



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

Kevin Farrar

John Saulen

Nutrition Center Mgr.

Al Vautour

COUNCIL ON AGING MEMBERS

Chair

Paula Lepore

Vice Chair

Laurie Fantini

Secretary

Myra Bigelow

Members

Betty Consigli

Maria Griffin

Greg Manning

Josephine McLaughlin

Judie Pitts

Richard Provost

Linda Sanders

Grace Wadsworth

Margaret Watson

Spring is almost here, and March is **National Professional Social Work Month!** Every day, the nation's 680,000 social workers work to empower and elevate millions of people, including some of the most vulnerable in our society. This year's "Elevate Social Work" theme aims to educate the public about the many contributions social workers have made to our society and why the profession is so vital to our nation.

Social workers touch the lives of millions of people each day, helping them overcome life's hurdles so they can live to their full potential. Social workers are trained to examine and address life's problems in a holistic way. They elevate and empower people, giving them the ability to solve problems, cope with personal roadblocks and get the resources they need to succeed. Social workers also bring individuals together with other people, their communities, local and state government and agencies to address wider problems in our society, including lack of affordable housing, hunger and equal rights for all. You can find social workers everywhere – including in schools and colleges, hospitals, veteran centers, mental health facilities, local and federal government, the corporate world and in agencies that help children find new families through adoption and protect children from abuse and neglect.

Our **Social Services Coordinator, Jessica Mauro**, is available here at the Upton Center full time as a valuable resource to our community. Jessica can help you with Fuel Assistance, SNAP (food stamps), SHINE information, referrals and more. She leads a ZENgevity music and movement class each Monday afternoon at 2:30 and will also be resuming her healthy talk series soon. Feel free to call her at 508-529-4558 with any questions. She is here to help residents of ALL ages.



We'd also like to remind you that work is continuing as the town of Upton considers the possibilities for revitalization of historic town center. We encourage you to come to our **Breakfast with the Town Manager on Thursday, March 14 at 9:00** for an update on this and other happenings in the town. Seniors' input is vital to this project, so please stay informed and let your voices be heard!

We hope to see you often at the Center this spring!

Janice

Thank You



for your Kindness

Thank you to the first grade students of Memorial School for hosting our seniors for a very special Caring Breakfast on February 11. Our seniors were greeted with smiles and treated to a Valentines serenade and a delicious meal. Thanks for making our seniors feel so special!

We also want to thank Nipmuc student Anina Lawrence and her band mates Zachary, Anita and Julia who kindly shared their musical talents with us over their school vacation week. We so enjoyed the entertainment!

Also—thank you to the many generous donors who made a contribution to the Upton Center in honor of Jane Humes' passing. Jane was a wonderful lady who will be missed by all of us here at the Center, and we are honored to have received donations in her memory.

Just a friendly reminder to set your clocks ahead on Sunday, March 10 at 2:00 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 on a loop. Destinations/times may change due to medical appts.*

Wednesday, March 6 at 9:15—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge

Fri., March 8 at 9:15—Christmas Tree Shop, Shrewsbury

Monday, March 11 at 9:15 – Market Basket, Oxford

Wednesday, March 13 at 12:30 – Walmart, Northbridge

Monday, March 18 at 9:15 – Kohl's/Home Goods/Stop & Shop Loop, Milford

Thursday, March 21 at 9:15 - Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge

Tuesday, March 26 at 12:30 - Hannaford's, Uxbridge

Friday, March 29 at 9:15 - Market Basket, Hudson

Tax Appointments

Mondays, March 4—April 1, 9:00—1:00



AARP tax preparers will be here to help you prepare your taxes at no charge. Spaces fill fast. Please call the Center to schedule a time and be sure to pick up the AARP tax intake forms in our office and complete them before your appointment. If you can't make your appointment, please let us know because we typically have a wait list.

March for Meals Breakfast to Benefit TriValley

Tuesday, March 5 at 9:15



Join us at the Center for Jan's world famous French toast to benefit the March for Meals Campaign. Tri-Valley conducts the March for Meals fundraiser each year to raise funds for the Meals on Wheels program which delivers nutritious meals, visits and safety checks to seniors all year long. So come enjoy a great meal for a great cause! Fee is \$3. Please call the Center by **March 1** to register.



