



The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

2 Farm Street, Upton, MA 01568, 508-529-4558 / 508-529-4559 / www.uptonma.gov

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November 2017



Welcome to November—and the season of Thanksgiving! Here at the Upton Center we have so much to be thankful for. For starters—I'd like to extend a big thank you to all those who donated to our collection for local animal shelters in October. We collected a great deal of supplies and gift cards which will all be put to good use at the Sterling and Baypath Animal Shelters. Many thanks to Upton resident Deb Turnove and her staff who joined in our collection by reaching out to the clients of her Waggy Tailz Pet Sitting Service for donations. Together we have truly helped many of the animals displaced by the recent storms.

As we enter this month of Thanksgiving, here are a few highlights from our calendar. We hope you'll read on for all the details of these events and plan to join us:

- Veterans Day Breakfast—November 7
- Veterans Day Concert at Memorial—November 9
- Soup & Salad Brainstorm w/Brain Injury Talk—November 15
- Thanksgiving Social & TriValley's Thanksgiving Meal—Nov. 21
- Senator Moore's Turkey Dinner—November 28
- Breakfast at the Center with Holiday Fraud Talk—November 30



November is also National Alzheimer's Disease Awareness month. If you or a loved one have concerns about memory loss or other symptoms of Alzheimer's or a related dementia, please stop by the Center for information regarding awareness of symptoms, early warning signs, early detection, diagnosis and caregiver support.

It is important to be aware that people with Alzheimer's disease still enjoy participating in a wide variety of activities. If you are looking for things to do with a person with Alzheimer's, consider trying these activities:

- Exercise: Take a walk together, watch exercise videos made for older people, use a stationary bike, use stretching bands, throw a soft ball or balloon back and forth, lift weights or household items such as soup cans.
- Music and dancing: Play music, talk about the music and the singer, ask what the person with Alzheimer's was doing when the song was popular, sing or dance to well-known songs, attend a concert or musical program.
- Pets: Feed, groom, walk, sit and hold a pet.
- Gardening: Take care of indoor or outdoor plants, plant flowers and vegetables, water the plants when needed, talk about how much the plants are growing.
- Visiting with children: Play a simple board game, read stories or books, visit family members who have small children, walk in the park or around schoolyards, go to school events, talk about fond memories from childhood.
- Household chores: Wash dishes, set the table, prepare food, sweep the floor, dust, sort mail and clip coupons, sort socks and fold laundry.
- Cooking and baking: Decide what is needed to prepare the dish; measure, mix, and pour; tell someone else how to prepare a recipe; watch others prepare food.

Happy Thanksgiving to all from the COA Staff!



Janice



The Upton Center will be closed for Veterans Day on November 10.

We will also be closed November 23 and 24 for Thanksgiving.

Also—a friendly reminder to turn your clocks back on Sunday, November 5 at 2 a.m.



Shopping Trips

Time spent in the stores is typically 60–90 minutes, depending on other trips scheduled. Please register at least 2 days ahead and choose one store for drop off/pick up when we do a loop. Destinations may change due to medical appts.*



Wednesday, November 1 at 9:15—Salvation Army/Shaw's/
Job Lots/Walmart Loop*, Northbridge

Tuesday, November 7 at 12:30—Market Basket, Oxford

Mon., Nov. 13 at 12:30—Christmas Tree Shop, Shrewsbury

Thursday, November 16 at 9:00—Salvation Army/Shaw's/
Job Lots/Walmart Loop*, Northbridge

Wednesday, November 22 at 9:00—Market Basket, Hudson

Wed., Nov. 29 at 12:30—Wegman's Plaza, Northborough



SHINE Appointments

Wednesdays, November 1, 15 & 29, 9:00—12:00

SHINE Counselor Marcy Singer will hold individual appointments at the Center. Please call the Center to register for an appointment to discuss your health insurance needs. SHINE = Serving the Health Insurance Needs of Everyone.

