



The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

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

THE UPTON CENTER STAFF

Director of Elder & Social Services

Janice Read Nowicki

Social Services Coordinator

Jessica Mauro

Department Specialist

Bernadette Denson

COA Assistants

Deb Saulen

Karen Varney

Drivers

Jim Earl

John Saulen

Nutrition Center Mgr.

Al Vautour

COUNCIL ON AGING MEMBERS

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June is **Alzheimer's & Brain Awareness Month**. Currently over 5.7 million Americans are living with Alzheimer's disease, a number projected to triple by the year 2050. That's why we're supporting the Alzheimer's Association's efforts to raise awareness at the local level in order to help energize people to ask questions, seek help, and increase education that Alzheimer's disease is a public health crisis that needs our attention.



Early detection matters, which is why it's important to know the 10 signs of Alzheimer's:

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks at home
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality

Are You Experiencing Symptoms of Alzheimer's Or Dementia?

You are not alone! Care and support services are available, making it easier for you and your family to live the best life possible with Alzheimer's or dementia.

**Alzheimer's Association 24/7
Helpline: 800-272-3900**

Naturally, many people experience a typical age-related change in some of these areas. But Alzheimer's symptoms go beyond what's typical for a given age. If you or someone you care about experience any of the 10 warning signs of Alzheimer's disease, please see a doctor to find the cause. Early diagnosis gives you a chance to seek treatment and plan for your future. Please stop by the Center for informational pamphlets or contact the Alzheimer's Association for more information at www.alz.org/10signs or 800-272-3900.

Janice

Good News & Thank You's

COA Board elections were held in May and we are pleased to announce our new officers. **Paula Lepore** was elected as Chair, **Laurie Fantini** was elected as Vice Chair, and **Myra Bigelow** was elected as Secretary. Congratulations to all! And many thanks to our outgoing Chair, **Myra Bigelow**, outgoing Vice Chair, **Josephine McLaughlin**, and outgoing Secretary, **Laurie Fantini**, for all their hard work over the past year. We are also pleased to welcome our newest COA Board Member, **Greg Manning**. COA Board Meetings are held the first Monday of each month at 10:30 at the Center. Join us to learn more about your local Council on Aging!



We'd also like to extend our thanks to the following:

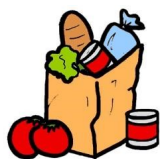
Upton resident Klara Nydam—for her generous donation to the Center

The Upton Police Department—for another wonderful Annual Police Spaghetti Supper

The Cosmetology Students at BVT—for treating our Seniors to free manicures in May



**Remember—we are open all summer from 9:00—3:30 Monday through Friday,
and AIR CONDITIONED—so we hope to see you here often!**



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 on a loop. Destinations/times may change due to medical appts.*

Wednesday, June 6 at 9:00—Salvation Army/Shaw's/Job Lots/**Foppema's Farm**/Walmart Loop*, Northbridge

Friday, June 8 at 9:15—Kohl's Plaza, TJ Maxx & Stop & Shop, Milford

Wednesday, June 13 at 9:00—Market Basket, Hudson

Tuesday, June 19 at 9:15—Hannaford's, Uxbridge

Friday, June 22 at 12:30—Salvation Army/Shaw's/Job Lots/**Foppema's Farm**/Walmart Loop*, Northbridge

Tuesday, June 26 at 12:30—Market Basket, Oxford



NOTE: With so many shoppers, it can be hard to sort out everyone's purchases when we unload! Please help minimize confusion by bringing your own shopping bags along. We have some at the Center if you need any.



Local Walks

Tuesdays June 12, 19 and 26 at 9:00

Thursdays June 7, 21 and 28 at 9:00

PLUS—a Wellness Talk & Walk in the Park

On Monday, June 11 at 9:00

Join Jessica for her local walks right from the Center, weather permitting. Go at your own pace. It's a great way to start the day. In addition we'll head to the Milford bike trail for some exercise and healthy talk on June 11. Please call to register for the Milford walk and let us know if you need a free ride on the van.



