



# 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

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Janice Read Nowicki

### Social Services Coordinator

Jessica Mauro

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Bernadette Denson

### COA Assistants

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Deb Saulen  
Karen Varney

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John Saulen  
Tina Smith

### Nutrition Center Mgr.

Al Vautour

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## March 2020

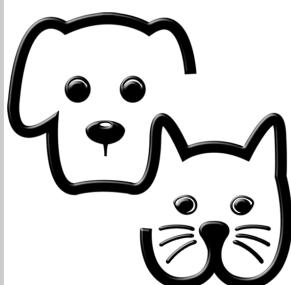
Spring is finally in the air—which means it's time for TriValley's annual **March for Meals** fundraiser to benefit the Meals on Wheels program which delivers nutritious meals, visits and safety checks to seniors all year long. Here are a few ways you can help:

- Attend our bake sale to benefit the cause on Thursday, March 19 from 11:00—1:00. Let us know if you'd like to contribute a baked good as well.
- Head over to the Milford Senior Center for a delicious Italian meal on Thursday, March 26 at 4:30 to support the cause. Tickets are \$10 and we'll provide free rides on our van. See details inside this newsletter.
- Visit the Center to view the baskets which will be raffled off in support of Meals on Wheels. Purchase tickets for \$1 each or \$5 for 6 tickets. Winners will be drawn on March 26.

March is also **National Professional Social Work Month** which makes it a great time to stop and appreciate the contributions of our nation's Social Workers. Here at the Center, our Social Services Coordinator, Jessica Mauro, is available to help residents with fuel assistance, SNAP (food stamps), SHINE information, and more. Please call her at 508-529-4558 with any questions.

## welcome

We are pleased to welcome our new van driver, **Tina Smith**. Please be sure to introduce yourself and give her a warm welcome next time you see her!



We know there are a lot of animal lovers out there, so we are happy to announce a **collection for Central Massachusetts Disaster Animal Response Team (CMDART)** in March. CMDART is a non-profit organization that provides training, support, supplies and personnel to help plan, prepare and respond to aid animals affected by disasters such as fires, ice storms and hurricanes. They are in need of gift cards to Ocean State Job Lots, Big Lots or Amazon to help purchase pet supplies when and where they are needed along with gas cards for their travel. They are also seeking volunteers to help at their public education events. Please contact the Center for a list of additional items which can be donated for use in their emergency "Pet Go Kits". If you can help, please bring your donations to the Center now through April 23 and watch our April newsletter for more details on a CMDART training session to be held at

the Center April 24 at 1:30. The training will show you how to prepare the whole family so that no one gets left behind in the event of a disaster.

And finally—THANK YOU to the kids from the local 4H Club and from Saint Gabriel's Young Neighbors in Action group for coming to visit our seniors in February. We always enjoy when young members of our community come to share their time and talents with us. What fun!

Please read on for more details on all we have in store for you for March.

## Janice

*Just a friendly reminder to set your clocks ahead on Sunday, March 8th 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.*

Tuesday, March 3 at 9:15—Shaw's/Walgreens, Milford

Thursday, March 5 at 9:15—Market Basket, Oxford

Wednesday, March 11 at 9:15—Salvation Army/  
Shaw's/Job Lots/Walmart Loop\*, Northbridge

Friday, March 13 at 9:30—Kohl's/TJ Maxx/Stop & Shop  
Loop, Milford

Tuesday, March 17 at 9:15—Hannaford's, Uxbridge

Thursday, March 19 at 9:15—Walmart, Northbridge

Monday, March 23 at 9:15—Market Basket, Hudson

Tuesday, March 31 at 12:30—Salvation Army/Shaw's/Job  
Lots/Walmart Loop\*, Northbridge



## Tax Appointments

**Mondays, March 2—March 30, 9:00—2:15**

It's that time of year again!....AARP tax preparers will be here to help Seniors prepare their 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 in advance of your appointment. If you can't make your scheduled appointment, please let us know because we typically have a wait list.

