



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

Debbie Hart
Deb Saulen
Karen Varney

Drivers

Jim Earl
Kevin Farrar
John Saulen

Nutrition Center Mgr.

Al Vautour

COUNCIL ON AGING MEMBERS

Chair

Laurie Fantini

Vice Chair

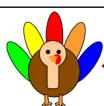
Josephine McLaughlin

Secretary

Myra Bigelow

Members

Betty Consigli
Paula Lopore
Greg Manning
Judie Pitts
Richard Provost
Linda Sanders
Grace Wadsworth
Margaret Watson



November 2019



The month of November is known as **Alzheimer's Awareness Month**. President Ronald Reagan made that designation in 1983. At that time there were less than two million people with the disease. Through the years that number has grown to more than five million.

Alzheimer's disease is a type of dementia that leads to memory, thinking, and behavior problems. It is the most common form of dementia, accounting for 60 to 80 percent of all cases. It is also the sixth leading cause of death in the United States. Although those ages 65 and older are more likely to develop Alzheimer's disease, there are thousands of others under the age of 65 who have early-onset Alzheimer's.

There are currently no drugs or treatments to cure Alzheimer's disease, but there are treatments that can slow down its progression. Researchers are constantly looking for new treatments as they search for a cure.

The good news is that there are many resources available to help those dealing with Alzheimer's, and for their loved ones. Please contact the Upton Center for resource and referral information to learn more. And save the date now for an important program coming to the Center on **January 28th** entitled "**Legal & Financial Planning for Alzheimer's Disease**" - an education program by the Alzheimer's Association. A breakfast will be held at 9:15 (\$3 fee), followed by the talk at 10:00. If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. Come learn more about what issues to consider and how to put plans in place. Please RSVP by Jan. 22 for this important program.

Happy Thanksgiving to all!

Janice



P.S.—Calling all Bridge players! We have a senior interested in finding some people to play with, possibly on Monday mornings. Call us if interested!



Please note that the Upton Center will be closed November 11 for Veterans Day & November 28 & 29 for Thanksgiving. Also—Remember to set your clocks back an hour at 2 a.m. on Sunday, November 3!

In this season of Thanksgiving, we are particularly grateful for the following:

- We are thankful to **Sergeant Lisa (Vass) Barry** for her 34 years of dedicated service to the town of Upton. She has been a great friend to the seniors in Upton throughout the years. Lisa's last day was October 18. We wish her well in her retirement!
- We appreciate the generous donations that have been made to the Center in memory of **Ann Hill**. Ann was an active participant here at the Center for many years, and is greatly missed.
- Thank you to **Fivefork Farms of Upton** for their generous donation of beautiful flowers for our seniors. The bouquets were delivered at a recent Bingo game at the Center and they truly brightened our seniors' days!
- We are so appreciative of the fantastic new speaker that **Beverly Randazzo** donated to the Center. It's great for music and for our Bingo callers!
- Thank you to the staff of **Cornerstone of Milford** for providing a fantastic "Brain Healthy Lunch" to our seniors. Their interactive presentation and cooking demo was both informative and delicious!
- Thanks to all those who stopped by our COA table on Upton Heritage Day. And congratulations to our raffle basket winners: **Jennifer Driscoll, Donna Dube, and Julie McCoskery**.

We are thankful for all of you!





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, November 6 at 9:15—Hannaford's, Uxbridge
 Thursday, November 7 at 9:15—Market Basket, Oxford
 Tuesday, November 12 at 9:00—Salvation Army/Shaw's/Job Lots/Walmart Loop*, Northbridge
 Friday, November 15 at 9:30—Kohl's, Home Goods, Stop & Shop Loop*, Milford
 Tuesday, November 19 at 9:15—Walmart, Northbridge
 Thursday, Nov. 21 at 12:30—Shaw's/CVS, Northbridge
 Monday, November 25 at 12:30—Market Basket, Hudson



SHINE Appointments

Fridays, November 1, 15 & 22, 9:00—12:00

SHINE Counselor Robin Fletcher 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.



Mindfulness & Meditation

Mondays, November 4, 18 & 25 at 9:30

Robin Natanel will be back with her Mindfulness and Meditation class. Join her for a casual discussion and enjoy the experience of being present right here, right now while learning about the benefits of 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. No fee. Please call by the Thursday before to register.



