



The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

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Alzheimer's and Brain Awareness Month, observed in June and sponsored by the Alzheimer's Association, is a time to shine a purple light for the millions of individuals, family members and caregivers affected by Alzheimer's disease. It provides an opportunity to hold a global conversation about the brain, Alzheimer's disease and other dementias.

Alzheimer's is a progressive brain disease without any cure. Everyone who has a brain is at risk to develop Alzheimer's, a fatal disease that is often misunderstood. Today, 5.4 million Americans are living with Alzheimer's disease, including an estimated 200,000 under the age of 65. By 2050, up to 16 million will have the disease.

Here at the Upton Center, we are taking action to raise awareness for the 130,000 people living with Alzheimer's disease in Massachusetts. We'll be hosting an **Alzheimer's Awareness** event here on Tuesday, June 25 at 1:00, and we hope you'll join us. **Trinity Big Band** will be here to entertain us with some fantastic music as we share resource and referral information from the Alzheimer's Association. Light refreshments will be served. Please plan to attend this informative and entertaining event.

We'd also like to let you know that our COA Board elections were held in May and we are pleased to announce our new officers. **Laurie Fantini** was elected as Chair, **Josephine McLaughlin** was elected as Vice Chair, and **Myra Bigelow** was re-elected as Secretary. Congratulations to all! And many thanks to our outgoing Chair, **Paula Lepore**, outgoing Vice Chair, **Laurie Fantini**, and prior Secretary, **Myra Bigelow**, for all their hard work in those roles over the past year. 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!

Janice

Happy
Father's
Day!



A few of our programs are taking a well-deserved break for the summer, including:

- Men's Club Supper
- Breakfast with the Town Manager
- BVT Salon Visits
- BVT Charity Dinners

Watch our future newsletters for details on the return of these popular programs!



Thanks to all those who helped out at the Upton Center in May, especially:

- **Immanuel Chapel of Upton**—for their generous donation to the Center. We will certainly put it to good use for our seniors!
- The **Upton Police Department**—for another fantastic Annual Spaghetti Supper here at the Center. We are particularly thankful to **Officer Carl Ambrosino** for making the delicious homemade sauce!
- **Liberty Adult Day Health**—for providing a beautiful birthday cake for our May bday bash!
- The **BVT Salon**—for their kind offer of free manicures for our seniors in May.
- The **Upton Men's Club**—for another year of fantastic Men's Club Suppers. We'll miss you over the summer. See you next fall!



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.*

Friday, June 7 at 12:30—Market Basket, Oxford

Tuesday, June 11 at 9:15—Salvation Army/Shaw's/Job Lots/
Foppema's/Walmart Loop*, Northbridge

Friday, June 14 at 9:15—Shaw's/CVS/Job Lots, Northbridge

Tuesday, June 18 at 12:30—Walmart, Northbridge

Thursday, June 20 at 9:00—Market Basket, Hudson

Tuesday, June 25 at 9:00—Hannaford's, Uxbridge

Wednesday, June 26 at 9:15—Salvation Army/Shaw's/Job
Lots/**Foppema's/Walmart Loop***, Northbridge

Afternoon Walks

Mondays in June at 3:00



The warmer weather is finally here! This is the perfect time to get out for a nice walk with friends. Senior Donna Dube has kindly agreed to meet up with a group of interested seniors each Monday at 3:00 at the Center to head out for a nice local walk. So lace up your sneakers, bring your water bottle, and join in the fun! Please call to register.



Senator Moore's Strawberry Shortcake Social

Tuesday, June 4 at 12:45

Senator Moore would like to treat you to some delicious strawberry shortcake! Come gather with friends and enjoy a sweet treat. Please call the Center by noon on **June 3** to register. Thank you Senator Moore!

**Coming
in
JULY**



- **Concerts at Kiwanis Beach**—Wednesday night concerts will begin July 10th. Watch our July newsletter for details of free rides for seniors.
- **Boston State House Tour**—Representative David Muradian has invited us back for a great tour on Tuesday, July 16th. Save the date!



