



# The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES  
2 Farm Street, Upton, MA 01568, 508-529-4558 / 508-529-4559 / [www.uptonma.gov](http://www.uptonma.gov)

March 2023

## THE UPTON CENTER STAFF

**Director of Elder & Social Services**  
Maggie Gundersen

**Social Services Coordinator**  
Katie San Clemente

**Interim Department Specialist**  
Karen Varney

**COA Assistants**  
Deb Saulen

**Driver**  
John Saulen

**Nutrition Center Mgr.**  
Al Vautour

## COUNCIL ON AGING MEMBERS

**Chair**  
Laurie Fantini

**Vice Chair**  
Josephine McLaughlin

**Secretary**  
Linda Sanders

**Members**  
Myra Bigelow  
Betty Consigli  
Paula Lepore  
Gregg Manning  
Richard Provost  
Grace Wadsworth  
Margaret Watson

A Message from the Director:

It's been another great month here at the Upton Center. We have started to prepare for our move to the new Community Center. As part of that process, we have been cleaning-up and clearing-out a few corners and closets in the center.

The progress at the new Community Center is starting to happen more quickly as the project's efforts have moved inside the building. The kitchen is nearly complete and carpeting will be installed soon. Furniture is expected to be delivered next month. We hope to be in the Center for May.

Here at our Millhaus facility, we have recently added a new computer "sign-in" program that will help us track programs and services as well as attendance and volunteer service hours. That information will be helpful for us when we write reports for the city and state, and when we write grant applications.

Just as we are looking forward to being in the new Center soon and providing new programs and services there, we are also pleased with the number of you attending our current events here at our current facility. In February we hosted a fun Valentine's Day event with Musical Bingo. Lovely treats were served. This coming March we plan to put-on-some green and celebrate St Patrick's Day with you on March 15<sup>th</sup>.

Best regards,  
Maggie

### Irish Soda Bread Recipe



4 cups all purpose flour  
1/4 cup granulated sugar  
1 tsp sea salt  
1 tsp baking soda  
6 tbsp cold unsalted butter  
(1/2 tbsp extra for pan)  
1 3/4 cups cold lowfat buttermilk  
1 large egg  
1 cup raisins or dried cranberries  
(Mix dry ingredients and work in butter—add in wet ingredients until combined—form dough into loaf—score a deep "X" on top—bake in buttered pan at 375 for 50-55 minutes)

### **Real Estate Tax Relief Programs**

In addition to the Senior Tax Work-off program, the Town of Upton offers residents a variety of real estate tax relief programs. Applications are due on or before April 1<sup>st</sup>.

These programs include: the Senior Exemption (age 65 by July 1<sup>st</sup>), Disabled Veteran's Discount, Discounts for Legally Blind residents, and programs for Surviving Spouses or Minors of Deceased Parent(s).

Residents may also apply for tax relief due to hardship and/or residents may choose to defer their tax obligation for a specific period of time.

The Senior Center also has information on the Circuit Breaker tax relief program that can be applied to your April 15<sup>th</sup> tax filings (specific age and income requirements apply). Residents are encouraged to call the Assessor's office for more information 508-529-1002.

### **COA Job Opportunity: Van Driver**



We're currently seeking to hire an additional part-time van driver (10 hours/week) at the Council on Aging. If you or someone you know might be interested in applying, please check out all the details at the *Employment* link on the Town of Upton's website which can be found at [www.uptonma.gov](http://www.uptonma.gov), or stop by the COA office for further information.

### **Transportation Notice**

Our Senior Center Van will be available Mondays, Tuesdays and Thursdays for medical appointments and weekly shopping trips. We ask for as much notice as possible when scheduling rides with us.