Free Rides to Upton Town Meeting

Tuesday, November 5—depart at 6:30 for 7:00 meeting

We encourage you to attend the Upton Town Meeting at Nipmuc High School on the evening of November 4. Please let us know by **November 2** if you'd like a free ride.



BVT Charity Dinner

Wed., November 6—depart at 4:45 for 5:00 Dinner

Attend an all you can eat buffet (roast turkey, dessert & beverage) at BVT High School to benefit various charities. Please **RSVP by noon Nov. 4** and let us know if you need a free ride on our van. We'll reserve a 5 pm seating. Tickets are \$15 at the door (\$8 for kids 12 and under). Van departs Millhaus at 4:45 and Coach Rd. at 4:50.

BVT Salon Visit

Friday, November 8 at 9:00



Treat yourself to some pampering at the Salon at BVT. Choose from their menu of services at their discounted prices. Please call the Upton Center to **RSVP by November 6** to reserve a time and let us know if you need a ride for \$1.



Holiday Fraud Program

Friday, November 8 at 12:30

As the holiday shopping season approaches, it's important to be aware of fraud prevention. Join us for a discussion on Black Friday shopping tips, return policies, defective merchandise, warranties, lost or stolen packages, gift certificates, how to spot credit card skimming devices, and identity theft prevention. Robin Putnam, Research and Special Projects Manager from the office of Consumer Affairs and Business Regulation will lead this important discussion. Please let us know by **Nov. 6** if you plan to attend. Light refreshment will be served. No fee.



Craft Time with Betty

Tuesday, November 12 at 10:00

Betty will be here for yet another fun craft project. Please call by **Nov. 8** to let us know if you can join us. No fee.



Senator Moore's Turkey Dinner

Tuesday, November 12—12:00

Come gather with friends to enjoy a delicious turkey dinner, courtesy of Senator Moore's office. Thank you Senator Moore! Space is limited; please **call the Center to register by Thursday, November 7**.



BVT Aging Well Day

Wednesday, November 13, 8:30—1:00

BVT High School in Upton is looking for senior volunteers to attend their Aging Wellness Day. This **free program** will allow the nursing students to get practical experience under the direct supervision of a faculty member. In addition, the staff will offer a **light breakfast and delicious lunch** for all participants. Please contact the Center **by noon on Fri., Nov 8** to register and make your menu selections and let us know if you need a **free ride** on our van (departs at 8 a.m.).



Veterans Concert at Memorial School

Wednesday, Nov. 13 — 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 of the Armed Forces. Students from Kindergarten through grade 4 will entertain us with patriotic favorites! Please call the Center to register and let us know if you'd like a free ride on our van.

Please call the Upton Center at 508-529-4558 with questions or to register for programs.

Hours of operation: Mon.—Fri., 9:00—3:30 (weather and staff permitting).



Veterans Day Breakfast with the Town Manager

Thursday, November 14 at 9:00

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 by **Nov. 12** to register. Veterans, please let us know your military branch. The breakfast is free to Veterans and their spouses. A donation of \$3 is suggested for all others. Town Manager Derek Brindisi will join us to honor our Veterans as well.

Afternoon Movie

Friday, November 15 at 12:30



Join us for The Sound of Music! It's the classic Rodgers and Hammerstein musical about a nun who leaves her convent to work as a governess. Despite their initial misgivings, she wins over the seven children and their father by sharing her love of music, but their happiness is threatened by a Nazi invasion of Austria. The film won five Oscars. Please call to register.

Men's Club Supper

Friday, November 15 at 5:30

The Upton Men's Club will be back for another wonderful supper on November 15. It's always a delicious meal and a great chance to catch up with friends from around town. Remember—it's for ALL seniors, not just the men! No fee, thanks to the Upton Men's Club! Please call to register by **Nov. 13**.



Lunch Trip to the Sky Buffet

Monday, November 18 at 11:45

Join us as we head to the Sky Buffet for the biggest Chinese buffet in Milford. For a cost of \$9.50 you can enjoy a huge selection of entrees, soups, appetizers, and more. Please call by Nov. 15 to register and let us know if you need a ride.

Sports Day Social

Tuesday, November 19 at 12:30



Calling all sports fans—and even non-sports fans too!..Let's get together for a Sports Day Social! Let's face it—New England is the best place in the world to be a sports fan! So wear your favorite team's colors and join us at the Center for some fun, games, prizes and delicious game day snacks. Please RSVP by November 15. \$2 fee.



