Newsletter from the Council on Aging

PAXTON SENIOR CONNECTION

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Volume 2021
Issue 5

June 2021

Showtime at the Pavilion !

Musical Ventriloquist—Kevin Driscoll

Thursday, June 17 at 11 am
Outdoors—Paxton Pavilion

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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

Council on Aging VAN TRANSPORTATION

This is a reminder that our van is available Mondays, Tuesdays and Thursdays for medical appointments and prescription pickups. For safety, one rider at a time is allowed with no additional stops. We continue to follow the COVID guidelines – masks are required and the van will be sanitized throughout the day. Please call the COA office 48 hrs. in advance to schedule (508-756-2833).

TICKS ARE ACTIVE

Our area is home to two common species of ticks: the deer tick and the dog tick. Dog ticks are usually inactive during the winter months, but the deer tick (or black-legged tick) is active throughout the area all year round. The deer tick is the carrier of Lyme Disease.

New England already has a significant tick population, and with predictions of warmer temperatures and more precipitation this summer, residents are advised to be ready for increased tick activity, particularly from now to mid-October.

As the weather gets warmer, use these tips to help protect your family and pets from a tick bite:

- Clear outdoor play areas of brush and fallen leaves.
- Avoid places where ticks are likely to live, such as heavily wooded areas or long grasses
- Wear long sleeves and pants, socks that are at least mid-length, and a hat
- If possible, use tick repellent on your pets
- Always use bug spray containing DEET when going into wooded areas.
- If you have a tick on you, use a tweezer to remove. Then clean the bite area with rubbing alcohol or soap and water.
- If you see a rash or have a fever, call your doctor

According to Massachusetts' Department of Public Health, tick activity peak is March through August.

In Remembrance

We are saddened to learn of the passing of our friend, colleague, and Council on Aging Associate Board member Howie Coleman. Always willing to serve and to help, Howie devoted many years assisting at the Senior Center and, with his unmistakable spirit, ensured that it would welcome all who came. He enlivened our board meetings and embraced many roles on committees and as an officer. Our deepest sympathies are offered to Carol and their family.

VENTRILOQUIST LIVE!

Recall the memories of Charlie McCarthy and Senor Wences on the Ed Sullivan Show as ventriloquist Kevin Driscoll brings his unique talent to Paxton seniors. His many mischievous "friends" create smiles and cheers for all!
A Berklee College of Music grad, Kevin also has a master's in education and 20+ years of teaching experience at the primary, secondary, college and graduate level. He says "find out who the real dummy is!"
Audience participation, comedy, plus loads of ventriloquism make this show a winner!

THURSDAY, JUNE 17—11 AM *AT THE PAVILION/BANDSTAND ADJACENT TO THE SPORTS FIELDS. (RAIN DATE JUNE 24)*
Bring your lawn chairs! (Remember to social distance). Follow access road behind Paxton Center School all the way to the Pavilion.
Sponsored through a grant from the Paxton Cultural Council
IDEA: You can order a drive-through lunch and pick it up after the show! MUST ORDER two days before. (Lunch is complimentary in June on Thursdays-Call: 508-756-2833).

Outdoor Safety

From the Paxton Fire Department

Handling outdoor cooking safely can prevent the estimated $3.8 million in property damage in Massachusetts and human injuries.

PORTABLE PROPANE TANK

⇒ Should only be used outside in an open space
⇒ Must have 5 feet of space away from anything that can burn
⇒ Must never be left alone while being used
⇒ When not using, shut it off and wipe it down with mild soap (Should never be stored inside)

OUTDOOR COOKING

⇒ Place grill at least 3 feet away from anything that can catch fire
⇒ Keep the fire small and never leave a fire alone
⇒ Before going to sleep or leaving the area, put the fire out with water and make sure it is cool to the touch

SAFETY

Keep bottles of water, a hose and fresh dirt nearby to put out the fire.
If your clothes catch on fire, STOP, DROP, ROLL and COVER until the fire goes out.

