



The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

2 Farm Street, Upton, MA 01568, 508-529-4558 / 508-529-4559 / www.uptonma.gov

January 2021

Happy New Year to all! We know that 2020 was a challenging year for many of you. And while the holiday season is full of joy, we recognize that it can also be a stressful time for many people. We truly hope that the New Year will bring peace and joy for all of you!

Here at the Upton Center, we have experienced challenges in the past year as well. Never would we have imagined that our doors would remain closed for so long. We really miss all of you! But despite the challenges, 2020 really did have some silver linings here at the Center. While we are always appreciative of the support we receive throughout the year, this community really outdid itself in December. As a result—we have many people to thank:

- To the Upton Grange members— thanks for your peanut butter and jam gift bags. They were adorable and such a nice treat for our seniors.
- To the Upton Arbor Farm— thank you for putting on such a wonderful Holiday Horse Parade on the streets of Upton for residents of all ages to enjoy. Many thanks to the Upton PD as well for helping to make it all possible.
- To Junior Scout Troop 64692— thanks for organizing a food drive to help restock our food pantry. How nice!
- To Jen Dwinnell and her neighbors on West River St. and Riverbend—thanks for the many personal gift items donated for our seniors over the holidays. How thoughtful!
- To the Upton Men's Club members who collected donations for the Salvation Army—We know you had some cold and rainy collection days, and we appreciate your willingness to help!
- To Dunkin Donuts of Upton, the Muffin House of Mendon, Red Barn Coffee Roasters and Shaw's of Northbridge—thanks for donating yummy treats for our December "to go" events!
- To St. Gabriel's Church and Unibank of Upton—for collecting donations on our behalf. We appreciate your help!
- To the Upton Bloomer Girls organization—for your continued commitment to assisting our seniors in need—you are truly making a difference!
- To the many residents and businesses that donated food, gift cards or money to the Center December—thank you! Please know that your donations are being put to good use assisting Upton residents in need of a little extra help this winter.

Be Prepared for Winter

The Disability Commission, in conjunction with Nipmuc Regional High School and the Upton Fire Department,



have flashlights and batteries available for seniors in the community. If you would like one

call the Center at 508-529-4558. If you are in need of anything else to be prepared for the upcoming Winter, please contact Janice at the Center.

Nutrition Center Mgr.

Al Vautour

COUNCIL ON AGING MEMBERS

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Margaret Watson

And to all of our seniors, please don't hesitate to call if you need us. We are here for you and we look forward to the time when we can welcome you back!

Janice

*The Center will be closed on Friday, January 1 for New Year's Day
& Monday, January 18 for Martin Luther King Jr. Day.*

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.

Tuesday, January 5 at 9:15—Market Basket, Oxford

Friday, January 8 at 9:15—Shaw's/Walgreens in Milford

Wednesday, January 13 at 9:15—Shaw's/Job Lots/Walmart Loop , Northbridge

Tuesday, January 19 at 9:15—Hannaford's in Uxbridge

Thursday, January 21 at 12:30—Market Basket, Hudson

Tuesday, January 26 at 9:15—Shaw's/Job Lots/Walmart Loop, Northbridge

Monthly COA Board Meeting

Monday, January 4 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.



Tea & Cookies to Go



Tuesday, January 12, Pick-up 12:30—1:00

Come pick up a treat to go in honor of "National Tea Day"! We'll have a variety of teas on hand along with some delicious cookies. Stop by to pick up this delicious treat to enjoy back at home. No fee. Please call by Jan. 9 to register.



Craft Kits to Go

Betty Brault will be preparing another creative craft kit to go for January. She always comes up with something great, and provides everything you need to do the craft on your own. All you need to do is call to **let us know if you're interested by January 15th**, and we'll be in touch to get the kit to you.

Join the Upton Reads Book Group

2nd Tuesday of each month, 12:45—1:30 or

2nd Thursday of each month, 6:45—7:30 pm



Do you have a resolution to read more in 2021? What better way to stick to your resolution than to join the Upton Library's "Upton Reads" Book Group! A new book is chosen monthly and ordered for you at the Upton Library. The group meets the 2nd Tuesday of each month from 12:45—1:30, and the 2nd Thursday of each month from 6:45 – 7:30 pm for a casual discussion of that month's book led by Library staff. Choose whichever time works better for you. The group is open to all adults and is currently meeting via Zoom, but will eventually return to in person meetings at the Upton Library at these same times. The book list can be seen at <http://www.uptonlibrary.org/p/upton-reads.html>. For more details or to register, please call Sue Pfeiffer at the Upton Library (508-529-6272) with any questions or to sign up.