Mardi Gras Social with BVT Students

Friday, March 8 at 2:30

A group of students from BVT would like to treat you to a Mardi Gras Social at the Center! Come enjoy a nice afternoon and light refreshments with some great kids who are interested in getting to know their local seniors better. No fee. Wear a mask if you dare! Please register by **March 6**.



Senator Moore's Office Hours

Monday, March 11, 9:00—10:00

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

Craft Time with Betty

Tuesday, March 12 at 10:00



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



Breakfast with the Town Manager

Thursday, March 14 at 9:00

Join us as we gather for another delicious breakfast with Town Manager, Derek Brindisi. After a great meal, Derek will give a talk on what's happening in town and answer your questions. Come share your concerns and learn what's new in Upton! Please **call by March 12 to register**. \$3 fee.

BVT Salon Visit

Friday, March 15 at 9:00



Treat yourself to some pampering at the Salon at BVT. Choose from their menu of services at their discounted prices. **Please RSVP to the Upton Center by March 12 to reserve a time** and let us know if you need a ride for \$1.



St. Patty's Day Social with Irish Step Dancing

Friday, March 15 at 12:30

Join us for a St. Patty's Day celebration, complete with a young Irish Step Dancer, Sarah Hurley, who is kindly taking some time out of her school day to come entertain us! Sarah was here last year and she was FANTASTIC so we are so happy to have her back again. Light refreshments will be served. Please call the Center by **March 13** to register. No fee. And remember to wear your green!



Men's Club Supper

Friday, March 15 at 5:30

Join us for another great Men's Club Supper! Pizza and salad are on the menu this month so come enjoy a good meal with friends. No fee, thanks to the Upton Men's Club! Please **call by March 13** to register.



Breakfast at Stephanie's

Tuesday, March 19 at 9:15

Nearby "Breakfast at Stephanie's" has become a favorite spot for locals already. We thought it would be fun to schedule a breakfast trip there so that you can all enjoy a delicious meal in town. Let us know by **noon on March 18** if you'd like to go and we'll make a group reservation for 9:15.



Bake Sale to Benefit TriValley

Thursday, March 21, 11:00—1:00

Come check out a great assortment of delicious baked goods and bring some home for a good cause. If you're interested in baking to support the fundraiser, please let us know by Monday, **March 18**. Thank you!

Birthday Bash

Friday, March 22 at 12:45

Come enjoy pizza, cake and ice cream in celebration of this month's Bdays! The event is free for those with a March birthday; a donation of \$3 is suggested for others. Please call by noon on **March 20** to register so we can have plenty of pizza on hand.



Why, When & How of Researching Ancestry at the National Archives

Monday, March 25 at 6:30 pm

The Upton Library has arranged this talk at the Upton Center by Seema Kenney, a professional genealogist, to help you learn the ins and outs of researching ancestry at the National Archives at Boston (located in Waltham). No fee. Please **RSVP to the Upton Library at 508-529-6272 by March 22**. Also—please mark your calendars for a separate three part program by Seema coming to the Upton Center on Thursday, April 25 at 6:30 pm, Thursday May 16 at 6:30 pm and Sunday, June 9 at 2:00 pm which will focus on "Writing Your Autobiography". Call the Upton Center if interested in this series that will help you share your legacy with others.

Breakfast at the Center

with State Judge's Legal Talk

Tuesday, March 26—9:15 Breakfast / 10:00 Talk

Join us for a delicious breakfast followed by a visit from a State Judge who will be here to provide an interesting talk on the importance of an impartial and independent judiciary governed by the Rule of Law. Breakfast fee is \$3. Please call the Center by Friday, **March 22** to register.



Lunch Trip to Pizza Uno's

Wednesday, March 27 at 12:00

Let's head to Pizza Uno's for a delicious lunch. They have much more than just pizza on the menu! Please RSVP by noon on Monday, **March 25** and let us know if you need a ride on our van.



TriValley Italian Dinner in Milford

Thurs., March 28—Van departs at 3:45 for 4:30 dinner

Head over to the Milford Senior Center for a delicious Italian meal to benefit the annual March for Meals Campaign. The menu includes Italian meatballs, sweet sausage, penne pasta and sauce, zucchini, garden salad, garlic bread, tiramisu and beverages. Tickets are \$8. Free transportation will be provided on our van for Upton seniors, departing the Upton Center at 3:45. Additional rides will be added if needed. Please call or visit the Center by **March 22** for tickets and let us know if you need a ride.



