

Newsletter from the Council on Aging

PAXTON SENIOR CONNECTION

John Bauer Senior Center
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July 2022

*The lazy, hazy days ...What's your favorite spot
or summer memory ?*



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Newsletter

Editors - Curtis Hammar, Cindy Love

It shall be 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

Food Pantry**COA Office Hours****John Bauer Senior Center**

Monday – Friday 9:00 am to 2:00 pm

Our Food Pantry is available to all Paxton residents, Monday-Friday 10 am-1pm. On Wednesdays through the summer we are adding fresh fruit and vegetables as part of our Food Pantry program (fresh items available after 11:30 am). This is a donation by our friends at Howe's Farm and Garden. It provides balanced nutrition with our non-perishable items.

CALL WEEKDAYS FOR CONFIDENTIAL FOOD PANTRY ASSISTANCE
 (508) 756-2833.

SUMMER SAFETY TIPS

Summer is here ... a time for family vacations, outdoor barbecues, and longer time spent outdoors. It is important to remember that, while having fun and relaxing, summer also brings unique challenges and dangers to seniors.

According to the CDC (Centers for Disease Control), seniors are more susceptible to heat-related illnesses and injury. When we age, our bodies become less efficient at regulating temperature because older adults do not sweat as much as younger adults, and sweating is the body's most important heat-regulating mechanism. Older adults also store fat differently, which can further complicate heat regulation in the body.

From heat to sun overexposure and dehydration, it is wise to be aware of summer dangers. A few reminders to keep you safe this time of year:

Stay hydrated—Seniors are likely to become dehydrated because as we age, we lose our ability to conserve water. Drink eight or more glasses of water per day.

Stay cool—Air conditioners and fans are important when it is hot and humid. An option is to seek out a cooling center, family member's or friend's home.

Wear light, loose-weight clothing—Light-colored and loosely fitted garments can help you stay cool and comfortable.

Protect your skin and eyes—Wearing sunglasses can block your eyes from harmful UV rays and protect your sensitive vision. Wearing sunscreen of SPF 30 or higher will protect your sensitive skin from harmful UVA and UVB rays.

Side effects of medicine—Some medications can cause increased sensitivity and drowsiness to the sun. Check with your doctor.

Know signs of heat-related illnesses—Signs may include disorientation, tiredness, headache, nausea, and dizziness.

We hope everyone has a safe, happy summer!

BEATLES TRIBUTE

Friday July 15 11 am



A Cultural and Historical Reflection of the 1960s through the music of The Beatles entertains at the Senior Center this month.

Musician/vocalist Fran Hart of

Ipswich stars in this interactive program that combines a multi-media presentation with live acoustic music and sing-alongs. Memorable tunes!

In talking about The Beatles, Fran says "their music is in my DNA!"

We're happy to bring this program to everyone through a grant from the Paxton Cultural Council.

Lunch available following the show.

Please call the COA to guarantee your seat and/or lunch before July 13 (508-756-2833).



Residents and visitors stopped by the Council on Aging table last month at Paxton Days celebration on the Common.

ONGOING ...

Trail Walkers

The brisk walking group begins at **8 am Fridays** during the summer. A leisure-level walk starts at 9 am. Meet at the Senior Center for carpooling.

Book Club

Our next discussion on **Monday, July 11 at 11 am** brings us Eileen Garvin's heartwarming tale of friendship in *The Music of the Bees*. Life's curveballs turn into an uplifting tale.

Art Gallery

Local artists of the Massasoit Art Guild fill the COA Art Gallery during July. Their works are in varied media and include photography and fine art.

Monday-Friday, 9 am—2 pm.

Music Bingo!

Thursday July 28 11 am

Join us for **MUSIC BINGO**, a fun spin on the popular game that combines playing with enjoying favorite songs.

It's an exciting twist to the traditional game. So, try your luck and see if the music gives you a winning edge.

Bingo cards are free!

Light refreshments served!

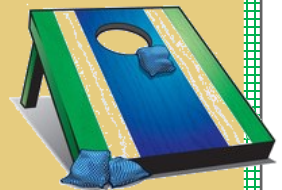
SPONSORED BY BROOKDALE SENIOR LIVING OF AUBURN

Café on Break

Our monthly Schoolhouse Café is closed for July. We'll resume our schedule in August.

Corn Hole Games

The boards and bags are ready for our new outdoor Corn Hole Games! The popular lawn game can be played in singles, doubles, or crew format and we already have people signing up.



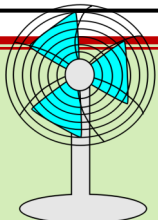
You're invited to come out for the challenge and fun every **Wednesday (starts July 13) at 10:30 am**. We have four board sets available and will have everything in place on the Senior Center grounds (inside if rain). Bring your lawn chair. Coffee's available.

