

PAXTON Senior Connection

NEWS FOR THE ACTIVE SENIOR COMMUNITY

JOHN BAUER SENIOR CENTER
17 West Street
Paxton, MA 01612

OFFICE: 508-756-2833

July 2023

SENIOR SERVICES INFORMATION:
townofpaxton.net



Summer's Here !

With outdoor travel, barbeques, walking and jogging we should be aware of heat issues

Check out some tips for keeping on the safe side of summer

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Paxton Minutemen

Lest we forget on Independence Day, these were the first called to duty for our country

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COUNCIL ON AGING BOARD**Officers**

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

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

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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

Schoolhouse Diner

Dining Site Manager – Moe Lewis-Wolf

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 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

Van Service

The COA provides weekly van service for all Paxton seniors. It's on the road Mon.-Fri. 9 am to 2 pm. Even if you currently drive, there may be times when this is a welcomed convenience. Do you need to pick up things at the pharmacy? Do you have an office or clinic appointment. Looking for something at the big box store? We will get you there. Reserve the van by calling the COA office two days in advance (508-756-2833).

GRANDPARENTS RAISING GRANDCHILDREN

Grandparents are very influential in the lives of their grandchildren, whether they provide occasional care, live close by, or are far away.

A grandparent's life journey often takes an unplanned turn when they assume the role of being a parent for their grandchildren. This may occur due to child neglect, mental health challenges, emotional problems, substance abuse, or other reasons.

Millions of family relatives, particularly grandparents, become "parents the second time around" when parents experience difficulties and children need care.

In the U.S., slightly over seven million grandparents live with at least one grandchild under the age of 18. One in ten American children are living in a household with at least one grandparent.

These families headed by a grandparent, often called "grandfamilies," are known to take over the responsibility of raising a child. Adjusting to the new role of a primary caregiver typically takes effort. It may also mean many adjustments in life planning, from finances to career and lifestyle changes.

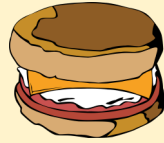
Raising grandchildren can alter grandparent's sense of purpose because of caretaking responsibilities. This responsibility can also mean increased anxiety and heightened stress due to meeting the basic needs of their grandchildren.

Grandparents in this role need support in caring for their own physical and emotional health, and can benefit from the support of other family members. In addition, there are social service agencies and support organizations that can assist along the way.

It is an exciting opportunity to define your new role and establish a positive relationship with your grandchild as you guide them into becoming responsible adults.

**VIBRA/MEADOWS
SUMMER BREAKFAST**

Our friends at Vibra Hospital/The Meadows invite everyone to their annual **Outdoor Summertime Breakfast**



Wednesday, July 19 at 9:30 am.
at the Senior Center

Enjoy the breakfast sandwiches, fruit and coffee along with friendly conversation outside adjacent to the COA picnic area. Rain? It's inside. Call Cindy to reserve: 508-756-2833.

CAFÉ ON VACATION

There is no Schoolhouse Café for July. Plans are ready to resume our popular get-together in August.

Corn Hole

It's on! Exciting games of Corn Hole begin on **Friday, July 7 at 10 am** in the lower level lot. A couple of teams are ready to go and we can sign up more. So, if you are interested, call Cindy at 508-756-2833. After-game refreshments available.

Book Club

Riley Sager's *The House Across the Lake* livens up our reading for the month (**Monday, July 10 at 11 am**). It's an escapist read with a glamorous couple on the opposite shore ... and the secrets lurking beneath the surface.

Kitchen Corner

You can cool off and take a break any morning at the Senior Center's "Kitchen Corner." The A/C is on, seating is comfortable, you can make a coffee on the Keurig, and you can read or watch TV. Just show up!

PROGRAM CONTINUES

ACTIVE LIVING EVERY DAY

The YWCA's 12-week series helping to get people moving and stay moving continues this summer at the Senior Center. Classes are every **Thursday at 10 am**.

The skill-based program helps seniors overcome barriers to living a healthy, active lifestyle.

This informative, interactive series began with an enthusiastic class last month. You can still join!

Call Cindy.

PRESENTED BY THE YWCA

PLANTING TIPS



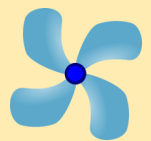
A group at last month's Café ventured outside with Paxton Garden Club expert Roger McGaughey for a planting demonstration. He pointed out the high-lights of the Senior Center's flower beds.

OUTING PLANNED

A unique trip to Barre's Hartman's Herb Farm is on our planning calendar for August 16. The trip includes a complete luncheon and exploring the beautiful gardens. Interested? Let Cindy know. Details in August Newsletter.