Afternoon Movie

Friday, March 29 at 12:30

Join us for **The Best Exotic Marigold Hotel**, with Judi Dench (rated PG-13). British retirees travel to India in this comedy to take up residence in what they believe is a newly restored hotel. Less luxurious than advertised, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways. Please call to register.

Healthy Mind & Body

Join us for one of our FREE exercise classes!

All fitness levels are welcome.



Tai Chi —Mondays at 1:00

ZENgevity— Mondays at 2:30

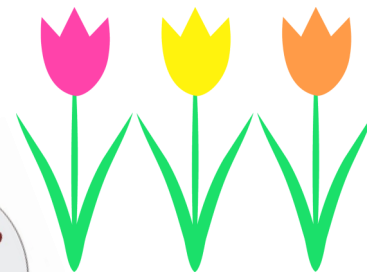
Strength & Stretch—

Weds. at 10:00 & Fri's at 10

1-on-1 Nutrition Counselling—

Fridays 10:45-11:30 (please register)

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



Spring Dinner Dance by the Bloomer Girls

Saturday, April 6, 5:00—8:00 pm

Calling all Seniors!...The Upton Bloomer Girls would like to treat you do a wonderful evening of food and fun! Join them here at the Upton Center for soup, sandwiches, salad, desserts, coffee and soft drinks plus music and dancing. All for free! So grab your dancing shoes and come on down for this fun night out. **Please call the Center by April 3 to register.** THANK YOU Bloomer Girls!



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).

JESSICA'S SOCIAL SERVICES CORNER

Social Services Resources

March is National Professional Social Work Month! Just a friendly reminder that our Social Services Coordinator, Jessica Mauro, is available to assist with Fuel Assistance, SNAP (food stamps), SHINE information, referrals and more. Feel free to call her at 508-529-4558 with any questions.



Medicare Update

Beginning in 2019, Medicare has a NEW Medicare Advantage Plan Open Enrollment period. This new period runs from January 1st to March 31st of each year. During this timeframe you can change to another Medicare Advantage Plan or leave your Medicare Advantage Plan and return to Original Medicare and pick up a drug plan and supplement coverage. You will only be allowed to make one change during this time. **YOU MUST BE IN A MEDICARE ADVANTAGE PLAN ON JANUARY 1ST TO TAKE ADVANTAGE OF THIS OEP.** If you would like additional information or have other questions for a SHINE counselor, please call the Center to speak with Jessica at 508-529-4558.

Text-to-9-1-1 is Available

Text-to-9-1-1 is now available across the Commonwealth. When a citizen sends a text message to 9-1-1, it will be routed to an emergency call center based on the location information provided by the carrier. For this reason, when a citizen sends a Text-to-9-1-1, they should make every effort to text the town name, address or location that they are located in. Texting should only be used when you are unable to make a voice call to 9-1-1, and texters should make every effort to give details of what is happening. If you attempt to text where the service is not available, wireless carriers provide an automatic 'bounce-back' message. So remember—in an emergency—CALL 911 if you can; text if you can't.



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.

Wish List

We could use the following at the Center:

- Volunteers interested in riding as a companion with our seniors who need someone to accompany them to occasional doctor appointments
- Speakers willing to come share a hobby, skill or interest with our seniors

Let us know if you can help! Thank you.

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.

PJ Drive

The Upton Library is taking part in the Annual Boston Bruins PJ Drive for local kids and teens from **February 1—March 15**. Please bring your donation of NEW pajamas to the Upton Town Library to participate!

Charity Auction

The Upton Men's Club is holding a charity auction with keynote by N.E. Patriots Hall of Famer Matt Light on **March 9th** from 6pm—11 pm at Maxwell Silverman's at the New Union Station in Worcester. Dinner & Dancing, Live and Silent Auction. \$100 per person. For details and tickets, visit www.uptonmensclub.org

Living with Hearing Loss

Hearing Loss Association of Central MA will hold its next meeting at the Northborough Public Library on **March 16** from 2:30—4:30. This month, they'll be breaking into small groups to identify common issues we experience with hearing loss and to brainstorm potential solutions. Light refreshments will be provided.

