



# 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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June 2020

It's June as this newsletter goes out, and it's hard to believe that the doors to our Center remain closed to the public. I still haven't gotten used to seeing our large program room sitting empty day after day. We miss you!!

While we are anxious to welcome you all back, our top priority is to ensure the safety of everyone to the best of our ability. As you know, Governor Baker recently provided an update regarding a phased approach to the reopening of Massachusetts. The guidelines continue to recommend that people over the age of 65 and those who have underlying health conditions should continue to stay home except for essential errands. With that in mind, our doors will remain closed until further notice, and our focus will shift instead to being a "Senior Center without Walls". We are working hard to plan virtual programs – whether it be through Facebook, virtual conferencing, or our local cable station. Read on for details of weekly programs we'll be piloting in June, and resources on how you can learn to access these programs. We'll also be starting up some socially distanced walks to take advantage of the beautiful weather – we hope you'll join us!

We'd also love to hear your suggestions as to what types of programs you'd most like to see during this unique time. Are you up for some at home craft kits? What topics would you like us to discuss in our virtual programs? Do you have suggestions for programs you'd like to see on our local cable station? We want to hear from you!! **Call us with your ideas and you'll be entered to win a \$25 gift card at the end of the month!**

Although our doors may be closed—we are still here—working hard behind the scenes to ensure that, when we do open, we can do so cautiously with safety measures in place to address COVID-19. It will be a "new normal" here for sure. In the meantime—we are continuing to provide services including Meals on Wheels, the food pantry, and access to social services and Upton's Neighbor to Neighbor Program (as detailed on page 2). Please call if you need us!

We also want to keep you well informed. So please check "The Upton Center" Facebook page regularly, and let us know if we can add you to our email list so that we can keep you informed of updates regarding our programs and reopening. We'd also welcome your calls just to say hello and keep in touch! We've been making loads of outgoing calls to check in with many of you – but by all means – give us a call if you need anything, such as a mask, or items from the food pantry, or even if you just want to chat. And remember – we will all get through this together!

**Janice**

**Do you someone who needs financial assistance in town? If so—please see the details regarding Upton's Neighbor to Neighbor Program on the next page!**

Happy Father's Day!



### Food Pantry Items Available

Thanks to many generous donations from Upton residents, our food pantry is once again well stocked at the Upton Center. Is there anything you need? Even if you haven't made use of the food pantry before—now is a great time to use this resource in order to cut down on your shopping trips and stay safe. Here's a sampling of what we have on hand.

<input type="checkbox"/> Peanut Butter	<input type="checkbox"/> Crackers
<input type="checkbox"/> Canned vegetables	<input type="checkbox"/> Cereal
<input type="checkbox"/> Canned fruit	<input type="checkbox"/> Soups
<input type="checkbox"/> Granola bars	<input type="checkbox"/> Oatmeal
<input type="checkbox"/> Toilet paper	<input type="checkbox"/> Nuts
<input type="checkbox"/> Shaving Cream	<input type="checkbox"/> Bar Soap
<input type="checkbox"/> Granola bars	<input type="checkbox"/> Face masks

Call 508-529-4558 if you need anything. We'd be happy to put a bag together and get it to you!

## Upton's Neighbor to Neighbor Program for All Ages



The Town is collaborating with community groups and churches to address the financial needs of residents of *all ages* due to COVID-19. Assistance for housing, utilities, heat, food, prescriptions, and medical expenses will be considered. For more information, visit the Town website or contact Janice Nowicki at the Upton Center. Donations to the program can be made to: The Upton Bloomer Girls, PO Box 121, Upton, MA 01568.

## Alzheimer's & Brain Awareness Month



June is Alzheimer's & Brain Awareness Month, a time to **go purple** to show support for the millions of people worldwide struggling with Alzheimer's or another form of dementia. It's also a time to recognize caregivers for the unwavering support they provide to those suffering with Alzheimer's and other forms of dementia.

