

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 5

May 2022

Memorial Day



MAY 30

*Honor and Remember
Heroes
Tradition since 1868*

MAY



MAY 8

*Honor Mothers
Celebrated since 1914*

CINCO DE MAYO



MAY 5

*Celebrate Mexican herit-
age. From 1862 history*



MAY 1

*Cheer Springtime & Re-
birth. From early Roman*

p. 2 Power of Pets

p. 3 Longevity

p. 3 Time for Tea

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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

Van Service Update

Call for a reservation two days in advance and we'll pick you up at your door for medical, non-medical and grocery trips. Due to fuel costs and operation, the fee for use has changed.

Fee: \$7 round trip

Hours: 9 am to 1 pm

Safety guidelines are still in place ... masks are required while in the van. Call the COA for your appointment: 508-756-2833

NOTE: Van Driver needed. Call Cindy at the COA office for details.

HEALING POWER OF PETS

Nothing compares to the joy of coming home to a loyal and dedicated friend. The unconditional love of a pet can do more than keep you company. They are a source of comfort and companionship that benefits seniors in many way.

Approximately 55% of adults ages 50-80 have a pet, more than half own multiple pets. Animals can help reduce stress, lower blood pressure, increase social activity, and encourage physical activity. They can also have an amazing effect on symptoms of depression and feelings of loneliness.

Animals can serve as a source of comfort and support. Therapy dogs are sometimes brought into hospitals or nursing homes to help reduce patients' stress and anxiety. Dogs are very "in the present." Their attention is focused on the person all the time. Their mindfulness includes attention, compassion, and awareness. All those things are what animals bring to their owners.

If you are not a pet owner, there are numerous reasons for adopting a pet. From companionship to security, pets can provide seniors a better quality of life and improve aging in place. If you are thinking of becoming a pet owner, check out your local shelters. It is less expensive and comes with added benefits of giving an unwanted animal a home and possibly saving its life. Some shelters offer reduced adoption fees for pets and seniors.

Owning a pet is not for everyone ... but if you do, it could be the best medicine and your best friend, all in one.



SCHOOLHOUSE CAFÉ

Wednesday, May 4



You are warmly welcome to drop-in at our monthly Café where the coffee and delicious "sides" are always ready.

Debbie Osipov, Director of Community Relations, Oriol Health Care, joins us for a brief program on health care management.

Doors open at 9:30 am. Program at 10

YOGA: PANDEMIC RECOVERY

Join Janet Huehls for a new **4-week Yoga series** designed to help with recovery from the pandemic. Learn and develop habits for integrating Yoga into daily life as a practice of self-compassion, healing and kindness. Class is on Thursdays, **starting May 19 at 1:00 pm**. Please call to enroll 508-756-2833. No cost, sponsored by the COA.

High Steppers

Take a healthy walk outdoors with the High Steppers **every Friday**. May 6 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. Think positive for sunshine!

State Contacts

Representatives from the offices of Sen. Anne Gobi and Rep. Kim Ferguson offer office hours at the Senior Center for questions, information, discussion or any concerns on regional and state issues. **Wednesday, May 11 at 10:30**. No appointment necessary.

Book Club

Monday, May 9 at 11 am—Our focus and discussion is on Susan Bala's gripping novel *The Boat People*. Refugees endure difficulties of an ocean voyage and face deportation on the other side.

Longevity: What to Eat

Thursday, May 12 at 11 am

An interactive presentation showing simple and easy nutrition and lifestyle strategies

- Learn dietary and lifestyle practices
- Make better choices for health, vitality and longevity
- Use food labels to your advantage

Presented by Registered Dietician, author and international speaker Tricia Silverman. She shares her professional insight at numerous senior centers, and teaches healthy aging at Northeastern University.

(Make it a lunch day! The Schoolhouse Diner's lunch at noon is available with reservation by Monday, May 9)

This program is sponsored through a grant from the Paxton Cultural Council



Time For Tea

Afternoon tea has been an elegant British custom since the 1800s.

Come and share in that tradition by sampling a variety of fine teas and pastries on **Wednesday, May 25, at 1:00 pm**.

Learn the etiquette of tea and its fascinating history by joining in TEA TRIVIA. A little cup of friendship goes a long way. (You are welcome to bring your own tea cup).

