



# The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

2 Farm Street, Upton, MA 01568, 508-529-4558 / 508-529-4559 / [www.uptonma.gov](http://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

## January 2020

As a new year begins, we are so very thankful to so many who have helped us out over the holidays. We truly could not offer all of our programs and services without you! Thanks to all those who gave so generously over the past month, including:

- **State Representative Muradian** and **Senator Moore** for their generous donations in support of our Annual Christmas Party—we had a wonderful time!
- Students **Kaylie Golden** and **Alexis Lavigne** for leading younger students in creating personal holiday cards which they then delivered to our seniors—how kind!
- The **Sutton Serenaders**, student **Alex Romine** and the **students from Miscoe Hill** schools for providing some great holiday entertainment—you were great! (We appreciate the Memorial School's efforts to come caroling as well, and are sorry the weather got in the way this year. We'll see you again next year!)
- Student **Sam Denson** and friends for organizing a holiday game day at the Center—what fun!
- Those who recently donated to the Center **in memory of Joanne Kinney**—we appreciate your generosity.



We are also sending a special thanks to the many community groups who donated so generously to our seniors over the holidays. Thank you to the **Upton Bloomer Girls** for providing gifts and donations for our seniors in need, to **Saint Gabriel's Church** for their giving tree program and their youth group's donation of baked goods, to the **Upton Men's Club** for a successful **Salvation Army** kettle drive, and to **Unibank** for the gift cards donated through their giving tree program. What a generous community!

We are also thankful to **Evan George**, Emergency Preparedness Coordinator from the Mass. Office on Disability. Evan visited the Center with Representative Muradian and presented an informative program on how to prepare for emergencies of all kinds. He also distributed some great emergency "go bags" filled with loads of useful items.

The safety presentation highlighted the fact that Massachusetts has a **2-1-1 Hotline**. 211 is an easy to remember phone number that connects callers to information about critical health and human services available in their community. It serves as a resource for finding government benefits and services, nonprofit organizations, support groups, volunteer opportunities, donation programs, and other local resources. Available 24 hours a day, 7 days a week, Mass 211 is a great resource. For those who missed the talk, feel free to stop by the Center for copies of the handouts from this informative presentation.



Finally, we appreciate the many thoughtful cards and holiday wishes we have received in our front office throughout the past month, and we wish you all a very Happy New Year!

*Janice*

*The Center will be closed on Wednesday, January 1 for New Year's Day  
& Monday, January 20 for Martin Luther King Jr. Day.*

*Please call to be sure we are open on days when the weather is questionable.*



## 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, January 3 at 9:15—Shaw's/Walgreens, Milford

Monday, January 6 at 12:30—Hannaford's, Uxbridge

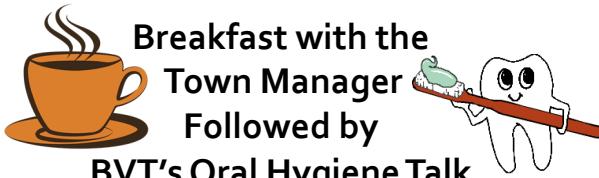
Wednesday, January 8 at 12:30—Market Basket, Oxford

Tuesday, January 14 at 9:15—Salvation Army/Shaw's/Job Lots/Walmart Loop\*, Northbridge

Tuesday, January 21 at 9:15—Market Basket, Hudson

Thursday, January 23 at 9:15—Walmart, Northbridge

Wednesday, January 29 at 9:15—Salvation Army/Shaw's/Job Lots/Walmart Loop\*, Northbridge



**Thursday, January 9—9:00 Breakfast / 9:45 Talk**

Join us for breakfast with Town Manager, Derek Brindisi. After a delicious meal, BVT's Oral Hygiene students will provide an informative talk regarding oral health for seniors. Topics will include general oral hygiene, denture care, the impact of diseases such as diabetes, and more. Please call the Center to register by **January 7**. Breakfast is \$3.



## BVT Charity Dinner

**Thurs., January 9—depart at 4:45 for 5:00 Dinner**

Attend an all you can eat buffet (Shepherd's pie, dessert & beverage) at BVT High School to benefit various charities. Please **RSVP by noon Jan. 7** 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.



## Lunch Trip to LongHorn Steakhouse

**Friday, January 10 at 11:45**

We're headed to LongHorn Steakhouse in Franklin for a delicious lunch with friends! Please register by **January 7** and let us know if you need a ride.



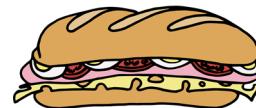
## Craft Time with Betty

**Tuesday, January 14 at 10:00**

Betty will be here for yet another fun craft project. Please call by **Jan. 10** to let us know if you can join us. No fee.