Alzheimer's doesn't stop for a pandemic, and neither do the Alzheimer's Association's efforts to end Alzheimer's and all other dementias. In fact, they've updated their website with a host of information to keep you updated with 24/7 support, resources and tips about the coronavirus pandemic for people living with dementia, caregivers and families. Visit [www.alz.org](http://www.alz.org) for more info., including:

- Tips for the prevention of Covid-19 and how to promote safety whether at home or in a residential care setting
- The Alzheimer Association's recommendations for testing, reporting, quicker action and support to protect those in long-term care settings
- Access to a dementia expert through the 24/7 helpline at 800-272-3900



## Tax Appointment Update

The federal and Mass. State deadline for income tax filing has been extended from April 15 to July 15 due to COVID-19. AARP tax preparers have suspended AARP Foundation Tax-Aide services at this time. They are still evaluating options for reopening. However, we will not be rescheduling tax appointments at the Center this year since we are not planning to open in the foreseeable future. Tax-Aide is continuing its exploration and implementation of alternative tax prep services and is now providing access to selected tax preparation software so taxpayers can prepare and file their own tax returns at no cost. For further details on the status of in person appointments at other locations, or to learn more about the online tax preparation options, visit AARP's website at [www.aarp.org](http://www.aarp.org) and click on their "Tax Day" link.



## Podiatrist Appointments

The podiatrist appointments originally scheduled with Dr. Biancamano at the Upton Center in June have been cancelled since the Center is not yet open. We apologize for any inconvenience. If you need to contact Dr. Biancamano directly regarding scheduling, please call 508-234-7334.

## Doctor Visits & Prescription Pickup

Individuals over 65 have been designated as "higher risk for Coronavirus" by the CDC, so the Upton COA staff still encourages you to stay home as much as possible and wear a mask if you must go out. If you have a non-essential doctor visit that can be postponed, please consider rescheduling to a later date. We do understand that some appointments cannot be put off. For those, we encourage you to see if a family member, friend or neighbor who is not in the high risk category is able to help you out with a ride. If that is not an option for you, then please contact us to schedule van service at 508-529-4558.



## Limited Shopping Trips

We encourage you to stay at home and leave the shopping runs to someone else for now if possible! Consider registering for Meals on Wheels by calling 508-949-6640 in order to minimize the amount of shopping needed. Or ask a family member, friend or neighbor who is not in the high risk category to help you out with your shopping needs. You might also consider trying an online shopping delivery service, such as Peapod or Instacart. If none of these options work for you—you can also call the Center at 508-529-4558 for access to our food pantry or for help with your shopping. Our van continues to offer limited shopping trips and we will limit the number of passengers on the van at one time. Our destination will be a Shaw's/CVS/Walmart Loop in Northbridge on the following dates:

**Thurs. June 4 at 9:15**

**Tues., June 9 at 9:15**

**Mon., June 15 at 9:15**

**Tues., June 23 at 9:15**

**Mon., June 29 at 9:15**

Please register at least 2 days ahead and choose one store for drop off/pick up on the loop. Destinations/times may change due to medical appointments. Please note stores are not currently allowing the use of reusable shopping bags. Riders are required to wear a mask on the van and in the stores and we encourage you to wash your hands thoroughly before and after shopping.

## Contacting Your State Rep. & Senator

Although we are not able to offer in person appointments at the Center right now, your government officials are still accessible to you! Feel free to reach out to State Representative **David Muradian's office** by phone at 617-722-2240 or email [David.Muradian@mahouse.gov](mailto:David.Muradian@mahouse.gov). Senator **Moore's office** can be reached by phone at 617-722-1485, through his website at [Senatormikemoore.com](http://Senatormikemoore.com), or by email at [Michael.moore@masenate.gov](mailto:Michael.moore@masenate.gov)

## LET'S GET TOGETHER— VIRTUALLY!

Although we are closed to the public for now, we are still here assisting Upton residents—and we want to see you again!



The Upton Center will be going **LIVE on Facebook Fridays** at noon beginning Friday June 5. Join in to hear updates on what is going on here at The Center. We would like to just say our hellos and see what you would like to hear about. **You do not need to have a Facebook account to watch** us as you can just Google "The Upton Center Facebook Page" and watch us Live from there. If you miss us on Fridays, don't fret—we will be saving the video and you can watch later on our Facebook Page, at whatever time works for you!



