



# The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

2 Farm Street, Upton, MA 01568, 508-529-4558 / 508-529-4559 / [www.uptonma.gov](http://www.uptonma.gov)

## December 2020



### THE UPTON CENTER STAFF

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What a year 2020 has been! The holiday season will undoubtedly be quite different for all of us this year. But that won't stop us from helping to spread some holiday cheer this month! Since we can't gather for programs at the Center just yet, we have been working hard to find creative ways to bring the holiday sparkle to you through a number of "to go" programs this year instead. Here are a few of the things we have in store for you in December!...

- Coffee & Donuts to Go—what a great way to start your day!
- Gingerbread Men & Hot Cocoa to Go—enjoy a holiday treat!
- Holiday Dinner to Go from Oliva's—it's sure to be a fantastic Italian feast!
- Holiday Craft Kits to Go—show your spirit by getting creative!
- New Year's Muffin House Muffins to Go—what a great way to celebrate the New Year!



We're also very excited to let you know that the Stone Arbor Farm of Upton will be holding a **Holiday Horse Parade** on the streets of Upton on December 13 to spread some holiday cheer! They'll start their route at Millhaus Apartments at 1:00 pm and then head to Coach Road Apartments in hopes that our seniors can enjoy the excitement. What a special treat!

This year we'll also be holding a **Virtual Christmas Party** on Zoom! This will be new for all of us—so we hope you'll join us and bring your holiday spirit with you! If you need help learning how to Zoom—just let us know and we can get you all set up. Whether you opt to join us on Zoom or not—we hope you'll participate in our annual **holiday gift exchange**. We'll be changing the process a bit this year to keep it Covid-safe. So please read on for all the details and plan to join in the fun!

In addition—we'll be holding a **holiday recipe swap** so please check out the specifics on the next page and get ready to share some of your favorite recipes!

#### Thank You to Our 4H Pen Pals

 Thank you to our 4H club Pen Pals who recently surprised one of our seniors with a whole packet full of notes and drawings. *"It was one of the nicest surprises I've had in a long time. I can't wait to write to each of them,"* said senior Phyllis Proia. If others are still interested in being matched with a Pen Pal, please let us know!

December also brings **Unibank's annual Giving Tree campaign**, for which we are truly grateful. This year's program will be virtual using UniBank's secure UniPay Online Payment system to collect donations through December 15. Anyone interested in donating can visit [www.unibank.com](http://www.unibank.com) to direct donations to the Upton Center which can be used to help Upton seniors.

We'd also like to give a huge shout out to all those in our community who help to brighten the lives of our seniors throughout the year. This includes our volunteers and local businesses and

 organizations such as the **Upton Men's Club** and the **Upton Bloomer Girls**. Thank you to the **Young Neighbors in Action** youth group of St. Gabriel's as well for the wonderful Christmas Cards they recently delivered with such heartfelt messages for our seniors. We look forward to sharing them with you throughout the month of December. Thank you to **Shaw's of Whitinsville** and the **Muffin House of Mendon** for their generous donations over the holidays as well.

We wish you all a wonderful holiday season and look forward to being back together again in the year ahead. In the meantime—we're only a phone call away if you need us. Happy New Year!

**Janice**

*The Upton Center will be closed on December 25 for Christmas and January 1 for New Year's.*

## 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. 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.

Thursday, December 3 at 9:15—Shaw's/Walgreens in Milford

Tuesday, December 8 at 1:00—Hannaford's in Uxbridge

Friday, December 11 at 9:15—Market Basket, Oxford

Wednesday, December 16 at 9:15—Shaw's/Job Lots/Walmart Loop , Northbridge

Tuesday, December 22 at 9:15—Market Basket, Hudson

Tuesday, December 29 at 9:15—Shaw's/Job Lots/Walmart Loop, Northbridge

## Monthly COA Board Meeting

**Monday, December 7 at 10:30**

Our monthly meeting will be held the first Monday of the month at 10:30. 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.

## Taming Your Mind Webinar

**Tuesday, December 8, 2:00—2:30**

When stress levels rise, our minds can become filled with worried, anxious thoughts. Mindfulness, the practice of focusing on the present moment, can quiet your mind and help you feel calmer. Join Certified Health Coach Janet Fontana for a session on a mindful breathing exercise and a five-minute sitting meditation. Discover ways to be more mindful throughout your day. We'll share resources for free mindfulness meditations. To register, visit [bcbsma.info/Dec8](http://bcbsma.info/Dec8).