Bake Sale

Thursday, November 21, 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 by Nov. 19 if you plan to bake—thank you!**



Birthday Bash

Friday, November 22 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 **November 20**.



Thanksgiving Dinner & Social with Music by Fender Road

Tuesday, Nov. 26 — 11:45 Dinner/1:00 Music

Join us here at the Center as we give thanks for all of YOU! We'll start with TriValley's delicious annual turkey dinner at 11:45 (\$3 fee), followed by the wonderful musical entertainment of Fender Road at 1:00. Please call the Center to register by **November 22**.



Healthy Mind & Body

Join us for our FREE classes! The exercises can be modified to accommodate ALL fitness levels!

Mindfulness & Meditation—Mon's. at 9:30 (see prior pg)

Tai Chi —Mondays at 1:00

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

Nutrition Discussion with Wendy—Fri., Nov. 15 at 10:45

Blood Pressure Checks—Wednesday, Nov. 20 at 12:30



Weekly Walks

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

The fall is a great time for walks! Senior Donna Dube has kindly agreed to meet up with interested seniors each Monday at 3:00 at the Center for a local walk. And Senior Jo McLaughlin has offered to do the same on Tuesdays at 9:30. So bring your water bottle and join in the fun, weather permitting.

Computer Classes

LEARN

Wednesdays, 9:00—10:00



Volunteer Paula Lepore is available Wednesday mornings to help you with your computer questions. Please call the Center at least 2 days ahead to schedule a time.

COMING IN DECEMBER—SAVE THE DATES!

- Tree Trimming Coffee Hour with Christmas Music—Monday, Dec. 2, 9:30. Come deck the halls with us!
- Pie Baking Contest & Emergency Preparedness Talk—Tuesday, Dec. 3 at 12:30. Free emergency supplies will be distributed by the Mass. Office on Disability to those in attendance.
- Holiday Concert at Mechanics Hall in Worcester—Wednesday, December 4. Departing 10:45 for 12:00 Concert.
- Christmas Party—Fri., Dec. 6: 10:00 Social, 10:30 Yankee Swap, 12:00 Catered lunch (\$10), 12:45 Singing Trooper.

JESSICA'S SOCIAL SERVICES CORNER

Social Services Update

Jessica is still out on maternity leave, enjoying time with baby **Charlotte** who was born on September 3rd. Mommy and baby are both doing great! Anyone needing assistance while Jes is on maternity leave until early December can call Bernadette or Jan at 508-529-4558.



SMOC-Fuel Assistance

If you received Fuel Assistance last heating season, you will start receiving renewal applications for the upcoming heating season. Please note, the season does not start until November 1st. You are not required to meet with an application assister, but if you need help completing an application, please call Janice at 508-529-4558 for an appointment.



Medicare Open Enrollment

Open Enrollment is in full swing through December 7th. By now you should have received information from your current plan explaining the changes for 2020 premiums, deductibles, co-pays, and the drugs covered by your plan. During Open Enrollment, you can review and/or make changes to your plan for 2020. It's important to review your options EVERY year to make sure you have the plan that works best for you. Remember—you need to be sure that your providers are covered in the plan's network before you change to a different Medicare plan! You should be sure your medications are covered as well.

SHINE Counselors can help you understand your plan changes and options. Call now to schedule a SHINE appointment by phone or face to face. Numerous update meetings have been scheduled in the area, including Hopedale (Oct 29), Mendon (Oct 31), and Grafton (Nov. 7), each at 10 a.m. For more information visit: shinema.org or call 1-800-243-4636. If you prefer, call the Upton Center at 508-529-4558 to be referred to a local SHINE counselor.

Additionally, starting this year, we are strongly urging all beneficiaries to sign up for a "**MyMedicare Account**". Having this account will allow us to assist you more comprehensively with your choices for 2020. Information on signing up is available on the SHINE website at www.shinema.org. Just click on the MyMedicare link.



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.



HAPPY THANKSGIVING!

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.

Bloomer Girls Fall Fair

Head to BVT High School in Upton for the Bloomer Girls' Fall Fair Sat., **Nov. 2** from 9-3 featuring vendors, country kitchen, raffles, baked goods and more—all for a good cause! Free admission and parking.

