



The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

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September 2020



Welcome to September! Another month has passed and we are still keeping an eye on the latest news and recommendations in order to determine when we will open our doors. For now, we remain closed to the public and will be holding off on our patio programs, but we are here working behind the scenes and we are just a call away if you need us. We miss you terribly and look forward to opening our doors again just as soon as we can safely do so. We will keep you posted!

September also happens to be **National Senior Center Month**, and this year's theme is *Senior Centers: Delivering Vital Connections*. This theme was chosen to highlight how senior centers deliver vital connections to support older adults aging well. Preventing social isolation is vital and a core senior center mission. While the delivery methods have changed during the pandemic, centers have succeeded in continuing to provide knowledge, programming, and resources.

Despite the current challenges, the Upton Center still aims to take a holistic approach, providing programs that can help connect to your mind, body, spirit and community, including:

- Mind:** Challenge yourself to learn something new through one of the many online resources highlighted in this month's newsletter, from an online gardening program, to a Zoom presentation on JFK and Lincoln.
- Body:** Join a six week healthy living virtual workshop to learn about self management of chronic disease, or tune in to a program on laughter yoga
- Spirit:** Start a gratitude journal, or join in the fun with our 100 Day Christmas Countdown!
- Community:** Try out the "Bingo with a twist" on our newsletter insert for a chance to challenge yourself to a little friendly competition with others, and maybe win a prize!

The remaining pages of our newsletter have the details of these and other programs that can help you make those connections, even during the Covid-19 crisis. So we hope you'll read on and take advantage of the many opportunities to connect!



We are pleased to welcome the newest member of the Upton Council on Aging: **Lori McGann**. Some of you may remember Lori from back when she was a van driver here at the Center. She is certainly familiar with our seniors and will be a welcome addition to our group. We thank Lori for her willingness to volunteer. Anyone else interested in sitting in on our monthly meetings is welcome to do so. They are typically held the first Monday of each month at 10:30. For now, they are being held virtually. Feel free to contact the Center if you'd like details on how to join us.

In addition, we have a fun program coming up beginning this month that we hope you'll enjoy. Despite the fact that summer is just ending—we'd like to look ahead to CHRISTMAS a bit early this year, with a 100 day countdown to Christmas! No doubt there will be some new and different challenges to celebrating the holidays this year—so we thought it would be fun to weave some holiday fun into each month this fall to help make the holidays special in their own way this year. So read on for details of our 100 day Christmas Countdown!

In the meantime—stay well and stay in touch. CALL US—even if it's just to say hi. We miss you!

Janice

Please note that Labor Day is Monday, September 7th. No meals will be served that day.

Doctor Visits & Prescription Pickup

Please contact us at 508-529-4558 with as much notice as possible to schedule van service to your medical appointments. **NOTE: the van will not be available for any transportation the week of September 21 so please plan accordingly.**



Shopping Trips

We encourage you to leave your shopping runs to someone else for now if possible. Consider registering for Meals on Wheels by calling 508-949-6640, or ask a family member, friend or neighbor who is not in the high risk category to help with your shopping. You might also consider trying an online shopping delivery service. 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. If you prefer, we can connect you with a volunteer to shop for you. Those who opt to ride our van will be required to wear a mask and 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.

Note: The van is not available for any rides the week of September 21, so please plan accordingly.

Friday, September 4 at 9:15—Shaw's/Job Lots/Walmart Loop with stop at **Foppema's farm**, Northbridge

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

Thursday, September 17 at 9:15—Shaw's/Job Lots/Walmart with stop at **Foppema's farm**, Northbridge

Monday, September 28 at 9:15—Market Basket, Oxford

Note: the Farmer's Market Coupons which were distributed at the Center in August by Tri-Valley can be used at Foppema's farm.



Birthday Wishes

Calling all September Bdays!

Although we're not yet ready to resume our monthly Birthday Bash celebrations—we'd still love to help you celebrate your special day. So if you have a September birthday—give us a call to let us know. We'd like to give you a "sweet treat" as our way of saying **HAPPY BIRTHDAY TO YOU!!**



Harvest Craft Kits to Go

Betty Brault has kindly offered to put together a harvest "craft kit to go" for those of you interested in getting creative in September! All you need to do is call to **let us know if you're interested by September 15th**, and then we'll be in touch to get the craft kit to you by the end of the month. The free kit will contain everything you need to do the craft on your own, including detailed instructions. What fun!

Men's Club Supper to Go!

Friday, September 18—5:30 Pick-up



We are pleased to announce that the Upton Men's Club will be back to treat you to another "Men's Club Supper to Go"! They will be cooking hotdogs and hamburgers for you so that you can pick up a delicious hot meal to go. 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 September 10 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!



