



The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

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May 2020

Another month has passed, and we've all been forced to get used to a "new normal" which is anything *but* normal! The Center remains closed to the public at this time and we miss seeing you! We will keep you posted when we determine that we can safely reopen our doors. In the meantime, our staff continues working to provide services including Meals on Wheels, the food pantry, and access to social services so please reach out to us at 508-529-4558 if we can be of any help!

As the COVID-19 crisis continues, it's important for us to remember that maintaining social distance does not mean that we have to socially disconnect. Perhaps now more than ever, it's important for us to maintain social connection and to recognize and address symptoms of anxiety. A recent AARP article highlighted seven ways to cope with the anxiety that you may be feeling. Below are a few highlights taken from the full article which can be found on our Facebook page:

- Limit news consumption—Get the facts from a trusted source like the CDC, but don't obsess over constant monitoring of news sites.
- Practice calming techniques—These will be different for each person. Perhaps you benefit from deep breathing, a walk outside, or quiet time spent with your pet.
- Move your body—Exercise is so important to both our physical and our mental health. See some great ideas in this newsletter for how to keep your body moving.
- Connect with loved ones—Call, email or video chat with your friends and family. Do so regularly!
- Listen to music—with so many opera houses and concert venues shut down, many are bringing music to the internet instead. A quick google search can connect you with a musical performance that can bring you joy.
- Get things done—Tackle a hobby or project. Feeling productive can lift your spirits.
- Find ways to laugh—Humor is a wonderful coping mechanism at a time of crisis!

With all this in mind, this edition of The Upton Chronicle focuses on sharing some remote opportunities to socially engage in a variety of programs to help bring some laughter and happiness as we get through this difficult time. Stay safe and be well and we look forward to seeing you when we get past this!

Janice  **HAPPY MOTHER's DAY MAY 10th!!!** 



MAKE YOUR MARK: MAY 2020

May is Older American's Month! This year's theme is "Make Your Mark." The theme was selected to encourage and celebrate the countless contributions that older adults make in their communities. Their time, experience and talents benefit family, peers and neighbors every day. This year in particular, communities, organizations, and individuals of all ages are making their marks. This year's theme highlights the difference everyone can make – in the lives of older adults, in support of caregivers, and to strengthen communities. We invite you to make your mark in May!

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. More information can be found on 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.

Please note that no meals will be provided on Memorial Day—Monday, May 25.



Doctor Visits & Prescription Pickup

Individuals over 65 have been designated as "higher risk for Coronavirus" by the CDC, so the Upton COA staff 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 strongly encourage you to stay at home and avoid public places as advised by the CDC. Leave the shopping and mail 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:

Tues., May 5 at 9:15
Mon., May 11 at 9:15



Tues., May 19 at 9:15
Wed., May 27 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 appts.

Please note stores are not currently allowing the use of reusable shopping bags. We strongly encourage you to wear a mask on the van and when out in public, to wash your hands thoroughly before and after your shopping trip, to disinfect the handle of your shopping cart, and to wipe down the surfaces of your groceries (plastic containers, cardboard surfaces, etc.) once you are home.

Tri-Valley Lunch Services



Please call TriValley 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.



Tax Deadlines & Appointments

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 until further notice. They will continue to assess whether they can resume services in some or all of their sites. We will keep you posted in our newsletter, and will call those whose original appointments were cancelled, if/when they are able to reschedule here at the Center. For up to date information from AARP regarding their Tax-Aide services, call 1-888-227-7669 or visit https://www.aarp.org/money/taxes/aarp_taxaide/.



Healthy Mind

It's so important to keep your mind occupied during this extended period of isolation. There are a whole host of websites out there which provide great educational content. Best of all much of it is free! Here are a few that you might want to check out:

- Take a free online course at Yale University! Check out their course offerings at: www.oyc.yale.edu
- Take a virtual tour of the Museum of Natural History right from your living room! Visit: <https://naturalhistory.si.edu/visit/virtual-tour>
- See what the animals are up to by visiting the following site: <https://nationalzoo.si.edu/webcams>, or mysticalquarium.org
- Visit <https://www.tenpercent.com/coronavirussanityguide> for a daily sanity break of meditation
- Study a foreign language at linguistica360.com
- Check out Ted Talks, which are short, powerful talks on all kinds of topics—at <https://www.ted.com/talks>
- Look up the latest list of *Mather Telephone Topics* at <https://www.mather.com/neighborhood-programs/telephone-topics>. As detailed in last month's newsletter, this is a great, free way to learn something new.
- Find a spiritual connection—many churches and religious organizations are offering their services online since they're not able to meet in person right now.
- Visit the COA page on the Town of Upton's webpage at www.uptonma.gov for many more links to at home activities to keep you active!



Healthy Body

We've had to postpone our regular in person exercise programs, but we encourage you to keep moving on your own!

- It's a great time to walk, maintaining social distance.
- 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
- Check out the many free exercise videos available online.