Continental Breakfast & Legal Talk:

Taking Control of Your Future - A Legal Checkup

Tuesday, June 5: 9:15 Breakfast and 10:00 Talk

Join us for continental breakfast and an important legal talk presented by Attorney Nina Dow of Mountain Dearborn law firm in Worcester. Ms. Dow specializes in the areas of estate and tax planning. Her talk will focus on a wide range of legal issues affecting the lives of seniors. Please call to register. No fee for the breakfast or talk.

Super Salad Friday

Friday, June 8 at 11:45



It's a great time of year to enjoy fresh healthy salads so we thought we'd try a new offering. We'll prepare delicious summer side salads for just \$1, to be enjoyed at the Center at lunch time, or taken to go. Please **order by June 6th** and we'll have it ready for you at 11:45 on Friday. If this seems to be a popular option, we'll plan to add more dates.



Representative Muradian's Office Hours

Friday, June 8, 12:00—1:00

Representative Muradian's office will hold office hours here at the Center to discuss your concerns. Stop by with your questions.

Afternoon Movie

Friday, June 8 at 12:30



Come enjoy **The Bucket List** (rated PG). In this memorable 2007 film, two terminally ill men played by Morgan Freeman and Jack Nicholson try to fulfill a wish list known as "The Bucket List" before each kicks the bucket. After they break out of a cancer ward, they head off on a road trip with an itinerary that includes racing cars, eating giant plates of caviar and slinging poker chips in Monte Carlo. It's a great reminder that it's never too late to do the things you've always wanted to do! Call to let us know if you can join us!



Potluck Dinner

Friday, June 8 at 5:00

The potluck dinner is back! But this time, we'll leave the hot pots at home, and ask you to bring cold food options instead. Sandwiches, salads, sides and desserts are welcome. Please call to RSVP and let us know if you plan to bring an appetizer, main dish or dessert to share. We'll provide the drinks and paper goods. If you are not able to bring a food item, please plan to donate \$5.

Senator Moore's Office Hours

Monday, June 11, 9:00—10:00



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



Boston State House Tour

Tuesday, June 12, Depart 10:00; Return around 2:00

We'll be heading to the State House in Boston for a tour led by State Representative David Muradian, followed by lunch. What a great opportunity to get to see your state government up close and personal. No fee for tour or lunch. **Please RSVP by June 6.** Space is limited so preference will be given to those who have not joined us on this tour before. But if there's room—you're welcome to go again!

SHINE Appointments

Wednesday, June 13, 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.

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).



Breakfast with the Town Manager

Thursday, June 14 at 9:00

It's time for another great breakfast with Town Manager, Derek Brindisi. Following a delicious meal, Derek will give a talk on what's happening in town and hold a Q&A session. Come share your concerns and learn more about what's happening in Upton! Please call to register. Breakfast fee is \$3.

Birthday Bash with Music by Rockin' Ralph

Friday, June 15 at 12:45

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



Father's Day Social with Music by Jumpin' Juba

Tuesday, June 19 at 1:00

Join us for some fantastic music by Jumpin' Juba along with some good old fashioned strawberry shortcake as we honor all the fathers in our lives. Jumpin' Juba's mix of guitar, keyboards, drums and vocals creates infectious, fun-loving music at its best! Come listen, tap your toes, or dance along! Please call to register. No fee.



Lunch Trip to the 99 Restaurant

Wednesday, June 20 at 12:00

Join your friends for a delicious lunch at the 99 Restaurant in Milford. They have tasty burgers, salads, sandwiches and more on their menu. Please call the Center to register and let us know if you need a ride on our van.



Ice Cream Treat Social

GOOD HUMOR Thursday, June 21 at 12:15

It's the first day of Summer!! What better way to celebrate than gathering with friends to enjoy some of the old favorite treats we all remember getting off the ice cream truck when you were a kid?! Stop by and choose from an assortment of ice cream treats for \$1. Please register so we'll know how many treats to have on hand.