## Ride to **Vote** at the Presidential Primaries

**Tuesday, March 3 at 12:30**

Exercise your right to vote at the Presidential Primaries at Nipmuc High School! Voting hours are 7 a.m.—8 p.m. We'll provide free rides at 12:30 that day. Please call by **March 1** to let us know if you need a ride. For further voting information, contact the Town Clerk at 508-529-3565.



## Navigating the New Nutrition Facts Label

**Monday, March 9 at 11:45**

A TriValley Dietitian will be here to help you navigate the NEW nutrition facts label which debuted on January 1st. Learn about the label, play the label game and take home some recipes to try! Please call to register by **March 6**.



## Senator Moore's Office Hours

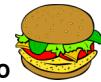
**Monday, March 9, 1:15—2:00**

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

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).

## Lunch Trip to Jubes

**Tuesday, March 10 at 12:00**



Join us for lunch at Jubes Family Restaurant in Whitinsville. There are plenty of options on the menu so you're sure to find something you like. Please register by **March 8** and let us know if you need a ride.



## Upton Hat Factory Video & Memories

**Wednesday, March 11 at 12:30**

Join us as we relive a bit of Upton's history. Members of the Upton Historical Society will be here to share a video followed by a discussion of memories from back in the day. Come share your memories and learn more about Upton's proud history. Light refreshments will be served. No fee. Please call the Center by **March 9** to register.



## Breakfast with the Town Manager Followed by Credit Card Fraud Presentation & Federal Census Information

**Thursday, March 12 at 9:00**

Join us for another delicious breakfast with our Town Manager, Derek Brindisi. Afterwards, Robin Putnam of the Massachusetts Office of Consumer Affairs will be here to share helpful information on how to protect yourself from credit card fraud. Important details about the Federal Census will be provided as well. Please call the Center to register by **March 10**. Breakfast is \$3. There is no charge for the talks.



## Afternoon Movie

**Friday, March 13 at 12:30**

Join us for *A Beautiful Day in the Neighborhood* (PG), starring Tom Hanks as popular television host Mister Rogers. It's a story of kindness triumphing over cynicism. Call to let us know if you can join us.



## Men's Club Supper

**Friday, March 13 at 5:30**

The Upton Men's Club will be back with a delicious free supper. Come gather with friends for a great meal. Remember—it's for ALL seniors, not just the men! No fee. Please register by **March 10**.



## St. Patty's Day Social with Irish Step Dancing

**Tuesday, March 17 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 and remember to wear your green! No fee.

## Bake Sale to Benefit TriValley's March for Meals

Thursday, March 19, 11:00—1:00

Check out our assortment of delicious baked goods and bring some home for a good cause. If you'd like to bake to support the fundraiser, please let us know by Monday, **March 16**.

## Arthritis & Medication Safety Talk Followed by a Spring Potluck Supper

Friday, March 20 at 1:00

Do you take prescriptions or over the counter medications to manage your joint health? Do you have questions about the side effects or possible drug interactions? A registered pharmacist from MCPHS University will be here to give you the information you need. One on one appointments with the pharmacist will be available afterwards. We'll also be following up the talk with a Potluck Supper to celebrate the arrival of SPRING!!! Please register for the program and/or potluck by **March 18**. To participate in the potluck, please bring an appetizer, main dish, or dessert to share, or else plan to donate \$5. We'll supply the paper goods and drinks.

## Craft Time with Betty

Tuesday, March 24 at 10:00



Betty will be here with yet another fun craft project this month. Come get creative! Please call by **March 20** to let us know if you can join us. No fee.

## Trinity Big Band Social

Tuesday, March 24 at 1:00

It's always a treat when the Trinity Big Band visits! Join us for some great music with friends. Light refreshments will be served. There is no fee, but donations to the band are always appreciated. Please call the Center by **March 20** to register.

## Fashion Trivia

Wednesday, March 25 at 12:30



The Upton Library staff will be back with more trivia fun. Enjoy some laughs as you test your knowledge of this month's theme: "Fashion through the Years"! Come test your memory and have some fun! Light refreshments will be served. No fee. Please register by **March 23**.