LET's HAVE SOME FUN!

Many of us are spending so much time on our own these days that we might want a good excuse to talk to ourselves! If that's the case for you—try this classic tongue twister—as fast as you can!..



Betty Botter had some butter,
"But," she said, "this butter's bitter.
If I bake this bitter butter,
It would make my batter bitter.
But a bit of better butter,
That would make my batter better."
So she bought a bit of butter –
Better than her bitter butter –
And she baked it in her batter;
And the batter was not bitter.
So 'twas better Betty Botter
Bought a bit of better butter!

Riddles & Brain Teasers

See answers at the end of newsletter



- 1) What starts with a P, ends with an E, and has a million letters in it?
- 2) What has 2 hands, a round face, always runs, but stays in place?
- 3) How many books can you put into an empty backpack?
- 4) If you were in a race and passed the person in 2nd place, what place would you be in?
- 5) I am the beginning of sorrow and the end of sickness. You cannot express happiness without me yet I am in the midst of crosses. I am always in risk yet never in danger. You may find me in the sun, but I am never out of darkness. What am I?
- 6) A man has to get a fox, a chicken, and a sack of corn across a river. He has a rowboat, and it can only carry him and one other thing. If the fox and the chicken are left together, the fox will eat the chicken. If the chicken and the corn are left together, the chicken will eat the corn. How does the man do it?



Rebus Puzzles

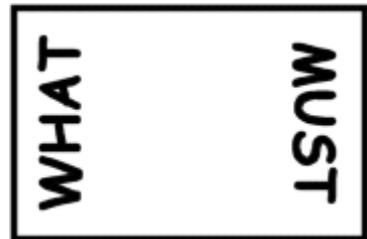
Have you ever tried Rebus puzzles? You need to find the hidden meanings to solve the pictogram. Here are a couple of examples which have been answered for you...



Answers: Top Secret Bigger & Better

Now try these!...Answers are at the end of this newsletter.

Puzzle 1:



Puzzle 3:



Movie Time

It's a great time to take in some classic movies! Boston Globe movie critic Ty Burr has a number of recommended "mini movie festivals", including this list of classics:

- "Casablanca" (1942). Everybody comes to Rick's. Why haven't you?
- "Citizen Kane" (1941). The first indie movie ever.
- "The Godfather" (1972). Leave the gun. Take the hand sanitizer.
- "The Seven Samurai" (1954). Three and a half hours of Kurosawa genius. (Criterion Channel and rental)
- "The Shawshank Redemption" (1994). Some think it's the best movie ever. Ty disagrees! (Netflix and rental).



Thank you to the many people who reached out to our seniors in April! This includes:

- Nancy Roy, Tammy May, Deborah Chalak & Maggie St. Jean—who sewed masks for our seniors and Meals on Wheels drivers. If you're a senior in need of a mask—let us know! And if you're a sewer who would like to donate more for us to make available to seniors—please give us a call!
- The many town residents who have donated to our food pantry. We are still accepting donations—call 508-529-4558.
- Our senior Meals on Wheels volunteers who were asked by TriValley to take a break as a precaution during this time. We know you miss working here—and we miss seeing you! We appreciate you, and can't wait to have you back once we get past this!
- Our current meals on wheels volunteers—thanks for pitching in to help with our increased demand.

We appreciate the support you have all shown towards our seniors!



JESSICA'S SOCIAL SERVICES CORNER

Ongoing Services

Although the Upton Center is currently closed to the public, we are available by phone at 508-529-4558 to provide assistance with:

- Heat
- SHINE/Health Insurance
- Food pantry access
- Transportation
- Emotional support
- The town nurse is available at 508-958-0991 or by email at Pparent@uptonma.gov for any questions regarding COVID or other concerns.



SMOC Fuel Assistance

The SMOC Fuel Assistance season has been extended to May 29th. There is still time to apply. The Fuel Assistance program helps income eligible households pay a portion of their heating costs. For more information please call the Center at 508-529-4558 or visit our website: www.uptonma.gov/council-agingupton-center or SMOC's website: <http://www.smoc.org/smoc-fuel-assistance.php>



National Grid

National Grid has temporarily suspending collections related activities, including service disconnections.

Prescription Resources

The Mass. College of Physical & Health Sciences Pharmacy Outreach Program continues to work remotely. Do you have questions about the following?:



- High-cost medications
- Medication safety
- Medicare prescription drug coverage (Part D)
- Drug interactions or side effects

If so, call MCPHS at 866-633-1617 or visit www.mcphs.edu/pharmacyoutreach and select "Ask the Pharmacist".



Wish list

- Food pantry donations—peanut butter, cracker packs, granola bars, cereals, canned meats, canned fruit, raisin packs, powdered milk, nuts, canned vegetables, sugar free pudding mix, macaroni & cheese, spaghetti sauce, tissues, paper towels, toilet paper, hand soap.
- Face masks for our seniors and community members.
- Donations to Neighbor to Neighbor program (see pg. 1). *Please call the Center at 508-529-4558 if you can help!*

Where's the Ice Cream?!