Trip to Dairy Queen & Kelly's Farm Stand

Monday, June 25 at 12:30

Let's head to Dairy Queen for a sweet treat to beat the heat! We'll stop at Kelly's farm stand on the ride home so you can shop for your favorite fresh fruits and vegetables.



Craft Time with Betty

Tuesday, June 26 at 10:30

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.

Concerts at Kiwanis Beach in Upton

Wednesdays, June 27—August 16 (Except July 4)

Van departs at 5:00 / Concerts begin at 6:00

Upton Rec. Commission's summer concerts at Kiwanis Beach are back! The first one kicks off on June 27 at 6pm with fantastic Beatles music by 4EverFab. Free van rides will be provided to this June concert, along with the following dates:

- Wed., July 11—Mac Odem
- Wed., July 18—The Free Downloads
- Wed., July 25—Classic Groove
- Wed., Aug. 1—Houston Bernard Band
- Wed. Aug. 8—Leon Spradley
- Wed., Aug. 16—Fast Times

Bring a blanket and chair and enjoy the music and the great outdoors! Concerts begin at 6:00. **Please call the Center for a ride at least 2 days ahead so we can schedule transportation.** The van will depart at 5:00 with pickups available at the front lobby of Millhaus Apartments, the mailboxes at Coach Road, and Upton residences as needed.



Coffee Social

Friday, June 29 at 9:00

Join us for good company, coffee and muffins at our Coffee Social. Please call the Center to register. No fee.

Free Trip to the Worcester Art Museum

Friday, June 29 at 12:30



Join us for a trip to the Worcester Art Museum (WAM)! Admission is free today, thanks to the "Free Fun Fridays" program. WAM's collection of nearly 38,000 objects spans 51 centuries and includes some of the finest Roman mosaics in the U.S., world renowned works of European and American art, 3,500 Japanese prints, and the second-largest collection of arms and armor in the Americas. Please call to register and let us know if you'd like a free ride on our van.

Healthy Mind & Body

Tai Chi—Mondays at 1:00—\$3

ZENgeivity or Volleyball—Mondays at 4:00—No fee

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

Belly Dancing—Fridays at 10:00—\$3.

Blood Pressure Checks—Wed., June 27 at 12:30

Next Podiatrist Visit—July 12, 9:30—12:00 (call the Upton Center for an appointment)



Taking a Break for the Summer

The following programs are taking a well-deserved break for the summer. Watch for their return in the fall!

- Men's Club Suppers
- BVT Charity Dinners
- Trips to the BVT Salon

JESSICA'S SOCIAL SERVICES CORNER

Medicare Card Update

Medicare is required to remove all social security numbers from Medicare beneficiary cards by April 2019. The new Medicare mailings started as of April 2018. Massachusetts beneficiaries are scheduled to start receiving their new cards sometime after June 2018. This will help keep your information more secure and help protect your identity. You'll get a new randomly selected Medicare Number that's unique to you, and it will only be used for your Medicare coverage.

The new card won't change your coverage or benefits. You'll get more information when your new card is mailed. A few things to consider- If you have changed your address, make sure to notify Social Security promptly to guarantee your card will be mailed to your correct address. Also, be aware of anyone who contacts you about your new Medicare card. Medicare will not ask you to give them any personal or private information in order to get your new Medicare number and card.

Ten things to know about your new Medicare card:

1. Mailing takes time- you may receive your card at a different time than your neighbors.
2. Destroy your old Medicare card.
3. Guard your card- only give the number to doctors, pharmacists, other health care providers, your insurers or people you trust to work with Medicare on your behalf.
4. Your Medicare card is unique to you.
5. Your new card is paper.
6. Keep your card with you.
7. Your doctors and providers are aware of the new cards.
8. You can find your number- if you forget your new card, your doctors or health care providers may be able to look it up.
9. Keep your Medicare Advantage card- If you have a Medicare Advantage Plan, your Medicare Advantage card is your main card for Medicare and this is what you will keep and use whenever you show you need care.
10. Help is available- If you do not receive your new card by April 2019 please call: 1-800-Medicare (1-800-633-4227).

Keep on Walking!



