

PAXTON Senior Connection

NEWS FOR THE ACTIVE SENIOR COMMUNITY

JOHN BAUER SENIOR CENTER
17 West Street
Paxton, MA 01612

OFFICE: 508-756-2833



January 2023

SENIOR SERVICES INFORMATION:
townofpaxton.net

happy new year

January is named after the Roman god Janus, who was always shown as having two heads, looking back to the last year and forward to the new one.

This symbolism is associated with the month known by many as the start of a new year which brings new opportunities. We cast out the old and welcome in the new. It's the time when many reflect on events of the previous year and often resolve to redress or improve some aspect of daily life or personal philosophy."

COUNCIL ON AGING BOARD**Officers**

Chairperson – Anita Fenton
 Vice Chair – Alice Crowley
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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

A New Look

Did you notice our transformed masthead? That's our Newsletter's name that tops the front page. We've brightened it up with an original design that is fresh, forward looking, and distinctive, after 25+ years of using the previous design. We hope it is a welcomed touch!

KEEP IT OR SHRED IT ?

Do you still have store receipts, electric bills, oil bills and tax returns gathering forever in the drawer? Should we keep everything and for how long?

Some items need to be saved, some we should shred, and others we should share.

WHAT TO KEEP**As long as you live**

Birth, death certificates

Social Security cards

Marriage licenses

Divorce decrees

Pension plan documents

Copies of wills

Military discharge papers

Copies of burial deeds and plots

As long as you own them

Product warranties

Property deeds

Mortgage documents

Life insurance policies

Receipts for home improvement

WHAT TO SHRED

Documents with personal information such as your name, address, phone number, SS number or bank account number should be destroyed after a certain period of time:

→*Bank statements* (shred after 1 year; hold for 5 years if you may be applying for Medicaid)

→*ATM statements* (shred after reconciling)

→*Credit card bills* (shred after 45 days)

→*Tax returns* (shred after 7 years)

→*Retirement account* (shred after reconciling)

→*Medical records* (shred after 5 years, but keep info related to prescriptions, ongoing treatment, specific medical histories and health insurance)

→*Utility/phone bills* (shred after reconciling, unless related to tax deductible expenses)

WHAT TO SHARE with concerned parties/family:

Financial Power of Attorney, Health Care Proxy, Advance Directive or Living Will.

Orville Sheldon, Contributor

ANCIENT ART of Reflexology

Thursday, January 19 at 11 am

Reflexology is a skilled pressure technique in which reflex points on the feet (also hands, ears, and face) correspond to all organs and systems in the body. Pressure applied to the foot is believed to bring relaxation and healing to specific areas of the body. Studies indicate that reflexology may reduce pain and psychological symptoms, such as stress and anxiety, and enhance relaxation and sleep. Join us for a presentation to learn about this ancient holistic technique from Joanne Ethier, our reflexology and massage therapist.

CAFÉ ON BREAK

Our monthly Café is on its winter “break” this month. We’ll open again on Wednesday, February 1. You can still have a coffee in our warm Kitchen Corner any morning (with TV, magazines, cards, conversation).

And ... all month you can use our lower level Game Room to play Table Tennis or Pool any morning (Mon-Thurs). Just ask Cindy for cue sticks, balls, and paddles.

GRAB & GO DINNER

Worcester Area Rotary Club offers its *Senior Valentine Lasagna Dinner* on **Sunday, February 12, 1-2 pm**. It’s a complimentary meal prepared by The Manor, with pick-up at the Holden Senior Center.

This is a special event for many who look forward to a delicious weekend meal. Dinners are limited ... so sign up early (definitely by Friday, January 27). The hot Lasagna will be ready to take home and enjoy.



Reservations at 508-210-5570.

SITE MANAGER APPOINTED



We’re happy to officially welcome Moe Lewis-Wolf to the Senior Center as our new Dining Site Manager. Her appointment was made by Elder Services of Worcester Area (ESWA). Moe has had a long career as a visiting nurse, recently serving in that role at ESWA and transitioning into site manager at Boylston. Moe lives in Barre with her husband and is an active gardener, competes on a curling team, maintains Bonsai trees, and rides her cross-country electric bike. She is already a welcomed friend here, brightening up the day for lunch-goers.

Chair Massage

Private chair massage sessions now have an additional day and are available on **Wednesday, January 25 and Thursday January 26** starting 10 am . Reserve your time with Joanne and feel rejuvenated. \$10/session. Appointments: 508-756-2833.

