

Newsletter from the Paxton Council on Aging

PAXTON SENIOR CONNECTION

17 West Street
Paxton, MA 01612

Tel. 508-756-2833
Fax: 508-756-3762
clove@townofpaxton.net



Volume 2021

Issue 1

February 2021

To our Readers: You haven't seen your Newsletter in a while. With the building closed for safety, we were challenged in designing, laying out, folding, and preparing it for mailing. All of this takes a crew of people. This month's issue has been produced with a reduced volunteer "staff," mostly working from home. We hope to continue creating and delivering your Paxton Senior Connection in the months ahead and look forward to the time we will see you in person! As always, you can find your Newsletter online before it is mailed at ourseniorcenter.com (enter Paxton in address box).

Winter Fire Safety Tips

by Chief Michael Pingitore,
Paxton Fire Department

Wintertime can be one of the happiest or the most difficult time of the year for many of us here in New England. Days are shorter, weather is colder, and we get a lot of snow, especially all of us in Paxton! This winter got off to an early start in October with snowfall and we have received several more inches since. Hopefully, Old Man Winter slows a bit in the next few months, but we can do our part to keep him in check. Winter does not have to be that difficult if we know how to stay safe and prepare for it. In this issue are a few tips and tricks that you can do to push back on Old Man Winter!

(Continues on page 3)



COUNCIL ON AGING BOARD**Officers**

Chairperson – Curtis Hammar
 Vice Chair – Alice Crowley
 Secretary – Joan Bedard
 Treasurer – Bob Callahan

Board Members

Barbara Braley, Gino Gangai, Jim Putnam,
 Natalie Siemen, Jean Wilde
 Associates—John Ahearn, Mark Ahearn,
 Howard Coleman, Anita Fenton, June Herron,
 Frank LaFlash, Bob Lamotte

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

508-756-2833

clove@townofpaxton.net

Office Assistant—Dolores Rausch

Van Drivers

Pete Belsito, Jack Crowley, Frank LaFlash

Olde Schoolhouse Diner

Dining Site Manager – Tina Bullock

Friends of the Council on Aging

President – Dave Wheeler
 Vice President - Bill Cutroni
 Treasurer – Bob Wilby
 Secretary – Melinda Johnson
 Associates - Dick Bedard, Judy Taylor
www.friendspaxtoncoa.org

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 elders in the town of Paxton

COA Office Hours**John Bauer Senior Center**

Monday – Friday 9:00 am to 2:00 pm

LENDING CLOSET

As part of our outreach, the Council on Aging provides select medical equipment such as walkers, wheelchairs, transport chairs, shower chair/benches, and rollators. These are available to loan to seniors as needed. Call the COA office to check on availability. We can help with delivery. We also accept donations of any of the above items still in good condition.

Board of Health**COVID-19 Vaccination Update:****WHEN can I get the vaccine?**

Phase I of vaccination began in December and included mainly healthcare workers and people living in congregate care settings (nursing facilities, etc.). Phase II is scheduled to begin this month and will prioritize individuals living independently who are high risk for complications—those 75 years of age or older or who have two or more medical problems which place them at high risk. Adults aged 65 years or older or with one medical condition are also in this group but will be later in the phase. The general population is scheduled to begin their vaccinations in April. If you have any questions about your eligibility for vaccine or if you have contraindications to receiving the vaccine, please contact your primary care physician.

WHERE can I get the vaccine?

This is a hot question. It is likely that you will be eligible to receive the vaccine at several large-scale vaccination clinics, and possibly also from your PCP. The Paxton Board of Health is also taking steps to provide the vaccine in town. However, the MA Dept. of Public Health is currently only supplying vaccine to sites which can vaccinate large numbers. We have joined with several other towns to form a regional effort for vaccination, and this effort is currently spearheaded by the Rutland Board of Health. We will continue to keep you updated as new information becomes available regarding when and where you will be able to receive your vaccine once Phase II begins. Once you receive your first vaccination, it will be very important to remember to get a second vaccination of the same brand of vaccine at the required interval. This information will be provided to you at the time of your first vaccination.

AARP TAX PREPARATION

This year tax preparation assistance is again available from local AARP volunteers. For information on scheduling and safety protocols in place, call these Senior Center sites:

Leicester Senior Center- 508-892-7016**Holden Senior Center-** 508-210-5570**West Boylston Senior Center-** 508-835-6916

The service is free for eligible seniors and is sponsored by the AARP Foundation.