Suppers at United Parish

United Parish of Upton invites you to their **Annual Turkey Supper** on Saturday, **November 2** at 5:30. Adults: \$12; Children: \$6. Call 508-529-3192 or visit the parish office for tickets. The Upton Center will provide Upton seniors with **free rides**; call 508-529-4558 by Nov. 1 to reserve a ride. United Parish will also host a free Community Supper on **Thurs., Nov. 21 at 5:30**. RSVP by the Tues. before at 508-529-3192.

Leaf Raking for Upton Seniors

Nipmuc students will be helping local seniors with raking at their homes on **November 9**. Call the Center by Nov. 1 if you are interested. Spots are limited.

Red Hat Tea Social

Whitcomb House in Milford is hosting a Tea Social on Tues., **Nov. 12** at 1:30. Enjoy coffee, light refreshments, a chance to meet fellow Red Hat members and a tour. Contact Matthew Johnson at 508-634-2440 for details or to RSVP.

Breakfast Bingo

Blaire House of Milford invites you to Breakfast Bingo with free hot breakfast and prizes on Wed., **Nov. 13** from 9-11 a.m. RSVP by 11/11 to Beth LaForge at 508-958-0301.

Affordable Housing Lottery

Senior Housing lottery will be held for a limited number of affordable two-bedroom townhome condominiums at Upton Ridge in Upton. Public info. Meeting is 6:30 pm on **Nov. 4** at Upton Town Hall. Applications must be postmarked on or before Dec. 2. Lottery will be held at 6:30 pm on Thursday, Dec. 12 at Upton Town Hall. Applications and info. available in the Upton Town Clerk's office, at the Upton Library, or online at www.mcohousingservices.com or by calling MCO Housing Services at 978-456-8388.

Where's the Owl?



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



November 2019

Mon	Tue	Wed	Thu	Fri
 <p>4 9:30 Mindfulness & Meditation with Robin 10:30 COA Meeting 1:00 Tai Chi 3:00 Afternoon Walk Sun., Nov. 3 at 2 am—Turn Back Clocks  Beef Stew</p>	<p>*Please see Newsletter for Details of our Shopping trips and Call the Center at 508-529-4558 to Register</p>	 <p>5 9:30 Morning Walk 10:00 Card Players Group 6:30 Departure for 7:00 Town Meeting Garlic Herbed Chicken</p>	<p>6 9:00–10:00 Computer Class 9:15 Shopping Trip* 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 5:00 BVT Charity Dinner Baked Potato w/Chili & Cheese</p>	<p>7 9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO Hot Dog</p>
 <p>11 Center is Closed for VETERANS DAY  No meals served</p>	<p>12 9:00 Shopping Trip* 9:30 Morning Walk 10:00 Craft Time with Betty 10:00 Card Players Group 12:00 Senator Moore's Turkey Dinner Macaroni & Cheese</p>	<p>13 8:00 Departure for 8:30–1:00 BVT's Aging Well Day 9:00–10:00 Computer Class 10:00 Strength & Stretch 10:00 Veterans Concert at Memorial 11:00 Library Table 12:30 Canasta Buttermilk Chicken</p>	<p>14 9:00 Veterans Day Breakfast with the Town Manager 10:00 Knit/Crochet Group 1:00 BINGO Meatloaf w/Gravy</p>	<p>15 9:00–12:00 SHINE Appointments 9:30 Shopping Trip* 10:00 Strength & Stretch 10:45 Nutrition Talk with Wendy 12:30 Movie 5:30 Men's Club Supper Fish w/Parmesan Cream Sauce</p>
<p>18 9:30 Mindfulness & Meditation with Robin 11:45 Lunch Trip to Sky Buffet 1:00 Tai Chi 3:00 Afternoon Walk Pork Rib-i-que</p>	<p>19 9:15 Shopping Trip* 9:30 Morning Walk 10:00 Card Players Group 12:30 Sports Day Social Chicken Cacciatore</p>	<p>20 9:00–10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Blood Pressure Checks Sloppy Joe</p>	<p>21 10:00 Knit/Crochet Group 11:00–1:00 Bake Sale 12:30 Shopping Trip* 1:00 BINGO Swedish Meatballs</p>	<p>22 9:00–12:00 SHINE Appointments 10:00 Strength & Stretch 12:45 Birthday Bash Fish w/Crumb Topping</p>
<p>25 9:30 Mindfulness & Meditation with Robin 12:30 Shopping Trip* 1:00 Tai Chi 3:00 Afternoon Walk Chicken Pot Pie</p>	<p>26 9:30 Morning Walk 10:00 Card Players Group 11:45 TriValley's Thanksgiving Meal & Social 1:00 Music by Fender Road Holiday Meal: Turkey w/Gravy</p>	<p>27 9:00–10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta Potato Crunch Fish</p>	<p>28 Center is Closed  No meals served</p>	<p>29 Center is Closed. Regular Meals on Wheels deliveries will take place but there will be no congregate meal. Pinwheels w/Marinara & Meatballs</p>

November, 2019 — Dates to Remember

Check  here if you plan to attend!

