# 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

# <u>Scams</u>

<u>They still happen.</u> 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 upbringing, 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 CUI TURAL 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

# **Senior Center Notes**

### **HEARTS 'N' HANDS**

You can join this group! If you like to crochet, knit or quilt you're invited to our weekly meet. Whether you want to work on your own piece or join in creating a large project, we invite you to come. Some of us are already working on items for the Senior Center table at Paxton Days. Hearts 'n' Hands meet every Monday at 10 am.

### **BOCCE: LOOKING FOR PLAYERS**

We have a fabulous time **every Friday at 9:30 am** in the game room at our Bocce Court. Bocce is one of the most widely played ball sports in the world and it appeals to a cross-section of friendly competitors. Come and visit one of our games ... we're always looking for more players.

#### THE HILLS

Our monthly outreach hour at The Hills at Paxton Village is on **Tuesday**, **April 25 at 10 am**. It's a time for Hills residents to stay informed of services and activities at the Senior Center, and to ask any questions of Cindy (COA Director).

## PITCH: WANT TO JOIN?

Excitement is growing at the weekly Pitch tables lately (every Tuesday at Noon). The trick-taking card game is fun and so is the socializing. Come and try to take all the points you can. Everyone is welcome. We'll show you how to play.

## FRIENDS ANNUAL MEETING



Friends of the Council on Aging
ANNUAL MEETING AND PROGRAM
Tuesday, APRIL 11 at 11:00 am

You are invited to attend our brief business meeting followed by a special program introducing our itinerary and schedule for 2023 bus trips. The meeting is open to all seniors.

Following the program, a complimentary lunch is provided for everyone. Reservations are needed.

Please call 508-756-2833 by April 6.



# **VETERAN'S CORNER**

Wednesday, April 12 Meeting-10:30 am:

Guest presenter—Paxton veteran

Sam Sespaniak: "History of Military Intelligence."
(Cold War Era)

# 2023

# Monthly Calendar

## **Monday**

3	9:00	Trail Walkers every Monday	
	10:00	Bowling @Bayberry every Monday	
	10:00	Hearts 'n' Hands every Monday	
	11:00	Tech Help-Mondays by app't.	
10	11:00	Book Club	

# **Tuesday**

4	10:00	Matter of Balance every Tuesday	
	Noon	Pitch every Tuesday	
11	11:00	Friends of COA Annual Meeting	
25	10:00	Outreach: The Hills at Paxton Village	

# Wednesday

5	9:30	COA Board meeting	
		Schoolhouse Café	
<b>12</b>	10:30	Veteran's Group	
	10:30	Sen. Gobi, Rep. Ferguson office hours	
<i>26</i>	10:00	Chair Massage by appointment	

# **Thursday**

13	11:00	Matt York / Highwaymen
20	10:30	Medication Safety program
27	10:00	Chair Massage by appointment

# **Friday**

7	9:30	Bocce every Friday	
	10:00	Piano Lessons every Friday	
	12:30pm	Bingo	
14	10:30	Chair Yoga every Friday	

# SENIOR CENTER ART GALLERY open M-F 9am-2pm

### **BINGO RETURNS!**

Many have asked, so we're planning on offering monthly Bingo starting this month. The fun is hosted by Denis Cormier and Jay Silvestri. Starts **April 7 at 12:30 pm** and every first Friday. Come one, come all! (\$1/card).

#### **BUS TRIPS**

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2023 Friends-sponsored Bus Trips begin in April with a trip to the Mashantucket Pequot Museum, Ledyard, CT. For detailed info, call Bob Wilby at 508-792-4662 or rwilby@charter.net.

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



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