Jessica will be hosting virtual "**Tuesday Talks**" at 12 noon starting Tuesday, June 9th. You can join in with a cup of coffee, tea or lemonade for some light conversation and just to say hello. If you are interested in joining in, **call the Center to sign up at least 24 hours in advance**. If you do not have a computer or device that supports virtual meeting software, or if you'd prefer not to use video, a phone conference option is available. Call the Center at 508-529-4558 for more details or email Jessica at: [jmauro@uptonma.gov](mailto:jmauro@uptonma.gov) if you'd like assistance getting all set up to participate!

More talks to come, so make sure to let us know about some topics you would like to discuss! Stay tuned by following us on Facebook, Twitter or on our website at: <https://www.uptonma.gov/council-aging-upton-center>!



### Tai Chi

Our Tai Chi instructor, Reverend Helen Morin, is offering her Tai Chi classes online via Zoom at no charge. If you'd like further details, email Helen directly at [Taichispirit@charter.net](mailto:Taichispirit@charter.net)



### Healthy Mind & Body

It's important to keep your mind and body occupied during this extended period of isolation. There are a whole host of websites out there which provide great educational content along with exercise programs. Best of all, much of it is free! Visit the Upton Center Facebook page for the latest on our virtual programs and for links to websites with some great free programs.



### Accessing Technology

For those of you who'd like some help learning how to access Facebook, Zoom, and other virtual programs—feel free to call the Center for assistance! We can help get you the resources you need to get started!



## Walks

### Tuesdays at 9:30 & Thursdays at 10:00

It's the perfect time to get out for a walk with friends! Senior **Jo McLaughlin** has kindly agreed to meet up in front of the Center with a group of interested seniors each Tuesday at 9:30 a.m., and senior **Donna Dube** will do the same on Thursdays at 10 a.m. So lace up your sneakers, bring your water bottle, and join them for a fun local walk! Please plan to wear a mask and observe social distance of at least 6 feet. Please call us to register so they'll know who is interested.

## LET's HAVE SOME FUN!



We received great feedback in response to the "lighter" side of our newsletter last month. Apparently we're all looking for things to bring a smile during this crazy time! So we thought we'd include some more fun this month. Enjoy!

## Riddles

*See answers at the end of newsletter*



- 1) What is the center of gravity?
- 2) What gets bigger and bigger as you take more away from it?
- 3) What is full of holes but can still hold water?

## Taking a Second Look at English

Do you think English is an easy language to learn? If so—perhaps you've never stopped to think about all the words in the English language with double meanings and multiple pronunciations. Just for fun—check out these excerpts from Marlene Davis' article on "Why English is So Hard to Learn":



- The bandage was wound around his wound.
- The farm was cultivated to produce produce.
- He could lead if he could get the lead out.
- Since there is no time like the present, he thought it was time to present the present to his girlfriend.
- A bass was painted on the head of the bass drum.
- When shot at, the dove dove into the bushes.
- I did not object to the object which he showed me.
- The insurance was invalid for the invalid in the hospital.
- They were too close to the door to close it.
- The buck does many things when the does are present.
- A seamstress and a sewer fell down into a sewer line.
- The wind was too strong to wind the sail around the mast.
- Upon seeing the tear in her painting, she shed a tear.
- I had to subject the subject to a series of tests.