Book Club

Our **January 9 at 11 am** meeting delves into Stephanie Kallos’ debut novel *Broken For You*. Two women’s lives are transformed through the risks and rewards of human connection. Want to participate in the Book Club? Stop by.

GIFT NOOK



Check out our array of gifts in the lobby. You can still find locally made honey, jams, knit goods, beeswax candles, and note cards. Available throughout the winter.



FEBRUARY PREVIEW

- February 9:** CRAFT CLASS / VALENTINE’S CARDS
- February 14:** VALENTINE’S PARTY / MUSIC
- February 23:** MEDICATION SAFETY

COVID-AWARE

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

HOLIDAY MEMORIES

A peek through the window, at left, finds Denis Cormier entertaining the crowd at our December Cafe

Senior Center Notes**REAL IDs**

The Registry of Motor Vehicles announces that obtaining the REAL ID driver's license has been extended to May 2025. There's plenty of time when renewing your license to get the updated version which can be used as an ID for air travel and access to federal buildings. Info at: mass.gov

Meals on Wheels Driver needed

Do you have time to help? We're looking for an additional driver, one morning a week, for the Meals on Wheels program. Deliver meals to people at their home. Stipend offered for mileage. For more information, call Moe at the COA: 508-756-2833.

Miss the Medicare Open Enrollment?

If you are enrolled in a Medicare Advantage plan as of 1/1/23, you can still make one change or switch through March 31.

Veteran's Speaker

At the **January 11** Veterans Group meeting, attendees welcome SMS John A. Franchi, USAF (Ret.). His experiences with the Patriot Honor Guard team are on the agenda, as well as his connection with Anna Maria College.

**VETERAN'S CORNER**
Wednesday, January 11

10:30 am- Guest: SMS John A. Franchi, USAF (Ret). All welcome.

2023

Monthly Calendar

(Winter weather may impact our schedule. Please call ahead)

January**Monday**

- 2 HAPPY NEW YEAR! / COA office closed
- 9 9:00 Trail Walkers every Monday
- 10:00 Bowling @Bayberry every Monday
- 11:00 Tech Help-Mondays by app't.
- 11:00 Book Club
- 16 MLK DAY / COA office & Senior Center closed

Tuesday

- 3 Noon Pitch every Tuesday
- 10 10:00 Friends of COA meeting

Wednesday

- 4 9:30 COA Board meeting
- 11 10:30 Veteran's Group
- 10:30 Sen. Gobi, Rep. Ferguson office hours
- 25 10:00 Chair Massage by appointment

Thursday

- 19 11:00 Art of Reflexology
- 26 10:00 Chair Massage by appointment

Friday

- 6 9:30 Bocce every Friday
- 10:00 Piano Lessons every Friday
- 11:00 Piano Chords class every Friday

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

Note: If you are feeling "under the weather," please respect others by not attending Senior Center activities.

LUNCH ON US !

Thursdays during January feature complimentary lunch at the Senior Center! Come and meet our new Dining Site Manager, Moe Lewis-Wolf, as she begins her time with us. We only ask that you reserve before Tuesday at 10 am, so we have a count. We'll be waiting for you.



Paxton Council on Aging
17 West St
Paxton, MA 01612

Presorted
 Standard
 Postage
PAID
 Permit #3
 Holden, MA.

Lunch at the Schoolhouse Diner
JANUARY MENU (Subject to change)

TUESDAY	THURSDAY	FRIDAY
3 Greek Chicken White rice, Roasted broccoli	5 Turkey Supreme Cranberry stuffing, Veg. blend	6 Ham Salad Potato, Tomato & cuke salad
10 Vegetable Cheese Bake Seasoned pot., Green beans	12 Teriyaki Beef Steamed rice, Jardiniere veg.	13 Potato Crunch Fish Potatoes au gratin, Mixed veg.
17 Meatballs w/onion gravy Bowtie pasta, Mixed veg.	19 BBQ Chicken Chive mashed pot., Mixed veg.	20 Macaroni & Cheese Stewed tomato, Green beans
24 Roast Pork w/gravy Herb stuffing, Roasted veg.	26 Beef w/onions & peppers Seasoned pot., Glazed carrots	27 Shepherd's Pie Carrots, Peas
31 Buttermilk Chicken Red Bliss potato, Mixed veg.		



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

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