

PAXTON Senior Connection

NEWS FOR THE ACTIVE SENIOR COMMUNITY

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

November 2023

SENIOR SERVICES INFORMATION:
townofpaxton.net

At the Senior Center

✓ **Seminar: Medicare Supplement/Medicare Advantage-November 16 (p.3)**

✓ **Café: VNA Care Overview-November 1 (p.3)**

✓ **Series: Importance of Self Care - November 7 (p.3)**

✓ **Raffle: Participate to win a beautiful Afghan - (p.4)**

✓ **Table Game: Play Mah-jong every week- November 3 (p.4)**

✓ **Shop: Browse the Gift Cabinet for choice items (in the Foyer)**

✓ **Dine: Meals are served every Tuesday, Thursday and Friday at the Diner (back page)**



Turkey As National Symbol ?

Some say Benjamin Franklin wanted the turkey for the U.S. Great Seal. While Franklin was generally a turkey supporter, he didn't champion the bird when he had a chance. Franklin did say the eagle on the Great Seal looked more like a turkey. The Secretary of the Continental Congress ultimately made sure the American Bald Eagle ended up on the front of the Great Seal, while using the pyramid and eye design on the back.

Change the Clock

It's that time again! Set your clocks back 1 hour as Eastern Standard Time returns on November 5. Almost half the U.S. population lives in the EST time zone (23 states).



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Program Assistant—Dolores Rauschl

Van Drivers

Don Berthel, Ken Carlson, Frank LaFlash

Schoolhouse Diner

Dining Site Manager – Moe Lewis-Wolf

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Newsletter

Editors - Curtis Hammar, Cindy Love

It is 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

Fuel Assistance

Worcester Community Action Council (WCAC) provides help with home heating. Applications are now being accepted for the 2023-2024 heating season. If you are interested in applying for fuel assistance and are a first time applicant, you can call 508-754-1176 or apply online www.liheap@wcac.net

Medicare Open Enrollment

A reminder that Open Enrollment for changing Medicare Supplement and Advantage plans runs through December 7. If you need help, our S.H.I.N.E. counselor is available at the Senior Center.

MENTAL HEALTH AND AGING

Mental Health is important at every stage of life. As we age we may experience certain life changes that may impact our mental health.

Memory problems, cognitive decline, and isolation all make seniors more vulnerable to mental health issues. Twenty percent of seniors experience some type of mental health concerns. A few of those conditions include anxiety, cognitive impairment, and mood disorders. Some or all can have an impact on physical health and wellness. There are many activities and resources available to keep older adults engaged and in good mental health and spirits.

Staying connected and maintaining social connections with family and friends is very important.

Here are a few ideas to help you improve and maintain good senior mental health and well-being:

1. Play mind games—Just as the body needs physical activity and stimulation, so does your brain. Brain games such as doing puzzles and playing games can help sharpen those thinking skills
2. Reading and writing can enhance memory function. Journaling can also help manage and alleviate the effects of stress and anxiety
3. Exercise—Any physical activity can benefit the body and mind by boosting confidence and, most importantly, reduce the risk for falls. Staying active and getting enough exercise is equally important
4. Stay connected with family and friends. Keeping in touch with people helps stave off loneliness and feelings of isolation that can lead to depression as well as mental and physical decline
5. Learn a new hobby—Now is the time to discover something new. Maybe there is something you have always wanted to do or learn. Now is the time
6. Care for a pet—Many studies have shown that the bond between humans and their pets can increase fitness, lower stress and bring happiness. Most important, a pet can decrease the feeling of loneliness and isolation

Making a daily effort can greatly impact your life. Whether it's completing a crossword puzzle, walking, visiting a friend, or journaling, you will see the benefits.

A New Series

**IMPORTANCE OF SELF-CARE
BEGINS NOV. 7 at 10:30 am**

What is self-care? It's a focus on YOU. Caring for yourself includes knowing how to maintain a healthy lifestyle by keeping your body, mind, spirit, and emotions active. This new 6-part series explores the principles of happiness, how to reduce stress, and how to improve and protect your mental health. Our social work intern, Alana, will lead this monthly journey. The goal is to show you how incorporating self-care into your life can be beneficial to your well-being ... and fun!



Thanksgiving Celebration

You're invited to this year's Thanksgiving Celebration and Gathering featuring entertainment by the **TRINITY BIG BAND** followed by our full course **Luncheon with Turkey and the fixings**
IT ALL HAPPENS ON

TUESDAY, NOVEMBER 21 at 11 am



Please make your reservation by November 16.
Limited seating



GENEROUSLY SPONSORED BY THE
PAXTON POLICE DEPARTMENT

Enjoy the season with friends, and make new ones!

HEALTH FAIR DRAWS CROWDS



It was a great turnout at this year's Health Fair as people explored the many displays for information and nice giveaways. Thanks to Cindy and the volunteers who made it possible.

Seminar: Medicare Plans

Join the free seminar and learn the difference between Medicare Supplement Plans and Medicare Advantage Plans on **THURSDAY, NOVEMBER 16 at 10 am**. BLUE CROSS/BLUE SHIELD experts help you decide on coverage that fits your need. What's original Medicare? Do I need prescription drug coverage? Find out at the seminar and stay informed.