## COUNTDOWN TO CHRISTMAS

### Special Treats to Make Your Holidays Sparkle!

We have lots of festive plans in place as we count down to Christmas to help add some sparkle to your holiday season!



## Holiday Recipe Swap

**Submit Recipes by December 10th**

Are you looking for some fabulous new holiday recipes? And do you have some favorite recipes of your own you are willing to share? If so—our holiday recipe swap is just the thing for you! Just email, drop-off or mail us a copy of up to three of your favorite holiday recipes by **December 10**. We'll compile everything we get and distribute a copy to each person who has shared a recipe!



## Coffee & Donuts to Go

**Friday, December 4, Pick-up 9:30-10:00**

Come enjoy some delicious coffee and donuts to get yourself in the holiday spirit! We can't gather together at the Center to eat our donuts just yet, but we're happy to provide your treats to go at no charge. Please call us by **December 2** to let us know if you'd like to participate.



## Gingerbread Men & Hot Cocoa to Go

**Friday, December 11, Pick-up 1:00—1:30**

What better way to get yourself in the holiday spirit than to enjoy a delicious gingerbread man with a cup of hot cocoa?! Give us a call by **December 7** if you'd like to receive this free treat to go to enjoy back home.



## Holiday Dinner to Go from Oliva's

**Friday, December 18, Pick-up 12:45-1:15**

Let's celebrate the holidays! Even though we can't share a meal together just yet, we'd like to treat you to a delicious feast for the holidays at no charge. This year we've ordered a festive Italian dinner from Oliva's in Milford! Thank you to Senator Moore for his donation towards the meal. You won't be able to stay, but we'll have some live piano music for you to spread some holiday cheer as you pick up your meal. Please call by **December 14th** to register. HAPPY HOLIDAYS!!

## New Year's Muffin House Muffins to Go!

**Thurs., December 31, Pick-up 10:00—10:30**

Join us as we ring in the New Year a little early on Facebook Live with coffee and some fantastic muffins from the Mendon Muffin House! If you haven't had a giant Mendon House muffin before, you're in for a real treat! Please RSVP by Dec. 28 so we can be sure to have enough muffins on hand. Then plan to stop by anytime from 10—10:30 on New Year's Eve so we can bid a (not so) fond farewell to 2020 as you pick up your treat to go! **Thank you Muffin House Café!**



## Holiday Horse Parade

Sunday, December 13, 1:00—3:30

The Stone Arbor Farm in Upton will be holding a holiday horse parade on the streets of Upton to spread some holiday cheer! The parade will start at Millhaus Apartments and proceed to Coach Road. You are invited to watch street side. Covid restrictions apply. Bring your holiday spirit!

## Holiday Gift Exchange to Go & Virtual Christmas Party!

Tues., December 23, Pick-up 12:30—1:00, & Zoom at 1:30

The holidays are going to look a bit different for all of us this year. But we can still find ways to get creative and have some fun! This year we'll be holding a REAL gift exchange, along with a VIRTUAL Christmas Party on Zoom!

Here's how it will work....Those of you interested in participating in our holiday gift exchange can bring a new, wrapped gift valued at about \$10 to the Center anytime during the week of Dec 16—20. We'll leave the gifts untouched until Tuesday, December 23

when it's time for our virtual party. On Dec 23 we'll set aside one of the gifts with your name on it, along with some treats courtesy of Shaw's of Whitinsville, which you can pick up between 12:30 and 1:00. Head home to enjoy your gift and treats on your own or—better yet—log on to our Zoom call at 1:30 so that we can open our packages together and enjoy some other holiday fun! Let us know by Dec 21 if you plan to Zoom with us. If you don't know how to Zoom—let us know in advance and we have a volunteer who can help get you all set up. Whether you're up for Zooming or not—it'll still be a fun way to share some holiday spirit. Join us!

## Shopping Rights Webinar

Thursday, December 10 at 10:00



With all the holiday shopping going on at this month, it's important to be an educated consumer. Robin Putnam from the Office of Consumer Affairs & Business Regulation will present on expressed and implied warranties, return policies, defective merchandise, pricing discrepancies, and shopping online, by mail or on TV. Please call the Center by Dec. 8 to register and we will send you the Zoom link or phone number.