Coffee & Brain Games

Wednesday, November 1 at 9:30



In honor of National Alzheimer's Disease Awareness month, we thought we'd give you a chance to keep your brain sharp by learning some fun brain games. Whether it's word jumbles, word finds, Sudoku or others, brain games are known to be good for you! So come for coffee and snacks and learn some new games! Please call the Center to register. No fee.



Meditation and Mindfulness

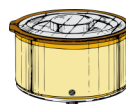
Friday, November 3 & Friday, November 17 at 10:00

Join us for a casual discussion and enjoy the experience of being present right here, right now. Learn about the many health benefits of meditation and living a mindful life. Learn how to let go of anxiety, struggle, feelings of depression, and constant worry and see things in a new light. Please call to sign up. No fee.



Friday, November 3 at 12:30

Come enjoy a fall favorite—APPLE CRISP—along with some beautiful live cello music while you're at it. Please call to sign up. \$1 for apple crisp; no fee for listening!



Pot Luck Supper with Music by Tony Funches of the Platters

Sat., Nov. 4: 12:00 Potluck, 12:30 Music, then desserts

Singer Tony Funches will be back by popular demand to entertain you at this month's Pot Luck Supper. For more than a decade Tony graced stages around the world as the longest standing lead singer of the legendary Hall of Fame music group, The Platters, performing classic hits such as 'Only You,' 'Smoke Gets In Your Eyes,' 'The Great Pretender' and more. He now performs not only the songs of the Platters but many other classics from artists such as The Drifters, Nat King Cole and The Temptations. Anyone who made it to his last performance at the Center will tell you—you don't want to miss his show! We'll provide the drinks and paper goods for the Potluck. Please call to RSVP and let us know if you plan to bring an appetizer, main dish or dessert to share. If you prefer, you can donate \$5.



Veterans Breakfast

Tuesday, November 7 at 9:15

Join us as we gather for a delicious breakfast in honor of our country's Veterans. Whether you are a Veteran, know a Veteran, or just want to show your appreciation for one—please come in honor of their service. Please call the Center to register. Veterans, please let us know your name and military branch. The breakfast is free to Veterans and their families. A donation of \$3 is suggested for all others.



Veterans Concert at Memorial School

Thursday, November 9 — 9:40 Departure/10:00 Concert

Join us as we head to Memorial School in Upton for a musical celebration of the men and women who have served in the Armed Forces. Students from Kindergarten through grade 4 will entertain us with patriotic favorites! Please call the Center to register if you'd like a free ride on our van.



Friends of Rachel BVT Dinner

Thursday, November 9 — 4:45 Departure/5:00 Dinner

Attend an all you can eat buffet (roast turkey dinner, dessert & beverage) at BVT High School to benefit My One Wish Foundation. Please **RSVP by November 6** and let us know if you need a free ride on our van. We will reserve a 5 pm seating. Tickets are \$15 at the door. Van departs Millhaus at 4:45 and Coach Rd. at 4:50.

Craft Time with Betty

Tuesday, November 14 at 10:00



Join volunteer Betty Brault for another fun craft. She always has something creative in store for you! Please call the Center to register. No fee.

Please call the Upton Center at 508-529-4558 with questions or to register for programs.
Hours of Operation are Monday—Friday, 9:00—3:30 (weather and staff permitting).

Birthday Bash with Music by Rockin' Ralph

Tuesday, November 14 at 12:45



Come enjoy pizza, cake and ice cream in celebration of this month's birthdays! The event is free for those with November birthdays; a donation of \$3 is suggested for all others. Following our lunch, "Rockin' Ralph" will be back to spin his collection of oldies (thanks Ralph!). Please call to RSVP.

Soup & Salad Brainstorm

Wednesday, November 15 at 1:00



Join us for soup and salad as a representative from the Brain Injury Association of Massachusetts shares valuable insights into traumatic brain injuries in older adults. The talk will cover tips to help you prevent falls and head injuries. Lunch fee is \$3. The talk is free!



