



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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August 2020



Greetings Everyone!

I hope this finds you well as you continue to weather our new normal. Thank you for your patience during this time.

I'm happy to announce the Upton Center will admit participants for some small group programs on our outdoor patio space starting in August. Registration will be required due to limited capacity. Please see further details inside this newsletter. Adherence to several new protocols are required for all to minimize transmission of the COVID-19 virus.

For the health, safety and wellbeing of all, new requirements include the following:

- All will follow proper hand hygiene and respiratory etiquette
- All will wear masks at all times except for the reasons specified in the Governor's order
- All will ensure social distancing is maintained and/or abide by assigned seating
- The Center will not provide food, drink, supplies or equipment at this time
- There will be screening before or upon entering the building
- New cleaning protocols will be in place, which may impact scheduling

One of our staff members will review requirements with you over the phone prior to your return to the Center. We will also go over a check list of safety items with you when you attend events.

We are here for you with your safety in mind. Thank you again for your patience. We look forward to seeing you soon!

On a lighter note, we welcomed my first grandbaby into the world on July 20th! Charles Robert Nowicki weighed in at 9lbs 9.2oz. What a special feeling being a grandmother!

Stay well,

Janice



We're sending out a huge shout out of thanks to the **Upton Men's Club** for providing our seniors with a "Cookout to Go" in July. It was fantastic! Thirty-nine seniors signed up to enjoy burgers and hot dogs fresh off the grill outside the Center. Although we weren't able to gather together to eat the meals due to social distancing requirements, we were happy to see our seniors' faces (at least the top half, behind their masks!) as they picked up the meals to go. And we know our seniors appreciated a delicious hot meal and a night off from doing the dishes. Thank you Upton Men's Club!

We'd also like to extend a heartfelt thank you to the many volunteers in our community who have stepped up to help out with our **Meals on Wheels** program since the Covid-19 crisis began. What a help you have been with the increased demand for meal delivery during this time. We are pleased to say that we have been able to welcome some of our senior volunteers back to their regular volunteer positions as well. We truly appreciate all of our volunteers!

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 with as much notice as possible..



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 to minimize shopping trips. Or ask a family member, friend or neighbor who is not in the high risk category to help 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 an appointment to visit our food pantry, or to arrange to have pantry items delivered to you. If you prefer, we can connect you with a volunteer to shop for you. Those who opt to use our van to get to the store will be 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. The number of riders is limited in order to socially distance on the van.

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.

Wednesday, August 5 at 9:15—Shaw's/Job Lots/Walmart Loop, Northbridge

Friday, August 7 at 9:15—Market Basket, Oxford

Monday, August 10 at 10:00—Kelly's Farm stand, Upton

Friday, August 14 at 9:15—Shaw's/Job Lots/Walmart Loop with stop at **Foppema's farm**, Northbridge

Tuesday, August 18 at 9:15—Market Basket, Hudson

Thurs., Aug. 20 at 9:15—Shaw's/Job Lots/Walmart Loop

Monday, August 24 at 9:15—Shaw's/Job Lots/Walmart Loop with stop at **Foppema's Farm Stand**, Northbridge

Thursday, August 27 at 9:15—Market Basket, Oxford

Monday, August 31 at 1:00—Kelly's Farm, Upton
(Note: the Farmer's Market Coupons being distributed at the Center on August 19 can be used at Kelly's. See the next page for details on coupon distribution).

Introducing....

PROGRAMS ON THE PATIO!

Although we're not quite ready to open up for programs *inside* the Center, we'll be holding small group programs on our outdoor patio space, weather permitting. **Please RSVP for these programs so we can be sure to limit the number of people in attendance and provide appropriate social distancing.** Masks will be required, so we will skip the food, and focus on shared times with friends!



Giggles & Games with Jessica

Tuesdays at 10:00 beginning Aug. 11



Join our Social Services Coordinator, Jessica, for some fun Giggles and Games on our patio! Call to RSVP and remember to bring your mask, your smile, and a sense of humor!