## Representative Muradian's Office Hours

Thursday, March 26, 12:00—1:00

Representative Muradian's office will hold office hours here at the Center. Please stop by to discuss your 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.

## TriValley Italian Dinner in Milford

Thurs., March 26—Van departs at 3:45 for 4:30 dinner



Head to the Milford Senior Center for a delicious Italian meal (pasta, meatballs, sausage, salad, bread, and dessert) to benefit TriValley's March for Meals Campaign. Tickets are \$10.

Free rides will be provided on our van for Upton seniors, departing at 3:45. Please call or visit the Center for tickets and let us know if you need a ride. Payment is due by **March 20**. We'll be raffling off some great baskets in support of the cause too. Visit the Center to see the baskets and purchase tickets (\$1 each or \$5 for 6 tickets). Winners will be drawn on March 26.



## BVT Salon Visit

Friday, March 27 at 9:00

Treat yourself to some pampering at discounted prices at the Salon at BVT. Please call the Center by **March 24** to reserve a time and let us know if you need a ride for \$1.



## Birthday Bash

Friday, March 27 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 **March 24** to register so we can have plenty of pizza on hand.

## Healthy Mind & Body

*Join in our free exercise classes!*

*All fitness levels are welcome.*



Mindfulness & Meditation—Mon. March 30 at 9:30

Tai Chi —Mondays at 1:00

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

Nutrition Discussion with Wendy—Fri., March 6 at 10:45

Blood Pressure Checks—Wednesday, March 25 at 12:30

## Earth Day Events

Earth Day is coming in April! There will be a town wide cleanup effort happening on Saturday, April 11 and the co-ordinators want YOUR input. So if you've noticed any streets in town that could use a spruce up, please submit your suggestions to the box at our sign in desk throughout March. We'll do a drawing at the end of March and will award a **\$25 Walmart gift card** to one of you, just for providing your input on where the pickup is most needed! Also—purple trash bags will be available at the Center beginning April 6. These bags can be filled with debris from Upton's streets on the April 11 Clean Up Day and then picked up curbside by Upton's DPW. Watch our April newsletter for more details of an intergenerational Earth Day event to be held at the Center in April.





## JESSICA'S SOCIAL SERVICES CORNER

### Life Lessons from Dr. Seuss

1. Be Yourself: "Today you are YOU and that is truer than true."
2. Make the World Better: "Unless someone like you cares a whole awful lot, nothing is going to get better. It's not."
3. Never Stop Learning: "The more that you read, the more things you will know. The more that you learn, the more places you'll go."
4. It's About Balance: "Step with care and great tact and remember—Life's a Great Balancing Act."
5. Be Positive: "Don't cry because it's over, smile because it happened."



### Medicare Questions??

Have questions?? Interested in reviewing your Medicare options?? You MAY still have an opportunity to make changes! Please contact the Center to speak with a SHINE Counselor. Cost of Medicare Premiums have increased for 2020. If you are having difficulty paying your Medicare premium, you may be eligible for the state's Medicare Savings Program. Guidelines are as: \$1,738/single or \$2,346 married with assets under \$15,720/\$23,600. Income Guidelines may increase in March 2020. Please inquire with a SHINE Counselor to confirm!



### SMOC-Fuel Assistance

Fuel Assistance applications are still available until April 30, 2020. If you would like more information or to inquire about eligibility, please contact Jessica at 508-529-4558. You can learn more about Fuel Assistance and other local resources on our website: [www.uptonma.gov/council-aging-upton-center](http://www.uptonma.gov/council-aging-upton-center). 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



### 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'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. It's lots of fun!

## COMMUNITY CORNER

### Notes from the Town Clerk

Here are some important updates from the Town Clerk's office:

The town census has been mailed to town residents. Please remember to sign and return it to the Town Clerk's office.

Also—just a friendly reminder that dog licenses are due **March 31** for dog owners.

Are you registered to vote in Upton? There are 4 elections in 2020. Are you new to town? Have you moved within the town? Have you responded to your census? Does the Town Clerk have your updated information? Knowing your precinct and voting status ahead of time will save you time on Election Day! **Your enrollment as a voter will affect the party primary in which you can vote at the Presidential Primary.** You may check your voter registration status online at:

<https://www.sec.state.ma.us/VoterRegistrationSearch/MyVoterRegStatus.aspx>.