## Medical Visits & Shopping Trips

Our van is available to get seniors and individuals with a disability to their medical appointments. Please contact us at 508-529-4558 with as much notice as possible to schedule van service. We also run a group shopping trip each week. Time spent in stores is typically 60–90 minutes. Please register with as much notice as possible and choose one store for drop off on a loop. Stores/times may change due to medical appointments



### Upcoming Shopping Trips:

- ⇒ **Monday, March 6th at 12:30 pm—**  
Shaw's/Job Lot/Walmart Loop, Northbridge
- ⇒ **Thursday, March 16th at 9:15 am—**  
Market Basket, Hudson
- ⇒ **Tuesday, March 21st at 12:30 pm—**  
Shaw's/Job Lot/Walmart Loop, Northbridge
- ⇒ **Monday, March 27th at 9:00 am—**  
Market Basket, Shrewsbury (regular shopping trip)

## Seated Exercise with Robin

**Tuesdays at 10:00**



Robin Natanel will be back with a seated exercise class at 10:00 each Tuesday in March. It's a great option for those with balance issues. Please **RSVP at least one day ahead** of each class. A \$3 donation is suggested.

## Mahjong

**Wednesdays at 12:30**



Calling all Mah-jong players (and would be players!). Mah-jong games are in full swing every Wednesday at 12:30. Whether you're a seasoned player, or a beginner who would like to learn a new game—come join us! Mahjong is a tile-based game that was developed in the 19th century in China and has spread throughout the world since then.

Come see what it's all about!

**\*Time change on 3/8 to 1:30 pm\***

**\*No Mahjong on 3/15\***



## Hand and Foot Canasta Card Games

**Tuesdays at 12:30**

Our group of Canasta card players are looking for new card players to join their group as well as ideas for new games to play. Whether you are a beginner or an expert, you are welcome to join and play the hand and foot version of Canasta. New players are welcome to join a seasoned player to learn more about the game!

**Please call the Upton Center at 508-529-4558 with any questions on our services.**

**Hours of operation are Monday—Friday, 9:00—3:30 (weather and staff permitting).**

## Podiatrist Appointments

**Thursday, March 2nd, 8:00-12:30**



Dr. Biancomano will have his bi-monthly appointments at The Upton Center. **Please call the Center to schedule an appointment, these time slots fill up quickly!**

### SAVE THE DATES:

#### Upcoming Podiatrist Appointments:

Thursday, May 4th, 8am-12pm

Thursday, July 13th, 8am-12pm

## Trivia Time

**Wednesday, March 8th at 12:15**



Library Director, Matthew Bachtold, will be back this month with the ever-so-popular Trivia Time!

This month's theme is "Astronauts and Space Travel". Trivia time is now hosted every 2nd Wednesday of the month at the Senior Center—so join us if you can and exercise your mind!

**Please RSVP by Tues. March 7.**

## Coffee Hour with Friends

**Friday, March 10th at 9:30**



Escape the winter weather and come down to the Senior Center for a coffee hour and light pastries! We are excited to welcome you to our new monthly coffee hour! Grab a friend, or meet some new ones here at the center.

**Please RSVP by Thurs. March 9.**



## Afternoon Movie

**Friday, March 10th at 12:30**

Join us this month for a showing of the movie *Downton Abbey: A New Era* (2022). This historical drama is a sequel to *Downton Abbey* (2019) that follows the Crawley family as they embark on a grand journey to the South of France to uncover the mystery of the dowager countess's newly inherited villa. Join actors *Hugh Bonneville, Michelle Dockery, Maggie Smith* and more as they unleash the scandal, romance and intrigue as the legacy of the royal family continues.

## Lunch Trip to Sol De Mexico—Milford

**Tuesday, March 14th at 11:30**

There will be tacos, quesadillas, burritos, enchiladas, chips and salsa galore! Join us for a lunch trip to Sol de Mexico for some Mexican fare. **Please RSVP by March 9 to reserve a spot on the bus!**



## St. Patrick's Day Social

**Wednesday, March 15th at 12:30**



Come and celebrate St. Patrick's Day with us!