Nov 1 SHINE Appointments, 9:00—12 (Please call for appointment)
 Nov 2 Free ride to United Parish Turkey Dinner. Depart at 5:10 for 5:30 dinner (call United Parish for Tickets)
 Nov 4 COA Meeting, 10:30
 Nov 5 Free Ride to Town Meeting at Nipmuc. Depart at 6:30 pm for 7 pm meeting.
 Nov 6 Shopping Trip—Hannaford's, Uxbridge, 9:15
 Nov 6 BVT Charity Dinner—4:45 Departure for 5:00 Seating. Do you need a ride? Yes or No
 Nov 7 Shopping Trip—Market Basket, Oxford, 9:15
 Nov 8 BVT Salon Visit, Depart 8:45 for 9:00 appts. What service would you like?
 Nov 8 Holiday Fraud Program, 12:30
 Nov 11 Veterans Day—Center is closed. No meals served.
 Nov 12 Shopping Trip—Salvation Army/Shaw's/Job Lots, Walmart Loop*, Northbridge, 9:00
 Nov 12 Craft Time with Betty, 10:00
 Nov 12 Senator Moore's Turkey Dinner, 12:00
 Nov 13 BVT's Aging Well Day w/bkfst & lunch. Depart 8:00; program is 8:30-1:00. Need a ride? Yes or No
 Nov 13 Veterans Concert at Memorial, 10:00. Van departs at 9:40—Do you need a ride? Yes or No
 Nov 14 Veterans Day Breakfast with the Town Manager, 9:00
 Nov 15 SHINE Appointments, 9:00—12 (Please call for appointment)
 Nov 15 Shopping Trip—Kohl's, Home Goods, Stop & Shop Loop*, Milford, 9:30
 Nov 15 Afternoon Movie: The Sound of Music, 12:30
 Nov 15 Men's Club Supper, 5:30
 Nov 18 Lunch Trip to Sky Buffet, 11:45. Do you need a ride? Yes or No
 Nov 19 Shopping Trip—Walmart, Northbridge, 9:15
 Nov 19 Sports Day Social, 12:30
 Nov 21 Bake Sale, 11:00—1:00. Would you like to contribute a baked good? Yes or No
 Nov 21 Shopping Trip—Shaw's/CVS/Job Lots, Northbridge, 12:30
 Nov 22 SHINE Appointments, 9:00—12:00 (Please call for appointment)
 Nov 22 Birthday Bash, 12:45. Is it your Bday this month? Yes or No
 Nov 25 Shopping Trip—Market Basket, Hudson, 12:30
 Nov 26 TriValley's Thanksgiving Meal, 11:45
 Nov 26 Thanksgiving Social w/Music by Fender Road, 1:00
 Nov 28 Happy Thanksgiving! Center is closed. No meals served.
 Nov 29 Center is closed. Regular Meals on Wheels deliveries will take place but there will be no congregate meal.
 Mondays  Mindfulness and Meditation Sessions with Robin, Mondays at 9:30: Nov. 4 Nov. 18 Nov. 25
LOOK WHAT's COMING IN DECEMBER! (Sign up now & watch for further details in our December newsletter):

Dec 1 Tree Trimming Coffee Hour with Christmas Music, 9:30
 Dec 3 Pie Baking Contest & Emergency Preparedness Talk, 12:30—So you plan to bake a pie? Yes or No
 Dec 4 Depart 10:45 for 12:00 Holiday Concert at Mechanics Hall, Worcester. Do you want a ride? Yes or No
 Dec 6 HOLIDAY PARTY—please check off all you plan to attend:
 10:00 Social 10:30 Yankee Swap 12:30 Catered lunch (\$10) 12:45 Singing Trooper



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 object? If so—where?! _____

WEEKLY EVENTS AT THE UPTON CENTER

Every Monday Tai Chi 1:00
 Every Tuesday Card Players Group 10:00
 Every Wednesday Computer Class (call to schedule) 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