Podiatrist Appointments

Thursday, January 14, 9:30—12:00



Dr. Biancamano will be here to hold appointments at the Center from 9:30—12:00. Please call the Center by **January 8** 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.

2021 Dinner to Go from Oliva's

Friday, January 22, Pick-up 12:15-1:15

Last month's snow storm caused us to postpone our Holiday Dinner from Oliva's, but don't worry—we've rescheduled! We'll make it a 2021 Dinner to Go instead to celebrate



all the good things that the new year has in store for us! Even though we can't share a meal together just yet, we'd like to treat our seniors to this delicious Italian feast at no charge. Many thanks to Senator Moore and Representative Muradian for their donations towards the meal. Please note that we've scheduled a one hour window for the pick-up time so you can socially distance as you get your meal to go. If you had called to register for the December meal, then we have notified you of the date change and added you to our list for January 22 already. Anyone else interested must call us to register by **January 13th**.

Online Safety Webinar

Monday, January 25 at 10:00



Learn how to stay safe online with this important presentation by Robin Putnam from the Office of Consumer Affairs & Business Regulation. Robin will cover how to be safe online whether it be on your smart device, social media or online banking, along with phishing emails, and general protection from scams and identity theft. Please call the Center by Jan. 20 to register and we will send you the virtual link or phone number.



BP Checks & Flu Shots

Wednesday, January 27 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. 25** 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.



Chocolate Cake to Go!

Wednesday, January 27, Pick-up 1:00—1:30

Take your cake and eat it too! We'll supply the yummy cake and milk to go with as a special treat in honor of "Chocolate Cake Lovers Day"! Please call by **Jan. 22** to register. No fee.

Facebook Fridays with Special Guests!

Fridays at 12:30

We'll continue to go LIVE on Facebook Fridays throughout January **at 12:30** (except Jan. 22 due to our Oliva's Meal to Go). Join us for some updates and some laughs. This month we'll be featuring the following special guests who are anxious for you to tune in so they can catch up with you again!

Friday, January 8—Wendy Reid will join us on Facebook Live to share some exercises you can do from home and to introduce you to her new doggie!

Friday, January 29—Robin Natanel will join us on Facebook Live to share tips on mindfulness and meditation techniques that can help you through the pandemic.

Remember—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.

Birthday Wishes

Calling all January 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 January 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!!



Mather Telephone Topics

Mather's Telephone Topics has a host of new programs coming in January. So why not learn something new this month?! There's 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. Topics range from exercise programs to music, storytelling and more. Visit www.mather.com for their current topics and schedule.



Tax Appointments

It's almost that time of year again!....We are working with AARP tax preparers in an effort to offer tax preparation services at no charge once again this year. The process will be a bit different this year in light of the pandemic. Details are still being finalized. We'll post more information just as soon as possible. Please call to let us know if you'd like us to call you once we have an update.



Exploring Art & Culture

Why not travel the world (from home!) during the pandemic?! There are so many amazing resources online these days. For instance, you can explore a museum from home, learn more about historical events and people, and more by visiting www.artsandculture.google.com It's a great way to explore the world without ever having to leave your home!

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. Give us a call if you'd like some help!



Congratulations to Our Winners

Congratulations to **Barbara Smith, Jo McLaughlin, Maryann Cataldo, Agnita Knott, Ralph Fantini, Leo Lamanuzzi and Paula Lepore** who were the lucky winners of a variety of gift cards and prizes given out in December. Each of them qualified to win by attending one of our "to go" events. We hope you'll join us for some of the January "to go" events for your chance to win!



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.



Upton Library Services

The Upton Library is closed for in person browsing at this point, but items can be requested and picked up in their no-contact room. Please check the Library website or call 508-529-6272 for their latest hours and status or for help with library services, including printing, copying, scanning or faxing documents. Millhaus residents have the option to call and arrange to pick up books at the Upton Center on Wednesdays.



Riddles

See answers on the next page of newsletter

- 1) What's never used until it's broken?
- 2) What can you swallow that can also swallow you?
- 3) What runs all around a back yard, but never moves?
- 4) The more of these you take, the more you leave behind. What are they?

