



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

John Saulen

Tina Smith

Nutrition Center Mgr.

Al Vautour

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Happy Summer! We know many of you are anxious for us to reopen, and so are we. We really miss seeing all of you! Unfortunately, we still don't have a reopen date at this time. Beginning July 7, town buildings will be open to the public by appointment only. If you need to meet with COA staff, please call us at 508-529-4558 to schedule a time. I am working closely with our town officials and the Directors of other senior centers and monitoring all the current guidelines in order to make our decision regarding reopening. For now, we remain closed as we abide by the Governor's "Safer at Home Advisory" which recommends that people over the age of 65 and people who have underlying health conditions – who are at high risk for COVID-19 – should continue to stay home except for essential errands such as going to the grocery store and to attend to healthcare needs. We appreciate your patience as we navigate this unusual situation, and we promise to keep you posted on our website and Facebook page regarding our reopening plans.

There are many new things to consider as we plan for opening back up. So while we are excited for the day when you can return, we do want to prepare you for the fact that it will not be "business as usual" when our doors open, but rather a "new normal", at least for a while. We are closely monitoring the Mass. Council on Aging's recommendations for reopenings so that we'll be ready for you when the day arrives! Their recommendations include guidelines on things like:

- Pre-screening visitors for health before entering the Center
- Limiting attendance, staggering program times, and providing social distance
- Monitoring the flow of foot traffic
- Following new hygiene protocols with regard to face masks, sanitizing stations, etc.
- Working with the Board of Health to ensure proper cleaning and disinfecting protocols are in place.



Masks Available

Thank you to State Rep. David Muriel for donating some Upton masks to the Center—we truly appreciate it! Between those and the many kind donations of homemade masks we have received, we have a good supply at the moment. If you are in need of a mask, please call us at 508-529-4558 to let us know!

In the meantime, we are continuing to provide our essential services so call if you need us—we are just a phone call away! And we are working hard to create as many opportunities for social interaction with you as possible. This includes:

- 1 on 1 Zoom trainings with Jessica—so you can take advantage of this great way of interacting with others during this time of social distancing.
- Various Programs on Zoom—which will include a Diabetes & Medications Talk by MCPHS University, Trivia with the Library Staff, and Tuesday Talks with Jessica in July.
- Craft Kits to Go—Generously created by our wonderful volunteer, Betty Brault, complete with all the supplies and instructions you'll need for a fun, patriotic craft.
- Men's Club Supper to Go—that's right—the Men's Club will be cooking out for you so that you can pick up a delicious hot meal to go at no charge!
- Pen Pal Club—which will match you up with a young 4H Club friend to exchange letters with.
- Additional Van Service—In addition to medical rides, we're increasing from one shopping trip per week to two beginning July 6 to allow more shoppers to use the van at an appropriate social distance. You can now schedule in town errands on the van too, including haircuts.

So as you can see, we're taking steps towards expanding in every way we can. We hope you'll read on for more details on all of these programs. Stay well!



Happy Fourth of July! Please note—no meals will be served on Friday, July 3.

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. If postponing is not an option, then please contact us to schedule van service at 508-529-4558.



Shopping Trips

We still 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. You can also call the Center at 508-529-4558 for access to our food pantry. In fact—you can now make an appointment to enter the Center and choose the pantry items yourself. Or if you prefer, we can connect you with a volunteer to go to the grocery store for you. If you'd rather do your own shopping, we are now offering additional trips to ensure that we can continue to socially distance on the van. And yes—we know you'll be happy to hear that Market Basket and Foppema's are back on our list of destinations!

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.

Monday, July 6 at 9:45—Market Basket, Oxford

Thursday, July 9 at 9:15—Shaw's/Job Lots/Walmart Loop*
with stop at Foppema's, Northbridge

Wednesday, July 15 at 9:15—Market Basket, Hudson

Friday, July 17 at 9:15—Shaw's/Job Lots/Walmart Loop*,
Northbridge

Tuesday, July 21 at 9:15—Market Basket, Oxford

Friday, July 24 at 9:15—Shaw's/Job Lots/Walmart Loop*
with stop at Foppema's, Northbridge

Tuesday, July 28 at 9:15—Shaw's/Job Lots/Walmart Loop*,
Northbridge

Thursday, July 30 at 9:15—Market Basket, Hudson

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.



Learn to ZOOM with Us!