Pancake Breakfast & Intergenerational Activities with Nipmuc Students

Thursday, June 6—Beginning at 9:15

Students from Nipmuc Regional High School will be spending the morning here to participate in a variety of activities with our seniors, including:

9:15—Breakfast—cooked and served by the students!

10:00—Intergenerational Fun & Games

10:00—Students participate in our Knit/Crochet Group

11:00—Students help out with Meals on Wheels

11:45—Students visit with seniors at lunch time

12:00—1:00—Representative Dave Muradian holds office hours & talks to students about community involvement

Students will also be helping to spruce up our garden and our bulletin boards while they are here. We are so grateful for their willingness to come and share their time with us! Please register for the breakfast at 9:15 and/or the Fun & Games at 10:00 by Tuesday, **June 4**.

Senator Moore's Office Hours

Monday, June 10, 1:15—2:00



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



Trip to JJ's Ice Cream & Kelly's Farm Stand

Tuesday, June 11 at 12:30

We're heading to two of our favorite local destinations. Enjoy a delicious ice cream at JJ's, and then stop off at Kelly's Farm Stand for some great local produce. Please call by **June 7** to register and let us know if you need a ride.

Eldercare 2019 Event

Wednesday, June 12, 9:30—1:30

at Worcester State University Wellness Center

Van departs at 9:00 and returns around 1:00



The Central Mass. Agency on Aging is teaming up with the Worcester County Sheriff's Office to offer this fantastic **free event** for Seniors and Caregivers. The event includes 12 dynamic and distinguished speakers, 60 exhibitors, great fitness and self defense demonstrations, a raffle bonanza and more! Discounted lunch is available as well. Free admission. Free parking. Please register with the Center by Monday, **June 10** and let us know if you need a free ride on our van. Space is limited.



Podiatrist Appointments

Thursday, June 13, 9:30—12:00

Dr. Biancamano will hold appointments from 9:30—12:00. Please call the Center by **June 11** to reserve an appointment time.



Nutrition Discussion with Wendy

Friday, June 14 at 10:45

Come get some great tips on eating healthy from Wendy Reid following her Friday Strength & Stretch session on June 14. It's a great way to learn new things about healthful eating and get your nutrition questions answered. Let us know if you can make it and feel free to suggest any specific nutrition topics you'd like to hear covered.



Flag Day & Father's Day Celebration

Friday, June 14 at 12:45

Come enjoy a red white and blue treat in honor of Flag Day and Father's Day. Whether you're a dad or not—we hope you'll join us to pay tribute to fathers everywhere! Please **RSVP by June 11**. Free for dads; \$1 for others.

Breakfast at Stephanie's

Monday, June 17 at 9:30

Let's head across the street to Breakfast at Stephanie's for a delicious meal. Let us know by noon on **June 14** if you'd like to go and we'll make a group reservation for 9:30.



Craft Time with Betty

Tuesday, June 18 at 10:00

Betty will be here for yet another fun craft project. Please call by **June 14** to let us know if you can join us. No fee.

Trip to Roger Williams Zoo with Ranger Viola

Wednesday, June 19 at 10:15

We ran into some bad weather last month, so our zoo trip was postponed. Which means you have another chance to go! We know that many of you are big fans of Ranger Viola who has given some great nature talks here in the past. This month—Ranger Viola will accompany you on a trip to the Roger Williams Zoo! She is particularly knowledgeable about the animals and she will be a great guide for you as you explore the zoo and the new indoor/outdoor Rainforest Exhibit. Tickets are \$12.95 (this represents the Sr. rate, which is available for seniors 62 and older, less a discount available through a pass we have from our local library). Please call the Center to register and submit your payment **by June 14** and let us know if you would like a ride on our van for \$3 roundtrip. There are concession stands available at the zoo as well as plenty of picnic tables. Outside food can be brought in if you prefer to pack a lunch to bring with you.

