

Newsletter from the Council on Aging

PAXTON SENIOR CONNECTION

John Bauer Senior Center
17 West Street
Paxton, MA 01612

Tel. 508-756-2833
clove@townofpaxton.net



Volume 2022
Issue 6

June 2022

Welcome Summer



Flag Day
June 14, 1777
Continental Congress
adopts first US flag of 13
stripes, 13 stars



Paxton Days
June 11, 2022
Council on Aging joins in on
the fun-Saturday at the
Common

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clove@townofpaxton.net
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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

COA Office Hours**John Bauer Senior Center**

Monday – Friday 9:00 am to 2:00 pm

COA on E-Subscribe

You can now stay in touch with the latest news and announcements from the Council on Aging on the Town of Paxton website. Go to townofpaxton.net and click on "E-Subscribe" (listed in menu on right). Then enter your email address. If you click on "Council on Aging, you will receive occasional emails on timely updates and additions to our schedule.

COLD, FLU, ALLERGIES OR COVID ?

At this time of year it can be difficult to know if your symptoms are the sign of a cold, flu, allergies, or possibly COVID. Feeling sick can be especially concerning these days. Determining the cause of an illness can be tricky because so many share some of the same symptoms. They can leave you sniffing, coughing, and feeling tired.

Flu and COVID are caused by different viruses that can spread among people. Flu is caused by the influenza virus. COVID is caused by the SAR-CoV-2. Both can give you a fever, cough headaches, and body aches. These viruses are transmitted by small particles that come from your nose and mouth which raises the possibility of spreading infection.

Like flu and COVID, colds are also caused by viruses and can be passed to others. Symptoms of a cold tend to be mild. You may have a runny nose, cough and congestion, but you won't usually have the aches and fever that are common with COVID and flu. There's no cure for the common cold. Typical treatments include rest, fluids, and over-the-counter medicines.

Allergies can cause a runny nose and sneezing, but they aren't contagious. Exposure to things like dust, pets, tree or grass pollen can trigger allergies, which are caused by the immune system overreacting. Allergy symptoms tend to stop when you are no longer exposed.

There's another important way to fight viruses. Get your flu shot and COVID vaccine and remember to wash your hands and use hand sanitizer.

Always consult your health care professional with any concerns.

Stay well and be healthy this summer!

Storyteller/Musician Returns**Thursday June 16 11 am**

Back again by popular demand, multi-talented John Porcino brings his unique mix of stories and songs to the Senior Center. Threads of laughter, a playful touch of audience participation, and a twist of music from around the world are always a highlight. Don't miss it! Reserve: 508-756-2833. (Make it a lunch day, call by am July 14)

Summer Garden Workshop

Kick off the summer with a beautiful array of blooms as garden pro Tina Bemis returns on **Monday, June 27 at 10:30 am**. Her workshop will guide you through the basics of creating your own floral planter. Class includes flowers, soil and decorative pot. Cost: \$25. Reservations and payment by June 24.

**ONGOING ...****Walking Group**

Take a healthy walk outdoors with your friends **every Friday**. Our day begins with an 8:30 am brisk walking group. A leisure-level walk steps off at 9 am. Meet at the Senior Center. Carpooling is available. Walking is healthy!

Yoga

Our Yoga series continues with Janet Huehls on **Thursdays June 2 and June 9 at 1 pm**. Learn and develop habits for integrating Yoga into daily life as a practice of self-compassion, healing and kindness. Feel free to participate on either date.

Book Club

The Buffalo Soldier by national best-selling author Chris Bohjalian is up for discussion on **Monday, June 13 at 11 am**. The Vermont writer creates a novel of personal strength and the joy of belonging.

Schoolhouse Cafe**Wednesday, June 1**

Coffee's on and we're awaiting your arrival at this month's Café.

In addition to the choice of fine pastries and specialties, we have invited our friends at Country Bank for a brief "info" session on identity safety and senior financial exploitation.

Doors open at 9:30 am. Program at 10

Summer Art Show

The COA Art Gallery features local artists during June and July. This diverse exhibition includes photography and fine art works by members of the Massasoit Art Guild including Francis Warner, Peter Spencer, Wendy Fulginiti, Ann McDougale, Leslie Tracy, and Nancy McBride.

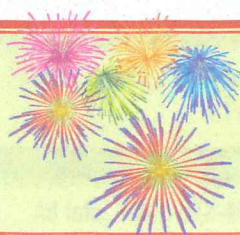
OPEN DURING COA HOURS

**Photography Class Introduction****Tuesday June 28 10:30 am**

Explore the wonders of digital photography with avid photographer Bob Beck. He'll offer tips and hints on how your summer photos could be among the best you have taken. Bring your camera. It's an interactive session and open to ideas for an ongoing class.