## Cornerstone Lunch & Senior Bullying Presentation

**Wednesday, January 15 at 12:30**



The staff of Cornerstone of Milford will be back to treat us to lunch along with an informative presentation on preventing and addressing senior bullying. Please call the Center to RSVP by **January 13**. No fee.

## Breakfast at Stephanie's



**Thursday, January 16 at 9:15**

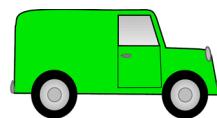
Let's head next door for a delicious breakfast with friends. Call by **January 14** to let us know if you'd like to go and we'll make a reservation for 9:15

## Birthday Bash

**Friday, January 17 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 **January 15**.



## Trip to Museum of Work & Culture With Ranger Viola

**Wednesday, January 22 at 9:15**

Ranger Viola of West Hill Dam has kindly offered to take our seniors on a trip to the Museum of Work & Culture in Woonsocket. Located in Woonsocket's historic Market Square, the museum tells the story of French Canadian immigrants who left Quebec to come to work in the mills and factories of Woonsocket. Come inside the replicas of a rural Quebec farm house and journey through the work day world of Woonsocket's residents from the early twentieth century to the present. Visitors are immersed in a narrative of the working class in America. Senior cost for admission and tour is \$6. The van will stop for lunch on the ride home, returning to the Center around 2. Please call to register by **January 17** and let us know if you need a ride on our van for \$4.



## Senator Moore's Office Hours

**Monday, January 13, 1:15–2:00**

A representative of Senator Moore's office will hold office hours here at the Center. Please stop by with any concerns.

## Representative Muradian's Office Hours

Thursday, January 23 12:00—1:00

Representative Muradian's office will hold office hours here at the Center. Please stop by with any concerns.



## Computer Classes

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.



## Afternoon Movie

Friday, January 24 at 12:30

Join us for some laughs as we watch **Trains, Planes & Automobiles**. It's the classic tale of holiday travel gone awry starring Steve Martin and John Candy. Call to let us know if you can join us.



## 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.

## Men's Club Supper

Friday, January 24 at 5:30

The Upton Men's Club will be back for another super supper on January 24. Note that we've returned to the original start time of 5:30. 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. Please call to register by Jan. 21.



## Breakfast at the Center with Workshop on Legal & Financial Planning for Alzheimer's

Tuesday, Jan. 28 – 9:15 Breakfast / 10:00—11:30 Workshop  
If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. This important workshop is presented by the Alzheimer's Association for anyone who would like to know more about what legal and financial issues to consider and how to put plans in place. Please call the Center to register by January 22. Breakfast is \$3; the workshop is free of charge.



## Trivia at the Center with Library Staff

Wednesday, January 29 at 12:30

The Upton Library staff will be back with more trivia fun. Enjoy some laughs as you watch video clips to test your knowledge of famous places and famous faces. Come test your memory and have some fun! Light refreshments will be served. No fee. Please register by Jan. 27.



## BVT Salon Visit

Friday, January 31 at 9:00

Treat yourself to some pampering at discounted prices at the Salon at BVT. Please call the Center to RSVP by Jan. 28 to reserve a time and let us know if you need a ride for \$1.



## Computer Classes

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.

## 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.

## Healthy Mind & Body—Free Classes!

*Start the new year offright by joining in our free exercise classes! All fitness levels are welcome.*



Mindfulness & Meditation—Mon. Jan. 13 & 27 at 9:30

Tai Chi —Mondays at 1:00

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

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

Blood Pressure Checks—Wednesday, Jan. 29 at 12:30

## DVD Collection



When New England's snow days hit, it's a great time to stay home watch some good movies! Don't forget that the Upton Center has a HUGE collection of DVD's available for loan at no charge here at the Center. Stop by our front office for a listing of the many movies and TV series in our collection. There's something for everyone!

## Coming Soon

Art Workshops—The Upton Library will be hosting art workshops at the Upton Center on Tuesday, **February 11**.

Paint your own "Starry Night" creation from 3:30—5:30 pm at the Center, or create a "Miracle Flowers" scene from 6:30—8:30. There will be no cost for the programs, thanks to funding provided by the **Upton Cultural Council**. Space is limited so please register soon by calling the Upton Center.

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).

## JESSICA'S SOCIAL SERVICES CORNER

### Social Services Update

Happy New Year! The New Year is a great way to start off fresh and release yourself from everything you do not want to carry over with you. It is also a good time to set New Year's resolutions. Here are six tips to help you stick with your resolutions:

1. Define Clear Goals
2. Set Check Points
3. Keep a calendar with reminders
4. Allow for flexibility
5. Have an accountability partner
6. And always REMEMBER- YOU CAN DO IT!



