



The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

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The cooler temperatures of Autumn are in the air, and the leaves are falling! We remain open by appointment only for social services at this point. We continue to operate our food pantry and Meals on Wheels delivery and have scheduled some fun "to go" activities for you in November. We miss being able to see you in person but are doing our best to reach out to you, and we encourage you to call us anytime. We are here for you!

We are pleased to offer our Annual **Veteran's Breakfast** as a free "to go" event this year on Tuesday, November 10. Although we can't stay and eat the meal together this time around, we hope you'll all sign up as a way to help us pay tribute to our Veterans. Further details can be found inside this newsletter.

We are also happy to announce that we'll be providing a free **Thanksgiving Meal** to go for our seniors this year. While we'll miss gathering in person as we normally do for Senator Moore's typical feast, we will instead enjoy a delicious hot turkey dinner to go prepared by TriValley on Tuesday, November 24. If you'd like to sign up, please see the details inside this newsletter. We also hope you'll participate in the **Gratitude Scavenger Hunt** which can be found on our newsletter insert for a chance to win a prize!

In addition to being a month of Thanksgiving, November is also **Alzheimer's Awareness Month**. Alzheimer's disease is a degenerative brain disease and the most common form of dementia. While there is currently no cure for Alzheimer's, there are treatments that can slow its progression. Awareness is a critical first step in helping in the fight against Alzheimer's, so it is important to know the facts. Here are just a few of the figures as detailed on the Alzheimer's Association website:

- More than 5 million Americans are living with Alzheimer's.
- It is the 6th leading cause of death in the US, killing more than breast cancer and prostate cancer combined.
- 16 million Americans provide unpaid care for people with Alzheimer's or other dementias.

The good news is, researchers are hard at work seeking a cure, and there are many resources available to help those dealing with Alzheimer's, and their loved ones. Please contact the Upton Center for resource and referral information to learn more.

And finally—I'd like to wish Jessica Mauro the best of luck as she moves on to a position closer to her new home. We'd like to thank Jessica for her service to the Upton community as Social Services Coordinator over the past six years, and we wish her and her family all the very best.

Stay safe everyone, and have a happy, healthy Thanksgiving!

Janice

The Upton Center will be closed on November 11 for Veterans Day and November 26 & 27 for Thanksgiving. Also—don't forget to set your clocks back an hour at 2 a.m. on Sun., Nov. 1!

Remember to Vote!

The Presidential Election is November 3rd. Please see details from the Upton Town Clerk on the back of this newsletter regarding mail in ballots, early voting hours at Town Hall, and Election Day polling hours at Nipmuc High School. We encourage all of you to exercise your right to vote!



Ring Found

A ring was recently found on the floor at the Upton Center. If it may belong to you—please contact the Center at 508-529-4558.

Doctor Visits & Prescription Pickup

Our van is available to get seniors and individuals with a disability to their medical appointments. Please contact us at 508-529-4558 with as much notice as possible to schedule van service. You will be required to wear a mask and socially distance on our van for the safety of all riders.



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 or friend who is not in the high risk category to help with your shopping. You might also consider an online shopping delivery service. You can also call us 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 due to medical appointments.

Friday, November 6 at 9:15—Shaw's/Job Lots/Walmart Loop with stop at **Foppema's Farm**, Northbridge

Monday, November 9 at 9:15—Shaw's/Walgreens in Milford with a stop at **Kelly's Farm** in Upton

Friday, November 13 at 9:15—Market Basket, Hudson

Tuesday, November 17 at 1:00—Hannaford's, Uxbridge

Friday, November 20 at 9:15—Shaw's/Job Lots/Walmart with stop at **Foppema's Farm**, Northbridge

Monday, November 23 at 9:15—Market Basket, Oxford

Monday, November 30 at 10:00—Shaw's/Job Lots/Walmart, Northbridge

Birthday Wishes

Calling all November 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 November 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!!