## Boosting Your Immune System Webinar

Tues., Dec. 15 at 7 pm; Also airing on Upton Cable

Join Registered Dietician Tricia Silverman live on Zoom, Dec. 15, or watch the recording on Upton Cable TV Channel 192 Dec. 21-27 at 10 am. She will share a variety of practical nutrition and wellness strategies to keep your mind and body functioning at its best. Tips include learning how to eat a rainbow of fruits and vegetables, practical shopping tips, learning why sugar may work against your immune system, how meditation can help boost your immune system, and more! The program is supported by the Upton Cultural Council. Register at: <https://www.triciasilverman.com/registerupton>

## BP Checks & Flu Shots

Wednesday, December 30 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 Dec. 28 to register. 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.

## Holiday Craft Kits to Go

Betty Brault will be preparing an ornament craft to go for December. All you need to do is call to let us know if you're interested by December 7th, and we'll be in touch to get the kit to you. The free kit will contain everything you need to do the craft on your own.



Fridays at 12:30, and New Years Eve at 10:00!

We'll continue to go LIVE on Facebook Fridays throughout December at 12:30 (except Dec. 25). We'll be Live on New Year's Eve at 10 am too! Join us for some updates and some laughs 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, we'll save the videos on our FB page so you can watch anytime.



## 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 stay in touch by mail? We've had a nice donation of holiday cards and we'd love to share them with you. Let us know if you're interested and we'll put together an assortment that you can pick up here at the Center.

## Birthday Wishes

Calling all December 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 December 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!!



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](mailto:idophotos2@yahoo.com).



## Scavenger Hunt Winner

Congratulations to **Nancy Rose** who was the winner of our gratitude scavenger hunt drawing in November! Thank you to all who participated! We hope it gave you an "attitude of gratitude", despite all the craziness of 2020!

## SOCIAL SERVICES CORNER Medicare Open Enrollment

Medicare Open Enrollment ends **December 7th**. This is an opportunity to review and make changes to your plan for 2021. It is important to review your options **EVERY** year for the plan that works best for you. Please be sure that your providers are covered in the plan's network before you change to a different Medicare plan, and be sure your medications are covered as well. A SHINE counselor can assist you in reviewing your options and choosing the best plan based on your needs. To connect with a SHINE Counsellor, call the Upton Center at 508-529-4558 or contact SHINE directly at 1-800-243-4636. SHINE appointments are currently being conducted by phone, Zoom, or Google Meet. For more information, visit [www.shinema.org](http://www.shinema.org).

### SMOC Fuel Assistance

The SMOC heating assistance program helps income eligible households pay a portion of their heating costs. Those who received assistance last year through SMOC may have already received a re-certification application in the mail. You can complete it, attach the required documentation 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. You may also contact 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. 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.

### Tenant Resources



The Mass. Eviction Moratorium expired on October 17, 2020. Community Legal Aid works with individuals and families facing the possibility of eviction and homelessness. For information on tenant resources, including financial and legal support, please contact the Upton Center.

### 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.



### Wish List

We'd love some low denomination gift cards (\$20 or less) for area stores to help our seniors out over the holidays. Call us at 508-529-4558 if you'd like to make a donation!

## COMMUNITY CORNER

### RMV's Senior Days

The Registry of Motor Vehicles is providing "Senior Days" for customers age 75+ whose licenses expire in November and December. Mass. Law requires drivers who are age 75+ to renew in person. The RMV will designate Wednesdays in Nov. and Dec. at 17 RMV Service Centers (including Worcester) to serve these customers in order to provide a safer space for customers to visit. A reservation is required. License and ID renewal appointments are also available at other open RMV Service Centers that offer general appointments to the public. Select Renew My Driver's License or Mass ID option on the Make/Cancel a Reservation at [www.Mass.Gov/RMV](http://www.Mass.Gov/RMV) to view availability and make a reservation at one of these locations. A renewal letter has been sent to eligible customers who currently hold a driver's license or ID card expiring in December. If you are a AAA member, you may make a reservation to renew your driver's license/ID at a AAA location by visiting [www.aaa.com/appointments](http://www.aaa.com/appointments). If you are not a AAA member, visit [Mass.Gov/RMV](http://Mass.Gov/RMV) to make a reservation to renew at an RMV Service Center. Select the "Seniors License Renewal" option on the "Make/Cancel a Reservation transaction". You may also email the RMV for assistance to renew at [MassDOTRMVSeniors@dot.state.ma](mailto:MassDOTRMVSeniors@dot.state.ma) or call the RMV at 857-368-8005.