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

Stories & Music

by John Porcino

Friday, June 21 at 12:30



Come enjoy pizza, cake and ice cream in celebration of this month's Bdays. This month we have a special treat!... John Porcino will be here to perform his stories, songs and music. John's performance is funded by a grant from the **Upton Cultural Council**, which is funded by the **Mass. Cultural Council**. Pizza, cake and ice cream are free for those who have a birthday this month; a donation of \$3 is suggested for others. Please call to register by noon on **June 19**.

Lunch Trip to TGI Fridays

Monday, June 24 at 11:30

Join us for a trip to TGI Fridays in Milford for a delicious lunch with friends. The menu is huge—so they're sure to have something for everyone! Please register by **June 20** and let us know if you need a ride on our van.



Trinity Big Band & Alzheimer's Awareness Day

Tuesday, June 25 at 1:00

Join us for the fabulous music of Trinity Big Band. They're always a hit! We'll also be sharing important resource and referral information in support of Alzheimer's Awareness Day (as detailed on the front of this newsletter). Light refreshments will be served. Please register by **June 21** if you plan to join us for this informative and entertaining event. There is no fee but a basket will be available for those who would like to make a donation to Trinity Big Band.

Afternoon Movie

Wednesday, June 26 at 12:30

Join us for *Calendar Girls* (rated PG-13) - a comedy with Helen Mirren about a group of NY women who create an unexpected sort of calendar to raise money for leukemia research. Please call to register.



Worcester Art Museum

Friday, June 28 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 Roman mosaics, 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 by **June 25** to register and let us know if you'd like a free ride on our van.

Healthy Mind & Body

See the back of this issue for details



JESSICA'S SOCIAL SERVICES CORNER

National Safety Month

June is National Safety Month which gives people the opportunity to improve the safety of their homes, work, and community. There are many ways a person can do this; by taking a CPR/First Aid class, practicing fire drills and addressing safety concerns within the home. With a growing number of older adults living independently, it's important to make sure everyone is safe at home. Falls, burns, and poisonings are among the most common accidents involving older people. Some Safety Tips for older adults are:

- Keep Emergency Phone numbers handy- 911, Poison Control, emergency contacts, doctors.
- Prevent falls- Clear pathways throughout the home, exercise, obtain an emergency button, take your time, use assistance devices such as a cane or walker.
- Safety proof your home- Maintain well lit areas within your home, railings and banisters for stairs, remove or tape down area rugs.
- Protect against fires- have an emergency exit plan, wear appropriate attire when cooking, replace appliances with damaged electrical cords, install smoke detectors and replace batteries 2x year, never smoke in bed or with oxygen, make sure heaters are 3 feet from anything that can burn.
- Avoid bathroom hazards- set water heater thermostat no higher than 120 degrees, install grab bars, use rubber mats to prevent slipping, use bath chairs as needed.
- Prevent poisoning- Never heat home with a stove, oven or grill, install carbon monoxide detectors and replace batteries 2x year, keep medications in regular container, ask pharmacy for large print labels, review medications with doctor, never mix cleaning products.
- Protect against abuse- Keep windows and doors locked, never let strangers in home when alone, talk with family or friends before accepting a sales offer, always ask for written documentation for any charities and/or fundraisers, do not let yourself be pressured into signing any contracts, making large purchases or donations.

If you have any questions, contact Jessica at 508-529-4558.



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

Worcester Alzheimer's Event

"Am I Invisible?" program—at the Worcester Senior Center (128 Providence St., 2nd Floor conference room), on Friday, **June 7, 12:30—2**. This program, sponsored by the Greater Worcester Alzheimer's Partnership, will explore how people with Alzheimer's Disease perceive the world around them, and how we can help make it a positive experience.