Bake Sale & Raffle

Thursday, November 16, 11:00—1:00

We'll be holding a bake sale to benefit Tri-Valley Inc. which provides in-home and community services throughout Central MA. Please consider baking a treat, buying one, or both—to support the cause! Please let us know if you plan to bake.

BVT Salon Visit

Friday, November 17 at 9:00



Treat yourself to some pampering at the Salon at BVT. Choose from their menu of services at their discounted prices. Manicures are just \$5. Stop by our front office for a full price list. Please RSVP to the Upton Center by November 9 to reserve a time and let us know if you need a ride for \$1.



Afternoon Movie at the Center

Friday, November 17 at 12:30

Join us for *Going in Style* (rated PG-13), a comedy with movie legends Morgan Freeman, Michael Caine and Alan Arkin. They play 3 friends who risk it all by embarking on a daring bid to knock off the bank that cost them their pension funds. Let us know if you can come!

Men's Club Supper

Friday, November 17 at 5:30

Join us for a delicious meal and a great chance to catch up with friends. This month they'll serve chicken pot pies. Remember—it's for ALL seniors, not just the men! No fee. Please call the Center to register. Thank you Men's Club!



Senator Moore's Office Hours

Monday, November 20, 9:00—10:00

Senator Moore's office will hold office hours here at the Center. Stop by to discuss your concerns.

Computer Workshops

Mon., Nov. 20 and Thurs., Nov. 30, 11:30—12:30

Nipmuc students will be here for more informative technology sessions. The students are open to answering any technology questions you have so bring your iPads, laptops, phones, etc., and take advantage of this great resource! The students will bring iPads and laptops for demos as well. We will also continue with our computer time with our volunteer Paula on Wednesdays from 9-10. Stop by!

Lunch Trip to Red Robin

Monday, November 20 at 12:00



Join your friends for lunch at Red Robin in the Shoppes at Blackstone Valley Plaza in Millbury. They've got great burgers and much more! Please call the Center to register and let us know if you need a ride.



Thanksgiving Social & Turkey Dinner

Tuesday, Nov. 21 — 11:00 Social/11:45 Turkey Dinner

Join us here at the Center as we give thanks for all of YOU. The COA will put on a Social with refreshments to get you started at 11:00 (no fee). Then it's time for TriValley's delicious annual turkey dinner at 11:45 (\$3 fee). We'll have some fun, gobble some treats, and enjoy giving thanks for one another. Please call the Center to register.

Senator Moore's Turkey Dinner

Tuesday, November 28 at 12:00



Senator Moore will be providing us with a special treat this month. Come gather with friends to enjoy a delicious turkey dinner, courtesy of Senator Moore's office. Space is limited; please call the Center to register. Enjoy!



Blood Pressure Checks

Wednesday, November 29 at 12:30

The Town Nurse will be at the Center checking blood pressure. Come get checked!

Breakfast & Holiday Fraud Talk

Thursday, Nov. 30, 9:15 Breakfast / 10:00 Talk



Upton's Fire Chief and Town Manager will cook a delicious hot breakfast for you! Then join us for a discussion on Black Friday shopping tips, return policies, defective merchandise, warranties, stolen packages, credit card skimming and identity theft. Representatives from the Office of Consumer Affairs and the Better Business Bureau will speak. Please call to register. Breakfast is \$3; talk is free!

Exercise Classes—All abilities welcome!

Tai Chi—Mondays at 1:00—\$3

ZENgeivity—Mondays at 4:00—No fee

Strength & Stretch - Wednesdays at 10:00—\$3



JESSICA'S SOCIAL SERVICES CORNER



Medicare Presentation by SHINE

Monday, November 6 at 5:30 pm

Medicare Open Enrollment begins on October 15th and ends on December 7th. Please join us for a SHINE presentation to review 2018 Medicare drug and Medicare Advantage plan changes and learn how to select the best plan for you. Certified SHINE counsellors Marcy Singer and Jessica Mauro will be here to share valuable information on the ins and outs of Medicare. Please call the Center to register. Light refreshments will be served. Also—please see additional information on the insert to this newsletter.