### Hearing Loss Resources

The Hearing Loss Association of America (HLAA) has a virtual event coming up on Saturday, December 5 at 4pm. HLAA's Boston Chapter will be holding a virtual meeting to discuss tools to help you live with hearing loss. Bring and share a favorite device that helps you with safety, stress, and relates to hearing loss. Join the Zoom Meeting at: <https://newton-k12-ma-us.zoom.us/j/83583808626>. You can also view recordings of past Hearing Loss virtual meetings at: <https://www.hearingloss.org/hearing-help/communities/hlaa-national-virtual-meetings/>

### Upton Library Services

Just a friendly reminder that the Upton Library has reopened for browsing, checkouts, and hold pickups. Please contact the library for their latest hours. 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.

### Where's the Ornament?

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



# Tri-Valley, Inc. - December 2020

Monday	Tuesday	Wednesday	Thursday	Friday	
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	1  Vegetable Cheese Bake Seasoned Potatoes Mixed Vegetables Fresh Fruit Italian Bread Cal: 830 Na+: 674mg	2  Chicken Milano* Wild Rice Spinach Peaches Pumpernickel Bread Cal: 730 Na+: 1163mg	3  Salisbury Steak Gravy Garlic Mashed Potatoes Glazed Carrots Cookie Sandwich Roll Cal: 869 Na+: 1071mg	4  Fish with Crumb Topping Rice Pilaf California Blend Vegetables Butterscotch Pudding SF = Vanilla Pudding Marble Rye Bread Tartar Sauce Cal: 744 Na+: 970mg Diet Cal: 706 Na+: 848mg	<b>Na+</b>  303 Rice Pilaf California Blend Vegetables Butterscotch Pudding SF = Vanilla Pudding Marble Rye Bread Tartar Sauce <b>Na+</b>  303
7 Chicken Picatta Seasoned Rice Herbed Broccoli & Carrots Lemon Pudding Diet = SF Tapioca Pudding Pumpernickel Bread Cal: 750 Na+: 996mg Diet Cal: 700	8  Meatballs with Onion Gravy Bowtie Pasta Chuckwagon Corn Fruited Ambrosia Peasant Bread Cal: 705 Na+: 456mg	9  Macaroni & Cheese Stewed Tomatoes Green Beans Cookie Italian Bread Cal: 803 Na+: 913mg	10  Marinated Pork Loin Herbed Stuffing Winter Blend Vegetables Baked Cinnamon Pears Muffin Cal: 790 Na+: 1020mg	11  Chicken with BBQ Sauce Mashed Potatoes Glazed Carrots Fresh Fruit Whole Wheat Bread Cal: 695 Na+: 1151mg	<b>Na+</b>  320 Mashed Potatoes Glazed Carrots Fresh Fruit Whole Wheat Bread <b>Na+</b>  320
14 Beef Stew Rice Corn Niblets Pineapple Italian Bread Cal: 839 Na+: 489mg	15  Lasagna with Meatballs Green Beans Chocolate Pudding Diet = SF Chocolate Pudding Whole Wheat Bread Cal: 703 Diet Cal: 643 Na+: 958 mg	16  Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple Cal: 756 Na+: 661mg	17  High Sodium Meal Hot Dog* Baked Beans Mixed Vegetables Fresh Fruit Hot Dog Bun Mustard Cal: 807 Na+: 1312mg	18  Roast Turkey* Gravy Mashed Sweet Potatoes Peas Fruited Ambrosia Pumpernickel Bread Cal: 741 Na+: 1186mg	<b>Na+</b>  683 Mashed Sweet Potatoes Peas Fruited Ambrosia Pumpernickel Bread <b>Na+</b>  683
21 Shepherd's Pie Carrots Peas Mixed Fruit Marble Rye Bread Cal: 796 Na+: 577mg	22  Chicken Cordon Bleu* Gravy Mashed Potatoes Roasted Broccoli & Carrots Cream Puff Italian Bread Cal: 849 Na+: 1117 mg	23  Beef with Onions & Peppers Potato Wedges Summer Corn Strawberries Sandwich Roll Cal: 784 Na+: 1129mg	24  Baked Potato with Chili & Cheese* Broccoli Sour Cream Vanilla Mousse Pumpernickel Bread Cal: 785 Na+: 1100mg	25  Christmas No Meal Served  Cal: 785 Na+: 1100mg	<b>Na+</b>  25
28 Chicken Mornay* Couscous Roman Blend Vegetables Tapioca Pudding Diet Tapioca Pudding Marble Rye Bread Cal: 753 Na+: 1139mg Diet Cal: 703 Na+: 1064mg	29  Meatloaf Gravy Garlic Mashed Potatoes Carrots Cookie Whole Wheat Bread Cal: 795 Na+: 854mg	30  Fish with Parmesan Cream Sauce Wild Rice Jardiniere Vegetables Fresh Fruit Pumpernickel Bread Cal: 761 Na+: 825mg	31  Roast Pork with Gravy Herbed Stuffing California Vegetables Cinnamon Pears Muffin Cal: 765 Na+: 1114mg	32  266 Na+ = Sodium mg = milligrams High Sodium Meal = >1200mg Breakdown includes 125mg Na+ for milk *Indicates higher sodium entrées >500mg Diet Cal: 703 Na+: 848mg	<b>Na+</b>  266

