



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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August 2019



With the summer months upon us, it feels like a great time of year to focus on simplifying life a bit. Simplifying can take many forms— but somehow it's not always so simple! This became apparent as I browsed the internet for some strategies to share. Let's just say there are LOTS of different ways to go about simplifying your life! Here are a few of my favorite tips:

- **Make a priority list**—This is a great place to start. Think of the top 4 or 5 things that are most important to you. Is it spending time with family or friends? Or perhaps it's focusing on your health and exercise, or devoting time towards a new hobby, or reading a certain number of books in a year? Are you spending your time and resources in such a way that supports these top priorities? If not—it's time to make space in your life for these things.
- **Review your commitments**—Where ARE you spending your time these days? Are you putting it towards things you truly enjoy? Or is it time to reassess some of the commitments you currently have? This might involve letting go of some long standing commitments you took on the past, which isn't always easy. But being conscious about where you spend your time can help you simplify life to a point that allows time for your priorities.
- **Consider saying no**—Many of us have a habit of taking on more than we really have time for. Our natural response to an invitation is often a "yes". When asked to make a new time commitment, really think about whether it supports the "top priorities" you've listed in step 1 above. If it's not a clear "yes", maybe it should be a "no" so you'll have time to focus on your priorities.
- **Purge your "stuff"** - Again, this is often easier said than done. But if you take it one room at a time, one closet at a time, even one shelf at a time, you'll eventually get there. Remember to donate or recycle items whenever possible. It feels great to purge the old things you don't need, and even better to pass them on to someone who can make good use of them. Tidying up is all the rage these days, so there are lots of great resources out there to guide you, including Marie Kondo's best selling book "The Life-Changing Magic of Tidying Up".
- **Limit your buying**—The best way to avoid the need for future purging is to be careful about what you bring into your home to begin with. Keep this in mind the next time you shop.
- **Do what you love**—Once you've spent the effort to simplify life and you've gained some new time, be sure to devote it to doing the things you really enjoy! That will make it all worthwhile. Simple as that!



- **State Rep. David Muradian**—for providing our seniors with a recent Boston State House Tour AND a delicious Italian lunch at the Center. You are so good to us!
- **Jim Earl**—for volunteering to drive our Seniors to the evening concert series at Kiwanis and into Boston for our recent State House tour. We appreciate you!
- **Greg Trussel's Z-Pac Chaser Duo**—for providing a fantastic free concert for our Seniors at a recent cookout at the Center. We truly enjoyed it!



Janice



Come visit us often this summer and enjoy the AC!





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.*

Tues., Aug. 6 at 1:30—Hannaford's, Uxbridge

Thursday, August 8 at 9:15—Salvation Army/Shaw's/Job Lots/**Foppema's****/Walmart Loop*, Northbridge

Mon., Aug. 12 at 12:30—Shaw's/CVS/Job Lots, Northbridge

Wed., Aug. 14 at 9:00—Market Basket, Oxford

Monday, Aug. 19 at 11:45—Art Bradish's lunch stand in Grafton & shopping at Christmas Tree Shop, Shrewsbury

Wed., Aug. 21 at 9:30—Salvation Army/Shaw's/Job Lots/**Foppema's****/Walmart Loop*, Northbridge

Fri., August 23 at 12:30—**Franklin Farmer's Market ****

Monday, Aug. 26 at 9:15—Market Basket, Hudson

Wed., Aug. 28 at 12:30—Walmart, Northbridge

****Note:** Farmer's Market Coupons available at the Center 8/2 can be used at this market. See details in next column.

Weekly Walks

Mondays at 3:00, and Tuesdays at 9:30



Summer is here so why not head out for a walk with friends to enjoy the sunshine? Senior Donna Dube has kindly agreed to meet up with a group of interested seniors each Monday at 3:00 at the Center for a nice local walk. And Senior Jo McLaughlin has offered to do the same on Tuesdays at 9:30 for those of you who prefer a morning walk. So lace up your sneakers, bring your water bottle, and join in the fun, weather permitting. Please call to register.