For The FLOWER ENTHUSIAST

Bemis Nurseries returns this season with their do-it-yourself floral planter. Welcome summer in style by creating and designing your own blooms.

Grab 'n' Go kits are available for pickup on ***June 7 at 11 am****. Kits will include a decorative pot, soil, and flowers. Cost is $20 cash or check.*

(Checks are payable to Bemis Nurseries).
Please reserve kits no later than Thursday, June 3 (Call Cindy:508-756-2833).

Ralph Waldo Emerson once said:

"Many Eyes Go Through The Meadow, But Few See The Flowers In It".

JULY PREVIEW

JULY 14 - PICNIC AT THE PAVILION (Take-out or bring lawn chairs)

2021

RENOVATION UNDERWAY

A refurbish project is nearing completion in our Dining Room and Kitchen. All new wall painting, carpet and kitchen flooring awaits our future return to the Senior Center.

LUNCH GRAB 'N' GO

Our popular Grab 'n' Go lunch program continues this month each Tuesday, Thursday, and Friday. Just call us at 508-756-2833 at least 2 days before your desired lunch day. Donation $2.50 (see menu on back page). COA sponsors the takeout lunch every Thursday in June.

NEW TO MEDICARE?

There are many questions seniors have when new to Medicare or approaching the time for enrolling, eligibility, Part B, and other details. SHINE counselors can help you with this. They are trained to confidentially explain the process and the forms that need to be submitted . Telephone appointments are always available. Call the COA office (508-756-2833) to set up a call.

Strawberry Time

We can now find native strawberries at local farm stands. Here's an idea to use them for a refreshing summer drink.

STRAWBERRY SMOOTHIE

1 CUP sweetened strawberries
1 SCOOP strawberry/vanilla ice cream (or frozen yogurt)
1 CUP ice
WHIRL in blender until smooth . CHEERS!

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.

Flower Sentiments

Red roses symbolize love and desire, but roses come in a variety of colors and each has its own meaning.

WHITE ROSE: purity, innocence, reverence, a new beginning, a fresh start

RED ROSE: love, I love you

DARK CRIMSON ROSE: mourning

PINK ROSE: grace, happiness, gentleness

YELLOW ROSE: joy, friendship

ORANGE ROSE: desire and enthusiasm

LAVENDER ROSE: love at first sight

CORAL ROSE: friendship, sympathy

June 20

Flag Day is our celebration of the American flag that occurs each year on the anniversary of the flag's official adoption, June 14.

What we know fondly as the "Stars and Stripes" was adopted by the Continental Congress as the official American flag on June 14, 1777, in the midst of the Revolutionary War.

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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.

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

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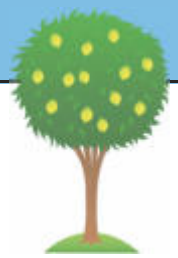
(TAKEOUT) Lunch at the Schoolhouse Diner

JUNE MENU (Subject to change)

TUESDAY	THURSDAY	FRIDAY
1 **Jambalaya** **Steamed rice, Summer corn**	**3** **Baked Ham** **Chive mashed pot., Carrots**	**4** **Garlic Herbed Chicken** **Bread stuffing, Veg. blend**
8 **Hot Dog** **Baked beans, Green beans**	**10** **Turkey w/Supreme sauce** **Herb stuffing, Jardiniere veg.**	**11** **Cranberry Chicken Salad** **Pasta salad, tomato salad**
15 **Burger w/chili & cheese** **Sweet pot. fries, Green beans**	**17** **Roast Pork Loin w/gravy** **Yukon gold pot., Mixed veg.**	**18** **(No Meals—Juneteenth)**
22 **Greek Chicken** **Lemon rice, Spinach**	**24** **Cheese Ravioli w/ meat sauce** **Roasted broccoli**	**25** **Lemon Pepper Haddock** **Pot. Au gratin, Beets**
29 **Vegetable Cheese Bake** **Seasoned potato, Grn. 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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