** - 3:15 - 5:00 pm.

**Sat. Feb 10 - Valentine's Skate** - 3:15 - 5:00 pm. \$7.50 Admission

### Miami University Saturday Art Program Spring 2024 Registration Deadline is Feb. 2



Explore a 6-week art education program led by junior and senior art education students. Open to ages 4 to adult, classes feature diverse projects in various mediums, adapting to individual levels. Weekly themes bring new challenges, and prior art experience is not necessary. The program concludes with a final celebration showcasing participants' impressive work. For inquiries regarding registration, class dates, and fees, visit [miamisaturdayart.weebly.com](http://miamisaturdayart.weebly.com) or contact Dr. Luke Meeken at 513-529-2909 or [meekenla@miamioh.edu](mailto:meekenla@miamioh.edu)

**Mon. Feb 5, 12, 19, 26 - English Language Cafe - 5:30 - 7:00 p.m.** *International Student Center, 017 MacMillan Hall.* All members of the Miami community and nearby communities, including family members of Miami students, faculty and staff, who are looking to develop their English language skills are welcome. This is a supportive and safe space to practice English! We will have English language and U.S. culture activities for all levels and ages. Questions? Contact: [international@miamioh.edu](mailto:international@miamioh.edu)

**Thurs. Feb. 29 - Edward A. Puff Sr. and Edith Kottmyer Puff Memorial Lecture in the Study of Christianity - 6:00 - 7:00 p.m.** *Farmer School of Business, 83 N Patterson Ave.* "Idolatry in Amazon's World: Christianity and Consumer Culture," lecture presented by William T. Cavanaugh, Ph.D., Professor of Catholic Studies and Director of the Center for World Catholicism and Intercultural Theology at DePaul University. His degrees are from the universities of Notre Dame, Cambridge, and Duke. He is the author of nine books and editor of eight more. He has given invited lectures on six continents, and his work has been published in seventeen languages.

# Helpful Resources

## **Family Resource Center**

5445 College Corner Pike, Building 2 , Oxford, OH 45056  
(513)-523-5859, Email: [director@frcoxford.org](mailto:director@frcoxford.org)

Family Resource Center (FRC) assists individuals and families with the necessary resources, advocacy, and assistance to achieve their own self-sustainability: securing housing, assisting those with economic hardships, ensuring basic needs (food, clothing, shelter, transportation), obtaining and retaining employment, and accessing financial, education, and work supports.

## **Oxford Lane Library**

441 S Locust St #2126, Oxford, OH, 45056  
(513)-523-7531, Website: <https://www.lanepi.org/>

Lane library provides materials, services, access to computers and electronic resources, and a variety of events for adults and children. Most services and events are free.

## **Oxford Free Clinic**

110 North Poplar Street Oxford OH, 45056  
(513)-524-5426, Website: <https://oxfordfreeclinic.org/>

Oxford Free Clinic provides basic medical care and access to medications prescribed for treatments. The gynecology free clinic operates on the second Wednesdays of every month to provide free women-specific care.

## **Oxford Seniors**

922 Tollgate Dr. Oxford, OH, 45056  
(513)-523-8100, Website: <https://www.oxfordsenior.org/>

Oxford Senior Center is open Monday through Friday from 8:30 a.m to 4:30 p.m. for members to use the facilities and participate in many forms of recreation. Oxford Seniors also provides Adult Day Care Services, Meals on Wheels, Transportation, and other supportive services.

## **Talawanda Oxford Pantry & Social Services**

5445 College Corner Pike, Oxford, OH, 45056  
(513)-523-3851, Email: [director@topss.org](mailto:director@topss.org)

Talawanda Oxford Pantry & Social Services (TOPSS) serves families living in the Talawanda school district. Customers are able to shop once per week and choose their items according to their household size and preferences. Nutritional information and foods to meet specific dietary restrictions are available. "Emergency food" boxes are available on a limited basis to those in need who live outside of the Talawanda School District.

## **Thread Up Oxford Uptown Threads**

5156 College Corner Pike, Oxford, OH, 45056  
127 W Church St. , Oxford, OH, 45056  
(513)-273-1701, Email: [threadupoxford@gmail.com](mailto:threadupoxford@gmail.com)

Thread Up is committed to changing the community's relationship with textile more responsibly and creatively. Thread Up accepts donations of textile goods at both the Church St. and College Corner Pike locations and provides free and low-cost gently used clothing at the Uptown Threads location on Church St.