Congratulations to **Donna Dube** who was our lucky winner for finding our hidden roll of toilet paper last month! We've sweetened the prize for May's challenge. This time we've hidden a little ice cream cone. Can you find it? If so, call the Center and be entered to **win a free quart of your favorite kind of JJ's ice cream**, delivered to you!

COMMUNITY CORNER

News from the Town Clerk

The Board of Selectmen have voted to postpone the Annual Town Meeting and Annual Town Election; new dates will be announced once available. We encourage all voters to vote by mail. Ballots for the Annual Town Election will be available beginning May 1. Please contact the Town Clerk at 508-529-3565 or email kmcelreath@uptonma.gov to request a ballot to be mailed to you.

2020 Census

Did you know that \$1.5 TRILLION was distributed to state and local governments in 2018 based upon census data? Upton's share depends you filling out the census form! It's a great way to help our town departments respond to residents' needs! Contact the Town Clerk with questions.

Library Services

Although the Upton Town Library is closed to the public, free ebooks, audiobooks, and educational resources can still be accessed through the library's website at <http://www.uptonlibrary.org/p/adults-online-resources.html>

Town Trash/Bulk Items During COVID-19

Trash and recycling pick up is operating on a normal schedule. Upton trash bags are still required. Bulk trash pickup and textile recycling have been suspended for now. If you need further assistance, call 508-529-6813.

Upton Historical Society

The Upton Historical Society would like you to share your stories, experiences, and photos to provide future generations with a glimpse of what it was like to live during the pandemic. Please share on their Facebook page.

Car Registry Updates

The Massachusetts RMV has implemented further extensions for expiring motor vehicle inspection stickers, passenger plate registrations, professional credentials, and licenses and permits, including Commercial Driver's Licenses and Permits (CDLs/CLPs). For the latest updates, visit <https://www.mass.gov/info-details/rmv-covid-19-information>

Answers to Our Riddles & Puzzles!

- 1) Post Office
- 2) A clock
- 3) One—after that it's not empty!
- 4) 2nd place
- 5) The letter S
- 6) First the man and the chicken cross the river. He leaves the chicken on the other side and goes back across. The man then takes the fox across the river. Since he can't leave the fox and chicken together, he brings the chicken back. Since the chicken and corn can't be left together, he leaves the chicken and he takes the corn across and leaves it with the fox. He then returns to pick up the chicken and heads across the river one last time. **REBUS ANSWERS:** 1) What goes up must come down 2) A friend in need 3) First lady 4) Safety in numbers.

Tri-Valley, Inc. - May 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Dudley 508-949-6640, Franklin 508-520-1422, Milford 508-473-8102, Northbridge 508-234-2002, Oxford 774-289-2600, 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.	Our caterer is working hard to fulfill menu items as printed. Thank you for your patience, as we do anticipate possible menu changes due to vendor shortages and product availability during this crisis.	1 Vegetable Cheese Bake Seasoned Potatoes Mixed Vegetables Fruit Italian Bread	
4 Teriyaki Beef Steamed Rice Broccoli Fruit Fortune Cookie Marble Rye Bread	5 Lemon Pepper Fish Potato Au Gratin Roasted Brussels Sprouts Fruit Whole Wheat Bread	6 Salisbury Steak Mashed Potatoes Jardinière Vegetables Dessert Pumpernickel Bread	7 Mother's Day Meal Chicken Cordon Royale with Gravy Garlic Mashed Potatoes Herbed Carrots Dessert Dinner Roll	8 Macaroni & Cheese Stewed Tomatoes Green Beans Fruit Italian Bread
11 Philly Cheesesteak Steak Cut Potato Wedges Green Beans Dessert Sandwich Roll	12 Marinated Pork Loin Cranberry Stuffing Honey Glazed Carrots Fruit Whole Wheat Bread	13 Meatballs with Onion Gravy Gemelli Pasta Country Blend Vegetables Fruit French Bread	14 BBQ Chicken Mashed Potatoes Scandinavian Vegetables Fruit Marble Rye Bread	15 Potato Crunch Fish Potatoes Au Gratin Mixed Vegetables Tartar Sauce Dessert Italian Bread
18 Lasagna & Meatballs Green Beans Dessert Italian Bread	19 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Fruit Pita Bread	20 Roast Pork with Gravy Cornbread Stuffing Roasted Broccoli Fruit Marble Rye Bread	21 Beef with Onions & Peppers Steak Cut Potato Wedges Carrots Dessert Sandwich Roll	22 Hot Dog on Bun Baked Beans Coleslaw Mustard Fruit
25 Memorial Day No Meal Served			27 Baked Potato with Chili & Cheese Broccoli Sour Cream Fruit Corn Muffin	28 Beef Stew Rice Corn Niblets Fruit French Bread
				29 Shepherd's Pie Carrots Peas Dessert Italian Bread