Reserve your "tea time" by May 20
(508-756-2833)



JUNE PREVIEW

- 9 SENIOR HEALTH PLAN OPTIONS—Blue Cross Blue Shield
- 16 STORYTELLER/MUSICIAN John Porcino
- 23 INTRO TO PHOTOGRAPHY CLASS

COVID-AWARE

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

Seniors LEARNING

Acclaimed photographer Ron Rosenstock took seniors on a "gallery walk" at last month's "Café," featuring his works now on display in the Senior Center's art gallery.



A full house attended a presentation by historian Seema-Jayne Kenney on Ellis Island and immigration. All learned about sources available to trace ancestry.

Word Fun ... Riddles

1. **Name That Flower**—What kind of flower is on your face?
2. **Ships**—What happened to the red ship and the blue ship that collided?
3. **Ahoy Matey**—Why did the pirates go to the Caribbean?
4. **What Does This Represent?** COF FEE

(Answers revealed under menu p. 6)

2022

Monthly Calendar

May

Monday

- 2 11:00 Tech Help-Mondays by app't
- 9 11:00 Book Club
- 30 MEMORIAL DAY Office Closed

Tuesday

- 3 12:30 Pitch every Tuesday

Wednesday

- 4 9:30 COA Board meeting
- 9:30 Schoolhouse Café
- 11 10:30 Veteran's Group
- 10:30 Sen. Gobi, Rep. Ferguson office hours
- 25 1:00 Tea Party

Thursday

- 12 11:00 Nutrition Program/Longevity
- 19 1:00 Recovery Yoga
- 26 1:00 Recovery Yoga

Friday

- 6 8:30 High Steppers brisk walking (leisure group starts at 9) every Friday
- 10:00 Piano Lessons every Friday
- 11:00 Piano Chords class every Friday

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

Perfect Peach Cobbler

- ◆ 2 cans (15 oz) peaches in light syrup
 - ◆ 1/2 box yellow cake mix
 - ◆ 1/2 stick butter Dash of cinnamon
- In 8x8 baking pan: spread peaches ... sprinkle cake mix on top and pat down ... dot cubes of butter over top. Bake at 350 for approximately 45 min.

**VETERAN'S CORNER**

Wednesday, May 11 at 10:30: Monthly meeting/coffee social.

May 26: Veterans' honor program at Bay Path Tech High School.

Paxton Council on Aging
17 West St
Paxton, MA 01612

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Lunch at the Schoolhouse Diner

MAY MENU (Subject to change)

TUESDAY	THURSDAY	FRIDAY
3 Meatloaf w/gravy Garlic mashed pot., Mix veg.	5 Chicken Fajitas Spanish Rice, Black beans	6 <u>Mother's Day Meal</u> Roast Turkey w/gravy Herbed potato, Veg. blend
10 Swedish Meatballs Mashed potato, Blend veg.	12 Chicken Cacciatore Gemelli pasta, Roast broccoli	13 Fish w/crumb topping Rice Pilaf, Roast Brussels spr.
17 Spaghetti & Meatballs Green beans	19 Baked Ham Chive potato, Carrots	20 Garlic Herbed Chicken Bread stuffing, Brussels spr.
24 Burger w/Chili & Cheese Steak cut fries, Green beans	26 Ranch Chicken Rice Pilaf, Spinach	27 Chicken Cranberry Salad Pasta and Three Bean salad
31 Hot Dog Baked Beans, Coleslaw		



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

**Newsletter published in part through a grant from
the Mass. Executive Office of Elder Affairs**

ANSWERS to Riddles:

1. Tulips
2. They were marooned
3. They wanted some arr and arr.
4. Coffee break



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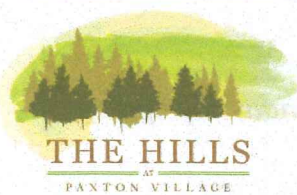
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Head of Household must be 62 years of age or older. Other household member must be at least 55 years of age. Our Office hours are 9 am to 3 pm Monday through Thursday.



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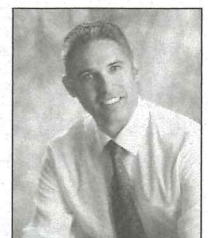
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