Ruth Rappaport will join us for a performance of Irish music on her fiddle to get us into the Irish spirit. We will have some Irish treats and ginger "beer" to celebrate in style. We hope you can join us! **Please RSVP by Monday March 13.**

## Men's Club Supper

Friday, March 17th at 5:15

Enjoy catching up with old friends over dinner, or meet some new ones, as the Men's Club treats you to delicious **pizza from Main Street Pizza**. Open to men and women of all ages! No fee, thanks to the generosity of the Men's Club. **Please RSVP by Fri. March 10.**



## Nutrition Talk with Wendy

Monday, March 20th at 11:15

Please join our exercise instructor, Wendy Reid, for her monthly nutrition talk and learn about more ways to better your health and nutrition habits! Health topics vary each month.



## Fire Safety Talk with Upton Fire

Tuesday, March 21st at 1:00

Lieutenant Bonnie Lopez of the Upton Fire Department will join us for a fire safety talk to discuss cooking safety, home safety and fall prevention. There will be time for the audience to ask questions related to home fire safety and address any concerns with the fire and EMS personnel. Light refreshments will be available. **Please RSVP by Mon. March 20.**



## Mindfulness with Robin

Wednesday, March 22nd at 1:00

Join Robin Natanel for an in person session on healing the body, mind and spirit using meditation and mindfulness techniques. **Please RSVP by Mon. March 20.** No fee.

## BVT Salon Visit

Thursday, March 23rd—

8:45 departure for 9:00 visit

Treat yourself to some pampering at discounted prices at the Salon at BVT. Services include haircuts, manicures, pedicures and more. Please call the Center to **RSVP by Mon. March 20.** and let us know if you need a ride for \$1.



## Birthday Bash

Friday, March 24th at 12:45

Join us for lunch, cake and ice cream in celebration of March's Birthdays! It's free for those with a birthday this month; a \$3 donation is suggested for others. **Please RSVP by Tues. March 21.**



## Aging Well Advocates Presentation

Tuesday, March 28th at 11:00

Join Daniela Masters, owner of Aging Well Advocates, a local Aging Life Care Management practice, in a discussion about ways to communicate preferred medical treatment.

Daniela will discuss the differences between Health Care Proxy, Living Will Declarations, Durable Power of Attorney and MOLST (Medical Orders for Life-Sustaining Treatments).

**Please RSVP by Friday, March 24.**



## Dinner Trip to Wright's Chicken Farm

Thursday, March 30th—

3:15 departure for 4:00 reservation

Join us for an extra special dinner trip to Wright's Chicken Farm in Burrillville, Rhode Island this month! **Please RSVP by Thursday, March 23 to reserve a spot on the bus—limited seating available.**



## Crafts with Betty

Friday, March 31st at 9:00

Betty Brault will be back with another great craft project!



Bring your crafty hands and you'll be sure to have fun.

No fee. **Please RSVP by Fri. March 24.**

## AARP Tax Appointments

Mondays, Feb. 6—March 27, 9:00-2:00



### \*By appointment only\*

It's that time of year again! Tax volunteers from AARP will be back at the Center every Monday, starting February 6th through Monday, March 27th. AARP Tax Aide Volunteers can help you prepare and file your federal and state tax returns, free of charge.

Please call the Senior Center at 508-529-4558 to schedule your appointment and pick up your tax prep paperwork!

## Healthy Mind & Body



- **Strength & Stretch** — Join Wendy Reid **Mondays, Wed's. & Fri's. at 10:30.** \$3 donation suggested.
- **Nutrition Talk with Wendy**—Join Wendy Reid on **Mon., March 20th at 11:15** for an informative nutrition talk.
- **Mindfulness with Robin**—Join Robin on **Wed., March 22nd at 1:00** for a session on healing the body, mind and spirit. Please **register by March 20.** No fee.
- **Seated Exercise with Robin**—Tuesdays at 10:00. \$3 donation suggested. Please RSVP a day or more ahead.
- **Blood Pressure Checks**—The Town Nurse will be here **Wed., March 29th at 12:30.** Please **RSVP by March 27th.** See notes on availability of more Flu vaccines on back page.