Monthly COA Board Meeting

Monday, November 2 at 10:30

Our monthly meeting will be held the first Monday of the month at 10:30 as usual. For now, the meetings are being held virtually. You don't have to be a Board Member to sit in on our discussion. Contact the Center if you'd like to join us.



Podiatrist Appointments

Thursday, November 5, 9:30—12:00

We will be welcoming Dr. Biancamano back to hold appointments at the Center from 9:30—12:00. Please call the Center by **November 3** for an appointment. Just a friendly reminder that you are also able to book our van for rides to appointments at the podiatrist's office as an alternative.

Nutrition Do's & Don'ts



Webinar—Thursday, November 5, 2:00—2:30

Are uncertain times causing you to eat or drink more and move less? Join Tricia Silverman, RD, for this informative presentation on alternatives to comfort foods, and how to use mindful eating and drinking practices when you do indulge. The program is brought to you by Blue Cross Blue Shield of Mass. in partnership with your local Mass. Councils on Aging. To register, visit bcbsma.info/Nov5.



Veterans Day Breakfast to Go

Tuesday, November 10, Pick-up 9:30-10:00

Even a pandemic can't keep us from honoring our country's Veterans! We are pleased to treat you to a delicious hot breakfast to go this year. Whether you are a Veteran, know a Veteran, or just want to show your appreciation for one—please stop by in honor of their service. We won't be able to gather to eat together as we normally do—but we can show our respect just the same. **Please call the Center by November 6 to register.** The breakfast is free to all this year.

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.

Nutrition & Sleep



Webinar—Wednesday, November 18, 10:00—10:30

Learn how sleeping well can help to control your weight and revitalize your mind and body. Discover which foods, herbs, teas, and minerals can make you feel sleepier, or interfere with your sleep. The webinar is presented by Tricia Silverman, RD, and brought to you by Blue Cross Blue Shield of Mass. in partnership with your local Mass. Councils on Aging. To register, visit bcbsma.info/Nov18



BP Checks & Flu Shots

Wednesday, November 18 at 12:30

The Town Nurse will be at the Center to administer regular (not high) dose flu shots and check blood pressures. Please call the Center by **Nov. 13** for an appointment. Please wear a mask and bring your insurance info. for flu shots. Flu shots are also available at the Board of Health office at the Upton Town Hall, Mon.-Thurs. Please call the BOH at 508-529-3110 if you'd like to schedule an appointment there.

Thanksgiving Meal to Go

Tuesday, November 24, Pick-up 11:30—12:00



We are happy to provide a free Thanksgiving meal to go for our seniors on November 24. Thank you to TriValley for helping us to organize this delicious hot meal to go. We'll miss gathering to enjoy a feast together as we've done in prior years, but please know that we'll be wishing you all a happy and healthy holiday. Please call by **November 19** if you'd like to register, and plan to stop by to pick up your meal between 11:30 and Noon on Tuesday, November 24. We are so thankful for all of you!

Gratitude Scavenger Hunt

We know the Thanksgiving Holiday won't be quite the same for many of you this year due to the pandemic, but we'd still like to focus on all we have to be grateful for! Check out our Gratitude Scavenger Hunt on the insert of this newsletter. See how many things you can find between now and Thanksgiving and give us a call once you get to 10 or more items in order to be entered to win a prize!

Attitude +



Gratitude



Craft Kits to Go

Betty Brault will be preparing a "Thanksgiving craft kit to go" for November! All you need to do is call to **let us know if you're interested by November 15th**, and we'll be in touch to get the kit to you by the end of the month. The free kit will contain everything you need to do the craft on your own.



We're continuing to go LIVE on Facebook Fridays throughout November **at 12:30** (with the exception of Nov. 27). Tune in to hear an 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'll save the videos on our Facebook page so you can watch anytime.