## JESSICA'S SOCIAL SERVICES CORNER

### SHINE & Other Services

SHINE Counselors are still available by phone to assist with any Medicare Insurance questions. If you are turning 65, retiring or just looking for options regarding your Medicare enrollment and/or coverage, you can call the Upton Center at 508-529-4558 and ask to speak with a SHINE Counselor. If you would like you can also call 1-800-AGE-INFO (1-800-243-4636) and press option 4; you can leave a message and a SHINE Counselor will call you back. For questions regarding SNAP (food stamps), housing, or any other information; call Jessica Mauro at 508-529-4558 or email her at [jmauro@uptonma.gov](mailto:jmauro@uptonma.gov) or visit our website: <https://www.uptonma.gov/council-aging-upton-center>

### Wish List for Our Food Pantry

We can use the following non-perishables for our food pantry: Individually wrapped rolls of paper towels, fruit cups, low sodium canned vegetables and soups, 100% fruit juices, individual liquid hand soaps, shampoo. *Please call 508-529-4558 to arrange a drop-off time. Thank you!*



### Tri-Valley Lunch Services

Please call Tri-Valley at 508-949-6640 to inquire about meal delivery service. Once registered, calls should be made by 10 am the day before a meal is served to reserve 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.



We are so thankful for all the support we have received during this challenging time! A special word of thanks goes to:

- **Al Vautour, Myra Bigelow**, and all the **volunteers** who help keep our Meals on Wheels program running.
- Our fantastic van driver, **John Saulen**, who has transported individuals throughout this pandemic, and who goes the extra mile to sanitize our van after each use.
- All who have sewn and donated face masks, donated to our food pantry, and made monetary donations to the Upton Center or Upton's Neighbor to Neighbor Program. Your generosity is appreciated!
- And of course—all the frontline workers everywhere!

*We appreciate you!*

### Where's the Sunflower?!

Congratulations to **Josephine McLaughlin** who was our lucky winner for finding our hidden ice cream cone last month! This time we've hidden a little sunflower. Can you find it? If so, call the Center and be entered to win a prize!

## COMMUNITY CORNER

### News from the Town Clerk

The Board of Selectmen have voted to postpone the Annual Town Meeting and Annual Town Election. The new date for the Annual Town Election is Tuesday, June 16, 2020. We encourage all voters to vote by mail. Please visit <https://www.uptonma.gov/town-clerk/pages/2020-calendar-annual-town-meeting-election> to complete the application to request a ballot. If you need assistance, please email the Town Clerk at [kmcelreath@uptonma.gov](mailto:kmcelreath@uptonma.gov) or call 508-529-3565.

### Board of Health Updates

The BOH is investigating all cases and reaching out to all contacts to try to interrupt the spread of COVID 19. We are staying current with all CDC and MA department of public health guidance and will be moving towards our new normal in the coming weeks and months. Please call Diane at 508 529 6813 for any service or trash questions, and call Trish at 508 529 3110 with any COVID or other nursing questions. We're here and we're all in this together!

### Upton Town Library Services

The Upton Town Library is busy getting ready to reopen, so stay tuned for updates. Curbside pickup will be starting soon. Millhaus residents will also have the option to call and arrange to pick up books at the Upton Center. Watch the Upton Town Library's Facebook page for updates, or email the librarian at [mbachtold@uptonma.gov](mailto:mbachtold@uptonma.gov)

### Economic Stimulus Scam Alert

Beware of scams related to the economic stimulus checks. The IRS will not contact you by phone, email or mail for your personal information.

- Do not give out your personal information to anyone you do not know and trust.
- If you receive a call from someone offering to expedite your economic stimulus payment, hang up the phone and report the call to your local police department. Then be sure to call the MA SMP Scam Line at 978-946-1243 or email [ReportAScam@MASMP.org](mailto:ReportAScam@MASMP.org).
- If you do not receive your COVID-19 Economic Stimulus Payment or if you need to update your bank account information go to [IRS.gov/coronavirus](https://irs.gov/coronavirus). If you have further questions go to [IRS.gov/coronavirus](https://irs.gov/coronavirus). The IRS is discouraging phone calls due to high call volume.
- Remember: Never give your Medicare number, your bank account information, your credit card numbers or any other personal information to someone you do not know and trust.