Winter Craft Class

Come create your own beautiful Winter Decoupage Metal Wall Hanging to decorate for the holidays. You can choose 3 designs. Michele shows all the steps in making this unique piece on **Thursday, November 30 at 10 am**. Class and materials: \$8. Please sign up by Nov. 27.



Chair Massage

Don't let stress build up. Take a break with a professional, relaxing chair massage by licensed therapist Joanne. The twenty minute seated session is available on **Wednesday, November 29** beginning at 10 am. (Appointments needed: 508-756-2833).

Schoolhouse Cafe
VNA Care joins us at the Café on **Wednesday, November 1**. Hear about such services as Home Health Care, Palliative Care, Hospice Care, and Live-in Care. It's a good time to ask questions too! Doors open 9:30 am for coffee and pastries.

Book Club
Pachinko is next on the list for Book Club participants on **Monday, November 6 at 11 am**. It's an epic historical fiction novel that follows a Korean family who immigrates to Japan. This is the second novel by Harlem-based author and journalist Min Jin Lee.

DECEMBER PREVIEW

- DECEMBER 6 : Café Holiday Kickoff**
- DECEMBER 14: Longterm COVID: Dr. Shandra Lingisetty**
- DECEMBER 21: Holiday Luncheon/Festive Entertainment**



Senior Center Notes



PANTRY HOLIDAY DONATIONS

The holiday season sees even more needs at our Food Pantry. Shelves empty pretty quickly, so we are asking for donations of non-perishable items. Also, if anyone can benefit from a little extra this season, call Cindy for assistance.

AFGHAN RAFFLE

The talented and creative Hearts 'n' Hands group have crafted an attractive, hand-knit Afghan to be raffled off on December 6 at our monthly Cafe. Single tickets are \$1 / \$5 for six. You can see the beautiful handiwork displayed in the Foyer. Proceeds go to support a new Afghan project.

MAHJONG

The game is on! Mahjong, the ancient Chinese tile-based table game which is gaining renewed popularity today, begins **Friday, November 3 at 10 am** and continues weekly. Try it, even if you have never played. Skilled players will teach you how. You can learn how to draw and discard tiles and what those "melds" and a pair are. There's room for all.

2023

Monthly Calendar November

Monday

- 6 8:45 Walking Group / Mondays
- 10:00 Bowling / Mondays
- 10:00 Hearts 'n' Hands / Mondays
- 11:00 Tech Help / Mondays by app't
- 11:00 Book Club

Tuesday

- 7 10:30 Importance of Self Care
- Noon Pitch / Tuesdays AND Thursdays
- 14 10:00 Friends of COA meeting
- 21 11:00 Thanksgiving Celebration

Wednesday

- 1 9:30 COA Board meeting
Schoolhouse Cafe
- 8 10:00 Veteran's Group
- 29 10:00 Chair Massage by app't

Thursday

- 2 1:00 pm Chair Yoga / Thursdays
- 16 10:00 Medicare Plans Seminar
- 23 HAPPY THANKSGIVING
- 30 10:00 Winter Craft Class

Friday

- 3 9:30 Bocce / Fridays
- 10:00 Piano Lessons / Fridays
- 10:00 Mahjong / Fridays
- 12:30 pm "Cities" Bingo
- 10 Veterans Day Observed (office closed)
- 24 Office Closed (MOWs are delivered)

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

BUS TRIPS

Wednesday, December 6, 9:00 am: Merry Country Christmas at Danversport is the next Friends-sponsored Bus Trip. Please call Nancy Wilby at 508-792-4662 or email at nwilby@yahoo.com for detailed info and payment deadlines.

Holiday Gift Cabinet

Have you noticed our beautiful Gift Cabinet in the Foyer? It's full of choice handmade knitted/crocheted items, jams, honey, soaps, hand creams, candles, note cards, jewelry and much more. It's all crafted by Paxton seniors. Just in time for the holidays!



Famous Cities BINGO

The theme is **Famous Cities** for this month's **BINGO Party**. Denis Cormier and Jay Silvestri lead the fun and call the numbers. Starts at **12:30 pm on FRIDAY, November 3** in the Dining Room. Cards: \$1/game



VETERAN'S CORNER
Wednesday, November 8
DEBRIEF OF PCS PROGRAM
AND SOCIAL
10:00 AM

PAXTON SENIOR CONNECTION

**17 West Street
Paxton, MA 01612**

Lunch at the Schoolhouse Diner

NOVEMBER MENU (Subject to change)

TUESDAY	THURSDAY	FRIDAY
	2 Roast Pork with gravy Stuffing, California vegetables	3 Macaroni & Cheese Stewed tomato, Mixed veg.
7 Chicken Veg. Stir Fry Brown rice, Carrots	9 Hot Dog Baked beans, Green beans	10 (No meals served)
14 Meatloaf with gravy Garlic mashed pot., Carrots	16 Swedish Meatballs Mashed potato, Mixed veg.	17 Fish w/Parmesan sauce Wild rice, Broccoli
21 HOLIDAY MEAL Roast Turkey & Gravy Stuffing, Butternut squash	23 THANKSGIVING DAY (No meals served)	24 (No meals served. MOWs are delivered)
28 Spaghetti & Meatballs Marinara sauce, Grn. beans	30 Potato Crunch Fish Vegetable Rice Pilaf, Peas	



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

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