TriValley Nutrition Presentation: Foods that Fight Inflammation

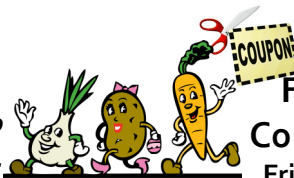
Wednesday, July 31 at 11:45

Chronic inflammation has been linked to cancer, heart disease, diabetes, arthritis, depression, Alzheimer's and more. Registered Dietician Mary Brunelle will be here from TriValley to present information to help you fight inflammation with a healthy diet. Please call the Center by **July 29** to register. No fee.

Blueberry Picking at Vandervalk Farm

Thursday, August 1 at 9:15

Join us for a trip to Vandervalk Farm in Mendon to pick your own blueberries! The terrain is flat and the bushes are high (no bending required!). The berries are large, sweet, plentiful, and perfectly ripe for the picking! Pick a lot or just a few -- the farm charges per pound. Please call the Center by **July 30** to register and let us know if you need a ride.



Farmers' Market Coupon Distribution

Friday, August 2 at 9:30

A limited number of farmers' market coupons will be distributed at the Upton Center on a first come, first served basis. These can be used at farmers' markets in Grafton, Franklin and other local towns. Applicants must be a Massachusetts resident, at least 60 years of age, and must be at or below 185% of the Federal poverty level. Please call the Upton Center if you have questions regarding eligibility. This program is sponsored by Tri-Valley. See our shopping list in left column for trips to some of the Farmer's Markets that accept the coupons. A full list of participating markets will be given with the coupons.

Afternoon Movie

Wednesday, August 7 at 12:30



Join us for *Crash* (rated R). It tells an intense group of interlocking stories centered around racial and social tensions in L.A. involving various races, cops and criminals, rich and poor, the powerful and powerless. All of them are victims of prejudice, and all are guilty of it. Please call to register.



Concerts at Kiwanis Beach in Upton

Wednesdays through August 14

Van departs at 5:15 / Concerts begin at 6:00

Upton Rec. Commission's summer concerts at Kiwanis Beach continue! Free van rides will be provided to the following concerts:

- Wed., July 24—4Ever Fab
- Wed., July 31—Classic Groove
- Wed. Aug. 7—Mac Odom
- Wed., Aug. 14—Fast Times



Bring a blanket and chair and enjoy the music and the great outdoors! Burgers and hotdogs, chips and soda are available. And this year—if we get at least 10 seniors to attend on the van they'll each receive a 50% off coupon for 1 meal! 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 5:15 with pickups available at the front lobby of Millhaus Apartments, the mailboxes at Coach Road, and Upton residences as needed.

Nutrition Discussion with Wendy

Friday, August 9 at 10:45



Come get some great tips on eating healthy from Wendy Reid following her Friday Strength & Stretch session on August 9. It's a great way to learn new things about healthy 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.



Birthday Bash

Friday, August 9 at 12:45

Come enjoy pizza, cake and ice cream in celebration of this month's Bdays! No fee for those who have a birthday this month; a donation of \$3 is suggested for others. Please call to register by August 6.

Senator Moore's Office Hours

Monday, August 12, 1:15—2:00



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



Craft Time with Betty

Tuesday, August 13 at 10:45

Betty will be here for yet another fun craft project. Please call by August 9 to let us know if you can join us. No fee.

Lunch Trip to Dynasty Chinese Restaurant

Tuesday, August 13 - Van departs at 11:45

We're heading to Dynasty in Hopkinton for some delicious Chinese food! Enjoy the Chinese buffet for \$8.95 or choose from a variety of other luncheon specials. Please call the Center by August 9 to register and let us know if you need a ride.



Folk Tale & Superstition Trivia

Wednesday, August 21 at 12:30

The Upton Library Staff will be back to treat us to another fun round of trivia at the Center. Come enjoy some friendly competition and test your knowledge of folk tales, nursery rhymes and superstitions! Light refreshments will be served. No fee. Please call by August 19 to register.