## SOCIAL SERVICES CORNER



### SMOC Fuel Assistance

If you or someone you know is struggling financially with the rise in costs of heat this season, the Fuel Assistance Program through SMOC (Southern Middlesex Opportunity Council) may be able to help you. The Fuel Assistance season runs from November 1<sup>st</sup> through April 30<sup>th</sup> and is an income-based program. Please contact the Upton Social Services Coordinator, Katie San Clemente, to inquire about applying for Fuel Assistance at 508-529-4558.



### SNAP Emergency Allotments Ending

During the Covid-19 Pandemic, many SNAP recipients received an increase in their monthly SNAP benefit. Due to the pandemic slowing, these emergency allotments will be ending and SNAP recipients will see their monthly benefit return to the pre-pandemic amount. Some seniors who have more than \$35/month in medical bills may be able to receive additional funds. Please call the Senior Center to hear more about this option: 508-529-4558.

### Mass Health Mailings



Over the next several months MassHealth will be sending numerous notices detailing the status of MassHealth coverage. These mailings often have deadlines involved and you need to respond to MassHealth by a specific date or you may lose your coverage. If you have not heard from MassHealth recently we suggest that you contact them to make sure they have your current address. If you need help, call the Upton Center at 508-529-4558.



### Tri-Valley Lunch Services

Please call Tri-Valley at 508-949-6640 to inquire about meal delivery. Once registered, call 508-529-9094 by 10 am the day before a meal is served to reserve or cancel a meal. Meals are \$3 (including milk and bread). You can also inquire about delivery of frozen lunch and/or evening dinners.

### New Upton Community Center Updates

Work continues on the Community Center and progress is starting to pick up as this project moves into its final stages.

To date, many milestones have been completed. The exterior painting is finished and interior painting continues. The children's playground is complete, and the sidewalks and patios are installed. Furniture is scheduled to arrive in March and we are hoping to be all moved-in and ready to open on May 1<sup>st</sup>. For more information visit:

<https://uptonlibrarystaff.wixsite.com/uptonccc>



### Wish List

Our food pantry could use: Crackers, sugar-free items, fruit cups, juice, nuts, healthy soups, canned hams, tissues, toothpaste, laundry detergent, hand, bar & dish soap, canned cat food. Thanks for your help!

## COMMUNITY CORNER

### Flu Shots Available

The Town Nurse has plenty of high dose flu vaccine in the office at the Board of Health. It is **not too late**. The flu is particularly prevalent so far this year and it looks like there is no slow-down in sight. Remember, a COVID booster does not protect you against the flu. Stay home if you're sick, consider masking in large gatherings or gatherings of people not in your immediate circle, and WASH YOUR HANDS

**Please reach out to Trish Parent, RN at the Board of Health**  
508 529 3110—pparent@uptonma.gov

### Nominations for Annual Town Election

Nomination papers for Elected Offices at the Annual Town Election are available now at the Town Clerk's office.

Nomination papers with signatures must be returned to the Town Clerk's office by Tuesday, March 21, 2023 at 5:00 pm. The list of offices on the Annual Election Ballot is available on the Upton website or please contact the Town Clerk's office.

### 2023 Upton Census

2023 Upton Census Forms have been mailed to all households. Please review and return those forms as soon as possible either by mail or email (census@uptonma.gov) to the Clerk's office. A full and accurate count of all residents is important for many reasons one of which is for allocation of State and Federal funds. If you did not receive a census form, please contact the Clerk's office.