Knitting & Crochet Group

Thursdays at 10:00 beginning Aug. 13

We know you knitters have missed getting together with your friends to enjoy your favorite pastime. So we're happy to schedule your weekly meeting time on our patio for you to get creative once again! Please call ahead to RSVP.

Fashion Trivia

Wednesday, August 26 at 10:00



Town Librarian Matthew Bachtold will be back with a live trivia event. Join us to test your knowledge of fashion through the decades! Please call to register.



Free Time on the Patio

If you're interested in reserving time to visit with friends on our patio, give us a call! We'll make the space available to groups of up to 6 people 9-3:30 Monday through Friday, to be accessed through the Center, whenever there is not a program scheduled. We'll ask you to stick to our social distance guidelines and avoid activities that involve touching shared items (such as card playing).

Craft Time with Betty

Wednesday, August 19 at 10:30



Many thanks to Betty for providing the adorable patriotic craft kit to go last month. Betty is now ready to meet with you on our patio for a "Back to the Beach" craft for August. Space is limited so please call by **August 14** to register.



A New View of Stress & Healing

Monday, August 31 at 9:30

Robin Natanel will be back for an in person session. Robin has focused on mindfulness and meditation in the past, but she'll now focus on how to create a lifestyle in which you don't get so stressed in the first place! Join her for great tips that will give you a new view of stress, health and healing. Space is limited so please call to register.



Pasta Lunch to Go

Wednesday, August 12 at 12:30

We know it has felt like forever since we've seen all of you. And we saw how much you enjoyed a hot meal to go when the Men's Club treated you last month. So the COA Staff would like to treat you to a **free lunch to go on August 12**—just because! We know it's not quite the same as gathering at the Center to eat with friends—but at least we can say hi! **Please call by August 10 to register.** Meals can be picked up at the Center. 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!



Birthday Wishes

Calling all March through August Bdays!

We miss celebrating your birthdays with you each month! Although we're not yet ready to resume our monthly Birthday Bash celebrations—we'd still love to deliver a little something to help you celebrate your special day. So if you've celebrated your birthday anytime from March through August—give us a call to let us know. We'll deliver a "sweet treat" as our way of saying **HAPPY BIRTHDAY TO YOU!!**



Fridays at Noon

The Upton Center will continue going **LIVE on Facebook Fridays** at noon throughout August. Join us to hear what's going on here at the Center, or just to say hi! **You do not need to have a Facebook account to watch us.** Just Google "The Upton Center Facebook Page" and watch us Live. 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. See you Friday!



Tai Chi

Our Tai Chi instructor, Reverend Helen Morin, continues to offer her Tai Chi classes online via Zoom at no charge. If you'd like further details, you can email Reverend Helen directly at idophotos2@yahoo.com.

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. Bring your water bottle and mask and get your exercise in early! Please call us to register so we'll know who is interested.

Learn to zoom

Still not sure what Zoom is all about? Jessica Mauro is available for 1 on 1 trainings to help get you set up to use this great way to connect with family and friends. Call the Center at 508-529-4558 or email Jessica at jmauro@uptonma.gov if you'd like to schedule a 1 on 1 training with Jessica.

Pen Pal Program

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Calling all seniors!! The **Upton 4H Club** has offered to partner with us to start up a Pen Pal Club! We're still taking names of interested seniors who will be connected with one of their 30 members (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 **August 31** if you're interested.



