

PAXTON Senior Connection

NEWS FOR THE ACTIVE SENIOR COMMUNITY

JOHN BAUER SENIOR CENTER
17 West Street
Paxton, MA 01612
508-756-2833

May 2024

SENIOR SERVICES INFORMATION:
townofpaxton.net

This Month At the SENIOR CENTER

Historical performance: *ABBY KELLEY
AND STEPHEN FOSTER*

Paxton Center School
Student Council:
SENIOR BRUNCH

Info session: UNDER-
STANDING COPD by
Mass College of Phar-
macy

Exercise: Monday
Walking Group, Friday
Mindful Movement

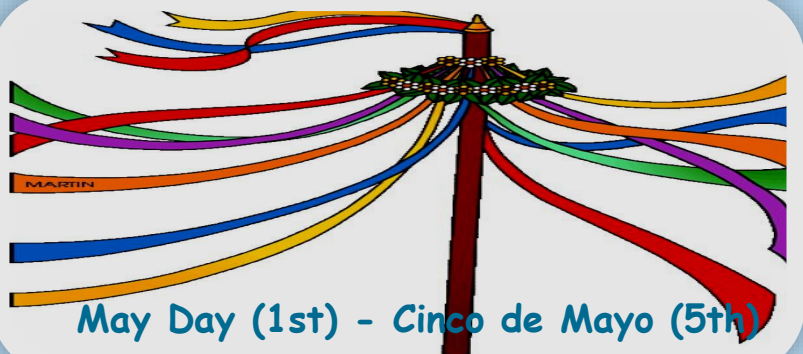
MEMORIAL DAY



May 27

Happy
Mother's
Day

May 12



May Day (1st) - Cinco de Mayo (5th)

COUNCIL ON AGING BOARD**Officers**

Chairperson – Anita Fenton
 Vice Chair – Joan Bedard
 Secretary – Martha Akstin

Board Members

Bob Callahan, Curtis Hammar, Frank LaFlash,
 Kathryn Mahoney, Jim Putnam, Donmarie Sespaniak

Associates

Dick Bedard, Carol Coleman, Gary Goldberg, Bob Lamotte,
 Natalie Siemen

COUNCIL ON AGING STAFF

Director/Outreach – Cindy Love
 508-756-2833

clove@townofpaxton.net
 Program Assistant—Dolores Rauschl

Transportation

SCM Elderbus: 1-800-321-0243

Schoolhouse Diner

Dining Site Manager – Moe Lewis-Wolf

FRIENDS OF THE COUNCIL ON AGING

President – Dave Wheeler
 Vice President - Bill Cutroni
 Secretary – Kay Kingsbury
 Associates - Dick Bedard, Ann Bergin, Ann Marie Cole

Newsletter

Editors - Curtis Hammar, Cindy Love

It is the mission of the Council on Aging to evaluate, promote, and encourage new and existing services and activities which enhance the quality of life for seniors in the town of Paxton

COA Office Hours**John Bauer Senior Center**

Monday – Friday 9:00 am to 2:00 pm

SCM Elderbus**Schedule:**

- Days of Operation: 5 days a week within town
- Out-of-town medical: Mon., Tues., Wed.
- Grocery trips to Big Y Holden: Thurs.

To Reserve Your Trip:

Call: 1-800-321-0243 (One-time enrollment requested). Call a week in advance or by the preceding day before Noon. NO CHARGE FOR SERVICE.

**Spring Allergies**

Spring is here and so are the watery, itchy eyes and stuffy noses. One in four adults suffer in the United States from seasonal allergies.

Pollen season is getting longer and more intense due to the fact that we are experiencing climate change which affects the temperatures, plant growth, and mold. The allergic reaction stems from plants and trees releasing mold and spores into the air. When you breathe this in, it can cause inflammation and irritation. Quite often this affects the airways, sinuses, and nasal passages. It's a way your body detects and overreacts to a foreign substance it thinks is harmful.

Some of the symptoms you may experience are itchy/watery eyes, runny/stuffy nose, headache, sneezing, and coughing. This is your immune system's normal way of fighting off the invader. These symptoms can overlap with illnesses like the common cold, seasonal flu and COVID-19.