### Dog Licenses for 2023

Dog licenses for calendar year 2023 are now available. Dogs 3 months or older need to be licensed each year by April 1. A current rabies vaccination record and spaying/neutering certificate is required prior to issuing a license. Licenses are available for \$10.00 for all neutered/spayed dogs or \$20 for dogs that have not been neutered/spayed. A late fee of \$10.00 will be assessed beginning April 1. Please contact the Town Clerk's office at 508-529-3565 if you have questions about any of the above.

### Community Supper at United Parish

Head to United Parish of Upton for a Community Supper on **Thursday, March 16th at 5:30 p.m.** RSVP by the Tuesday before at 508-529-3192. No fee but donations are appreciated.

### Can you find the hidden leprechaun?

Congratulations to **Linda Melanson** who found the hidden Cupid in February's newsletter! This month we challenge you to find the hidden Leprechaun. Please call the Center at 508-529-4558 and let us know where you find the leprechaun for a chance to win!



# March 2023

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**



**1**  
9:00 Computer Class  
10:30 Strength and Stretch  
11:00 Library Table  
12:30 Mahjong

**2**  
**8:00-12:30-Podiatrist Appointments\***  
10:00 Knit/Crochet Group  
1:00 BINGO

**3**  
10:00 Facebook Fri.  
10:30 Strength and Stretch

**6**  
10:30 Strength and Stretch  
12:30 Shopping Trip\*

**7**  
10:00 Seated Exercise  
12:30 Hand and Foot Card Game

**8**  
9:00 Computer Class  
10:30 Strength and Stretch  
11:00 Library Table  
12:15 Trivia Time  
1:30 Mahjong\*\*

**9**  
10:00 Knit/Crochet Group  
1:00 BINGO

**10**  
**9:30 Coffee Hour**  
10:00 Facebook Fri.  
10:30 Strength and Stretch  
12:30 Monthly Movie

9:00-2:00 AARP Tax Appointments\*

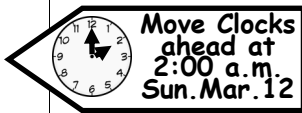
**13**  
10:30 Strength and Stretch  
1:00 COA Board Meeting

**14**  
10:00 Seated Exercise  
11:30 Lunch Trip to Sol de Mexico—Milford  
12:30 Hand and Foot Card Game

**15**  
9:00 Computer Class  
10:30 Strength and Stretch  
11:00 Library Table  
12:30 St. Patrick's Day Social

**16**  
**9:15 Shopping Trip\***  
10:00 Knit/Crochet Group  
1:00 BINGO

**17**  
10:00 Facebook Fri.  
10:30 Strength and Stretch  
5:15 Men's Club Supper



9:00-2:00 AARP Tax Appointments\*



**20**  
10:30 Strength and Stretch  
11:15 Nutrition Talk with Wendy

**21**  
10:00 Seated Exercise  
12:30 Hand and Foot Card Game  
12:30—Shopping Trip\*  
1:00 Fire Safety Talk with Upton Fire

**22**  
9:00 Computer Class  
10:30 Strength and Stretch  
11:00 Library Table  
12:30 Mahjong  
1:00 Mindfulness with Robin

**23**  
**9:00 BVT Salon**  
10:00 Knit/Crochet Group  
1:00 BINGO

**24**  
10:00 Facebook Fri.  
10:30 Strength and Stretch  
12:45 Birthday Bash



9:00-2:00 AARP Tax Appointments\*

**27**  
**9:00—Shopping Trip\***  
10:30 Strength and Stretch

**28**  
10:00 Seated Exercise  
11:00 Aging Well Advocates Presentation  
12:30 Hand and Foot Card Game


**29**  
9:00 Computer Class  
10:30 Strength and Stretch  
11:00 Library Table  
12:30 Mahjong  
12:30 Blood Pressure Checks

**30**  
10:00 Knit/Crochet Group  
1:00 BINGO  
**4:00 Dinner Trip to Wright's Chicken Farm (3:15 depart)**

**31**  
**9:00 Craft Time with Betty**  
10:00 Facebook Fri.  
10:30 Strength and Stretch

9:00-2:00 AARP Tax Appointments\*

## March, 2023—Dates to Remember

Check  here if you plan to attend !

