

# PAXTON SENIOR CONNECTION

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## Director's Note ...

*It has been a while since we last communicated. I hope you are all managing well during this phase of the pandemic. Many of you have already been fortunate to receive your first or second dose of the Covid-19 vaccine while others are still seeking appointments.*

*One of our primary goals is to provide assistance to those seniors looking to obtain an appointment for vaccination. Please let me know if you need help and I will try my best to assist you.*

*We continue to operate with caution and will resume Senior Center activities when it is safe to do so. We are working on best practices and putting the necessary measures in place to ensure everyone's safe return.*

*The COA Office remains open. Anyone with questions or who need assistance is welcomed. Please call ahead if you are planning to come into the office.*

*As we continue to move forward and work towards a brighter future, plans are being made to resume some activities. There are also plans underway to restore our van transportation in the upcoming months. I am now in the process of implementing new operational and safety guidelines. These guidelines will be put in place for the well being and safety of both our passengers and our drivers.*

*Our "Grab 'n' Go" lunches continue to be very popular among our seniors. Why not try them if you haven't already. Lunches are available Tuesday, Thursday and Friday. Please call ahead two days in advance to reserve your lunch by calling the office.*

*Until we are together again, be well, stay safe and remember to wear your mask and practice social distancing.*

*Cindy*

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**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

**FILE OF LIFE**

*The **File of Life** program provides seniors with a magnetized small plastic sleeve that contains space for emergency and health information, family contacts, and COVID vaccination updates. The sleeve is placed on the refrigerator so that medical personnel can access this information for your care. They are available at the COA office. (see “The File of Life” p. 3)*

**WEARING MASKS**

**A**s more and more people become fully vaccinated, it is natural to think that taking precautions such as wearing a face mask in public is less important.

*Face masks and social distancing will still be an important part of preventing Covid-19 for some time. The vaccine should be considered one layer of protection, working together with the other measures we take.*

**Five important reasons to wear a mask:**

- 1. Vaccines do not provide 100% protection.** *If a vaccine is 95% effective, approximately five out of 100 people may still get the disease.*
- 2. It takes time for the vaccine to work.** *You will not receive full protection from the vaccine until a few weeks after your second dose. Your body needs time to build up the antibodies that protect you from Covid-19.*
- 3. People who have been vaccinated could still spread the disease.** *It is possible that people can still become infected without showing symptoms and unknowingly spread the disease. This is known as asymptomatic spread and an important reason why vaccinated people should still wear a mask.*
- 4. Many people will choose not to receive the vaccine due to health issues.** *Wearing a face mask helps protect you and anyone you meet whether they were vaccinated or not.*
- 5. Protecting the entire population takes time.** *Experts believe that herd immunity will not be reached until fall or winter of 2022 at the earliest.*

*These are the key reasons to continue wearing your mask ... and remember to social distance yourself from others.*

# Car Cafe

## Coffee & Donuts on-the-Run



Drive in with the buggy (or the real car) for our special CAR CAFÉ on **Wednesday, April 21** from 10 to 11 am at the Senior Center's front door. Complimentary hot coffee will be ready, along with delicious donuts in a "to go" package for that mid-morning break. You'll be served while in your car and be greeted by members of the Paxton Fire Department who are helping us with this event. They've also provided a spring "grab" for everyone to take home.



So ... take a break at the CAR CAFÉ.

**IDEA:** If you'd like to stay a while, you can drive in to our new lower parking area and enjoy coffee in the car!

**PLEASE RESERVE** two days in advance (48 hours) so we'll have enough for everyone. Call 508-756-2833.

### SHERIFF'S OFFICE DONATES TO SENIOR CENTER



Danny Blute (r) of the Worcester County Sheriff's Office stopped by the Senior Center last month to present Director Cindy Love with Senior Safety Packs. It's part of the Sheriff's Community Outreach program.

### THE FILE OF LIFE

By Paxton Fire Chief Michael Pingitore

What if you are suffering a debilitating illness, such as stroke or heart attack, and you cannot speak?



Every day in our town, the Paxton Fire Department EMS responds to emergency medical calls. Many require extensive pre-hospital care and many are for people over 65 years of age. Did you know that, according to statistics from the National Council on Aging, approximately 80% of older adults have at least one chronic disease, and 77% have at least two? Four of these—heart disease, cancer, stroke, and diabetes—cause almost two-thirds of all yearly deaths. It is very important that if you or someone you know has a past medical history, or you take medications, even if they seem insignificant, the Emergency Medical Technicians and Paramedics who show up at your home need to know. This will help EMS ensure that the best possible care is delivered and that the doctors and surgeons are prepared upon the ambulance's arrival at the hospital.