Never heard of Zoom? It's simple to use and now is a great time to learn what it's all about! Jessica Mauro is available for 1 on 1 trainings to help get you set up to take advantage of this great way to connect and enjoy our online programs during this time of social distancing. Once you learn, you can use it to connect with your family and friends on your own too. So why not give it a try?! Each person who participates on one of our July Zoom calls or takes advantage of a 1 on 1 Zoom training session with Jes this month will be entered for a chance to win a prize at the end of July!!

Here are a few of the Zoom programs we have planned for you in July. **If you are interested in joining in any of these Zoom sessions, 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 if you'd like assistance getting all set up to participate!

Tuesday talks

Tuesdays, July 7, 21 & 28 at Noon

Jessica will be hosting virtual "Tuesday Talks" at 12 noon every Tuesday in July with the exception of July 14. You can join in with a cup of coffee, tea or lemonade for some light conversation and just to say hello.



Fashion Trivia

Fridays, July 10, 24 & 31 at Noon

We know how much you enjoy the Upton Library staff's trivia sessions here at the Center. This time—they'll be bringing it to you via Zoom! Join us to test your knowledge of fashion through the decades!

Diabetes & Medications Talk

Wednesday, July 22 at 10:00



Do you take prescription or over the counter medication to manage your arthritis? Want to make sure you're taking those medications safely? Or maybe you have questions about drug interactions or side effects? A registered pharmacist from MCPHS University will deliver an informative presentation on Diabetes & Medications on Zoom.

Remember to call us at least 24 hours ahead if you're interested in signing up for the above programs. Please see the insert in this newsletter for more details on Zoom. More talks to come! Stay tuned by following us on Facebook, Twitter or on our website at: <https://www.uptonma.gov/council-aging-upton-center>.



The Upton Center will continue going **LIVE on Facebook Fridays** at noon—July 10, 24 and 31. Join us to hear updates on what is going on here at the Center. **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. We’re doing a fun contest on our Facebook page each week too—so you might even win a prize! If you miss us on Fridays, don’t worry—we will save the videos on our Facebook page so you can watch at whatever time works for you!



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, you can email Reverend Helen directly at idphotos2@yahoo.com.



Yoga

We’ve been highlighting lots of great online exercise options to keep your mind and body occupied during this extended period of isolation. A new favorite we’ve discovered is “Yoga with Adriene” which you can find online at <https://www.youtube.com/user/yogawithadriene>. Once there, a simple search of “seniors” brings up a wide variety of options that may interest you—from “Slow and Gentle Yoga”, to “Chair Yoga for Seniors”, and even “Yoga for Sensitive Knees”. It’s a great way to explore a new form of exercise at a pace that’s right for you. Visit the Upton Center Facebook page for links to this and other websites with some great free programs.



Weekly Walks

Thursdays at 9:00

It’s the perfect time to get out for a walk with friends! Senior **Linda Rynhart** has kindly agreed to meet up in front of the Center to lead anyone interested in a local walk each week. She’ll head out each Thursday at 9:00 so bring your water bottle and come get your exercise in early, before the summer days get too hot. Please plan to wear a mask and observe social distance of at least 6 feet. Please call us to register so we’ll know who is interested.

Pen Pal Program

Calling all seniors!! We are pleased to announce that the **Upton 4H Club** has offered to partner with us to start up a Pen Pal Club! All you need to do is call to let us know that you’re interested and we’ll connect you with one of their

30 member (aged 5–18) to begin exchanging letters. 4H is America’s largest youth development organization—empowering nearly six million young people with the skills to lead for a lifetime. Our hope is that you can build a real connection with local 4H members during this crazy time, and then hopefully meet in person one day at the Center once we get past all this! Call 508-529-4558 by **July 20** if you’re interested!



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Craft Kits to Go

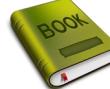
It’s important to keep your mind occupied and get creative during this unusual time we’re in. We know many of you are missing your regular monthly craft time with volunteer Betty Brault, and she misses you too! Betty has kindly offered to put together some “craft kits to go” for those of you interested in creating a patriotic craft in July! All you need to do is call to **let us know if you’re interested by July 15th**, and then we’ll be in touch to get the craft kit to you the week of July 27th. The free kit will contain everything you need to do the craft on your own, including detailed instructions. What fun! Thank you Betty! Our volunteers are THE BEST!



Men’s Club Supper to Go!