Over-the-counter allergy medications work reasonably well to help relieve symptoms throughout the season.

When in doubt, however, always talk to your doctor about treating allergies. Finding the best treatment plan and medications can greatly improve your quality of life, as well as protect you from other health problems.

Watch Out for Ticks

Now that we are outside more starting to prepare our gardens, one thing to keep in mind while enjoying the outdoors is preventing tick bites. The greatest risk of contracting Lyme disease is between May and July.

Some of the things you can do to protect yourselves is to keep your garden clear of leaves and tall grasses. You can also place woodchips between lawns and wooded areas to keep ticks away. While enjoying your beautiful garden, protect yourself with an insect repellant containing Deet, Picaridin, or lemon eucalyptus oil.

THE FAMILY LETTERS OF ABBY KELLEY FOSTER AND STEPHEN FOSTER THURSDAY, MAY 16 AT 11AM

The lives and voices of local abolitionists and human rights activists Abby Kelley and Stephen Foster come alive in this historic performance. Worcester professional actors Thomas and Lynne McKenney Lydick bring the essence of the famed couple, including their stance on the abolition of slavery in the 19th century, while inspiring others in the cause of liberty, justice, and equality for all. This program is open to all ages. Learn about our country's history and the people who made a mark in it.

SPONSORED BY: PAXTON CULTURAL COUNCIL, PAXTON HISTORICAL COMMISSION, AND COUNCIL ON AGING



Abby Kelley Foster

MCPHS

Understanding COPD

Experts from the Massachusetts College of Pharmacy and Health Sciences offer an informative seminar exploring this condition on **Thursday, April 9 at 10 am**. Chronic obstructive pulmonary disease (COPD) is a common lung disease making it hard to breathe. Its two main forms are chronic bronchitis and emphysema.

Get the latest information about this health issue affecting an estimated 15.7 million Americans and stay knowledgeable.

PCS SENIOR BRUNCH Wednesday / May 15 at 1 pm



All seniors are invited to this very special event hosted by fifth through eighth graders at Paxton Center School. Student Council members will once again welcome us as they serve a hearty, complimentary lunch

selection at the School Cafeteria. Reservation required. Call by May 1. (508)756-2833

PLEASE NOTE: FOR THE SAFETY OF THOSE ATTENDING AND THE STUDENTS WHO ARE BEING DISMISSED FROM SCHOOL, PLEASE WAIT UNTIL 12:45 PM BEFORE ENTERING THE PARKING LOT.

FRIENDS DINING OUT

Friends of the COA are sponsoring a weekend lunch on **Sunday, June 2 at 1 pm**, at the beautiful **Hartman's Herb Farm** in Barre. Entrees are Chicken Mediterranean and Herb Baked Haddock—all part of a full-course menu from cheese platter to dessert. Plus you can stroll the farm's grounds after your meal (1026 Old Dana Rd., Barre).

It's all compliments of the Friends!

A reservation is required by May 15. CALL DAVE WHEELER AT 508-373-2073 OR EMAIL AT DAPAWHEELER@CHARTER.NET

Importance Of Talk 'n Paint

Our last class of the series this month features a session on Social Self-Care. Join us on **Tuesday, May 7 at 10:30 am** as we explore why socialization is an important aspect of your health and well-being. All supplies included. Please call to reserve. Refreshments offered.



Our Elderbus service is up and running with many seniors taking advantage. You can get to med. appointments, shopping, or the Senior Ctr. (schedule on p. 2)



Book Club

Club readers discuss Shelby Van Pelt's 2022 debut novel *Remarkably Bright Creatures* on **Monday, May 13 at 11 am**. Reviewers describe it as an old-fashioned morality tale told from the perspective of an insightful octopus. New readers are welcome to attend.



Schoolhouse Café

Wednesday, May 1 at 9:30 am

Conversation, coffee, pastries

At 10 am: Budget update from Town Administrator Heather Munroe

BLOOD PRESSURE CHECKS START AT 9:30

JUNE PREVIEW

JUNE 6: Andrew Noone author reading

JUNE 13: Flower Pot Craft Class

JUNE 20: Ice Cream Social



Senior Center Notes



PEN PALS PARTY

Our Pen Pal program wraps up for the year with a party at the Senior Center on **Friday, June 7 at 10 am**. It's an opportunity for letter writers to meet each other after sharing many interesting thoughts for several months. About 50 seniors have been connected to fourth-graders at Paxton Center School since last September.