Be creative when keeping track. You can use journals, note pads, calendars....ADD SOME COLOR. We have crayons, markers and colored pencils for use here in the center in our creative corner.

"Write it on your heart that every day is the best of the year." - Ralph Waldo Emerson



### Medicare Questions??

Medicare Open Enrollment ended on December 7th, but there may still be an opportunity to make changes or updates. If you have any questions call the Center to speak with a SHINE Counselor.

### SMOC-Fuel Assistance



The Fuel Assistance Program helps income eligible households pay a portion of their heating costs. The program runs from November 1st-April 30th. If your GROSS income falls within the limits shown below, you may be eligible for assistance. You may also qualify for other discounts and programs. The guidelines are:

Household Size	Maximum Gross Income
1	\$37,360
2	\$48,855
3	\$60,351
4	\$71,846

For more information and if you have questions, please contact Jessica Mauro at the Upton Center at 508-529-4558. If you would like to contact SMOC directly, they can be reached at 1-800-286-6776. SMOC is located at 7 Bishop Street Framingham, MA. You can find more information on resources by visiting our website at: [www.uptonma.gov/council-aging-upton-center](http://www.uptonma.gov/council-aging-upton-center)



### 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

### Flu Shots

Flu shots are still 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.

### Suppers at United Parish

United Parish of Upton invites you to attend their free monthly community supper on Thursday, January 16 at 5:30 pm. Please RSVP by the Tues. before at 508-529-3192.

### Wish List

Call the Upton Center if you can help with the following:

- We're in need of another BINGO caller for our weekly BINGO games Thursdays at 1:00. If you can help out from 1:00—3:00 on occasional Thursdays, please let us know. We're happy to train you and it's a lot of fun!
- We are running low on small paper plates, 8 oz. cups, napkins and cutlery for our events.

### Fraud Alert: Nationwide Brace Scam

The U.S. Dept. of Health and Human Services Office of Inspector General is alerting the public about a fraud scheme involving orthotic braces and medical equipment. Scammers are offering Medicare beneficiaries orthotic braces that are supposedly free to them and covered by Medicare. Fraudsters may call beneficiaries directly or use TV or radio ads to encourage beneficiaries to order. If a beneficiary provides or verifies personal or Medicare info., one or more braces are sent, even if they are not requested, and the equipment is billed to Medicare, which may later deny a brace that the beneficiary needs in the future. Please follow these tips to protect yourself:

- If you receive a call from someone offering a free brace that will be billed to Medicare, hang up.
- If medical equipment is delivered, don't accept it unless it was ordered by your physician. Refuse delivery or return it to sender and keep a record of it.
- Be suspicious of any offers of free medical equipment.
- Be cautious of unsolicited requests for Medicare numbers.