SUMMER SAFETY TIPS

With longer time spent outdoors this month, it's smart to be aware of heat-related illnesses and injury. As we age, our body doesn't regulate temperature as efficiently ... and this can lead to overexposure and dehydration. Here are a few reminders:



- Stay Hydrated (drink more water)
- Stay Cool (AC and Fans)
- Wear light, loose-weight clothing
- Protect Skin and Eyes (SPF 30 sunscreen)
- Medicine Side Effects (sun sensitivity)



AUGUST PREVIEW

AUGUST 16: Hartman's Herb Farm / Luncheon & Gardens

AUGUST 23: Senior Picnic presented by Paxton Police Dept.

Senior Center Notes

SUMMER BREAK

A few of our programs are on "summer break." Taking a breather are Piano Lessons, Chair Yoga, Chair Massage, Bocce, Bingo and Bowling.

Still active this summer are our Trail Walkers, Pitch, Book Club, Hearts 'n' Hands, and, our newest addition: Corn Hole.

PEN PALS

Thanks to all who participated. Looking forward to a new group of Pen Pals in October.



2023

Monthly Calendar July

Monday

- 3 8:45 Trail Walkers every Monday
- 10:00 Hearts 'n' Hands
- 11:00 Tech Help-Mondays by app't.
- 10 11:00 Book Club
- 17 10:00 Hearts 'n' Hands

Tuesday

- 4 INDEPENDENCE DAY HOLIDAY / OFFICE CLOSED
- 11 Noon Pitch every Tuesday

Wednesday

- 5 9:30 COA Board meeting
(NO CAFÉ FOR JULY)
- 12 10:30 Veteran's Group social
- 19 9:30 Outdoor Summer Breakfast

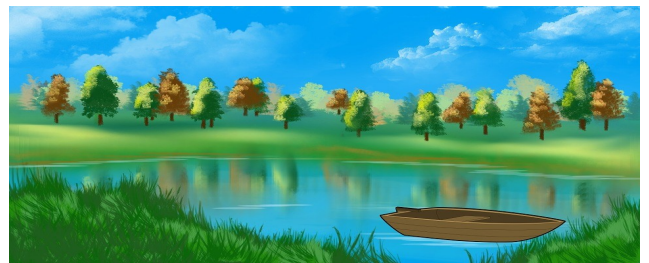
Thursday

- 6 (No YWCA class)
- 13 10:00 YWCA Active Living every Thursday

Friday

- 7 10:00 Corn Hole games

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



Paxton Minutemen

Jason Livermore of Paxton and his three sons were plowing in their field in 1775 when informed by a messenger of the expedition of the regulars to Lexington and Concord and that the Minute Company of which they were members would march forthwith.



The father told his sons "Boys, unyoke the cattle and let us be off." They marched to Cambridge, the bullets in their pouches made from his wife's pewter plates and spoons.

Jason Livermore and his sons took part in the battle of Bunker Hill with other men of Paxton, under the leadership of Major Willard Moore who, in the famed second charge, perished at the site.

During the Revolutionary War the record of the Town of Paxton is a most honored one. It not only furnished it's quota of men required by the Continental Government, but furnished more.

150th Anniversary of the Town of Paxton, printed 1917



VETERAN'S CORNER

Wednesday, July 12

MONTHLY SOCIAL

10:30 AM

BUS TRIPS

Tuesday, July 18, 7:45 am: The 7 Seas Whale Watch from Gloucester is the next Friends-sponsored Bus Trip. Please call Bob Wilby at 508-792-4662 or rwilby@charter.net for detailed info and payment deadlines

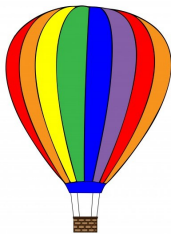
PAXTON SENIOR CONNECTION
17 West Street
Paxton, MA 01612

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Lunch at the Schoolhouse Diner

JULY MENU (Subject to change)

TUESDAY	THURSDAY	FRIDAY
4 HOLIDAY (No meals served)	6 Chicken Cacciatore Gemelli pasta, Broccoli	7 Fish w/ crumb topping Rice Pilaf, Tuscany veg.
11 Potato Crunch Fish Herbed potato, Peas/onions	13 Baked Ham w/ maple glaze Mashed pot., Glazed carrots	14 Chicken Pot Pie Garlic mashed pot., Corn
18 Swedish Meatballs Mashed potato, Mixed veg.	20 Braised Beef Rice Pilaf, Roasted broccoli	21 Ranch Chicken Stuffing, Roast Brussels spr.
25 Salmon w/ Primavera Sauce Seasoned pot., Green beans	27 Chicken Cranberry Salad Pasta salad, Three Bean salad	28 American Chop Suey Green Beans, 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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