**AED
Now
Available**



at the Upton Center

We are happy to announce that an AED is now mounted on the pole just outside of our Meal Manager's office area in our main community room. An AED is an Automated External Defibrillator. It is a medical device that analyzes the heart's rhythm and, if necessary, delivers an electrical shock, known as defibrillation, which helps the heart re-establish an effective rhythm. The American Red Cross supports the position that improved training and access to AEDs could save 50,000 lives each year. An AED is the only effective treatment for restoring a regular heart rhythm during sudden cardiac arrest and is an easy to operate tool for someone with no medical background. COA Staff received training on the use of the AED from our local EMS.

RSVP Senior Fraud Helpline Launched

Have you fallen for a costly scam, received calls requesting personal info. or money, or received anonymous threatening calls? If so or if you have any fraud related questions, give the RSVP Volunteers a call at 800-297-9760. Their new Fraud Helpline has launched as a resource for seniors in Worcester county.



Tri-Valley Lunch Services



A nutritious lunch is served at the Upton Center each week-day at 11:45. Please call Al Vautour at 508-529-9094 by 10 am the day before a meal is served to reserve a spot or cancel a meal. Meals are \$3 (including milk and bread). You can also call to inquire about home delivery of lunch and/or frozen evening dinners.

Wish List

We are in need of the following at the Center:

- Healthy snack items
- Disposable 5 oz. cups, bowls, and napkins
- Scissors and disinfecting hand wipes for craft time

Donations appreciated!



COMMUNITY CORNER

Flu Shots

Flu shots are available at the Board of Health office at the Upton Town Hall, Mon.-Thurs. Please call ahead to schedule an appointment at 508-529-3110.

Suppers at United Parish

United Parish of Upton invites you to their **Annual Turkey Supper** on Saturday, **November 4** at 5:30. Adults: \$10; Children: \$5. Call 508-529-3192 or visit the parish office for tickets. The Upton Center will provide Upton seniors with free rides to the Nov. 4 meal; call 508-529-4558 to reserve your ride. United Parish will also host a Community Supper on **Thurs., November 16 at 5:30**. RSVP by the Tues. before at 508-529-3192. No fee; donations appreciated.

Women's Club Fair

Start your holiday shopping early at the Upton Women's Club Fair at BVT High School on Sat., **Nov. 4**, 9 am-3 pm. Crafts, vendors, pre-owned items, services, food and more.

Leaf Raking for Seniors

Students from Nipmuc Regional High School are available to help Upton seniors rake leaves in their yard, free of charge, on **November 10**. If interested, please call the Upton Center at 508-529-4558 by November 8 and provide your name, address and phone number.

Bloomer Girls Holiday Fundraiser

Please join the Bloomer Girls **November 16** at 6pm for a fundraising night of fun and raffles at Petal and Crumb, 86 Prospect St. in Upton. You'll be making gorgeous pumpkin floral centerpieces. Tickets are \$50. Space is limited. Please call Lori at 508-529-3826 for tickets.

Town Meetings on Cable

Just a friendly reminder that the following three cable access stations are dedicated to local programming in Upton:

- Channel 191—For Fire & EMS Notices
- Channel 192—For General Programming
- Channel 194—For Educational & School Activities

Visit the Upton town website at www.uptonma.gov for detailed information on the programming available.

Elder Affairs Officer

The Upton Police Department will be holding office hours at the Upton Center as needed. Please call the Center to set up a time to speak with an Officer.

Where's the Drumstick?!