Chronic Disease Self-Management

6-Week Virtual Workshop—Wednesdays, Sept. 23-Nov. 4
Tri-Valley is sponsoring a free six week virtual workshop to help you learn how to better self-manage chronic diseases. The Sept. 23 session will run from 1:00—1:45. The others will run from 1:00 to 3:30. The program is open to people of all ages, and **participants are expected to commit to all six weeks**. For more information, or to register, contact Sue (extension 3088) or Muriel (extension 3388) at Tri-Valley at 508-949-6640.

Blood Pressure Checks

Wednesday, September 30 at 12:30

The Town Nurse will be here at the Center to perform blood pressure checks. Please **call us by September 29 to register** if you are interested. And remember, visitors to the Center are required to wear a mask. If you'd prefer to set up an appointment with her at a different time at Town Hall, please contact her directly at 508-529-3110



Fridays at a New Time: 12:30

The Upton Center will continue going **LIVE** on Facebook Fridays throughout September—but at a **new time: 12:30**. Tune in to hear Jessica's update on what's going on 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. In case you miss us, we will save the videos on our Facebook page so you can watch anytime!



"PANDEMIC PASTIMES" Things to Do at Home

Bingo with a Twist!

We know all you Bingo fans are really missing your weekly Bingo sessions here at the Center. And while we still are not able to open our doors for in person Bingo just yet—we do have a special treat for you this month. We're calling it "Bingo with a Twist"! Please see our insert for a fun Bingo game that you can enjoy right from home. Complete a row of the Bingo challenges. Then **call by September 24th** to let us know when you have achieved a Bingo and we will enter one ticket into our raffle with your name on it for a chance to win a prize. There will be a 5 raffle ticket maximum. The winner will be drawn on our Friday Facebook session at **12:30 on September 25th**. Good luck!



Mather Telephone Topics

Why not learn something new this month?! We've mentioned this great program in the past—but they've now got more programs and a new look. There's still no need to register in advance, and all calls are FREE! You simply call a toll-free number at the start time of the program to listen to a wide range of interesting discussions. September's programs include talks on everything from improving your balance, to laughter yoga, to music and storytelling. Visit our Facebook page or call us at the Center if you'd like a full list of their September schedule.



Gardening Classes and More

It's a great time of year to practice your gardening skills. Check out www.skillshare.com for numerous free classes on all aspects of gardening, from helping your houseplants to thrive, to growing your own vegetables. Check out their website and see how you can sign up for their free classes.



Journaling

What a great time this is to begin a journal. Not only will it give you a chance to document your experiences during the pandemic, but it can help you focus on the things you have to be grateful for and the good that can come from even challenging times. Find tips for starting a journal by visiting: <https://penzu.com/how-to-start-and-write-a-journal>

Learn to zoom

It's not too late to learn to Zoom! 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. Give her a call!



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

Countdown to Christmas

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Let's Make Christmas 2020 a Special One!



Can you believe it—as of September 16th, Christmas will be just 100 days away!! We anticipate that this year, even the holidays may be impacted by the "new normal" we're all experiencing. So we thought it would be fun to start celebrating a little early with some special activities each month to celebrate a 100 day countdown to Christmas! Here's what we have in mind...

September: Let's be jolly and full of Christmas spirit by putting up our tree a bit early at the Upton Center this year in honor of 100 days 'til Christmas!! Join us on our Facebook Live Call at noon on Friday, September 18 as we "deck the halls" here at the Center, decorating our tree! Feel free to comment on Facebook to let us know where you'd like us to hang your favorite ornament—we can use all the "virtual" help you are willing to give! (Remember—you don't have to have a Facebook account to join us. See the details under "Facebook Fridays" on the prior page of this newsletter.) Best of all—we'll have the tree on display for you that evening when you come to pick up your Men's Club Supper to go !! Be sure to sign up for the meal and come check out our tree!



October: Let's make magical memories with family and friends, even if it's virtually. Stay tuned for details in the October newsletter.

November: Let's get in the spirit of things with holiday movies, and perhaps win a prize along the way. Watch for details in our November newsletter.

December: Let's stock up on festive goodies and treats to celebrate the holiday. The sweet details will be included in our December newsletter!

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.



JESSICA'S SOCIAL SERVICES CORNER

Medicare Open Enrollment

Medicare Open Enrollment is October 15th-December 7th. If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), your Plan will mail you an information packet called an ANNUAL NOTICE OF CHANGE by the end of September. It is important for you to understand and save this information because it explains the changes in your plan for 2021.

Please note there will be no in person Medicare presentations or SHINE Counseling Sessions this year. If you would like to review your plan with a SHINE Counselor, please contact the Upton Center at 508-529-4558 or you can call the SHINE regional office at: 508-422-9931. In addition to being available by phone, Jessica is available for 1-on-1 Medicare meetings via virtual platforms: ZOOM and GoToMeeting.

Medicare Open Enrollment presentations will be available on the SHINEMA.org website soon. Once available, a link will be posted to the Upton Center's website, Facebook and twitter.

