

PAXTON Senior Connection

NEWS FOR THE ACTIVE SENIOR COMMUNITY

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



April 2023

SENIOR SERVICES INFORMATION:
townofpaxton.net



*Listen, my children, and you shall hear
Of the midnight ride of Paul Revere,
On the eighteenth of April, in 'Seventy-five;
Hardly a man is now alive
Who remembers that famous day and year.*

*You know the rest. In the books you have read,
How the British Regulars fired and fled,
How the farmers gave them ball for ball,*

*From behind each fence and farm-yard wall,
Chasing the redcoats down the lane,
Then crossing the fields to emerge again
Under the trees at the turn of the road,
And only pausing to fire and load.*

*So through the night rode Paul Revere;
And so through the night went his cry of alarm
To every Middlesex village and farm,
A cry of defiance and not of fear,
A voice in the darkness, a knock at the door,*

*And a word that shall echo forevermore!
For borne on the night-wind of the Past,
Through all our history, to the last,
In the hour of darkness and peril and need,
The people will waken and listen to hear
The hurrying hoof-beats of that steed
And the midnight message of Paul Revere.*



Henry Wadsworth Longfellow—1807-1882
excerpt

COUNCIL ON AGING BOARD**Officers**

Chairperson – Anita Fenton
 Secretary – Joan Bedard
 Treasurer – Bob Callahan

Board Members

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

Associates

Martha Akstin, Bob Lamotte, Natalie Siemen

COUNCIL ON AGING STAFF**Director/Outreach – Cindy Love**

508-756-2833

clove@townofpaxton.net

Program Assistant—Dolores Rauschl

Van Drivers

Don Berthel, Ken Carlson, Frank LaFlash

Olde Schoolhouse Diner

Dining Site Manager – Moe Lewis-Wolf

Friends of the Council on Aging

President – Dave Wheeler

Vice President - Bill Cutroni

Treasurer – Bob Wilby

Secretary – Kay Kingsbury

Associates - Dick Bedard, Ann Bergin

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

Scams

They still happen. Recognize these basic signs:

- Scammers *pretend* to be from a familiar organization like Social Security. They may email you with attachments that look official
 - Scammers mention a *problem* or a *prize* and ask for personal information
 - Scammers *pressure* you to act immediately
 - Scammers *tell you to pay* using a gift card, prepaid debit card, or mailing cash
- Ignore these scammers** and report to police.

AGEISM AND AGING***WHAT IS IT ?***

Ageism and aging stereotypes and discriminates against individuals and groups on the basis of their age. The term was coined by Robert Butler in 1971 and defines ageism as a combination of various elements, including prejudicial attitudes towards older people and the aging process. Some of the language that continues to be heard are words like *geezer*, *senile*, *old school* and *elderly*.

There are also discriminatory practices against older people. Examples from the workplace are refusing to hire a person over a certain age, viewing older people as less productive, and asking someone's age. Some examples in personal relationships are treating family members as though they are invisible or unintelligent, disregarding someone's concerns or wishes, and taking advantage of someone's age for personal gain.

Ageism can also lead to abuse. The WHO (World Health Organization) reported in 2017 that 1 in 6 people over the age of 60 experienced some form of elder abuse, which included emotional, physical, sexual, or financial abuse.

We also see a wide range of consequences in health. Older people are associated with poor physical and mental health, which requires expensive medical care that can lead to discrimination and be affected by lower quality care.

A final thought ... ageism won't go away by itself, but you can help by recognizing it, speaking up, and asking yourself "would I like it?"

Most importantly, treat everyone with respect.

REMINDERS:

The Council on Aging Food Pantry is open weekdays 9:30—2:00. Any Paxton resident can call for assistance (508-756-2833). Also, we have various medical equipment available to seniors for any temporary need.

MATTER of BALANCE

This special 8-week series begins on **Tuesday, April 4 at 10 am**. Debby Osipov of Oriol Health Care has designed the class to promote positive thinking while using exercise to increase strength, flexibility, and balance. Importantly, a focus is also on reducing the fear of falling and on increasing healthy activity for seniors. It's a two-hour session each week with class and materials sponsored by The Oriol Foundation.



LET US KNOW IF YOU WILL ATTEND
(508-756-2833).

Chair Yoga

Relax! Janet Huehls returns to lead us in weekly Chair Yoga beginning **Friday, April 14 at 10:30 am**. Participants engage in moving, breathing and relaxing in ways that will help you feel more comfortable in your body and calm your mind. All levels of experience are welcome. Donation: \$3.00 per class.

PARTIALLY FUNDED BY THE COUNCIL ON AGING.

Café

Stop by for this month's Café on **Wednesday, April 5**—doors opening at 9:30 am. A representative from The Overlook joins us for an informational "tour" of the Charlton senior care/lifestyle facility.

Book Club

Monday, April 10 at 11 am.

Hope, friendship and young men in the 1950s chasing their dreams color our next novel: *The Lincoln Highway* (2021) by Amor Towles.

Tech Help

If you need help with your computer, smart phone, or electronics, Bob Bureau is available to assist. He's at the Senior Center **every Monday** and will meet you by appointment (508)756-2833.

Matt York Songs & Stories

Thursday / APRIL 13 at 11 am

Multi-talented performer **Matt York** brings a unique performance that blends songs and stories about familiar artists, their up-bringing, and their impact on music.



All the tunes from **The Highwaymen**: Johnny Cash, Waylon Jennings, Kris Kristofferson and Willie Nelson are sure to tap into memories. Matt weaves in background information on all the famed singers/composers.

"I did 31 different towns in Central Mass. alone and there are some remarkably beautiful small towns," he said of his busy schedule.

He's recorded multiple albums, one of which merited a 2022 "best album" in Worcester Magazine.

Make it a lunch day! Call 508-756-2833 by 4/10.

PROGRAM MADE POSSIBLE THROUGH A GRANT FROM THE PAXTON CULTURAL COUNCIL

Rescheduled: MEDICATION SAFETY

Thursday / April 20 at 10:30 am.

Dr. Donna Bartlett offers "Is It Age or Is It Medicine?" a program encompassing a medication review and information for becoming an informed healthcare consumer. Dr. Bartlett is a board-certified geriatric pharmacist and associate professor at Massachusetts College of Pharmacy and Health Sciences University.

CREATIVE HANDS



Our weekly Hearts 'n' Hands group works on crochet and knitting at their first meeting last month (see p. 4)



MAY PREVIEW

May 11: Dr. Paul Lock series continues

May 15: Right-Sized Living

May 18: Entertainment with Dan Kirouac

PAXTON SENIOR CONNECTION

**17 West Street
Paxton, MA 01612**

Presorted
Standard
Postage
PAID
Permit #3
Holden, MA.

Lunch at the Schoolhouse Diner

APRIL MENU (Subject to change)

TUESDAY	THURSDAY	FRIDAY
4 Chicken Fajitas Spanish rice, Black beans	6 Baked Ham Mashed potato, Glazed carrots	7 Fish w/crumb topping Rice Pilaf, Roast vegetables
11 Buttermilk Chicken Vegetable rice, Peas	13 Hot Dog on Bun Baked beans, Coleslaw	14 Shepherd's Pie Carrots, Green beans
18 Macaroni & Cheese Stewed tomato, Green beans	20 Meatloaf w/gravy Garlic mashed pot., Carrots	21 Chicken Mornay Couscous, Vegetable blend
25 Swedish Meatballs Mashed potato, Mixed veg.	27 Pork Rib-i-que Red Bliss potato, Carrots	28 Roast Turkey w/gravy Sweet potato, Brussels spr.



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*