If you suspect Medicare fraud, contact the HHS OIG Hotline: 1-800-HHS-TIPS

### Where's the Tree?

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



# ★ January 2020 ★

Mon	Tue	Wed	Thu	Fri
<p>*Please see Newsletter for Details of our Shopping trips and Call the Center at 508-529-4558 to</p>		<b>1</b> <b>NEW YEAR'S DAY</b> Center is Closed No Meals Served	<b>2</b> 10:00 Knit/Crochet Group 1:00 BINGO  BBQ Chicken	<b>3</b> 10:00 Strength & Stretch <b>9:15 Shopping Trip*</b>  Macaroni & Cheese
<b>6</b> <b>10:30 COA Meeting</b> 1:00 Tai Chi <b>12:30 Shopping Trip*</b>  Lasagna w/Meatballs	<b>7</b> 10:00 Card Players Group	<b>8</b> 9:00–10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta <b>12:30 Shopping Trip*</b>  Roast Pork & Gravy	<b>9</b> <b>9:00 Breakfast with the Town Manager</b> <b>9:45 BVT's Dental Hygiene Presentation</b> 10:00 Knit/Crochet Group 1:00 BINGO <b>5:00 BVT Charity Dinner</b> Beef w/Onions & Peppers	<b>10</b> 10:00 Strength & Stretch <b>10:45 Nutrition Talk with Wendy</b> <b>11:45 Lunch Trip to LongHorn Steakhouse</b>  Fish w/Cream Sauce
<b>13</b> <b>9:30 Mindfulness &amp; Meditation</b> 1:00 Tai Chi <b>1:15–2:00 Senator Moore's Office Hours</b>  Beef Stew	<b>14</b> <b>9:15 Shopping Trip*</b> 10:00 Card Players Group <b>10:00 Craft Time with Betty</b>  Baked Potato w/Chili & Cheese	<b>15</b> 9:00–10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta <b>12:30 Cornerstone Lunch and Senior Bullying Talk</b> Buttermilk Chicken	<b>16</b> <b>9:15 Breakfast at Stephanie's</b> 10:00 Knit/Crochet Group 1:00 BINGO  Hot Dog Meal	<b>17</b> 10:00 Strength & Stretch <b>12:45 Birthday Bash</b>  Shepherd's Pie
<b>20</b> <b>MARTIN LUTHER KING, JR. DAY</b> Center is Closed No Meals Served  <b>MILK Day</b>	<b>21</b> <b>9:15 Shopping Trip*</b> 10:00 Card Players Group	<b>22</b> 9:00–10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta <b>9:15 Trip to Museum of Work &amp; Culture w/ Ranger Viola</b>  Meatloaf w/Gravy	<b>23</b> <b>9:15 Shopping Trip*</b> 10:00 Knit/Crochet Group <b>12:00–1:00 Rep. Muradian's Office Hours</b> 1:00 BINGO  Sloppy Joe	<b>24</b> 10:00 Strength & Stretch <b>12:30 Afternoon Movie</b> <b>5:30 Men's Club Supper</b>  Chicken Mornay
<b>27</b> <b>9:30 Mindfulness &amp; Meditation</b> 1:00 Tai Chi	<b>28</b> <b>9:15 Breakfast</b> <b>10:00 Legal &amp; Financial Planning for Alzheimer's Disease</b> 10:00 Card Players Group	<b>29</b> 9:00–10:00 Computer Class <b>9:15 Shopping Trip*</b> 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta <b>12:30 Blood Pressure Checks</b> <b>12:30 Trivia at the Center w/Library Staff</b>  Vege. Cheese Bake	<b>30</b> 10:00 Knit/Crochet Group 1:00 BINGO  Chicken Cacciatore	<b>31</b> <b>9:00 BVT Salon Visit</b> 10:00 Strength & Stretch  Fish w/Crumb Topping

## January, 2020 — Dates to Remember

Check  here if you plan to attend!

Jan 1  NEW YEAR'S DAY—Center is Closed. No Meals Served. Happy New Year!

Jan 3  Shopping Trip—Shaw's/Walgreens, Milford, 9:15

Jan 6  COA Meeting, 10:30

Jan 6  Shopping Trip—Hannaford's, Uxbridge, 12:30

Jan 8  Shopping Trip—Market Basket, Oxford, 12:30

Jan 9  Breakfast with the Town Manager, 9:00

Jan 9  BVT's Dental Hygiene Presentation, 9:45

Jan 9  BVT Charity Dinner, 4:45 Departure for 5:00 Seating. Do you need a ride? Yes  or No

Jan 10  Nutrition Talk with Wendy, 10:45

Jan 10  Lunch Trip to LongHorn Steakhouse, 11:45 Departure. Do you need a ride? Yes  or No

Jan 13  Mindfulness & Meditation with Robin, 9:30

Jan 13  Senator Moore's Office Hours, 1:15-2:00

Jan 14  Shopping Trip—Salvation Army/Shaw's/Job Lots, Walmart Loop\*, Northbridge, 9:15

Jan 14  Craft Time with Betty, 10:00

Jan 15  Cornerstone Lunch and Senior Bullying Talk, 12:30

Jan 16  Breakfast at Stephanie's, 9:15

Jan 17  Birthday Bash, 12:45. Is it your birthday this month? Yes  or No

Jan 20  MARTIN LUTHER KING, JR. DAY—Center Closed. No Meals Served.

Jan 21  Shopping Trip—Market Basket, Hudson, 9:15

Jan 22  Depart at 9:15 w/Viola for Museum of Work & Culture w/ lunch after. Need a ride? Yes  or No

Jan 23  Shopping Trip—Walmart, Northbridge, 9:15

Jan 23  Representative Muradian's Office Hours, 12:00—1:00

Jan 24  Afternoon Movie, 12:30

Jan 24  Men's Club Supper, 5:30

Jan 27  Mindfulness & Meditation with Robin, 9:30

Jan 28  Breakfast at the Center, 9:15

Jan 28  Legal & Financial Planning for Alzheimer's Disease, 10:00

Jan 29  Shopping Trip—Salvation Army/Shaw's/Job Lots, Walmart Loop\*, Northbridge, 9:15

Jan 29  Blood Pressure Checks, 12:30

Jan 29  Trivia at the Center with Library Staff, 12:30

Jan 31  BVT Salon Visit, Departs 8:45 for 9:00 appt. What service would you like? \_\_\_\_\_

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