Upton Center Wish List



We're running low on the following items for our food pantry: 100% fruit juices & sugar free drink mixes, disinfecting hand soap pumps, small canned hams, low sodium soups, small jars of jelly. If you can help, please give us a call at 508-529-4558 to arrange a drop off time.



Countdown to Christmas

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Let's Make Christmas 2020

a Special One!

Our countdown to Christmas continues. As of November 1st, Christmas is just 54 days away! We anticipate that this year, even the holidays may be impacted by the "new normal" we're all experiencing. So we have started celebrating a little early with some special activities each month to celebrate a countdown to Christmas. We had a lot of fun with our kickoff in September by decorating our tree here at the Center a little early! Then last month, we focused on making magical memories with family and friends by sharing a list of questions to help spark some of your favorite memories. This month, our focus is on getting in the spirit of things with holiday movies and Christmas cards!...

Holiday Movie Magic

We have arranged to have a LARGE supply of holiday DVD's on hand to loan out throughout the month. Visit our Facebook page or call us if you'd like a list of all the great holiday movies available. Here's just a sampling of the holiday favorites we have on hand to get you in a festive frame of mind!...



Christmas Vacation
Christmas with the Kranks
The Polar Express
Four Christmases
A Christmas Carol
A Golden Christmas
The Christmas Bunny
Christmas Classic Collection

Home Alone
The Nutcracker
The Santa Clause
A Charlie Brown Christmas
Rudolph
Noel
Mr. Bean's Holiday
The Grinch

Just give us a call if you'd like to borrow some of these to start spreading some holiday cheer at home!

Christmas Cards

We know that you may not be able to see as many of your friends and family members in person for the holidays this year, so why not start your holiday cards early this year to stay in touch? It's also a great way to get yourself in the holiday spirit this year! We've had a nice donation of holiday cards and we'd love to share them with you. If you're interested, just give us a call to let us know and we'll put together an assortment of cards that you can pick up here at the Center.



Learn to Zoom

It's not too late to learn to Zoom! A volunteer is available for 1 on 1 trainings to help get you set up to use this great way to connect with family and friends for the holidays. Give us a call if you'd like us to connect with someone who can help.



SOCIAL SERVICES CORNER

Medicare Open Enrollment

Medicare Open Enrollment runs from **October 15th through December 7th**. Those enrolled in a Medicare Prescription Drug Plan (PDP) or a Medicare Advantage Plan (HMO/PPO) should have received an ANNUAL NOTICE OF CHANGE from your current plan in September. This notice explains the changes to your plan starting January 1, 2021 related to premiums, networks, deductibles, co-pays, and the drugs covered by your plan.

During Open Enrollment, you can make changes to your Medicare Prescription Drug Plan (PDP) or a Medicare Advantage Plan. Changes made during this time will be effective January 1, 2021. A SHINE counselor can assist you in reviewing your options and choosing the best plan based on your needs. In order to be connected with a SHINE Counselor, call the Upton Center at 508-529-4558 or contact SHINE directly at 1-800-243-4636 and then press #3. At this time, SHINE appointments are being conducted either by phone, Zoom, or Google Meet. For more information, visit SHINE's website at: www.shinema.org.

Please note these tips from District Attorney Joseph D. Early Jr. regarding Medicare scams: Anyone trying to sell you Medicare insurance while claiming to be an "official Medicare agent" is a scammer. There are no Medicare sales representatives. Ignore anyone who says you must join a prescription drug plan to keep your Medicare coverage. The Medicare prescription drug plan (also known as Part D) is voluntary and has nothing to do with the rest of your Medicare coverage. Never give info. over the phone to someone who says they need it so you can keep your coverage.

SMOC Fuel Assistance



The SMOC heating assistance program runs November 1 through April 30. Those who received assistance last year through SMOC may have already received a re-certification application in the mail. You can complete it, attach any updated documentation requested, and mail it in. Those who are new to SMOC can contact the Upton Center at 508-529-4558 to determine eligibility and the best way to apply. For more information on heating assistance, you may also contact SMOC directly at: 508-620-1230 or 508-620-2342.