FIRE SAFETY TIPS (continued)

1. **Have your heating system cleaned and maintained regularly by a professional.** This prevents costly repairs and ensures that you stay warm without interruption and avoid a worst-case smoke backup or fire.
2. **Keep all vents clear, such as in oil and gas burners, fireplaces, and woodstoves.** Carbon Monoxide is a silent killer. When vents get blocked with ice and snow, it can build up and you might not know it.
3. **Check your Smoke and Carbon Monoxide detectors regularly, at least once a month.** Change the batteries every 6 months. This is extremely important; you want to know if there is smoke or fire in your home especially if you are sleeping. Most U.S. fire fatalities are caused by deadly gases in smoke, not flames.
4. **Leave plenty of clearance around a space heater.** Make sure to keep adequate space around it, at least 3 feet. NEVER use an extension cord with a space heater.
5. **Never leave a pot or pan unattended while cooking—in other words, “stand by your pan.”** Cooking fires are the number one cause of structure fires in the Commonwealth. Also, do not wear loose-fitting clothing while working around a stove or oven.
6. **Check your home fire extinguisher once a month, if you have one.** As a suggestion, you should have at least a 5 lb. ABC type extinguisher readily accessible in your home—preferably in the kitchen, garage, and/or basement.
7. **If you must use an extension cord for something, never conceal it.** Never place it under a rug, behind drapes, or under furniture. Cords can get hot/have breaks, and lead to a fire.
8. **If you lose power, never run a generator inside your home or garage.** Fossil fuels (gasoline, diesel, propane) create carbon monoxide. Also, refueling should be done away from your home when the engine has cooled.
9. **Never refuel a running or hot snow blower and never refuel it inside a garage or shed.** Vapors from gasoline are what ignite to produce energy; a running snow blower or hot exhaust can easily ignite these vapors.

Senior Valentine

“Grab & Go” Lasagna Dinner

SUNDAY, FEBRUARY 14

3—4 pm

Complimentary takeout
dinner by reservation

Sponsored by Wachusett Area Rotary Club



To reserve: Call Holden Senior Center
508-210-5570 by Friday, Feb. 5.

Please call early...meals are limited. Meals distributed at the Senior Centers of Holden, Sterling or West Boylston.

Dinners prepared by The Manor Restaurant

Lions Food Drive

Paxton Lions Club plans to hold a Food Drive, called *Lions Have Heart* on Saturday, February 13 at the Paxton Common. Non-perishable food is welcomed from 9 am to Noon. Lions are distributing donations to area food pantries.

VACCINATION SCAMS

As people line up for COVID-19 vaccine injections, so also are the scammers preparing to use this opportunity for deceiving you.

- If someone offers to put you on a vaccination list in exchange for money, you are being scammed. You cannot pay to get on a list.
- If someone offers to get you early access to the vaccine in exchange for your credit card or Medicare number, you are being scammed.
- No one from Medicare will contact you and offer you the vaccine.
- No one from a vaccine distribution site or private insurance co. will call asking for your Social Security number, credit card, or bank account information to sign you up for the vaccine.

You can report scams by calling the Mass. Senior Medicare Patrol Program's Report-A-Scam line at 978-946-1243 or the Paxton Police.

Feeling restricted or isolated? Here's a quote from our 26th president, Teddy Roosevelt:

“Do what you can, with what you have, where you are.”

(submitted by Donna Bentley)

2021

SCOUT DONATES PROJECT TO COA



As part of his Eagle Scout project, Arthur (AJ) Dionne, of Troop 182 in Holden, donated his hand-built flag drop-off to the COA and Town of Paxton. It stands as a dignified place for residents to bring worn out flags. Our thanks to AJ for a job well done!

Council on Aging OUTREACH

While our Senior Center remains closed as a result of COVID, our Outreach Office remains available to all seniors and their families.

It has been difficult during these times of isolation and social distancing, but we have met the challenge and continue to support and stay connected with you through this pandemic.

Outreach provides social services for every stage of life. We are committed to offering information and referrals to agencies and health care professionals.

Among the services we offer:

- ♦ Referrals: SHINE, Home/Healthcare agencies
- ♦ Individual consultations for seniors/families
- ♦ Caregiver information
- ♦ Fuel Assistance/SNAP
- ♦ Food Pantry/Home delivered meals
- ♦ Wellness checks
- ♦ Medical alert devices/ramps, medical equipment referrals.

All Outreach services are offered at no charge and all information is confidential. For further information, call the COA office.

PLEASE NOTE:

The John Bauer Senior Center remains closed. If you need assistance or items from the Food Cupboard, please call Cindy at 508-756-2833.

MEDITERRANEAN DIET ON PAXTON TV



Paxton Council on Aging presents registered dietician, certified wellness coach, and bestselling author Tricia Silverman in "Mediterranean Pathway to Healthier Living" on Paxton cable Channel 192 (beginning **February 19 at 1 pm** and each Friday following). It's a fun and enlightening program about the delicious components and benefits of the Mediterranean diet, such as the benefits of extra virgin olive oil, and easy ways to adapt this healthy lifestyle. Ms. Silverman is an international speaker and specializes in creating engaging and informative live and virtual seminars. She is author of *Healthy Dividends, Investments in Nutrition, Movement, and Healthy Habits that Pay Off*. Tune in!

From the Paxton Fire Department...



We here are the Paxton Fire Department love to see everyone happy and healthy. If you have any questions you can call 508-793-3160 or email paxtonfiredept@gmail.com and leave a message for a member of the Department's Community Risk Reduction team (CRR). They will return it as soon as possible. You can even schedule an in-home fire and injury prevention visit. The CRR Team members will come to your home and check your smoke and carbon monoxide detectors, install or replace if necessary, and give you tips on how to correct any potential hazards. -Michael Pingitore, Chief

WHEN'S SPRING ?