Friday, July 24—5:30 Pick-up

We are thrilled to announce that the Upton Men’s Club has offered to provide our Upton seniors with a “Men’s Club Supper to Go”! That’s right—the Men’s Club will be cooking hotdogs and hamburgers for you so that you can pick up a delicious hot meal to go at no charge. We know it’s not quite the same as gathering at the Center to eat with friends—but it’s still a chance to take the night off from cooking! **Please call by July 17 to register.** Meals can be picked up in front of the Upton Center from your car or on foot. Please plan to wear a mask and social distance for pick up. We’re not able to have you remain at the Center to socialize—but we’ll be happy to see your faces, even if it’s just for a brief time!



Upton Library Services

The Upton library is now offering curbside service. As of the beginning of July, the building remains closed to the public, but library items can be provided upon request. Millhaus residents have the option to call and arrange to pick up books at the Upton Center on Wednesdays. Please call the Library at 508-529-6272 or email mbachtol@cwmars.org for updates on reopening and services.



DVD Collection

In case you’ve forgotten, we have a fantastic collection of DVD’s at the Upton Center which you can borrow anytime. Give us a call if you’d like us to share the long list of movies and TV series which are available to you. We’ve got loads of classics on hand!



Riddles

See answers at the end of newsletter

- 1) What travels around the world without leaving its corner?
- 2) What word is pronounced the same if you take away four of its five letters?
- 3) What can run but never walks, has a mouth but never talks, has a head but never weeps, has a bed but never sleeps?
- 4) What has 13 hearts but no other organs?

JESSICA'S SOCIAL SERVICES CORNER

SNAP Benefits

SNAP recipients qualify for some added discounts and benefits. Here's a list for your reference:

- Discounts on Gas and Electric Utilities- If utilities are in SNAP beneficiary's name, you may be eligible for a discount on your utility bill automatically. Contact your utility company for more information.
- Discounts on Telephone Bills- Most telephone companies have low-income discounts through the Lifeline program. Any household who receives SNAP, cash assistance or other income based benefit may be eligible for a discount on telephone bills. If you do not have a landline, you may be eligible for a free cell phone with minutes. Please note, you may only have 1 Lifeline discount at a time.
- Healthy Incentives Program (HIP)- When available, you can use your SNAP benefits to buy farm-fresh fruits and vegetables at HIP-participating farmers markets, mobile markets and farm stands. An equal amount of money for food, up to your monthly limit, is automatically added back to your card. The amount you are eligible for is based on the number of people in your SNAP household. *availability based on funding* For more information visit: www.mass.gov/hip
- EBT Card to Culture- DTA and the Mass Cultural Council offer discounted or free admission to 140+ of the state's museums and cultural institutions. You will need to show your EBT to get the discount. For a list of participants please visit: Mass.gov/ebt-card-to-culture

If you would like any additional information please contact Jessica at the Upton Center at 508-529-4558 or visit our website at: www.uptonma.gov/council-aging-upton-center

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.

Donations Received

Thank you to the **Hartt family** of Upton, the **Asselin family** of Upton, the **Upton 4H Club** and **Merchant Services Consulting Group** of Upton for their generous monetary donations to the Upton Center in June. We truly appreciate your kindness! We are thankful for the many grocery donations to our food pantry as well. We are happy to say the pantry is currently well stocked. Call if you need to use it!



COMMUNITY CORNER

Board of Health Updates

The BOH continues to monitor and act on all public health guidance related to COVID-19. Upton has seen a dramatic drop off in cases due to in large part efforts of our citizens to social distance and wear face coverings when 6 ft. distance is not possible. As we reopen Massachusetts, we expect to see more cases and we will act quickly to isolate and quarantine hoping again to stop the spread. The BOH office and for that matter, all town offices, are open and fully staffed to help residents navigate the new and ever changing normal. Town hall business can be conducted online or staff will come outside to help residents in the parking lot. Please call Diane at 508-529-6813 for BOH services or trash questions, and call Trish at 508-529-3110 with any COVID or other nursing questions. There is no greater time to remember that public health starts with YOUR health, and we are all in this together.

COVID-19 Information

For the latest COVID-19 updates, precautions, and resources for residents, please refer to the Upton Town website at <https://www.uptonma.gov> Remember to be safe when surfing the web and only refer to trusted sources when seeking information, such as the CDC website at <https://www.cdc.gov/COVID19>

Contacting Your State Rep. & Senator

Although we are not able to offer appointments at the Upton Center right now, your government officials are still accessible to you! Reach out to State Rep. **David Muradian's office** by emailing David.Muradian@mahouse.gov or call 617-722-2240. To reach **Senator Moore's office**, call 617-722-1485, visit his website at Senatormikemoore.com, or email Michael.moore@masenate.gov

Upton's Neighbor to Neighbor Program for All Ages

The Town continues to collaborate 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.