### Answers to Our Riddles

- 1) The letter V
- 2) A hole
- 3) A sponge

*Stay safe and be well!*

## June 2020 - Nutrition Breakdown

Monday		Tuesday		Wednesday		Thursday		Friday	
				HIGH SODIUM MEAL					
1	<b>Chicken Mornay*</b> Couscous	2	<b>Meatloaf with Gravy</b> Garlic Mashed Potatoes Scandinavian Vegetables	3	<b>Roast Turkey* with Gravy</b> Cranberry Herb Stuffing Roasted Brussels Sprouts	4	<b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Fresh Fruit Italian Bread	5	<b>Chicken Cranberry Salad</b> Pasta Salad Tomato & Cucumber Salad Melon Sandwich Roll
	Roman Blend Vegetables	12			301	683	498	Na+	Na+
	Butterscotch Pudding	246		72	150	6		229	229
	Diet = SF Vanilla Pudding	125		126	331	0		172	172
	Marble Rye Bread	105		30	20	1		71	71
				50	12	96		0	0
				138	120			290	290
Cal: 744	Na+: 1197mg	Diet Cal: 706	Na+: 1076mg	Cal:764	Na+:843mg	Cal:696	Na+:1441mg	Cal:769	Na+:726mg
								Cal:801	Na+:886mg
8	<b>Pork Rib-i-que with BBQ Sauce</b> Mac 'n Cheese Green Beans Orange Sandwich Roll	9	<b>Swedish Meatballs</b> Mashed Potatoes Tuscan Style Vegetables Lemon Pudding Diet = Diet Tapioca Marble Rye Bread	10	<b>Sloppy Joes*</b> Steak Cut Potato Wedges Mixed Vegetables Peaches Sandwich Roll	11	<b>Chicken Cacciatore</b> Gemelli Pasta Roasted Broccoli Dessert Italian Bread	12	<b>Fish with Crumb Topping</b> Wild Rice Country Blend Vegetables Fruited Ambrosia Whole Wheat Bread
	280	195	249	260	25	443		364	
				176	30	8		358	
				31	10	21		22	
				180	290	149		33	
				135		75		138	
				105		96			
Cal:721	Na+:1139mg	Diet Cal:725	Na+:832mg	Cal:775	Na+:877mg	Cal:721	Na+:1140mg	Cal:732	Na+:842mg
								Diet Cal:660	Na+:768mg
15	<b>Broccoli &amp; Cheese Stuffed Chicken</b> Mashed Potatoes Roasted California Blend Baked Apples Peasant White Bread	16	<b>Spaghetti with Meatballs</b> Green Beans Peach Crisp Diet = Peaches Italian Bread	17	<b>Potato Crunch Fish</b> Herbed Potatoes Carrots Dessert Tartar Sauce Pumpernickel Bread	18	<b>Father's Day Meal</b> Baked Ham with Maple Glaze Mashed Sweet Potatoes Peas & Onions Dessert Marble Rye Bread	19	<b>Garlic Herbed Chicken</b> Bread Stuffing Roasted Brussels Sprouts Vanilla Mousse Whole Wheat Bread
	410	176	29	82	280	440		346	
				210	46	30		307	
				0	53	76		20	
				35	271	34		150	
				10	135	342		138	
				96	85	2			
					135	105			
Cal:769	Na+:897mg	Diet Cal:691	Na+:522mg	Cal:742	Na+:547mg	Cal:881	Na+:995mg	Cal:767	Na+:1152mg
						Diet Cal:760	Na+:860mg	Diet Cal:657	Na+:812mg
22	<b>Beef with Peppers &amp; Onions</b> Steak Cut Potato Wedges Glazed Carrots Melon Sandwich Roll	23	<b>HIGH SODIUM MEAL</b> Hot Dog* Baked Beans Coleslaw Fresh Fruit Hot Dog Bun Mustard	24	<b>Stuffed Pepper Casserole</b> Mashed Potatoes Green Beans Lorna Doone Cookies Marble Rye Bread	25	<b>Ranch Chicken*</b> Vegetable Rice Pilaf Stewed Tomatoes Dessert Pumpernickel Bread	26	<b>Braised Beef</b> Gemelli Pasta Broccoli Pears Italian Bread
	420	3	540	176	531		Na+	Na+	Na+
			370	176	64			383	
			219	0	6			8	
			0	100	221			22	
			195	105	110			10	
			50		135			96	
Cal:729	Na+:933mg	Cal:857	Na+:1499mg	Cal:757	Na+:682mg	Cal:744	Na+:1081mg	Cal:653	Na+:971mg
						Diet Cal:653			Na+:643mg
29	<b>Chicken Pesto</b> Red Bliss Potatoes Scandinavian Vegetables Oreos Corn Muffin	30	<b>Happy Father's Day</b> Beef Fajitas Spanish Rice Black Beans & Corn Pineapple Pita Bread	Na+					Menus are Subject to Change
	476	5	466						
		30	51						
			293						
			10						
			68						
Cal:816	Na+:975mg	Cal:761	Na+:1013mg						