Voting will take place at Nipmuc High School from 7 am to 8pm on **March 3** for the **Presidential Primary**. Absentee ballots are available in February. We will also be holding **early voting at Town Hall February 24-28**. Please contact the Town Clerk for details.

### The Savvy Caregiver Program

Join in this free six-session training for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementias. Thursdays, April 2, 9, 16, 23, 30 and May 7 from 1:00—3:00 at the Northbridge Senior Center. Learn the skills you need, strengthen family resources, and take care of you! Brought to you by Tri-Valley Inc. and Elder Services of Worcester Area Inc. For more information or to register contact Laura Black-Silver at 508-949-6640, extension 3079 or [lblack@tves.org](mailto:lblack@tves.org)

### 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.

### Supper at United Parish

United Parish of Upton invites you to attend their free monthly community supper on Thursday, March 19 at 5:30 pm. Please RSVP by the Tues. before at 508-529-3192.

### Where's the Coffee?

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

# March 2020

Mon	Tue	Wed	Thu	Fri
<b>2</b> 9:00–2:15 AARP Tax Appointments 10:30 COA Meeting 1:00 Tai Chi  Teriyaki Beef	<b>3</b> <b>9:15 Shopping Trip*</b> 10:00 Card Players Group <b>12:30 Free Ride to Vote at Nipmuc PRESIDENTIAL PRIMARIES</b>  Chicken Picatta	<b>4</b> 9:00–10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta  Shepherd's Pie	<b>5</b> <b>9:15 Shopping Trip*</b> 10:00 Knit/Crochet Group 1:00 BINGO  Salisbury Steak	<b>6</b> 10:00 Strength & Stretch <b>10:45 Nutrition Talk with Wendy</b>  Potato Crunch Fish
<b>9</b> 9:00–2:15 AARP Tax Appointments 11:45 Nutrition Facts Label Talk 1:00 Tai Chi <b>1:15–2:00 Senator Moore's Office Hours</b>   <b>Move Clocks ahead at 2:00 a.m. Sun. Mar. 8</b>  Chicken w/Bbq Sauce	<b>10</b> 10:00 Card Players Group <b>12:00 Lunch Trip to Jubes</b>  Meatballs w/Onion Gravy	<b>11</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 Upton Hat Factory Video and Memories</b>  Marinated Pork Loin	<b>12</b> <b>9:00 Breakfast with the Town Manager &amp; Credit Card Fraud &amp; Federal Census Talks</b> 10:00 Knit/Crochet Group 1:00 BINGO  Chicken Fajitas	<b>13</b> <b>9:30 Shopping Trip*</b> 10:00 Strength & Stretch <b>12:30 Afternoon Movie</b> <b>5:30 Men's Club Supper</b>  Macaroni & Cheese
<b>16</b> 9:00–2:15 AARP Tax Appointments 1:00 Tai Chi  Lasagna w/Meatballs	<b>17 ST PATTY's DAY</b> <b>9:15 Shopping Trip*</b> 10:00 Card Players Group <b>12:30 St. Patty's Day Social with Irish Step Dancer</b>  Corned Beef	<b>18</b> 9:00–10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta  Beef w/Onions & Peppers	<b>19st Day of Spring!</b> <b>9:15 Shopping Trip*</b> 10:00 Knit/Crochet Group <b>11:00–1:00 Bake Sale to Benefit TriValley's March for Meals</b> 1:00 BINGO  Roast Pork	<b>20</b> 10:00 Strength & Stretch <b>1:00 MCPHS Arthritis &amp; Medication Safety Talk with Potluck</b>  Fish w/Crumb Topping
<b>23</b> 9:00–2:15 AARP Tax Appointments <b>9:15 Shopping Trip*</b> 1:00 Tai Chi  Beef Stew	<b>24</b> 10:00 Card Players Group <b>10:00 Craft Time with Betty</b> 1:00 Trinity Big Band Social  Buttermilk Chicken	<b>25</b> 9:00–10:00 Computer Class 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> Baked Potato w/Chili	<b>26</b> 10:00 Knit/Crochet Group <b>12:00–1:00 Rep. Muradian's Office Hours</b> 1:00 BINGO <b>3:45 Van Departs for 4:30 TriValley Spaghetti Dinner for Meals on Wheels</b>  Hot Dog	<b>27</b> <b>9:00 BVT Salon</b> 10:00 Strength & Stretch <b>12:45 Birthday Bash</b>  Vegetable Cheese Bake
<b>30</b> 9:00–2:15 AARP Tax Appointments <b>9:30 Mindfulness &amp; Meditation</b> 1:00 Tai Chi  Chicken Mornay	<b>31</b> 10:00 Card Players Group <b>12:30 Shopping Trip*</b>  Meatloaf	Please call the Center at 508-529-4558 to register for programs.		*Please see Newsletter for details of our shopping trips.