Trip to the Petting Zoo at the Library

Wednesday, August 14 at 12:15

The Upton Library is hosting a petting zoo right on its front lawn. Join us as we head over to see the bunnies, goats and chickens, donkey and llama! Consider bringing your grandchildren, too! Please call by August 12 to let us know if you plan to join us. Free rides available for Upton seniors.



Cogniciti Brain Health Workshop

Tuesday, August 27 at 12:30

Give your brain a check up! Join in Cogniciti's Brain Health Workshop and get your free "brain health score". Cogniciti staff will provide laptops to be used for the assessment so basic computer skills are required. Participants must be age 50-80. Please call the Center by August 21 to register.

Podiatrist Appointments

Thursday, August 15, 9:30—12:00



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



Sheriff's Annual Senior Picnic

Saturday, August 17, 11:00—3:00

Enjoy a fun filled day in the park with complimentary lunch, raffles and Bingo at the Sheriff's Annual Senior Picnic! The picnic is held at SAC Park (438 Lake Street in Shrewsbury). We'll have our van available to provide free transportation to and from the picnic that day, departing at 8:45 a.m. We are leaving bright and early because we have reserved seating which will be held up until 9:30 a.m. Space is limited so please let us know early if you're interested. We hope you'll join us for this fun summer event sponsored by the Worcester County Reserve Deputy Sheriff's Association. It's always a hit!

End of Summer Hot Diggity Dog Cookout

Thursday, August 29 at 11:30

Who can resist a nice juicy hotdog at a cookout? It's the perfect way to celebrate the end of summertime! Join us for a hot dog and enjoy some fun with your friends at the Center. Lunch fee is \$3. Please call by Aug. 27 to register.



Trip to JJ's and Kelly's Farm Stand

Friday, August 30 at 12:30

Let's head to JJ's to celebrate the end of summer with a delicious ice cream! Then stop off at Kelly's Farm Stand for some great local produce. Please call by noon on August 28 to register and let us know if you need a ride.

Healthy Mind & Body

FREE exercise classes!

Tai Chi —Mondays at 1:00

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

Nutrition Discussion—Friday, August 9 at 10:45

Blood Pressure Checks—Wed., August 28 at 12:30

Also see prior page for info. on our weekly walks!



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

Upcoming Maternity Leave

As many of you may know, I am expecting a baby in early September. I plan to be out on maternity leave following her arrival. While I'm out, anyone needing assistance can contact Bernadette or Janice at 508-529-4558. They will be able to assist you and if not, they will gladly refer you to someone who can. Thank you everyone for the love and support as my family grows by 1.

- Jessica

SMOC-Fuel Assistance



Be on the lookout for any mailings from SMOC if you received Fuel Assistance last year. Many renewal applications will be received from now through the upcoming heating season. Please note the program does not start until November 1st. Therefore, if you complete and submit your application, the fund will not be available until November 1st.



Medicare Open Enrollment

Open enrollment for Medicare is right around the corner! Starting October 15 through December 7th you will be able to make any changes to your Medicare Advantage Plan or Prescription Drug plans with an effective date of January 1st. Starting now through December would be a good time to review your medications with your doctors and once it gets closer to October 15th, to meet with a SHINE counselor to confirm the best coverage for you. Please keep a lookout for local Medicare 2020 presentations.



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



Our food pantry is running low on the following items: single serve applesauce, low sodium soups, powdered jello mix, pasta, any size bottled water.

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



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.



COMMUNITY CORNER

Free Fun Fridays

On **Fridays through August**, you can attend a number of area museums and cultural events for **FREE!** Stop by the Upton Center's front office for a list of the events by date, or access the list online at www.highlandstreet.org (choose *programs* & then *community events* to access the Free Fun Fridays listing). For more information, call 617-969-8900.

Saint Gabriel's Harvest Fair

Save the date for the annual Saint Gabriel's Harvest Fair at 151 Mendon Street in Upton on Sunday, **September 8th from 11:30 a.m.—3 p.m.** Come enjoy the vendor fair, lunch, music, bake sale, bouncy house, raffles and more!

Upton Heritage Day

Save the date for Upton's Heritage Day on Saturday, **September 28!** The celebration will include a craft and vendor fair with events at the Upton Town Library, United Parish, the Fire Department and other town departments. Watch for information on additional events that the Upton COA has planned for that day as well.