Jessica is continuing to lead local walks on Tuesdays and Thursdays—come join us! All fitness levels welcome. See more dates and details inside this newsletter.



Tri-Valley Lunch Services

A nutritious lunch is served at the Upton Center each weekday 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.

COMMUNITY CORNER

Community Supper at United Parish

United Parish of Upton invites you to attend their monthly community Supper on **Thursday, June 21 5:30**. Please RSVP by the Tues. before at 508-529-3192. No fee but donations are gratefully accepted.

Hazardous Waste & Shredding Day

The Upton Board of Health is sponsoring a Hazardous Waste and Shredding Day for Upton residents at the DPW garage, 100 Pleasant St., from 8 a.m. to Noon on Saturday, **June 23**. Call the Board of Health at 508-529-6813 or visit their department page on the town website at www.uptonma.gov

Upton Pickleball

Upton's Recreation Committee is starting up Pickleball clinics and tournaments at the Kiwanis Beach tennis and baseball courts! Pickleball is often described as a combination of tennis, ping pong, paddle tennis and badminton. Come give it a try! If interested, please contact Bill McCormick at BillMcProperty@gmail.com or 508-320-3500. Once a list of interested people is ready, lessons and games will begin.

Circus Coming to Mendon in July

The Mendon Lions Club is bringing the Zerbini Family Circus to town on **July 9**. Shows will take place at 5 p.m. and 7 p.m. Advance ticket locations will be announced soon. The show will take place at the Fino lot, at the corner of Route 16 and North Avenue in Mendon. Free parking is available at Clough School and the town fields.

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.

Wish List

We are in need of the following at the Center:

- Patio furniture so we can enjoy our patio!
- Paper plates and plastic cutlery

Please call 508-529-4558 if you can help. We appreciate your generosity!

Where's the Frog?



Congratulations to **Donna Dube** who was our lucky winner for finding our hidden humming bird last month. This time we've hidden a little frog. Can you find it?...If so, call the Center and be entered to win a prize!

HAPPY FATHERS DAY

June 2018

Mon

Tue

Wed

Thu

Fri

* Please see newsletter for details of our shopping trips and call the Center at 508-529-4558 to register.				1 10:00 Belly Dancing Class Spaghetti & Meatballs
4 10:30 COA Meeting 1:00 Tai Chi Macaroni & Cheese	5 9:15 Continental Breakfast 10:00 Legal Talk 12:30 Card Players Group 12:30 Wii Games Greek Chicken	6 9:00 Shopping Trip* 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta Meatloaf & Gravy	7 9:00 Local Walk 10:00 Knit/Crochet Group 1:00 BINGO Chicken Pot Pie	8 9:15 Shopping Trip* 10:00 Belly Dancing Class 11:45 Super Salad Friday 12:00—1:00 Representative Muradian Hours 12:30 Afternoon Movie 5:00 Potluck Supper Breaded Fish
11 9:00 Wellness Talk & Walk in the Park 9:00—10:00 Senator Moore's Office Hours 1:00 Tai Chi 4:00 ZENgevity Chicken Milano	12 9:00 Local Walk 10:00—2:00 Boston State House Tour with Representative Muradian 10:00 Card Players Group 12:30 Wii Games Meatballs w/Onion Gravy	13 9:00 Shopping Trip* 9:00—10:00 Computer Class 9:00—12:00 SHINE Appointments 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta Catch of the Day	14 Flag Day!  9:00 Breakfast with the Town Manager 10:00 Knit/Crochet Group 1:00 BINGO BBQ Chicken	15 10:00 Belly Dancing Class 12:45 Birthday Bash with Music by Rockin' Ralph Beef Stew
18 1:00 Tai Chi 4:00 Volleyball  Salisbury Steak	19 9:00 Local Walk 9:15 Shopping Trip* 10:00 Card Players Group 1:00 Father's Day Afternoon Social with Music by Jumpin' Juba Marinated Pork Loin	20 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:00 Lunch Trip to the 99 Restaurant* 12:30 Canasta Vegetable Cheese Bake	21 FIRST DAY of SUMMER! 9:00 Local Walk 10:00 Knit/Crochet Group 12:15 Ice Cream Treat Social 1:00 BINGO Chicken Sausage Jambalaya	22 10:00 Belly Dancing Class 12:30 Shopping Trip* Fish w/Crumb Topping
25 12:30 Trip to Dairy Queen & Kelly's Farm Stand 1:00 Tai Chi 4:00 ZENgevity Roast Pork w/Gravy	26 9:00 Local Walk 10:00 Card Players Group 10:30 Craft with Betty 12:30 Wii Games 12:30 Shopping Trip* Salmon Boat w/ Dill Sauce	27 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Blood Pressure Checks 5:00 Departure for Concert at Kiwanis Roast Beef Sandwich	28 9:00 Local Walk 10:00 Knit/Crochet Group 1:00 BINGO Lasagna w/Meatballs	29 9:00 Coffee Social 10:00 Belly Dancing Class 12:30 Trip to Worcester Art Museum Chicken Fajitas