Community Supper at United Parish

United Parish of Upton invites you to attend their monthly community supper on Thursday, **March 21 at 5:30**. RSVP by the Tues. before at 508-529-3192. No fee but donations are always appreciated.

Save the Date—Eldercare 2019

Save the date for ElderCare 2019, a free event for seniors and caregivers to be held on Wednesday, **June 12** at Worcester State University. For more information contact Central Mass. Agency on Aging at 508-852-5539 or AMcKeon@seniorconnection.org

Elder Affairs Officer

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

Where's the Butterfly?

Congratulations to **Linda Jones** who was our lucky winner for finding our hidden tea cup last month. This time we've hidden a little butterfly. Can you find it?...If so, call the Center and be entered to win a prize!



March 2019




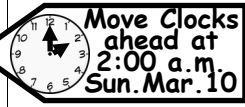
Mon

Tue


Wed

Thu

Fri

<p>*Please see newsletter for details of our shopping trips and call the Center at 508-529-4558 to register.</p>				<p>1 10:00 Strength & Stretch 10:45—11:30 One on One Nutrition Mtgs. Braised Beef</p>
<p>4 9:00—1:00 AARP Tax Appointments 1:00 Tai Chi 2:30 ZENgevity</p> <p>Chicken Pesto</p>	<p>5 9:15 March for Meals Breakfast to Benefit TriValley 10:00 Card Players Group 12:30 Wii Games</p> <p>Jambalaya</p>	<p>6 9:15 Shopping Trip* 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta</p> <p>Vegetable Cheese Bake</p>	<p>7 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Roast Pork Loin w/ Gravy</p>	<p>8 9:15 Shopping Trip 10:00 Strength & Stretch 10:45—11:30 One on One Nutrition Mtgs. 2:30 Mardi Gras Social with BVT Students Macaroni & Cheese</p>
<p>11 9:00—10:00 Senator Moore's Office Hours 9:00—1:00 AARP Tax Appointments 9:15 Shopping Trip* 1:00 Tai Chi 2:30 ZENgevity</p> <p> Move Clocks ahead at 2:00 a.m. Sun. Mar. 10</p> <p>Shepherd's Pie</p>	<p>12 10:00 Craft Time with Betty 10:00 Card Players Group 12:30 Wii Games</p> <p>Greek Chicken</p>	<p>13 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Shopping Trip*</p> <p>Meatloaf</p>	<p>14 9:00 Breakfast with the Town Manager 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Corned Beef</p>	<p>15 9:00 BVT Salon Visit 10:00 Strength & Stretch 10:45—11:30 One on One Nutrition Mtgs. 12:30 St. Patty's Social with Irish Step Dancing 5:30 Men's Club Supper Lemon Pepper Haddock</p>
<p>18 9:00—1:00 AARP Tax Appointments 9:15 Shopping Trip* 1:00 Tai Chi 2:30 ZENgevity</p> <p>American Chop Suey</p>	<p>19 9:15 Breakfast at Stephanie's 10:00 Card Players Group 12:30 Wii Games</p> <p>Beef Stir Fry</p>	<p>20 Spring Begins! 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta</p> <p>Chicken Milano</p>	<p>21 9:15 Shopping Trip* 10:00 Knit/Crochet Group 11:00—1:00 Bake Sale 1:00 BINGO</p> <p>Salisbury Steak with Gravy</p>	<p>22 10:00 Strength & Stretch 10:45—11:30 One on One Nutrition Mtgs. 12:45 Birthday Bash</p> <p>Potato Crunch Fish</p>
<p>25 9:00—1:00 AARP Tax Appointments 1:00 Tai Chi 2:30 ZENgevity 6:30 Why, When & How of Researching Ancestry at the National Archives Boston</p> <p>Burger</p>	<p>26 9:15 Breakfast at the Center 10:00 Judge Visits for Rule of Law Legal Talk 10:00 Card Players Group 12:30 Wii Games 12:30 Shopping Trip* BBQ Chicken</p>	<p>27 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:00 Lunch Trip to Pizza Uno's 12:30 Blood Pressure Checks Marinated Pork Loin</p>	<p>28 10:00 Knit/Crochet Group 1:00 BINGO 3:45 Van Departs for 4:30 TriValley Italian Dinner</p> <p>Meatballs</p>	<p>29 9:15 Shopping Trip* 10:00 Strength & Stretch 10:45—11:30 One on One Nutrition Mtgs. 12:30 Afternoon Movie</p> <p>Fish w/Crumb Topping</p>

March, 2019 — Dates to Remember

Check  here if you plan to attend !