So, come on down. Someone might make that fabulous "fourbagger!"

And yes, there is an American Cornhole League (who knew?).



Call Cindy to register for the first time.



AUGUST PREVIEW

- 18 SUMMER OUTING—Good Tymes Banjo Band
- 24 OUTDOOR LIGHT BREAKFAST

COVID-AWARE

We continue to observe safety and cleaning guidelines at the Senior Center. Free Covid test kits and vaccination appointment assistance are available.

MOSQUITO AND TICK PREVENTION

Every year, ticks and mosquitoes infect hundreds of thousands of people across the U.S. In Massachusetts, mosquitoes can transmit West Nile Virus (WNV) or Eastern Equine Encephalitis (EEE), which can make you very sick.



To control those pesky bugs, remove standing water from areas around your home where mosquitoes can lay eggs. Use an outdoor insect spray. Install or repair window and door screens. Mosquito season peaks in the summer and tapers off into fall.

Ticks also carry harmful diseases. Black-legged (deer) ticks and dog ticks are found throughout Massachusetts. The most common tick disease is Lyme. Ticks live in grassy, brushy, wooded areas or even on animals. Although tick activity is weather dependent, there are two peaks during the year; the first one begins March/April and lasts through August. The second occurs October through November.

Protect yourself and your family from mosquito and tick bites by using an EPA-registered insect repellent with one of the active ingredients such as Deet, Picaridin, or Oil of Lemon Eucalyptus. For prevention of ticks alone, Permethrin can be used to treat clothing, socks, shoes and outdoor gear.

Always follow directions on product labels and reapply as directed. If using sunscreen, apply sunscreen first and insect repellent second.

For further information, you can visit www.cdc.gov or www.mass.gov.

2022

Monthly Calendar

July

Monday

- 4** **HAPPY FOURTH OF JULY! (Senior Ctr. Closed)**
- 11** 11:00 Tech Help-Mondays by app't.
- 11:00 Book Club

Tuesday

- 5** 11:00 Pitch every Tuesday

Wednesday

- 6** 9:30 COA Board meeting
- 13** 10:30 Veteran's Group
- 10:30 Corn Hole games
- 10:30 Sen. Gobi, Rep. Ferguson office hours

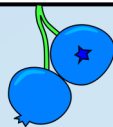
Thursday

- 28** 11:00 Music Bingo

Friday

- 1** 8:00 Trail Walkers (leisure group starts at 9) every Friday
- 10:00 Piano Lessons every Friday
- 11:00 Piano Chords class every Friday
- 15** 11:00 Beatles Tribute

Relax and cool off this summer in our Cozy Kitchen
M-F 9:30 to Noon. Coffee, comfort, puzzles, TV.

**Healthy Blueberries**

Fresh blueberries are a popular treat. They have a sweet flavor and are very nutritious. Plus, there is proof of protection against heart disease, and maintenance of bone strength, mental health, and healthful blood pressure.

Blueberries are a good source of Vitamin A and C, and are considered to have one of the highest antioxidant levels of all the common fruits. Michigan is a major producer of cultivated berries while Maine is the U.S. leader in wild lowbush blueberries.

There are many great local farms that offer "pick your own" blueberries. Picking season runs from early July to mid-August.

BUS TRIP itineraries available from tour leader Bob Wilby at 508-792-4662 or rwilby@charter.net

**VETERAN'S CORNER**

Monthly meeting

Wednesday, July 13 at 10:30 am

Paxton Council on Aging
17 West St
Paxton, MA 01612

Presorted
Standard
Postage
PAID
Permit #3
Holden, MA.

Lunch at the Schoolhouse Diner

JULY MENU (Subject to change)

TUESDAY	THURSDAY	FRIDAY
		1 BBQ Chicken Mashed potato, Green beans
5 Hot Dog Baked beans, Coleslaw	7 Meatloaf w/gravy Garlic mashed pot., Carrots	8 Chicken Cranberry Salad Pasta salad, Three bean salad
12 Beef Stew Steamed rice, Corn niblets	14 Macaroni & Cheese Stewed tomatoes, Green beans	15 Shepherd's Pie Carrots, Peas
19 Swedish Meatballs Mashed potato, Mixed veg.	21 Chicken Cacciatore Gemelli pasta, Broccoli	22 Fish w/Crumb Topping Rice Pilaf, Tuscany veg.
26 Potato Crunch Fish Herbed potato, Peas & onions	28 Baked Ham Mashed potato, Glazed carrots	29 Garlic Herbed Chicken Stuffing, Roast Brussels spr.

Bread, milk and dessert included. Suggested donation: \$2.50
TO RESERVE: Please call 2 days in advance (508)756-2833.

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