SMOC Fuel Assistance



If you received Fuel Assistance for the last heating season, be sure to check your mail as SMOC has started sending out re-certification applications for the upcoming heating season. Be sure to complete all parts of the application and provide all support documentation. Applications can be mailed, faxed or emailed to: fueldocs@smoc.org.

If you need assistance, have any questions or would like to inquire about eligibility please contact The Upton Center at: 508-529-4558 or SMOC directly at: 508-620-1230 or 508-620-2342.



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.

Thank You

The Upton Center would like to thank the many volunteers who work on The **Learning Adventures Garden** at Miscoe

Hill School for their many donations.

We have been pleased to distribute the fresh vegetables you have brought to the Center, and the seniors of Upton truly appreciate your generosity!

Also—a big thank you to the **Blackstone Area Mask Sewers** for their donations of masks.



COMMUNITY CORNER

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

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.

Upton Library Services

The Upton library continues to offer curbside service. The building remains closed to the public as of the beginning of September, but library items can be provided upon request. They have also resumed interlibrary loan services so you are able to order things from other libraries. 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.

Tri-Valley Caregiver Assistance Program

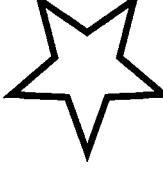
The Caregiver Program at Tri-Valley has a scholarship fund which provides relief for caregivers in local communities. The services include, but are not limited to, funding for short-term respite, technology aids and adaptive equipment. Caregivers of older adults, age 60 and up, as well as grandparents age 55 and older and raising grandchildren, qualify. Contact the Tri-Valley Caregiver Program at 508-940-6640, extension 3079 for further information.

Where's the Rainbow?



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

The Upton Center's Bingo with a Twist!

B	I	N	G	O
Call a family member	Complete: 20 arm curls 20 knee lifts 20 ankle rolls	Take a Walk	Take 3 deep breaths! In through your nose, count 1..2..3 Hold, 1..2..3, Out through your mouth, 1..2..3	Clean out your junk drawer
List 3 things that you are grateful for today	Call a friend from the Upton Center	Clean out a cupboard or your pantry	Try making a new recipe	Try to name all 50 states
Drink 64 oz. of water today (suggestion source: webmd.com)	Complete a crossword, work search, Sudoku or other puzzle		Look through old photos and reminisce	Listen to music that makes you happy
Read your Upton Chronicle from cover to cover and call to sign up for programs that interest you	Write about a positive and memorable time in your life	See how many words you can come up with in two minutes using the letters from: CORONAVIRUS	Send a letter or email to a friend or family member	Take some quiet time to meditate
Make something creative (draw, color, knit, do a craft, etc.)	Pay it forward by giving someone a genuine compliment	List 3 things you love about your local Senior Center	Write down a piece of advice you would give to younger generations	Go through your phone and purge old apps and pictures that you no longer want or use
HERE's HOW TO PLAY:				
<p>Complete a row vertically, horizontally or diagonally. Call the Upton Center at 508-529-4558 by September 24 to let us know when you have achieved a BINGO and we will enter one ticket into our raffle with your name on it for a chance to win a prize! There will be a 5 raffle ticket maximum. The winner will be drawn on our Friday Facebook call at 12:30 on September 25, 2020. Good luck!</p>				

Tri-Valley, Inc. - September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
1	Hot Dog Baked Beans Green Beans Orange Hot Dog Bun Mustard	2 Stuffed Pepper Casserole Mashed Potatoes Carrots Lorna Doone Cookies Pumpernickel Bread	3 Ranch Chicken Wild Rice Spinach Pears Marble Rye Bread	4 Braised Beef Gemelli Pasta Broccoli Yogurt Italian Bread
7	8	9 Roast Pork Loin with Gravy Mashed Potatoes Country Blend Vegetables Pears Marble Rye Bread	10 American Chop Suey Roasted Broccoli & Carrots Bread Pudding Peasant White Bread	11 Chicken Pesto Red Bliss Potatoes Mixed Vegetables Fresh Fruit Corn Muffin
14	15	16 Chicken Milano Vegetable Couscous Spinach Mixed Fruit Pumpernickel Bread	17 Meatloaf with Gravy Garlic Mashed Potatoes Chuckwagon Corn Peaches French Bread	18 Turkey Supreme Herbed Stuffing Roasted California Blend Fresh Fruit Whole Wheat Bread
21	22	23 Vegetable Cheese Bake Seasoned Potatoes Green Beans Fresh Fruit Italian Bread	24 Potato Crunch Fish Potatoes Au Gratin Mixed Vegetables Oreos Marble Rye Bread Tartar Sauce	25 Chicken Cranberry Salad Pasta Salad Three Bean Salad Fruited Ambrosia Pumpernickel Bread
28	29	30 Meatballs with Onion Gravy Bowie Pasta Broccoli Pineapple Fortune Cookie Whole Wheat Bread	Marinated Pork Loin Herbed Potatoes Carrots Vanilla Mousse Whole Wheat 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.