Congratulations to **Sylvia Crosby** who was our lucky winner for finding our hidden acorn last month. This time we've hidden a turkey drumstick. Can you find it?...Call the Center if you do and be entered to win a prize!

November 2017

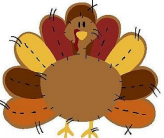
Mon

Tue

Wed

Thu

Fri

 Happy Thanksgiving		1 9:15 Shopping Trip* 9:00—12:00 SHINE Appointments 9:00—10:00 Computer Class 9:30 Coffee & Brain Games 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta Ginger Pork	2 10:00 Knit/Crochet Group 1:00 BINGO Spaghetti & Meatballs	3 10:00 Meditation & Mindfulness 12:30 Cello Music & Apple Crisp Social Sat. Nov. 4 at 12:00 Potluck Supper with Music at 12:30 by Tony Funches BBQ Chicken
6 Sun., Nov. 5 Turn Back Clocks  FALL 10:30 COA Meeting 1:00 Tai Chi 4:00 ZENgeivity 5:30 SHINE Presentation Macaroni & Cheese	7 9:15 Veterans Breakfast 10:00 Card Players Group 12:30 Wii Games 12:30 Shopping Trip* Greek Chicken	8 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta Meatloaf	9 10:00 Veterans Day Concert at Memorial School 10:00 Knit/Crochet Group 1:00 BINGO 4:45 Departure for 5:00 Friends of Rachel BVT Dinner Chicken Pot Pie	10 Center is Closed For VETERANS DAY  No meals served
13 12:30 Shopping Trip* 1:00 Tai Chi 4:00 ZENgeivity Beef Stew	14 10:00 Card Players Group 10:00 Craft Time With Betty 12:45 Birthday Bash, with Music by Rockin' Ralph Vegetable Cheese Bake	15 9:00—12:00 SHINE Appointments 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 1:00 Soup & Salad Brainstorm Chicken Milano	16 9:00 Shopping Trip* 10:00 Knit/Crochet Group 11:00—1:00 Bake Sale 1:00 BINGO Fish Victor	17 9:00 BVT Salon Visit 10:00 Meditation & Mindfulness 12:30 Afternoon Movie 5:30 Men's Club Supper Salisbury Steak
20 9:00—10:00 Senator Moore Office Hours 11:30 Computer Workshop by Nipmuc Students 12:00 Lunch Trip to Red Robin 1:00 Tai Chi 4:00 ZENgeivity Jambalaya	21 10:00 Card Players Group 11:00 Thanksgiving Social 11:45 TriValley's Thanksgiving Meal 12:30 Wii Games Roast Turkey w/Gravy	22 9:00 Shopping Trip* 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta Meatballs	23 Center is Closed  Happy Thanksgiving No meals served	24 Center is Closed for THANKSGIVING HOLIDAY Regular Meals on Wheels deliveries will take place but there will be no congregate meal. No meals served
27 1:00 Tai Chi 4:00 ZENgeivity Roast Pork	28 10:00 Card Players Group 12:00 Senator Moore's Turkey Dinner Chicken Fajitas	29 9:00—12:00 SHINE Appointments 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Blood Pressure Checks 12:30 Shopping Trip* Cold Roast Beef	30 9:15 Breakfast with Town Manager & Fire Chief 10:00 Holiday Fraud Prevention Talk 10:00 Knit/Crochet Group 11:30 Computer Workshop by Nipmuc Students 1:00 BINGO Salmon Boat	 Be Thankful