- Feb 28 \_\_\_\_\_ Shopping Trip—Hannaford's, Uxbridge, 9:15
- March 2 \_\_\_\_\_ Podiatrist Appointments with Dr. Biancomano, 8am-12:30pm \*By appointment only\*
- March 6 \_\_\_\_\_ **AARP Tax Preparation\* By Appointment Only\* 9 am—2 pm**
- March 6 \_\_\_\_\_ Shopping Trip—Shaw's/Job Lot/Walmart Loop, Northbridge, 12:30
- March 8 \_\_\_\_\_ Trivia Time, 12:15
- March 10 \_\_\_\_\_ Coffee Hour at Senior Center, 9:30
- March 10 \_\_\_\_\_ Afternoon Movie, *Downton Abbey: A New Era (2022)*, 12:30
- March 13 \_\_\_\_\_ **AARP Tax Preparation\* By Appointment Only\* 9 am—2 pm**
- March 13 \_\_\_\_\_ COA Board Meeting, 1:00
- March 14 \_\_\_\_\_ Lunch Trip to Sol De Mexico, Milford, 11:30 am departure for 11:45 reservation
- March 15 \_\_\_\_\_ St. Patrick's Day Social with Irish Music, 12:30
- March 16 \_\_\_\_\_ Shopping Trip—Market Basket, Hudson, 9:15
- March 17 \_\_\_\_\_ Men's Club Supper, 5:15
- March 20 \_\_\_\_\_ **AARP Tax Preparation\* By Appointment Only\* 9 am—2 pm**
- March 20 \_\_\_\_\_ Nutrition Talk with Wendy, 11:15
- March 21 \_\_\_\_\_ Shopping Trip—Shaw's/Job Lot/Walmart Loop, 12:30
- March 21 \_\_\_\_\_ Fire Safety Talk with Upton Fire, 1:00
- March 22 \_\_\_\_\_ Mindfulness with Robin, 1:00
- March 23 \_\_\_\_\_ BVT Salon Visit—Van departs at 8:50 for 9:00 appts. Do you need a ride? Yes \_\_\_\_\_ or No \_\_\_\_\_  
What services would you like? \_\_\_\_\_
- March 24 \_\_\_\_\_ Birthday Bash, 12:45
- March 27 \_\_\_\_\_ **AARP Tax Preparation\* By Appointment Only\* 9 am—2 pm**
- March 27 \_\_\_\_\_ Shopping Trip—Market Basket, Shrewsbury, 9:00
- March 28 \_\_\_\_\_ Aging Well Advocates Presentation, 11:00
- March 29 \_\_\_\_\_ Blood Pressure Checks with Town Nurse, 12:30
- March 30 \_\_\_\_\_ Dinner Trip to Wright's Chicken Farm, Burrillville RI, 3:15 departure for 4:00 reservation
- March 31 \_\_\_\_\_ Crafts with Betty, 9:00



**Easy Sign-Ups!!** Turn your sheet in to our office and we'll make a copy and sign you up! Or call 508-529-4558.

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Did you find the hidden St. Patrick's Day Leprechaun? \_\_\_\_\_

### WEEKLY EVENTS AT THE UPTON CENTER

- Every Mon., Wed. & Fri. .... Strength & Stretch ..... 10:30
- Every Tuesday..... Seated Exercise ..... 10:00
- Every Tuesday..... Hand & Foot Card Players Group..... 12:30
- Every Wednesday ..... Library Table ..... 11:00
- Every Wednesday ..... Mahjong Group ..... 12:30
- Every Thursday ..... Knit/Crochet Group ..... 10:00
- Every Thursday ..... BINGO ..... 1:00
- Every Friday ..... Facebook Friday..... 10:00