Caregiver Support Groups

Being a caregiver for others can be an enormous challenge. Even caregivers need care and support at times. Caregiver Support Groups can be a great help. Stop by the Center for a list of groups in the Tri-Valley area.

Adult Education Programs

The Milford Community School Use Program is currently offering a number of adult education programs in golf, yoga, tennis and more. For a full list of classes and details, visit www.milfordcommunity.com and select the adult summer tab or call 508-478-1119.

Whitinsville Band Concerts


The Blackstone Valley Community free concert band series is held every Thursday evening **through August 29** from 6:00—8:00 p.m. at the alternatives Community Plaza, Whittin Mill, 50 Douglas Rd. in Whitinsville. Bring a chair or blanket. If the weather is bad, the concert is moved indoors to the Singh Performance Center. August concerts include:
Aug 1—Dynamite Rhythm
Aug 8—Man Hands
Aug 15—Michelle Canning Band
Aug. 22—Holdin' Back Band
Aug. 29—HELP! - The Cure for Beatlemania

Where's the Watermelon Slice?




Congratulations to **Linda Rynhart** who was our lucky winner for finding our hidden smiley face last month. This time we've hidden a little slice of watermelon. Can you find it?...If so, call the Center and be entered to win a prize!

August 2019

Mon	Tue	Wed	Thu	Fri
		Added to July 31: 11:45 TriValley Nutrition Talk on Inflammation & Foods	1 9:15 Blueberry Picking 10:00 Knit/Crochet Group 1:00 BINGO Turkey Supreme	2 10:00 Strength & Stretch 9:30 Distribution of Farmers Market Coupons Haddock w/ Crumb Topping
5 10:30 COA Meeting 1:00 Tai Chi 3:00 Afternoon Walk Chicken Pesto	6 9:30 Morning Walk 10:00 Card Players Group 12:30 Wii Games 1:30 Shopping Trip* Vegetable Cheese Bake	7 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Afternoon Movie 5:15 Departure for 6:00 Concert at Kiwanis Roast Beef Sandwich	8 9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO Salisbury Steak	9 10:00 Strength & Stretch 10:45 Nutrition Talk 12:45 Birthday Bash Chicken Milano
12 12:30 Shopping Trip* 1:15—2:00 Senator Moore's Office Hours 1:00 Tai Chi 3:00 Afternoon Walk Teriyaki Beef	13 9:30 Morning Walk 10:45 Craft Time with Betty 10:00 Card Players Group 11:45 Lunch Trip to Dynasty 12:30 Wii Games Meatballs w/ Onion Gravy	14 9:00 Shopping Trip* 10:00 Strength & Stretch 11:00 Library Table 12:15 Trip to the Petting Zoo at the Library 12:30 Canasta 5:15 Departure for 6:00 Concert at Kiwanis Marinated Pork Loin	15 9:30—12:00 Podiatrist Appointments 10:00 Knit/Crochet Group 1:00 BINGO BBQ Chicken	16 10:00 Strength & Stretch <div style="border: 2px solid black; padding: 5px; display: inline-block;"> Saturday, Aug. 17: Depart at 8:45 for Sheriff's Senior Picnic, 11-3 Shrewsbury  </div> Macaroni & Cheese
19 11:45 Trip to Art Bradish's and Christmas Tree Shop 1:00 Tai Chi 3:00 Afternoon Walk Lasagna & Meatballs	20 9:00 Departure for 10:00 Boarding on Indian Princess Lunch Cruise 9:30 Morning Walk 10:00 Card Players Group 12:30 Wii Games Roast Pork w/ Gravy	21 9:30 Shopping Trip* 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Trivia at the Center with Library Staff Chicken Fajitas	22 10:00 Knit/Crochet Group 1:00 BINGO Beef Patty w/ Onions & Peppers	23 10:00 Strength & Stretch 12:30 Trip to Franklin Farmer's Market Salmon Boat w/ Dill Sauce
26 9:15 Shopping Trip* 1:00 Tai Chi 3:00 Afternoon Walk Beef Stew	27 9:30 Morning Walk 10:00 Card Players Group 12:30 Cogniciti Brain Health Workshop Buttermilk Chicken	28 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Blood Pressure Checks 12:30 Shopping Trip* Baked Potato	29 10:00 Knit/Crochet Group 11:30 End of Summer Hot Diggity Dog Cookout 1:00 BINGO Hot Dog on Bun	30 10:00 Strength & Stretch 12:30 Trip to JJ's and Kelly's Farm Stand Shepherd's Pie