November, 2017 — Dates to Remember

Check  here if you plan to attend !*

- Nov 1 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15
- Nov 1 _____ SHINE Appts., 9:00—12:00 (call for appt.)
- Nov. 1 _____ Coffee & Brain Games, 9:30
- Nov. 3 _____ Mindfulness & Meditation, 10:00
- Nov. 3 _____ Cello Music & Apple Crisp Social, 12:30
- Nov 4 _____ Potluck Supper at Noon with Music by Tony Funches at 12:30. Please check what you will bring:
Appetizer _____, or Main Dish _____, or Dessert _____ (Or if not bringing food, please bring \$5 _____).
- Nov 6 _____ COA Board Meeting, 10:30
- Nov 6 _____ SHINE Presentation, 5:30
- Nov 7 _____ Veterans Day Breakfast, 9:15
- Nov 7 _____ Shopping Trip—Market Basket, Oxford, 12:30
- Nov 9 _____ Veterans Day Concert at Memorial School, Depart at 9:40/10:00 Concert. (Need a ride? Yes _____ or No _____)
- Nov 9 _____ Depart at 4:45 for 5:00 Friends of Rachel BVT Dinner (Do you need a ride? Yes _____ or No _____)
- Nov 10 _____ CENTER IS CLOSED FOR VETERANS DAY
- Nov 13 _____ Shopping Trip—Christmas Tree Shop, Shrewsbury, 12:30
- Nov 14 _____ Craft Time with Betty, 10:00
- Nov 14 _____ Birthday Bash with Music by Rockin' Ralph, 12:45 Do you have a birthday this month? Yes _____ or No _____
- Nov 15 _____ SHINE Appointments, 9:00—12:00 (call for appointment)
- Nov 15 _____ Soup & Salad Brainstorm, 1:00
- Nov 16 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart, Farm Stand Loop, Northbridge, 9:00
- Nov 16 _____ Bake Sale, 11:00—1:00 (Would you like to bake an item? Yes _____ or No _____)
- Nov 17 _____ BVT Salon Visit. Do you need a ride? Yes _____ or No _____. What service do you want? _____
- Nov 17 _____ Mindfulness & Meditation, 10:00
- Nov 17 _____ Afternoon Movie, 12:30
- Nov 17 _____ Men's Club Supper, 5:30
- Nov 20 _____ Senator Moore's Office Hours, 9:00—10:00
- Nov 20 _____ Computer Workshop by Nipmuc Students, 11:30
- Nov 20 _____ Lunch Trip to Red Robin in Millbury, 12:00 Departure. (Do you need a ride? Yes _____ or No _____)
- Nov 21 _____ Thanksgiving Social, 11:00
- Nov 21 _____ TriValley's Thanksgiving Meal, 11:45
- Nov 22 _____ Shopping Trip—Mkt. Basket, Hudson, 9:00
- Nov 23 & 24 _____ CENTER IS CLOSED FOR THANKSGIVING
- Nov 28 _____ Senator Moore's Turkey Dinner, 12:00
- Nov 29 _____ SHINE Appts., 9:00—12:00 (call for appt.)
- Nov 29 _____ Blood Pressure Checks, 12:30
- Nov 29 _____ Shopping Trip—Wegman's Plaza,
Northborough, 12:30
- Nov 30 _____ Breakfast at the Center, 9:15
- Nov 30 _____ Holiday Fraud Prevention Talk, 10:00
- Nov. 30 _____ Computer Workshop by Nipmuc Students, 11:30

Please call the Upton Center at 508-529-4558 to register for rides and programs. Hours are Mon.—Fri., 9:00—3:30 (weather & staff permitting).



Easy Sign-Ups!! Turn your sheet in to our office and we'll make a copy and sign you up!

Name: _____

Phone #: _____

WEEKLY EVENTS AT THE UPTON CENTER

Every Monday.....	Tai Chi	1:00
Every Monday.....	ZENgevity	4:00
Every Tuesday.....	Card Players Group	10:00
Every Tuesday.....	Wii Games (No Wii on November 14 or November 28)	12:30
Every Wednesday	Computer Class	9:00
Every Wednesday	Strength & Stretch	10:00
Every Wednesday	Library Table	11:00
Every Wednesday	Canasta	12:30
Every Thursday	Knit/Crochet Group	10:00
Every Thursday	BINGO	1:00