COMPLIMENTARY LUNCH

The Council on Aging is sponsoring complimentary lunches every Thursday during May. It's a great time to get out, socialize, and enjoy the food. Just call us by the Tuesday before to reserve (508-756-2833).



BINGO

Thursday, May 2
12:30pm

Everyone can play Bingo! So, why not stop by for this month's game. Our own Alana and Denis call the numbers and lead the fun. There's room for all. (\$1/card).

Sheriff's Senior Picnic

Saturday, June 8, 11 am—1 pm
SAC Park—438 Lake Street
Shrewsbury

It's an annual treat for seniors! Worcester County Sheriff's Office invites all seniors to SAC Park for a free Drive-thru Extravaganza. BBQ Meal, Desserts, Tons of Giveaways and more fill the day. Attendees must register by May 20:

NYDIA@WORCESTERCOUNTYSHERIFF.ORG
(508-796-2638).

Leave message with name, address, phone.
First come, First serve.



OPEN TO THE PUBLIC !

VETERAN'S CORNER

Wednesday, May 8

HISTORY OF THE U.S. COAST GUARD
PRESENTER: RETIRED MASTER CHIEF
JON HOWARD

MEETING: 10:30 AM



2024

Monthly Calendar

May

Monday

- 6** 8:45 Walking Group / Mondays
- 11:00 Hearts 'n' Hands / Mondays
- 11:00 Tech Help / Mondays by app't
- 13** 11:00 Book Club
- 27** Memorial Day / COA closed

Tuesday

- 7** 10:30 Social Self-Care
- 12:15pm Pitch / Tuesdays & Thursdays
- 14** 10:30 Friends of COA Board Meeting

Wednesday

- 1** 9:30 COA Board Meeting
Schoolhouse Cafe
- 8** 10:30 Veteran's Group
- 15** 1 pm Senior Brunch-Paxton Ctr. School

Thursday

- 2** 12:30pm Bingo
- 9** 10:00 COPD seminar
- 16** 11:00 Abby Kelley Foster performance

Friday

- 3** 9:30 Piano Lessons / Fridays
- 11:00 Exercise: Mindful Movement

SENIOR SERVICES

In need of assistance? We're here to help you with such things as medical services, home services and lifestyle transitions. Always feel free to call Cindy with any confidential concerns.

BUS TRIPS

2024 Friends-sponsored Bus Trips begin on Tuesday, May 21 with a trip to Vermont's Quechee Gorge. For info and to reserve seats:
Deb Grensavitch—508-754-6366
grensavitchd@aol.com

PAXTON SENIOR CONNECTION**17 West Street
Paxton, MA 01612****Noon Lunch at the Schoolhouse Diner****MAY MENU** (Subject to change)

TUESDAY	THURSDAY	FRIDAY
	2 American Chop Suey Broccoli, Honey glazed carrots	3 Chicken Fajitas Spanish rice, Black beans
7 Greek Chicken White rice, Roasted broccoli	9 Chicken Royale w/gravy Mashed sweet pot., Cauliflower	10 Lasagna w/meatballs Marinara sauce, Green beans
14 Chicken Milano Veg. couscous, Spinach	16 Salisbury Steak w/gravy Mashed potato, Peas	17 Lemon Pepper Fish Delmonico pot., Veg. blend
21 Meatballs w/onion gravy Bowtie pasta, Brussels spr.	23 Chicken w/BBQ sauce Mashed pot., Country veg.	24 Macaroni & Cheese Stewed tomato, Peas
28 Roast Pork with gravy Stuffing, Vegetable blend	30 Beef w/onions & peppers Red Bliss pot., Glazed carrots	31 Chicken Cranberry Salad Pasta salad, Three bean salad



Bread, milk and dessert included. Suggested donation: \$3.00
TO RESERVE: Please call 2 days in advance (508)756-2833.

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