August, 2019 — Dates to Remember

Check  here if you plan to attend !

- July 31 _____ TriValley Nutrition Talk: Foods that Fight Inflammation, 11:45
- Aug 1 _____ Blueberry Picking, Mendon —Van departs at 9:15
- Aug 2 _____ Distribution of Farmers Market Coupons, 9:30 (limited number available)
- Aug 5 _____ COA Meeting, 10:30
- Aug 6 _____ Shopping Trip—Hannaford's, Uxbridge, 1:30
- Aug 7 _____ Afternoon Movie: Crash (Rated R), 12:30
- Aug 7 _____ Depart for Concert at Kiwanis—5:15 (Concert begins at 6:00)
- Aug 8 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's/Walmart Loop, Northbridge, 9:15
- Aug 9 _____ Nutrition Talk, 10:45
- Aug 9 _____ Birthday Bash, 12:45. Is it your birthday this month? Yes _____ or No _____
- Aug 12 _____ Shopping Trip—Shaw's/CVS/Job Lots, Northbridge, 12:30
- Aug 12 _____ Senator Moore's Office Hours, 1:15—2:00
- Aug 13 _____ Craft Time with Betty, 10:45
- Aug 13 _____ Lunch Trip to Dynasty, Hopkinton, 11:45 departure. Do you need a ride? Yes _____ or No _____.
- Aug 14 _____ Shopping Trip—Market Basket, Oxford, 9:00
- Aug 14 _____ Trip to the Petting Zoo at the Upton Library, departs at 12:15
- Aug 14 _____ Depart for Concert at Kiwanis—5:15 (Concert begins at 6:00)
- Aug 15 _____ Podiatrist Appts. at the Center, 9:30—12:00 (please call Center for appt.)
- Aug 17 _____ Trip to Sheriff's Annual Picnic, Shrewsbury, 8:45 Departure. Do you want a free ride? Yes _____ or No _____
- Aug 19 _____ Trip to Art Bradish's in Grafton and Christmas Tree Shop in Shrewsbury, 11:45
- Aug. 20 _____ Depart at 9 a.m. for Indian Princess Lunch Cruise in Webster. Please register at the Center with a check for \$29 payable to the Indian Princess. *Seats will be reserved in the order that payments are received.*



Do you need a ride on our van? (Yes _____ or No _____). Please choose 1 lunch option below:

Ham & Cheddar on Onion Roll _____ Turkey & American on Wheat _____ Grilled Veggie Wrap _____

- Aug 21 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's/Walmart Loop, Northbridge, 9:30
- Aug 21 _____ Trivia at the Center with Library Staff, 12:30
- Aug 23 _____ Trip to Franklin Farmer's Market, 12:30
- Aug 26 _____ Shopping Trip—Market Basket, Hudson, 9:15
- Aug 27 _____ Cogniciti Brain Health Workshop, 12:30
- Aug 28 _____ Blood Pressure Checks, 12:30
- Aug 28 _____ Shopping Trip—Walmart, Northbridge, 12:30
- Aug 29 _____ End of Summer Hot Diggity Dog Cookout, 11:30
- Aug 30 _____ Trip to JJ's & Kelly's Farm Stand, 12:30



Sign up for our Walks:



Monday afternoons at 3:00: Aug 5 _____; Aug 12 _____; Aug 19 _____; Aug 26 _____

Tuesday Mornings at 9:30: Aug 6 _____; Aug 13 _____; Aug 20 _____; Aug 27 _____

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 slice of watermelon? 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 on 8/27).....	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