Meals are based on a No Added Salt (3,000-4,000 milligram diet) for healthy older adults. If you have a special concern regarding sodium, contact our Nutritionist for guidance on managing your intake to meet your diet requirements.

\* Indicates higher sodium entrees >500mg

High Sodium Meal = >1200mg

mg = milligrams

Breakdown includes 125mg Na+ for milk

Indicates meatless meal

# Tri-Valley, Inc. - June 2020

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1</b> <b>Chicken Mornay</b> Couscous Roman Blend Vegetables Butterscotch Pudding Diet = SF Vanilla Pudding Marble Rye Bread	<b>2</b> <b>Meatloaf &amp; Gravy</b> Garlic Mashed Potatoes Scandinavian Vegetables Yogurt Whole Wheat Bread	<b>3</b> <b>Roast Turkey &amp; Gravy</b> Cranberry Herb Stuffing Roasted Brussels Sprouts Cinnamon Pears French Bread	<b>4</b> <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Fresh Fruit Italian Bread	<b>5</b> <b>Chicken Cranberry Salad</b> Pasta Salad Tomato & Cucumber Salad Melon Sandwich Roll
<b>8</b> <b>Pork Rib-i-que</b> Macaroni & Cheese Green Beans Fresh Orange Sandwich Roll	<b>9</b> <b>Swedish Meatballs</b> Mashed Potatoes Tuscan Style Vegetables Lemon Pudding Diet = SF Tapioca Marble Rye Bread	<b>10</b> <b>Sloppy Joe</b> Steak Cut Potato Wedges Mixed Vegetables Peaches Sandwich Roll	<b>11</b> <b>Chicken Cacciatore</b> Gemelli Pasta Roasted Broccoli Dessert Italian Bread	<b>12</b> <b>Fish with Crumb Topping</b> Wild Rice Country Blend Vegetables Fruited Ambrosia Whole Wheat Bread
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<b>22</b> <b>Beef with</b> <b>Peppers &amp; Onions</b> Steak Cut Potato Wedges Glazed Carrots Melon Sandwich Roll	<b>23</b> <b>Hot Dog</b> Baked Beans Coleslaw Fresh Fruit Hot Dog Bun	<b>24</b> <b>Stuffed Pepper Casserole</b> Mashed Potatoes Green Beans Lorna Doone Cookies Marble Rye Bread	<b>25</b> <b>Ranch Chicken</b> Vegetable Rice Pilaf Stewed Tomatoes Dessert Pumpernickel Bread	<b>26</b> <b>Braised Beef</b> Gemelli Pasta Broccoli Pears Italian Bread
<b>29</b> <b>Chicken Pesto</b> Red Bliss Potatoes Scandinavian Vegetables Oreos Corn Muffin	<b>30</b> <b>Beef Fajitas</b> Spanish Rice Black Beans & Corn Pineapple Pita Bread	Dudley 508-949-6640, Franklin 508-520-1422, Milford 508-478-8102, Northbridge 508-234-2002, Southbridge 774-289-9438, Spencer 508-885-5767, Sturbridge 508-347-5063, Sutton 508-234-0703, Upton 508-529-9094, Uxbridge 774-482-6174, West Brookfield 508-867-1411 Tri-Valley receives federal financial support under the Older Americans Act furnished by the Central Mass Agency on Aging and the Executive Office of Elder Affairs.		