## MENU 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.

 Indicates meatless meal



# Christmas Word Search Puzzle

Courtesy of [Christmas-Projects.com](http://Christmas-Projects.com)



TYULETIDEMCHRISTMASLIGHTSPACBNG  
NSLIHAOAHVHSNBGESNOWFLAKEBDKHCI  
CRHDVGSCТИGNTOMOTATHREEWISEMEN  
STOYSYUHAOMEDHEWNUTCRACKERVFJWG  
CNLBJCMEYSNCBORNAMENTSUZSWIYZIE  
JOLLYARRRUDEHALGAKIGLYMOECRAEOCR  
ITYOJWADXNYEMISTLETOEOLSEHSLLEB  
NSCANDYCANESECDVFGRYPNDOPDURNSAR  
GOBPUACHRISTMASSTREEMNGLSTREMNGE  
LCSCROOGEBLNDYCAITNAIAGTREASTYA  
ETGTWDMBVSEULSEVNHCCECSFEKRECNAD  
BSNHIAEEFUITVCJRKTSIELUCDNHOIRM  
EILJRHTMRHGSCHAEEFEMASGEHOQUCOAIA  
LWKFUYZNERHCDISWBGRCEGVERNAKUKN  
LECAEPWVSAYVEQUJBTNALNNCSRSITAE  
SOOINREINDEERHSAOECARAHOEMOEAPV  
NHTNYEVXRNTNSUMEIKUOMCUECHVSARI  
LMSOGSAETAESPODYAVMWISIHSILESNIT  
CEDBUEUNATIVITYOFSOJACKFROSTUHS  
UOGBTNHCOEYKRMUTLNORTHPOLECFWRE  
PSWINTERSLTEISDYSPENSASWRUKRNAF  
IEFRESVOIWRSTZOMTCHLROUCLYMOIRC  
DKLTULMEUEPRANCEROGARLANDASETA  
JOSTVYAEAOUIHBNITREICTOE BWITYRG  
NAPWEFRXDELCMZEPALRANEZVOXTYNOJ  
CHRISTMASDINNERCDEFBLITZENDFIMK

Angels	Bells	Blitzen	Bow	Candles
Candy Canes	Cards	Carols	Cheer	Chestnuts
Chimney	Christmas Dinner	Christmas Lights	Christmas Tree	Church
Comet	Cookies	Cupid	Dancer	Dasher
Donner	Elves	Family	Festive	Fireplace
Frosty	Garland	Gingerbread Man	Holidays	Holly
Ivy	Jack Frost	Jesus	Jingle Bells	Jolly
Joy	Manger	Merry	Mistletoe	Nativity
Noel	North Pole	Nutcracker	Ornaments	Peace
Prancer	Presents	Reindeer	Ribbon	Rudolph
Santa Clause	Scrooge	Season	Sled	Sleigh
Snowflake	Snowman	Spirit	Stockings	Three Wise Men
Tinsel	Toys	Vixen	Winter	Wreath
Yuletide				