## March, 2020 — Dates to Remember

Check  here if you plan to attend!

Mar 2  AARP Tax Appointments, 9:00—2:15 . Please call to schedule an appointment.

Mar 2  COA Meeting, 10:30

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

Mar 3  Free Ride to Vote at Nipmuc, 12:30 (Presidential Primaries)

Mar 5  Shopping Trip—Market Basket, Oxford, 9:15

Mar 6  Nutrition Talk with Wendy, 10:45

Mar 9  AARP Tax Appointments, 9:00—2:15 . Please call to schedule an appointment.

Mar 9  TriValley Nutrition Talk—"Navigating the New Nutrition Labels", 11:45

Mar 9  Senator Moore's Office Hours, 1:15-2:00

Mar 10  Lunch Trip to Jubes in Whitinsville, 12:00. Do you need a ride? Yes  or No

Mar 11  Shopping Trip—Salvation Army/Shaw's/Job Lots, Walmart Loop\*, Northbridge, 9:15

Mar 11  Upton Hat Factory Video and Memories, 12:30

Mar 12  Breakfast with the Town Manager & Credit Card Fraud & Federal Census Talks, 9:00

Mar 13  Shopping Trip—Kohl's/TJ Maxx/Stop & Shop Loop\*, Milford, 9:30

Mar 13  Afternoon Movie: *A Beautiful Day in the Neighborhood*, 12:30

Mar 13  Men's Club Supper, 5:30

Mar 16  AARP Tax Appointments, 9:00—2:15 . Please call to schedule an appointment.

Mar 17  Shopping Trip—Hannaford's, Uxbridge, 9:15

Mar 17  St. Patty's Day Social with Irish Step Dancer, 12:30

Mar 19  Shopping Trip—Walmart, Northbridge, 9:15

Mar 19  Bake Sale to Benefit TriValley's March for Meals, 11:00—1:00

Mar 20  MCPHS Arthritis & Medication Safety Talk w/ Potluck Dinner. Potluck participants , please pick 1 to bring:  
Appetizer  Main Dish  Dessert  or \$5 Donation

Mar 23  AARP Tax Appointments, 9:00—2:15 . Please call to schedule an appointment.

Mar 23  Shopping Trip—Market Basket, Hudson, 9:15

Mar 24  Craft Time with Betty, 10:00

Mar 24  Trinity Big Band Social, 1:00

Mar 25  Blood Pressure Checks, 12:30

Mar 25  Trivia at the Center w/Library Staff, 12:30

Mar 26  Rep. Muradian's Office Hours, 12:00—1:00

Mar 26  TriValley Italian Dinner in Milford, 4:30 (buy tickets in office, \$10 each). Need a ride at 3:45? Yes  or No

Mar 27  BVT Salon Visit, depart at 8:45 for 9:00 appts. What service would you like? \_\_\_\_\_

Mar 27  Birthday Bash, 12:45. Do you have a bday this month? Yes  or No

Mar 30  AARP Tax Appointments, 9:00—2:15 . Please call to schedule an appointment.

Mar 30  Mindfulness & Meditation w/Robin, 9:30

Mar 31  Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop\*, Northbridge, 12:30

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