

# PAXTON Senior Connection

NEWS FOR THE ACTIVE SENIOR COMMUNITY

JOHN BAUER SENIOR CENTER  
17 West Street  
Paxton, MA 01612

OFFICE: 508-756-2833

June 2023

SENIOR SERVICES INFORMATION:  
[townofpaxton.net](http://townofpaxton.net)

## Summer Time !

*Lots of daytime for fun  
and relaxing*

*Summer Solstice is on  
June 21*

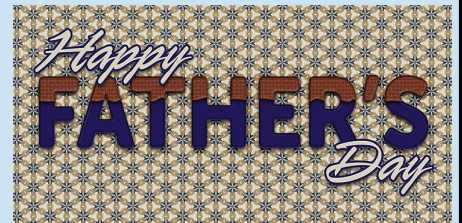
*It's the longest day of the  
year in the Northern Hemi-  
sphere*

*Many cultures celebrate  
this day*



JUNE 14

JUNE 18



PAXTON  
DAYS

JUNE 17

## Summer Plantings



Thinking outdoors at the  
Schoolhouse Café  
See page 3

## Staying Internet Safe

*Surfing the Internet might get you  
answers to questions ... but  
is it reliable?*

*When it comes to medical information, can  
you trust the Net?*

*Some things to think about when you are  
seeking medical information begins on page 2.*

**COUNCIL ON AGING BOARD****Officers**

Chairperson – Anita Fenton  
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 Kathryn Mahoney, Jim Putnam, Donmarie Sespaniak,

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

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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

**Newsletter Option**

A reminder that the Newsletter can be found each month at [townofpaxton.net](http://townofpaxton.net) (click on Departments: Council on Aging). If you prefer NOT to have the paper version mailed to you, opt out by calling Cindy at 508-756-2833. All others will continue to receive their monthly mailed Newsletter.

***MEDICAL INFO ON THE INTERNET...  
IS IT SAFE?***

**O**nline health information is difficult to regulate, meaning quality control is a challenge. Also, patients vary widely in their health information literacy. Bad health information used in an improper way can be highly detrimental, according to the NIH. Patients might trust misleading information or might make important health decisions based on sensationalized or emotionally charged stories that are not relevant to their health context.

Millions of us use the internet to get information. Is searching for medical information the right thing to do?

It always pays to question rather than to just accept information that impacts your health.

**Here are a few things to consider:**

- \* Who is responsible for the content? (Government, national agency, professional organization, an individual, a commercial entity?)
- \* Who is writing this information and guidance? (Is the author affiliated with any major medical institutions?)
- \* Do you know the organization, or healthcare provider who is providing the content?
- \* Who reviews the material? (A medical advisory board that checks it out?)
- \* Are sources cited for the statistics offered? (It's easy to say "4 out of 5 doctors agree...", but where did the statistic come from?)
- \* Is there a way to contact the sponsor for more information or to verify information presented?
- \* Because health information gets outdated so quickly, does the website post the source and date for the information?
- \* If you have to register, is it clear how your personal information will be used? Does the site have a clear privacy policy?
- \* Is the website trying to sell you something?

Thinking about this before you accept the information can make a critical difference.

## SCHOOLHOUSE CAFE



Roger McGaughey preparing the Senior Center entrance last fall for this year's flower display

Gardening expert Roger McGaughey, consultant at Pioneer Gardens in Deerfield and Paxton Garden Club member, brings us his tips at the Schoolhouse Café on **Wednesday June 7 — doors open 9:30 am**. The coffee and pastries will be ready as he shares his flower growing experiences to help you with your own garden. We might even get an outdoor tour. Thanks to Roger for beautifying our grounds!

## Picnic Time !

Welcome summer as the famed chefs from the Paxton Fire Department treat everyone with hotdogs, salad, chips and cold drinks at **Noon on Wednesday, June 28**.

It's all outside on the Senior Center grounds where tables will be set up for the cookout. There's plenty of room for everyone compliments of the PFD. Let's kick off summer and celebrate! Rain? We'll move inside.

**PLEASE CALL IF YOU ARE COMING BY JUNE 22 SO WE CAN PLAN ON FOOD. PARK IN LOWER LEVEL LOT UNLESS USING HANDICAP ZONE.**



## SUMMER Floral Workshop

Make your own decorative Summer Flower Display on **Monday, June 26 at 10 am** as Bemis Nurseries shows us their professional techniques. You'll leave with a masterpiece to beautify your home or porch, inside or out. Container and flowers to plant are provided. Cost: \$25 Reserve a spot by June 20.



## YWCA PROGRAM

### ACTIVE LIVING EVERY DAY

A special 12-week series offering a new approach to help people get moving and stay moving is offered this summer at the Senior Center. Presented by the YWCA, it's to help seniors overcome barriers to living a healthy, active lifestyle. Participants will learn the skills they need to become and stay physically active. These skills include: increasing self-confidence about being physically active; creating realistic goals for physical activity; and developing social support.

*Active Living Every Day* meets weekly for two hours and includes light balance and everyday exercise, followed by information on lifestyle choices. Snacks are provided in between segments.

**SIGN UP and PRE-REGISTRATION is Monday, June 12 starting 10 am. SERIES BEGINS June 15 at 10 am** and every Thursday through September 7.

*(Late sign-ups on Thursday)*

SPONSORED BY THE YWCA.