Where Are the Cherries?!

Congratulations to **Annette Castonguay** who was our lucky winner for finding our hidden sunflower last month! This time we've hidden a little pair of cherries. Can you find them? If so, call the Center and be entered to win a prize!



Answers to Our Riddles

1)A stamp 2)Queue 3) A river 4) A deck of cards



Yes, we need to PHYSICALLY distancebut we do not need to SOCIALLY distance!

The Upton Center is on ZOOM!

What is **ZOOM??**

Zoom is a meeting application with video, chat and voice capabilities for people who would like to "get together." It is a virtual platform that can be used for an array of things, not limited to: telecommunicate, tele-social events and distance education. You do not need to have any technology experience to participate in a ZOOM meeting or chat. If you have an internet connection and a computer, laptop, smart phone and/or tablet, you can participate with all the ZOOM features.

With a home phone, you will only have the ability to call in to participate with voice abilities only (as you would a regular phone call). As for those with internet access you will need to download the application for your internet device. You will need an "invite" from the person hosting the event. In most cases, when you receive a ZOOM invite through an email, you will be redirected to automatically download the ZOOM Application after clicking on the link. You are not required to create your own account to participate. If you have any issues you can visit the zoom website at:

www.ZOOM.us. Or you can call the Center and speak with Jessica at: 508-529-4558

Want some help before joining a ZOOM event?! Call the center and we will get you set up 1 on 1 and ZOOMing in NO TIME!



Each person who participates on one of our July Zoom calls or takes advantage of a 1 on 1 Zoom training session with Jes this month will be entered for a chance to win a prize at the end of July!!

"Social" Virtual Events in July



Tuesday Talks on ZOOM

12:00 pm Every Tuesday
no ZOOM on 7/14

Facebook LIVE Fridays on Facebook

12:00pm Every Friday
No LIVE on 7/17



MCPHS talk about Diabetes and Medications

Wednesday, July 22 @ 10:00am

Trivia with the Upton Library Staff

Wednesday, July 29 @ 12:30pm



If you would like to join any of our ZOOM events call The Center to sign up 508-529-4558.

Please sign up at least one day in advance to ensure enough time to get meeting links.

Tri-Valley, Inc. - July 2020

Monday	Tuesday	Wednesday	Thursday	Friday
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.				
6 Hot Dog on Bun Baked Beans Green Beans Coleslaw Strawberries Mustard	7 Greek Chicken Steamed Rice Roasted Broccoli Tapioca Pudding Diet = SF Tapioca Pudding Pumpernickel Bread	8 Meatloaf with Gravy Mashed Potatoes Corn w/Red Peppers Peaches Whole Wheat Bread	9 Turkey with Supreme Sauce Herbed Stuffing Peas Pineapple Italian Bread	10 Lemon Pepper Fish Rice Pilaf Winter Blend Vegetables Mixed Fruit Tartar Sauce Marble Rye Bread
13 Teriyaki Beef Steamed White Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread	14 American Chop Suey Roasted California Vegetables Bread Pudding Pumpernickel Bread	15 Chicken Milano Wild Rice Spinach Mixed Fruit Italian Bread	16 Salisbury Steak with Gravy Garlic Mashed Potatoes Herbed Carrots Pears Sandwich Roll	17 Potato Crunch Fish Potatoes Au Gratin Mixed Vegetables Chocolate Mousse Marble Rye Bread Tartar Sauce
20 Marinated Pork Loin Herbed Potatoes Carrots Applesauce Muffin	21 Meatballs with Onion Gravy Bowtie Pasta Roasted Broccoli & Carrots Cookies Whole Wheat Bread	22 Jambalaya Rice Pilaf Green Peas Fruited Ambrosia Marble Rye Bread	23 Macaroni & Cheese Stewed Tomatoes Green Beans Peaches Italian Bread	24 Chicken Picatta Wild Rice Country Blend Vegetables Lemon Pudding Pumpernickel Bread
27 Lasagna & Meatballs Mixed Vegetables Vanilla Pudding Diet Vanilla Pudding Whole Wheat Bread	28 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pineapple Peasant Bread	29 Vegetable Cheese Bake Seasoned Potatoes Green Beans Peaches Italian Bread	30 Beef with Onions & Peppers Steak Cut French Fries Chuckwagon Corn Pears Sandwich Roll	31 Fish with Crumb Topping Lemon Seasoned Rice Roasted California Blend Veg Cookies Marble Rye Bread