Goodbye!

Farewell From Jessica Mauro

"How lucky am I to have something that makes saying goodbye so hard." - Winnie the Pooh

I just want to say that it has been my pleasure to work with all of you. It was not an easy decision to leave my position here at the Upton Center. I would like to thank you for all the laughs and smiles over the last 6 years. It has been a wonderful opportunity to serve the town of Upton. I will miss all of you and I wish you all the best.

COMMUNITY CORNER

Town Clerk Updates

The Presidential Election is November 3. Any voters who received a vote by mail ballot should ensure their voted ballot is returned back to the Town Clerk's office by November 3 at 8 pm. There is a drop box outside of Town Hall where voters can deposit their ballots. If you decide to mail your ballot back, it needs to be postmarked by November 3 and received at the Town Clerk's office by November 6th.

Early voting began on Sat., Oct. 17th at the Town Hall and continues through Fri., Oct. 30th. Any voter can come to the Town Hall and vote early. Lastly, the Election will be held at Nipmuc Gym on Nov. 3. Polls will be open from 7am-8pm. If you have any questions, please call the Town Clerk's office at 508-529-3565. Thank you.

Upton Library Reopened

Just a friendly reminder that the Upton Library has reopened for browsing, checkouts, and hold pickups. Masks are required. Curbside pickup is still available at the Library and Millhaus residents have the option to call and arrange to pick up books at the Upton Center on Wednesdays.

Textile Drive

The Young Neighbors In Action youth group at St. Gabriel's Parish in Upton will be holding a Textile Drive to defray the cost of their service trip. Donations can be dropped to the St. Gabriel's parking lot from 12pm-3pm on Sun., **Nov. 1**. Items can include clean clothing in reasonable condition, shoes (tied together), belts, purses, handbags, backpacks, purses, towels, linens and blankets. Call Bernadette at the Upton Center if you need more details.

Tri-Valley Lunch Services

Please call Tri-Valley at 508-949-6640 to inquire about meal delivery. 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 inquire about delivery of lunch and/or frozen evening dinners.

Upton's Neighbor to Neighbor Program

The Town continues to collaborate with community groups and churches to address the financial needs of residents of **all ages** impacted by COVID-19. If you know of anyone in need of assistance for housing, utilities, heat, food, prescriptions, or medical expenses, please refer them to the Upton Town website or have them contact Janice Nowicki at the Upton Center at 508-529-4558.

Where's the Piece of Apple Pie?



Congratulations to **Phyllis Proia** who was our lucky winner for finding our hidden spider last month! This time we've hidden a little piece of apple pie. Can you find it? If so, call the Center and be entered to win a prize!

SCAVENGER HUNT



We know Thanksgiving won't be quite the same for many of you this year, but we'd like to encourage you to have an "attitude of gratitude" despite these crazy times we're living in! Between now and Thanksgiving, search for as many of these things as you can. Give us a call at the Upton Center at 508-529-4558 once you get to 10 or more items, and we'll enter your name to win a prize!

1. Find something outside you enjoy looking at
2. Find something that is useful for you
3. Find something that is your favorite color
4. Find something you know someone else will enjoy
5. Find something that makes you happy
6. Find something that tastes good
7. Find something that smells amazing
8. Discover something new
9. Find something that makes you feel safe
10. Find something that makes a beautiful sound
11. Find someone you are grateful for
12. Find something that is unique to you
13. Find something that makes you laugh
14. Find something in the night that you enjoy
15. Find something in the morning that you enjoy
16. Find a friend/pet that you love spending time with
17. Find your favorite place to spend alone time
18. Find something that reminds you of the people you love
19. Find something that you enjoy doing outside with friends
20. Find a place that you love