## Corn Hole

We're still inviting players to fill out teams for friendly games of Corn Hole. Playing outdoors in the good weather should be great and the new game sets are ready. Yes, refreshments are in the plan. Call the COA if you have an interest in participating and we can get a few groups going.

## Paxton Days

Enjoy all the activities and attractions at this year's Paxton Days, **Saturday, June 17**. Our creative seniors will display their handmade knits, jewelry, wreaths and art at the Council on Aging table (Central Field Bandstand). And the items are for sale. So, stop by and support the "senior table."

## Book Club

Louise Erdich's acclaimed 2020 novel *The Night Watchman* is on tap for our discussion on **Monday, June 12 at 11 am**. The tide against Native dispossession flows from North Dakota to Washington, DC in this Pulitzer Prize-winner.

## JULY PREVIEW

**JULY 19: Outdoor Breakfast / sponsored by Vibra Hospital**

**ALL MONTH: TRAIL WALKERS — YWCA EXERCISE — CORN HOLE**

### Senior Center Notes



#### PEN PALS "YEAR END"

The season-end gathering of Pen Pals is **Tuesday, June 6 at 10 am**. It's the long-awaited chance for both senior writers and fourth grade writers to meet each other in person (with refreshments and friendship!). This is a great example of inter-generational activities.

#### THINKING AHEAD ... BOWLING

Our Bowling teams have had a great time this year. We want to start off even stronger next season and are looking for a few more bowlers. Teams play at Bayberry Bowling in Spencer on Monday mornings. So, why not think about joining ... there's plenty of time to plan ... we start up again in September.

### Medicare Fraud Workshop

#### Senior Medicare Patrol

This informational workshop provides you with the tools to become a more informed and engaged health care consumer.

Meet Christina O'Neill, a representative of the Massachusetts Senior Medicare Patrol (SMP) Program, on **Thursday, June 8 at 10:30 am**. She'll lead everyone in a presentation on how to prevent, detect, and report healthcare errors, fraud, and abuse.

Annually, all of this is costly to American taxpayers and we need to be vigilant ... not becoming victim to deceptive marketing and medical identity theft.

This program is supported in part by a grant from the U.S. Department of Health and Human Services.



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



#### VETERAN'S CORNER

**Wednesday, June 14**

**Gathering-10:30 am**

Carpooling to Indian Princess  
Cookout and Cruise

# 2023

## Monthly Calendar June

### Monday

- 5 8:45 Trail Walkers every Monday
- 10:00 Hearts 'n' Hands
- 11:00 Tech Help-Mondays by app't.
- 12 10:00 YWCA Program Pre-registration
- 11:00 Book Club
- 19 Junteenth: OFFICE CLOSED
- 26 10:00 Summer Floral Workshop

### Tuesday

- 6 10:00 Pen Pals "Year End"
- Noon Pitch every Tuesday
- 13 9:30 Friends Meeting

### Wednesday

- 7 9:30 COA Board meeting  
Schoolhouse Café
- 14 10:30 Veteran's Group trip
- 28 10:00 Chair Massage by app't.
- Noon Summer Picnic

### Thursday

- 8 10:30 Medicare Fraud Workshop
- 15 10:00 YWCA Active Living every Thursday
- 29 10:00 Chair Massage by app't.

### Friday

- 2 9:30 Bocce every Friday
- 9:30 Piano Lessons every Friday
- 10:30 Chair Yoga every Friday
- 12:30pm Bingo

### COUNTRY BINGO!



Here we go with a fabulous Bingo party on **Friday, June 2 at 12:30 pm**. It's "Country Bingo" hosted by the ever-entertaining Denis Cormier and Jay Silvestri spinning the numbers and recalling the songs. Give-aways and fun! \$1/card.

### BUS TRIPS

**Tuesday, June 27:** A day at the Edward M. Kennedy Institute for the Senate, lunch, and Charles River cruise is the next Friends-sponsored Bus Trip. For detailed info and deadlines, call Bob Wilby at 508-792-4662 or [rwilby@charter.net](mailto:rwilby@charter.net).

**PAXTON SENIOR CONNECTION**

**17 West Street  
Paxton, MA 01612**

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Standard  
Postage  
PAID  
Permit #3  
Holden, MA.

*Lunch at the Schoolhouse Diner*

**JUNE MENU** (Subject to change)

TUESDAY	THURSDAY	FRIDAY
	<b>1</b> Beef with Onions & Peppers Red Bliss potato, Carrots	<b>2</b> Fish w/ Parm Cream Sauce Buttery Quinoa, Cabbage
<b>6</b> Salisbury Steak w/gravy Garlic mashed pot., Mix Veg.	<b>8</b> Teriyaki Meatballs Brown rice, Roast Brussels spr.	<b>9</b> Macaroni & Cheese Stewed tomato, Green beans
<b>13</b> Breaded Chicken Tenders Yukon Gold pot., Corn	<b>15</b> Roast Pork w/gravy Cranberry stuffing, Mixed veg.	<b>16</b> Egg Frittata Stewed tomato, Green beans
<b>20</b> Beef Stew Rice, Peas & carrots	<b>22</b> Salmon w/Primavera sauce Seasoned potato, Green beans	<b>23</b> Buttermilk Chicken Potato Au Gratin, Spinach
<b>27</b> Meatloaf w/gravy Mashed potato, Succotash	<b>29</b> Potato Crunch Fish Delmonico potato, Beets	<b>30</b> Ham Salad Potato salad, Tomato/cuke sal.



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

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the Mass. Executive Office of Elder Affairs*