It's coming on ...
Saturday, March 20, at 5:37 am EDT. This is the March equinox in the Northern Hemisphere.



Your Local Caring Funeral Home

Your Advance Planning Information Center



1158 Main Street, Holden
508-829-4434

100 Worcester Road, Sterling
978-422-0100

Richard Mansfield

Ricky Mansfield

Funeral Directors

"Serving the Community of Paxton Since 1896"



Beautiful Senior Housing 1 & 2 Bedroom Apartments

Rent includes:

- Professionally Managed-Elevator Building
- Spacious Floor Plans
- Maintenance Free Living
- Heat & Hot Water Included
- Community Room
- Additional Storage Space
- Patio & Garden
- Pet Friendly
- Smoke free building
- Fitness Room

Head of Household must be 62 years of age or older. Other household member must be at least 55 years of age. Our Office hours are 9 am to 3 pm Monday through Thursday.



Call Today:
508-799-3990, TDD 711
260 Grove Street
Paxton, MA 01612
thehillsatpaxtonvillage@wingatecompanies.com
www.thehillsatpaxtonvillage.com

Call for a Personal Tour



NOTRE DAME HEALTH CARE



Giving you the peace of mind you need and deserve, in your own home or on our beautiful campus.

*Assisted Living Residence
Skilled Nursing Facility
Long Term Care Center
Residential Memory Care
Short Term Rehabilitation
Adult & Pediatric Hospice
Adult & Pediatric Palliative Care
Educational Resource Center*



www.notredamehealthcare.org
508-852-5505 • 508-852-5505
555-559 Plantation Street, Worcester, MA

Atchue Insurance
Protecting tomorrow today

190 PARK AVE, WORCESTER, MA 01609 | 508-755-5200

ALL FORMS OF INSURANCE | LONG-TERM CARE PLANS

EARL V. ATCHUE, JR., PRESIDENT • AJ ATCHUE, VICE PRESIDENT
◆ Paxton Residents ◆

MKT-58941-A

JUST TAKE A RIDE TO
SUNNYSIDE

122A/944 Main Street • Holden, MA
508-829-4333 • www.sunnysideford.com

When living alone becomes too difficult for you or a loved one. Stay near family and friends in a supportive and safe home setting.

LINCOLN HILL MANOR

REST HOME AND ASSISTED LIVING

53 Lincoln Street, Spencer, MA 01562
www.lincolnhillmanor.com

Call 508-885-3338 or e-mail lincolnhillmanor@gmail.com

DOES THIS SOUND FAMILIAR?

BEHIND ON TAXES PROBATE/ESTATE
INHERITED PROPERTY RELOCATING
IN FORECLOSURE VACANT HOMES
IN NEED OF FAST CASH?????

WE CAN HELP!
WE BUY HOUSES
FOR CASH



CALL US NOW!!! 1877 777 9640
NO REPAIRS NEEDED, NO CLOSING COST, WE CLOSE ON YOUR TIMELINE.

Take time for Wellness this fall!



Offering Saturday morning Tai Chi,
Creating balance through movement.

www.mettawellness.net • (774)420-2406
heather@mettawellness.net

Massage • Meditation • Wellness



Serving the Paxton Area Community

Katy Donahue

Financial Advisor
29 E Mountain Street Suite 3
Worcester, MA 01606-1400
508-854-1608

Call for a **COMPLIMENTARY** Review!

Edward Jones
MAKING SENSE OF INVESTING

HOLDEN HEARING AID CENTER, INC.

695 Main Street
Holden, MA

508-829-5566

DrMoreno@HoldenHearingAid.com
www.HoldenHearingAid.com



Matthew Moreno, Au.D.
DOCTOR OF AUDIOLOGY



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpiseniors.com Paxton Council on Aging, Paxton, MA 06-5150

Paxton Council on Aging

17 West St

Paxton, MA 01612

Presorted
Standard
Postage
PAID
Permit #3
Holden, MA.

(TAKEOUT) Lunch at the Schoolhouse Diner

FEBRUARY MENU (Subject to change)

TUESDAY	THURSDAY	FRIDAY
2 Potato Crunch Fish Potato au gratin, Mixed veg.	4 Turkey Supreme Stuffing, Roasted veg. blend	5 Meatloaf w/gravy Garlic mashed pot., Corn
9 Marinated Pork Loin Herbed potato, Glazed carrots	11 Salisbury Steak w/gravy Garlic mashed pot., Corn	12 VALENTINE'S MEAL Lasagna w/Meatballs Green beans
16 Shaved Steak & Cheese Steak cut Fr. Fries, Carrots	18 BBQ Chicken Mashed potato, Veg. blend	19 Lemon Pepper Cod Rice Pilaf, Roasted broccoli
23 Chicken Fajitas Spanish Rice, Black beans	25 Beef w/Onions and Peppers Steak cut Fr. Fries, Carrots	26 Macaroni & Cheese Stewed tomato, Green beans



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

*Newsletter published in part through a grant from
the Mass. Executive Office of Elder Affairs*