Tri-Valley, Inc. - November 2020

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Chicken Pot Pie Mashed Potatoes Corn Niblets Peaches Biscuit	3 Spaghetti & Meatballs Green Beans Cookies Italian Bread	Na+ 199 107 1 5 340	Na+ 352 0 190 96	4 Potato Crunch Fish Herbed Potatoes Peas & Onions Fruited Ambrosia Pumpernickel Bread Tartar Sauce	Na+ 280 7 7 10 135 85	5 Shaved Steak & Cheese* Steak Cut French Fries Carrots Fresh Fruit Sandwich Roll	Na+ 548 25 53 0 290	6 Garlic Herbed Chicken Bread Stuffing California Blend Vegetables Vanilla Pudding Diet = SF Tapioca Pudding Whole Wheat Bread
Cal: 755	Na+: 777mg	Cal: 766	Na+: 763mg	Cal: 847	Na+: 648mg	Cal: 870	Na+: 1052mg	Cal: 689	Na+: 1151mg
9	Stuffed Pepper Casserole Garlic Mashed Potatoes Glazed Carrots Cookies Marble Rye Bread	10 High Sodium Meal Hot Dog * Baked Beans Mixed Vegetables Fresh Fruit Hot Dog Bun Mustard	Na+ 176 107 53 100 105	Na+ 540 370 30 0 195 50	11 Veterans Day No Meal Served 	12 Ranch Chicken* Wild Rice Spinach Peaches Muffin	Na+ 531 279 87 5 149	13 Braised Beef Gemelli Pasta Jardiniere Vegetables Pineapple Italian Bread	Na+ 197 8 18 0 96
Cal: 805	Na+: 749mg	Cal: 807	Na+: 1312mg	Cal: 803	Na+: 1176mg	Cal: 803	Na+: 1176mg	Cal: 838	Na+: 444mg
16	Chicken Pesto* Red Bliss Potatoes Mixed Vegetables Lemon Pudding Diet = Vanilla Pudding Pumpernickel Bread	17 Beef w/Onions & Peppers Steak Cut French Fries Peas Strawberries Sandwich Roll	Na+ 521 5 30 180 125 135	Na+ 423 25 7 2 290	18 Roast Pork Loin with Gravy Apple Cornbread Stuffing Country Blend Vegetables Cinnamon Pears Muffin	Na+ 266 170 338 22 5 149	19 American Chop Suey* Broccoli Bread Pudding Italian Bread	20 Fish with Crumb Topping Potatoes Au Gratin California Blend Vegetables Fresh Fruit Pumpernickel Bread	Na+ 315 285 36 0 135
Cal: 694	Na+: 995mg Diet Cal: 644	Cal: 720	Na+: 872mg	Cal: 784	Na+: 1074mg	Cal: 686	Na+: 1197mg	Cal: 706	Na+: 897mg
23	Shepherd's Pie Carrots Peas Mixed Fruit Marble Rye Bread	24 High Sodium Meal Roast Turkey with Gravy Cornbread Stuffing Winter Squash Cream Puff Italian Bread	Na+ 267 53 7 20 105	Na+ 683* 150 242 75 85 96	25 Meatloaf with Gravy Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit Pumpernickel Bread	Na+ 202 82 106 1 0 135	26 Thanksgiving No Meal Served 	27 Jambalaya* Rice Pilaf Green Peas Pineapple Whole Wheat Bread	Na+ 662 70 7 0 138
Cal: 796	Na+: 577mg	Cal: 782	Na+: 1457mg	Cal: 757	Na+: 652mg	Cal: 678	Na+: 1001mg		
30	Teriyaki Beef Steamed Rice Broccoli Pears Fortune Cookie Whole Wheat Bread	Na+ 438 100 16 4 0 138	MENU IS SUBJECT TO CHANGE 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 dietary requirements. Na+ = Sodium *Indicates higher sodium entrée High Sodium Meal = >1200mg mg = milligrams Breakdown includes 125mg Na+ for milk						
Cal: 781	Na+: 821mg								

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 at this time.