SOCIAL SERVICES CORNER



Medicare Open Enrollment

Medicare Open Enrollment ended **December 7th**. 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.

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 should 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



Here are a few items we could use in our food pantry: cereal, canned fruit, sugar free jello mix, small baking mixes, small canned hams or canned chicken (we have plenty of tuna).

Please call us at 508-529-4558 to arrange a time for drop-off if you'd like to make a donation. Thank you!

COMMUNITY CORNER

A Christmas Carol

The Hearing Loss Assoc. of America reports that you can register for the link to the Trinity Rep's online performance of *A Christmas Carol* using one of the links at www.trinityrep.com/carol. The performance is free. Those who register can watch the hour-long video anytime and as many times as they want between noon on **Dec. 17** and **Jan. 10**.

News from the Town Clerk on Census Forms & Dog Licenses

Town of Upton census forms will be mailed out in January. Please plan to return your census form in the enclosed envelope as soon as possible. If you have a dog, you can use the mail in license form to register your dog. Please note, Town Hall is closed to the public. Residents can drop off their census (dog licensing) forms in the black drop box located in the parking lot.

Dementia & Caregiver Support

The Alzheimer's Association is offering 6-8 week **support groups** which are available by phone and/or videoconferencing in January and February. Support groups can be a lifeline for people living with Alzheimer's disease and their caregivers. They're also offering a variety of **virtual education programs** throughout January. For further details or to register, call 800-272-3900. They've also developed a **COVID-19 testing tip sheet** in collaboration with MCOA and EOEA for people living with dementia which can be found at <https://www.alz.org/media/manh/documents/COVID-Tips-COVID-Testing-Final.pdf>

Upton Men's Club Ice Out

The Upton Men's Club Ice Out Fundraiser is back! The familiar snowman with timing device will be placed on the pond once it freezes. Individuals 18 years or older can purchase tickets through a Men's Club member or online at UptonMensClub.org to guess the month, day, hour and minute that the timer will fall through the ice. The winner will receive a minimum of \$500 in prizes. Proceeds support the Men's Club efforts in town.

Where's the Penguin?