Farmers' Market Coupon Distribution

Wednesday, August 19 by Appointment, starting at 1:00

A limited number of farmers' market coupons will be distributed at the Upton Center. These can be used at various local farmers' markets (a list will be provided with the coupons). Applicants must be a Massachusetts resident, at least 60 years of age, and must have an income at or below 185% of the Federal poverty level. Income eligibility guidelines are as follows:

- 1 Person—\$23,606 annually; \$1,968 monthly
- 2 People—\$31,894 annually; \$2,658 monthly
- For each additional family member—add \$8,288 annually or \$691 monthly

This program is sponsored by Tri-Valley. Please call Tri-Valley at 800-286-6640 if you have questions about the program or eligibility. If you'd like a coupon—please call the Upton Center at 508-529-4558 to register and you will be given a specific pick-up time on August 19. **Appointments will be given on a first call, first serve basis.** See our shopping list in left column for trips to one of the farmer's markets that accepts the coupons. A list of all participating farmers markets will be given with the coupons.



Upton Library Services

The Upton library continues to offer curbside service. The building remains closed to the public as of the beginning of August, 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@cwmar.org for updates on reopening and services.

Riddles

See answers at the end of newsletter.

- 1) What gets wet while drying?
- 2) What can you keep after giving it to someone?
- 3) What goes up but never comes down?



JESSICA'S SOCIAL SERVICES CORNER

Fuel Assistance

Fuel Assistance for the last heating season ended May 2020. If you were eligible this past heating season, you should be on the look out for a recertification application in the mail starting mid-August. If you do not receive your recertification in August do not worry; you should receive your application by the beginning of the season November 1st, when the program starts. If you were eligible the previous year and do not receive your recertification by November 1st, you can contact the Center at 508-529-4558 or contact SMOC at 508-620-1230.



Turning 65 During Covid-19

If you are turning 65 and would like to enroll for Medicare during COVID-19, Social Security has announced new procedures for enrollment. Please refer to the SHINE website (Serving Health Individual Needs of Everyone) at <http://www.shinema.org> for information related to Social Security and Medicare during COVID-19 in the top bar of the website labeled: COVID-19. SHINE counselors are available by phone for assistance. At this time, SHINE counselors are not conducting face to face meetings. If you would like to speak with a SHINE Counselor for assistance, please call the Upton Center at 508-529-4558 or contact SHINE directly at: 508-422-9931.



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.

Congratulations to Our Winners!



Congratulations to **Margaret Watson**, **Margaret Kearsley**, and **Joan Sebastian** who were the lucky winners of our July raffles. Thanks for participating!

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.



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.

News from the Town Clerk

The State Primary will be held on Tuesday, September 1, 2020 at Nipmuc High School. There will be early voting beginning on Saturday, August 22 – Friday, August 28 at the Upton Town Hall. All voters received a postcard to sign and return if they would like to vote by mail for this election as well as the Presidential Election in November. If you would like to vote by mail, please sign the postcard and mail it. The postcard is postage paid and has the Upton's Town Clerk address. If you have any questions, please call the Town Clerk's office at 508-529-3565.

Sheriff's Picnic Cancelled

Unfortunately, this year the Worcester County Sheriff Lew Evangelidis' Annual Senior Picnic has been cancelled due to Covid-19. Watch for a bigger and better picnic next year!

Tax Volunteers Needed

Tax-Aide, a partnership between the IRS and the AARP, needs volunteer counselors to help low and moderate income persons in your community prepare their taxes. Additional positions for site greeters are also available. Training begins in December and volunteers work 4-6 hours per week from Feb. 1—April 15. Internet access and basic computer skills are necessary. For further information, go to <https://aarp.org/taxaide>

Where's the Seashell?



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



Answers to Our Riddles

1) A towel 2) Your word 3) Your age!