June, 2018 — Dates to Remember

Check  here if you plan to attend !

- June 4 _____ COA Meeting, 10:30
- June 5 _____ Continental Breakfast, 9:15
- June 5 _____ Legal Talk—Taking Control of Your Future, 10:00
- June 6 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's/Walmart Loop*, Northbridge, 9:00
- June 8 _____ Shopping Trip—Kohl's Plaza, TJ Maxx & Stop & Shop Loop*, Milford, 9:15
- June 8 _____ Super Salad Friday, 11:45 (Would you like to eat it at the Center or take it to go? _____)
- June 8 _____ Representative Muradian's Office Hours, 12:00—1:00
- June 8 _____ Afternoon Movie, 12:30
- June 8 _____ Potluck Supper, 5:00. What do you plan to bring?:
 Appetizer____ Main Dish____ Dessert____ or \$5 Donation____
- June 11 _____ Wellness Talk & Walk in the Park, 9:00 departure. (Do you need a ride on our van? Yes____ or No____)
- June 11 _____ Senator Moore's Office Hours, 9:00—10:00
- June 12 _____ Boston State House Tour with Rep. Muradian, 10:00—2:00.
 (Have you taken this tour with us before? Yes____ or No____)
- June 13 _____ Shopping Trip—Market Basket, Hudson, 9:00
- June 13 _____ SHINE Appointments, 9:00—12:00 (Please call for appointment)
- June 14 _____ Breakfast with the Town Manager, 9:00
- June 15 _____ Birthday Bash with Music by Rockin' Ralph, 12:45 (Is it your Birthday this month?! Yes____ or No____)
- June 19 _____ Shopping Trip—Hannaford's, Uxbridge, 9:15
- June 19 _____ Father's Day Afternoon Social with Music by Jumpin' Juba, 1:00
- June 20 _____ Lunch Trip to the 99 Restaurant in Milford, 12:00 Departure (Do you need a ride? Yes____ or No____)
- June 21 _____ Ice Cream Treat Social, 12:15
- June 22 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's, Walmart Loop*, Northbridge, 12:30
- June 25 _____ Trip to Dairy Queen & Kelly's Farm Stand, 12:30
- June 26 _____ Craft with Betty, 10:30
- June 26 _____ Shopping Trip—Market Basket, Oxford, 12:30
- June 27 _____ Blood Pressure Checks, 12:30
- June 27 _____ Departure for Concert at Kiwanis, 5:00
- June 29 _____ Coffee Social, 9:00
- June 29 _____ Free Trip to Worcester Art Museum, 12:30 departure



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 #:** _____

Did you find our hidden frog? If so—where?! _____



WEEKLY EVENTS AT THE UPTON CENTER

- Every Monday Tai Chi 1:00
- Every Monday ZENgevity or Volleyball..... 4:00
- Every Tuesday..... Card Players Group (Note: Time changed to 12:30 on June 5) 10:00
- Every Tuesday..... Wii Games (No Wii June 19)..... 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
- Every Friday Belly Dancing 10:00