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



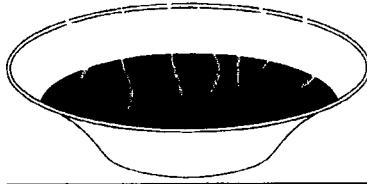
Answers to Our Riddles

1) An egg 2) Water 3) A fence 4) Footsteps



Tri-Valley, Inc. - January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Menus are Subject to Change</u>				
<p>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.</p> <p>*Indicates higher sodium entrees >500mg</p> <p>High Sodium Meal = >1200mg</p> <p>mg = milligrams</p> <p>Breakdown includes 125mg Na+ for milk</p> <p> Indicates meatless meal</p>	<p>Dudley 508-949-6640, Franklin 508-520-1422, Milford 508-478-8102, Northbridge 508-234-2002, Southbridge 774-289-9438, Spencer 508-385-5767, Sturbridge 508-347-5063, Sutton 508-234-0703, Upton 508-529-9094, Uxbridge 774-482-6174, West Brookfield 508-867-1411</p>	<p>1 New Year's Day No Meal Served</p> <p>HAPPY NEW YEAR</p>		
4 Swedish Meatballs Garlic Mashed Potatoes Peas & Carrots Fresh Fruit Pumpernickel Bread	5 Garlic Herbed Chicken Cornbread Stuffing Roasted Broccoli Lorna Doone Cookies Whole Wheat Bread	6 Stuffed Pepper Casserole Mashed Potatoes Carrots Vanilla Pudding Diet = SF Vanilla Pudding Peasant White Bread	7 Potato Crunch Fish Wild Rice Mixed Vegetables Tartar Sauce Pineapple Marble Rye Bread	8 Pork Rib-i-que with BBQ Sauce Macaroni & Cheese Green Beans Fruited Ambrosia Sandwich Roll
Cal:725 Na+:700mg	Cal:753 Na+:1026mg	Cal:767 Diet:Cal:697 Na+:786g Na+:741mg	Cal:725 Na+:904mg	Cal:790 Na+:1148mg
11 Chicken Pot Pie Mashed Potatoes County Blend Vegetables Apple Cinnamon Grahams Biscuit	12 Sloppy Joes* Steak Cut French Fries Jardiniere Vegetables Fresh Fruit Sandwich Roll	13 Fish with Crumb Topping Lemon Seasoned Rice Roasted California Blend Chocolate Pudding Diet = SF Choc. Pudding Marble Rye Bread	14 Baked Virginia Ham* w/ Pineapple Cherry Sauce Mashed Sweet Potatoes Peas Baked Cinnamon Pears Dinner Roll	15 Chicken Cranberry Salad Pasta Salad Three Bean Salad Strawberries Pumpernickel Bread
Cal:770 Na+:878mg	Cal:714 Na+:1119mg	Cal:764 Diet:Cal:704 Na+:736mg Na+:726mg	Cal:672 Na+:1125mg	Cal:807 Na+:695mg
18 Martin Luther King Day No Meal Served <i>I have a dream!</i>	19 HIGH SODIUM DAY Hot Dog* Baked Beans Mixed Vegetables Fresh Orange Hot Dog Bun Mustard	20 Ranch Chicken* Rice Pilaf Spinach Oreos Marble Rye Bread	21 Spaghetti & Meatballs Green Beans Pear Crisp Diet = Pears French Bread	22 Braised Beef Gemelli Pasta Broccoli Peaches Italian Bread
Cal:791 Na+:1310mg	Cal:719 Na+:1107mg	Cal:825 Diet:Cal:708 Na+:590mg Na+:546mg	Cal:822 Na+:446mg	Cal:728 Na+:761mg
25 Chicken Pesto* Red Bliss Potatoes Scandinavian Vegetables Fresh Fruit Corn Muffin	26 HIGH SODIUM MEAL Burger with Chili & Cheese Green Beans Sweet Potato Fries Strawberries Sandwich Roll	27 American Chop Suey* Broccoli & Red Peppers Bread Pudding Italian Bread	28 Roast Pork Loin with Gravy Mashed Potatoes Brussels Sprouts Cheesecake Mousse Marble Rye Bread	29 Frittata O'Brien Potatoes Stewed Tomatoes Mixed Fruit French Bread
Cal:770 Na+:830mg	Cal:830 Na+:1396mg	Cal:688 Na+:1197mg	Cal:728 Na+:1093mg	Cal:727 Na+:761mg



January is “National Soup Month” and what’s better than a bowl of hot soup to warm you up on a cold winter day!

Be sodium savvy. If making your own soup, start with a low-sodium broth, stock, or soup base for the foundation. Experiment with flavorful herbs and spices, in place of salt, to add depth of flavor.

Make healthier choices when buying soup. Use the *Nutrition Facts Label* to help you choose soups with low sodium. Foods with less than 140 milligrams (mg) of sodium per serving can be labeled as low-sodium foods. Claims such as “low in sodium” or “very low in sodium” on the front of the food label can help you to identify foods that contain less salt.

Know your serving size. Most cans/cartons contain more than 1 serving, so be aware of how much you are eating! If it says 3 servings per can and you eat the whole can, you’ll have to multiply what’s on the *Nutrition Facts Label* by 3!

Make some healthy additions. Look for soups with at least 4 grams of fiber per serving or boost the fiber and nutrient content yourself by adding some fresh, frozen, or leftover veggies to your soup as it cooks.

Best Bites. Avoid soups made with cream or cheese. Instead look for nutritious ingredients like kale, chickpeas, lentils, spinach, beans, quinoa, barley, brown rice and other vegetables and whole grains to boost the protein, fiber and nutrient profile of the soup.

Other Tips:

- Sodium is an essential nutrient. It is important for many body functions, but we are eating too much of it. The *Dietary Guidelines for Americans* recommends limiting sodium intake to less than 2,300 mg per day – that’s equal to about 1 teaspoon of salt!
- Approximately 75% of our sodium intake comes from eating packaged or restaurant meals. Cooking at home & eating less processed foods can help us lower our sodium intake. When eating out, ask for your meal to be prepared without salt and request sauces and dressings to be served on the side.
- Potassium rich foods can help reduce the effects of a high sodium intake. Include bananas, potatoes, spinach, tomatoes and dark leafy greens in your diet more often.

Source: Adapted from Lisa Frazee-Castle, PhD, RD, University of Nebraska-Lincoln, *Healthy Bites Newsletter*, <http://food.unl.edu/healthy-bites-january-national-soup-month> Jan. 2006 and FDA. Sodium, <http://www.fda.gov/nutritioneducation>

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