Community Supper at United Parish

United Parish of Upton invites you to attend their monthly community supper on Thursday, **June 20 at 5:30**. RSVP by the Tues. before at 508-529-3192. There is no fee but donations are always appreciated.

"Funny Money" Trip

Join the Northbridge seniors for a trip to the Newport Playhouse for the "Funny Money" Cabaret show and Lobsterfest buffet on Wednesday, **July 10**. Tickets are \$95 per person. Departure from Northbridge Center is at 9 a.m.; returning around 6 pm. For further details and to register, contact Jeannine at 508-234-2002.



Healthy Mind & Body

*Commit to get fit by joining us for one of our
FREE exercise classes!*

Tai Chi —Mondays at 1:00

Strength & Stretch— Weds. & Fridays at 10:00

Nutrition Discussion—Friday, June 14 at 10:45

Blood Pressure Checks—Wed., June 26 at 12:30

Note: We're taking a break from ZENgevity for now.

Watch our newsletter for future updates!



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.

Wish List

We could use the following at the Center:

- A portable projection screen—for use when speakers give presentations at the Center
- Small disposable plastic cups

Please let us know if you can help! Thank you.


Where's the Baseball?

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



Fri

June, 2019 — Dates to Remember

Check  here if you plan to attend !

- June 3 _____ COA Meeting, 10:30
- June 3 _____ Afternoon Walk, 3:00
- June 4 _____ Senator Moore's Strawberry Shortcake Social, 12:45
- June 6 _____ Breakfast by Nipmuc Students (No fee), 9:00
- June 6 _____ Games with Nipmuc Students, 10:00
- June 6 _____ Representative Muradian's Office Hours, 12:00—1:00
- June 7 _____ Shopping Trip—Market Basket, Oxford, 12:30
- June 10 _____ Senator Moore's Office Hours, 1:15—2:00
- June 10 _____ Afternoon Walk, 3:00
- June 11 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's/Walmart Loop*, Northbridge, 9:15
- June 11 _____ Trip to JJ's Ice Cream & Kelly's Farm Stand, 12:30
- June 12 _____ Depart for ElderCare Event in Worcester, 9:00
- June 13 _____ Podiatrist Appointments, 9:30—12:00 (Call for Appt.)
- June 14 _____ Shopping Trip—Shaw's/CVS/Job Lots, Northbridge, 9:15
- June 14 _____ Nutrition Discussion with Wendy, 10:45
- June 14 _____ Flag Day & Father's Day Celebration, 12:45
- June 17 _____ Breakfast at Stephanie's, 9:30
- June 17 _____ Afternoon Walk, 3:00
- June 18 _____ Craft Time with Betty, 10:00
- June 18 _____ Shopping Trip—Walmart, Northbridge, 12:30
- June 19 _____ Trip to Roger Williams Zoo with Ranger Viola, Departing at 10:15 (payment due by June 14)
- June 20 _____ Shopping Trip—Market Basket, Hudson, 9:00
- June 21 _____ Birthday Bash with Stories & Music by John Porcino, 12:30
- June 24 _____ Lunch Trip to TGI Fridays, 11:30. Do you need a ride? Yes____ or No____
- June 24 _____ Afternoon Walk, 3:00
- June 25 _____ Shopping Trip—Hannaford's, Uxbridge, 9:00
- June 25 _____ Trinity Big Band & Alzheimer's Awareness Day, 1:00
- June 26 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots, Foppema's/Walmart Loop*, Northbridge, 9:15
- June 26 _____ Blood Pressure Checks, 12:30
- June 26 _____ Afternoon Movie—Calendar Girls, 12:30
- June 28 _____ Trip to Worcester Art Museum, 12:30 departure



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 baseball ? If so—where?! _____



WEEKLY EVENTS AT THE UPTON CENTER

- Every Monday Tai Chi 1:00
- Every Tuesday Card Players Group 10:00
- Every Tuesday Wii Games (No Wii 6/4 or 6/25) 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 10:00

We hope to see you soon!