- Mar 1 _____ One-on-One Nutrition Meetings, 10:45—11:30 (Call the Center to Schedule)
- Mar 4 _____ AARP Tax Appointments, 9:00—1:00 (Please call to schedule an individual appointment)
- Mar 5 _____ March for Meals Breakfast to Benefit TriValley, 9:15
- Mar 6 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge, 9:15
- Mar 8 _____ Shopping Trip—Christmas Tree Shop, Shrewsbury, 9:15
- Mar 8 _____ One-on-One Nutrition Meetings, 10:45—11:30 (Call the Center to Schedule)
- Mar 8 _____ Mardi Gras Social at the Center with BVT Students, 2:30
- Mar 11 _____ Senator Moore's Office Hours, 9:00—10:00
- Mar 11 _____ AARP Tax Appointments, 9:00—1:00 (Please call to schedule an individual appointment)
- Mar 11 _____ Shopping Trip—Market Basket, Oxford, 9:15
- Mar 12 _____ Craft Time with Betty, 10:00
- Mar 13 _____ Shopping Trip—Walmart, Northbridge, 12:30
- Mar 14 _____ Breakfast with the Town Manager, 9:00
- Mar 15 _____ BVT Salon Visit, 9:00. What service do you want? _____
- Mar 15 _____ One-on-One Nutrition Meetings, 10:45—11:30 (Call the Center to Schedule)
- Mar 15 _____ St. Patty's Social with Irish Step Dancing, 12:30
- Mar 15 _____ Men's Club Supper, 5:30
- Mar 18 _____ AARP Tax Appointments, 9:00—1:00 (Please call to schedule an individual appointment)
- Mar 18 _____ Shopping Trip—Kohl's/Home Goods/Stop & Shop Loop, Milford, 9:15
- Mar 19 _____ Breakfast at Stephanie's, 9:15
- Mar 21 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15
- Mar 21 _____ Bake Sale , 11:00—1:00 . Do you plan to bake anything? Yes____ or No____
- Mar 22 _____ One-on-One Nutrition Meetings, 10:45—11:30 (Call the Center to Schedule)
- Mar 22 _____ Birthday Bash, 12:45. Do you have a March birthday? Yes____ or No____
- Mar 25 _____ Why, When & How of Researching Ancestry at the National Archives Boston, 6:30 pm
- Mar 26 _____ Breakfast at the Center, 9:15
- Mar 26 _____ Rule of Law Legal Talk, 10:00
- Mar 26 _____ Shopping Trip—Hannaford's, Uxbridge, 12:30
- Mar 27 _____ Lunch Trip to Pizza Uno's, Bellingham. Van departing at 12:00. Do you need a ride? Yes____ or No____
- Mar 27 _____ Blood Pressure Checks with the Town Nurse, 10:30
- Mar 28 _____ TriValley Italian Dinner—4:30 (buy ticket in office for \$8). Do you need a ride at 3:45? Yes____ or No____
- Mar 29 _____ Shopping Trip—Market Basket, Hudson, 9:15
- Mar 29 _____ One-on-One Nutrition Meetings, 10:45—11:30 (Call the Center to Schedule)
- Mar 29 _____ Afternoon Movie—The Best Exotic Marigold Hotel (PG-13), 12:30
- Coming _____ "Writing Your Autobiography" - a 3 part series with Genealogist Seema Kenney—
(Thurs. April 25 at 6:30 pm, Thurs. May 16 at 6:30 pm, and Sunday, June 9 at 2:00 pm)

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 our hidden butterfly? If so—where?! _____

WEEKLY EVENTS AT THE UPTON CENTER

- Every Monday Tai Chi 1:00
- Every Monday ZENgevity 2:30
- Every Tuesday Card Players Group 10:00
- Every Tuesday Wii Games 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 Strength & Stretch (Call if you'd like a 1 on 1 Nutrition Appt afterwards). 10:00