August 2020



Mon

Tue

Wed

Thu

Fri

3 10:30 COA Meeting Beef Stew	4 Buttermilk Chicken	5 9:15 Shopping Trip* Baked Potato w/Chili & Cheese	6 9:00 Weekly Walk with Linda Hot Dog	7 9:15 Shopping Trip* 12:00 Facebook Friday Garlic Herbed Chicken
10 10:00 Shopping Trip* Chicken Mornay	11 10:00 Giggles & Games on the Patio** with Jessica Meatloaf	12 12:30 Pasta Lunch to Go Roast Turkey	13 9:00 Weekly Walk with Linda 10:00 Knit/Crochet Group on the Patio* Macaroni & Cheese	14 9:15 Shopping Trip* 12:00 Facebook Friday Fish w/Parmesan Cream Sauce
17 Swedish Meatballs	18 9:15 Shopping Trip* 10:00 Giggles & Games on the Patio** with Jessica Roast Pork	19 10:30 Craft Time with Betty 1:00 Distribution of Farmer's Market Coupons Sloppy Joe	20 9:00 Weekly Walk with Linda 9:15 Shopping Trip* 10:00 Knit/Crochet Group on the Patio* Chicken Cacciatore	21 12:00 Facebook Friday Fish w/Crumb Topping
24 9:15 Shopping Trip* Chicken Pot Pie	25 10:00 Giggles & Games on the Patio** with Jessica Spaghetti & Meatballs	26 10:00 Fashion Trivia on the Patio* 12:30 Blood Pressure Checks Potato Crunch Fish	27 9:00 Weekly Walk with Linda 9:15 Shopping Trip* 10:00 Knit/Crochet Group on the Patio* Cranberry Chicken Salad	28 12:00 Facebook Friday Shepherd's Pie
31 9:30 Mindfulness & Meditation w/Robin on the Patio** 1:00 Shopping Trip* Pork Rib-i-que	*Please see Newsletter for details of our shopping trips.	**Note: All patio programs are weather permitting. Space is limited to allow for proper Social distancing.	Please call the Center at 508-529-4558 to register for programs.	

Tri-Valley, Inc. - August 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Stew Rice Corn Niblets Mandarin Oranges Marble Rye Bread	4 Buttermilk Chicken Herbed Potatoes Mixed Vegetables Peaches Muffin	5 Baked Potato with Chili & Cheese Broccoli Sour Cream Chocolate Mousse Italian Bread	6 Hot Dog Baked Beans Green Beans Coleslaw Fruit Hot Dog Bun	7 Garlic Herbed Chicken Bread Stuffing Roasted Broccoli & Carrots Lemon Pudding Diet = SF Tapioca Pudding Whole Wheat Bread
10 Chicken Mornay Couscous Roman Blend Vegetables Yogurt Marble Rye Bread	11 Meatloaf with Gravy Garlic Mashed Potatoes Carrots Butterscotch Pudding Diet = SF Vanilla Pudding Whole Wheat Bread	12 Roast Turkey with Gravy Mashed Sweet Potatoes Summer Blend Vegetables Pineapple Corn Muffin	13 Macaroni & Cheese Stewed Tomatoes Green Beans Peaches Italian Bread	14 Fish w/Parmesan Cream Sauce Wild Rice Broccoli w/Red Peppers Mandarin Oranges Pumpnickel Bread
17 Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Vanilla Pudding Diet = SF Vanilla Pudding Marble Rye Bread	18 Roast Pork with Gravy Cranberry Stuffing Roasted California Vegetables Applesauce Muffin	19 Sloppy Joe Steak Cut French Fries Summer Corn Strawberries Sandwich Roll	20 Chicken Cacciatore Gemelli Pasta Broccoli Fruit Crunch Bar Italian Bread	21 Fish with Crumb Topping Lemon Seasoned Rice Tuscany Style Vegetables Fruited Ambrosia Whole Wheat Bread
24 Chicken Pot Pie Mashed Potatoes Corn Niblets Peaches Biscuit	25 Spaghetti & Meatballs Green Beans Chocolate Pudding Diet = SF Choc Pudding Italian Bread	26 Potato Crunch Fish Herbed Potatoes Peas & Onions Mixed Fruit Tartar Sauce Pumpnickel Bread	27 Cranberry Chicken Salad Pasta Salad Three Bean Salad Mandarin Oranges Sandwich Roll	28 Shepherd's Pie Carrots Peas Cookie Whole Wheat Bread
31 Pork Rib-i-que Macaroni & Cheese Green Beans Pineapple Sandwich Roll	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.			