How would you get EMS the information they need about conditions you have that were previously diagnosed? If EMS can treat the emergency or, at the very least, relay the important information to the Emergency Room professionals, they need to know your past medical history. That's where the simple tool called "File of Life" comes in handy.

(continued p. 4) ⇨

### PAXTON SENIOR CONNECTION

Your current Newsletter as well as back issues are always available at our printer's website. Go to [oursenior-center.com](http://oursenior-center.com) and enter Paxton in the right-hand box. Then click on our name.

*"Making one person smile can change the world ... maybe not the whole world, but their world."* —Anonymous

2021

## MORE LUNCH DRIVE-THRUS



There was a steady stream of “customers” for the March “Free Thursday” Lunches. Cold temps or not, many cars lined up in the Senior Center lot.

(continued from p. 3)

**File of Life** allows you to write down your medications, medical history, allergies, contact information, and the next of kin or person you would like notified. It sits in a handy plastic pouch that has a magnet on the back and attaches to your refrigerator. The list is removable, so you can update it as needed. Knowing it is on the refrigerator, the EMS providers can always find it.

If you or someone you know needs a **File of Life**, or an updated one, please call the Paxton Fire Department’s Community Risk Reduction Team at 508-793-3170 or [Paxtonfiredept@gmail.com](mailto:Paxtonfiredept@gmail.com), or call the Senior Center. You can always reach out if you have other questions as well. From all of us at the Paxton Fire Department ... please stay safe and healthy!

### 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.

## OUTDOOR CHECKLIST

*It’s Spring and that means it’s time for some spring cleanup outside:*

- ◆ Clear lawn of debris (sticks & branches)
- ◆ Rake old leaves
- ◆ Replace mulch
- ◆ Wash off outdoor furniture
- ◆ Clean outdoor grill (check hoses)
- ◆ Connect hose to outdoor faucet
- ◆ Treat lawn for crabgrass
- ◆ Apply lawn fertilizer
- ◆ Overseed bare spots
- ◆ Clean siding and touch up paint
- ◆ Repair broken screens
- ◆ Clean debris from gutters
- ◆ Wash exterior windows
- ◆ Fix cracks in driveway
- ◆ Plant summer flowering bulbs



*Enjoy the weather. Enjoy life, one step at a time!*

## APRIL FOOLS DAY ?

On April 1 each year, it’s been celebrated for several centuries by different cultures, though its exact origins remain a mystery. April Fools’ Day traditions include playing hoaxes or practical jokes on others, often yelling “April Fools!” at the end to clue in the subject of the April Fools’ Day prank. While its exact history is shrouded in mystery, the embrace of April Fools’ Day jokes by the media and major brands has ensured the unofficial holiday’s long life.

## COVID PHONE SCAMS INFO from Worcester County District Attorney’s Office

The phone is the top way scammers contact would-be victims. Many scams involve COVID. To keep yourself safe from scammers, don’t rely on caller ID. Scammers are able to spoof calls, falsifying information to make incoming calls appear to be from a local number. It’s better to use voicemail when screening calls.

ONLY ANSWER calls if you know the caller.

**JUST HANG UP IF ...**

+ You are asked to **WIRE MONEY** or buy prepaid card

- + You are told **YOU HAVE WON A PRIZE**, but need to pay fees or taxes first
- + You are told **KEEP THE CALL A SECRET**
- + You are asked to **PRESS A BUTTON TO ‘OPT OUT’** (this will notify scammers your number is active)
- + You are asked for **PASSWORDS**, Account numbers or your home address.
- + You answer a call and hear **AN UNNATURALLY LONG PAUSE** followed by a prerecorded message



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*(TAKEOUT) Lunch at the Schoolhouse Diner*

**APRIL MENU** (Subject to change)

TUESDAY	THURSDAY	FRIDAY
	1 Baked Ham Mashed pot., Broccoli/carrots	2 Vegetable Cheese Bake Seasoned pot., Green beans
6 Hot Dog on Bun Baked beans, Mixed veg.	8 American Chop Suey Broccoli & Red peppers	9 Jambalaya Rice Pilaf, Green peas
13 Greek Chicken Steamed rice, Roast broccoli	15 Turkey w/Supreme sauce Herbed stuffing, Veg. blend	16 Lemon Pepper Haddock Herbed pot., Jardiniere veg.
20 Teriyaki Beef Steamed rice, Vegetable blend	22 Salisbury Steak w/gravy Garlic mashed pot., Carrots	23 Potato Crunch Fish Potato au gratin, Mixed veg.
27 Meatballs w/onion gravy Bowtie pasta, Vegetable blend	29 BBQ Chicken Mashed pot., Corn niblets	30 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.

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