HEALTH PLAN OPTIONS**Thursday June 9 10:30 am**

Learn the ins and outs of your Medicare and health plans from the professionals. Representatives from Blue Cross/Blue Shield share their insight on Medigap, Medicare Advantage and how Part D works. A good time to ask your questions!

**JULY PREVIEW**

15 4EVER FAB-The Beatles (All the Hits!)

All month ... Cozy Kitchen open at the Senior Center (p.4)

COVID-AWARE

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

From the Water Department... NEW WATER METERS

The Paxton Water Department is replacing water meters for all customers who have town water. There is no cost.

- ◆ New meters will send readings to the billing department electronically and track your water usage efficiently
- ◆ You can create an online account, allowing you to see your water usage
- ◆ "Leak" and temperature (frozen pipes) alarms can be set up to send you notifications

You must make an appointment with the Water Department to have the installation completed. The technician will need to enter your home. Typically, it takes an hour or less.

You can contact the Water Department to check and see if you already have a new meter. Call (508)753-9077 or email: tsidhom@townofpaxton.net



Game Room at the Senior Center

INSIDE, our Game Room features regulation Pool and Ping Pong tables. Why not get a few sports together to play any morning. It's open for your use.

OUTSIDE, how about CORN HOLE? Why not get a group together to play an "easy" game in the great weather! Get cue sticks, paddles, balls and bean bags at the COA office.

**RELAX ... COOL OFF****At the Senior Center all summer!**

You can stop in any day Monday through Friday from 9:30 to Noon and relax in the easy chairs of the *Cozy Kitchen*. Coffee is available as well as card games, board games, the paper, magazines and even TV. Nothing to do? We're open for you!

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

**VETERAN'S CORNER**

Wednesday, June 8 at 10:30: Monthly meeting/coffee social.

June 14: Trip/Indian Princess

2022

Monthly Calendar

June

Monday

- 6 11:00 Tech Help-Mondays by app't
- 13 11:00 Book Club
- 20 JUNETEENTH (Office Closed)
- 27 10:30 Garden Floral Workshop

Tuesday

- 7 10:30 Friends Board Meeting
- 28 10:30 Photography Class

Wednesday

- 1 9:30 COA Board meeting
- 9:30 Schoolhouse Café
- 8 10:30 Veteran's Group
- 10:30 Sen. Gobi, Rep. Ferguson office hours

Thursday

- 2 1:00 Yoga Series
- 9 10:30 Health Plan Options
- 1:00 Yoga Series
- 16 11:00 Storyteller/Musician

Friday

- 6 8:30 Walking Group (leisure group starts at 9) every Friday
- 10:00 Piano Lessons every Friday
- 11:00 Piano Chords class every Friday

FOOD PANTRY ...**NEW FOR THE SUMMER**

Starting June 1 and **every Wednesday through the summer** we are providing fresh fruit and vegetables as part of our Food Pantry program. This is generously donated by our friends at Howe's Farm and Garden. It provides balanced nutrition with our non-perishable items available to all Paxton residents.



Please call or stop by after **11:30 am** for anything you need. We'll help you with your choices. You can call ahead for faster pickup (508)756-2833.

REGULAR PANTRY HOURS M-F 10am-1pm

Paxton Council on Aging
17 West St
Paxton, MA 01612

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Lunch at the Schoolhouse Diner

JUNE MENU (Subject to change)

TUESDAY	THURSDAY	FRIDAY
	2 American Chop Suey Broccoli, red peppers, Corn	3 Chicken Picatta Lemony rice, Mixed veg.
7 Greek Chicken Casserole White rice, Roast broccoli	9 Turkey Supreme Mashed swt. pot., Brussels spr.	10 Vegetable Cheese Bake Seasoned pot., Green beans
14 Chicken Milano Casserole Gemelli pasta, Spinach	16 BBQ Chicken Patty Steak fries, Green beans	17 Potato Crunch Fish Potato au gratin, Mixed veg.
21 Marinated Pork Loin Mashed potato, Carrots	23 Salisbury Steak Garlic mashed pot., Peas/carrot	24 Ham Salad Tomato/cuke salad, Pot. salad
28 Macaroni & Cheese Stewed tomato, Green beans	30 Beef w/onions & peppers Steak fries, Glazed carrots	



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

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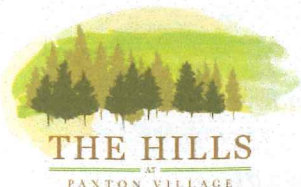
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www.thehillspaxtonvillage.com

Head of Household must be 62 years of age or older. Other household member must be at least 55 years of age. Our Office hours are 9 am to 3 pm Monday through Thursday.

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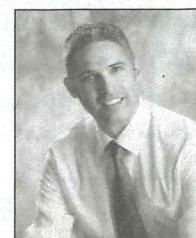
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