



The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

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

February 2021

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February is here and it is known as a month to celebrate love and friendship. So we've come up with some fun "Celebrations to Go" throughout the month that will help brighten your days! Read on for details of our Chinese New Year, Valentines, and Mardi Gras celebrations to go and more. We'll stagger our pick-up times so that we can share these to go kits with you safely as we all do our best to stay well throughout this pandemic.



February is also **American Heart Month!** It's a time to motivate Americans to adopt healthy lifestyles to prevent heart disease. Focusing on your heart health has never been more important, particularly since people with poor cardiovascular health are also at increased risk of severe illness from COVID-19. Research shows that we're more successful at meeting personal health goals when we join forces with others. When we take care of our hearts as part of our self-care, we set an example for others to do the same.

In order to inspire and motivate yourself and those you love to make heart health a regular part of your self-care routine, we've included some inserts in this month's newsletter. Our **"28 Days Toward a Healthy Heart"** challenge is full of great suggestions to try each day of the month. Visit the website shown at the bottom of the insert for additional details on the daily tips provided. We've also enclosed a **Pocket-sized Guide to Heart Attack & Stroke** which outlines warning signs and actions to take in each case. We hope you'll keep it on hand and review it often.

We plan to reschedule the events that we had to postpone in January due to the pandemic, including our Olivia's meal to go, just as soon as we're safely able to do so. Please watch future newsletters for updates and remember to call and register for programs of interest so that we can keep you posted on the latest status of events.

Please remember that, although our doors are closed to the public, we are here for you! Meals on Wheels, social services, van service, emotional support and the food pantry can all be accessed by reaching out to us at 508-529-4558. Take care and stay well. We'll get through this!

Janice



In honor of Black History Month, we'd like to share this excerpt from the City of Worcester's webpage: *The accomplishments of African Americans in every aspect of our society continue to encourage people to reach as far as their vision and dreams may take them. Black History Month helps to reinforce America's highest ideals, our respect for diversity, community and freedom. By celebrating this month, we reaffirm our commitment to build a society where every person has the opportunity to achieve the promise of this great country.*



Medical Reports Available

The Upton Library has obtained a new collection of **Harvard Medical School Special Health Reports** available for residents to borrow. We'll keep them here at the Upton Center to start with, and they will eventually move over to the Library.

Current topics on hand include: Cognitive Fitness, Improving Memory, Controlling Your BP, Healthy Eating, Living Better & Longer, Advance Care Planning, and Back Pain and Stretching. Call us at 508-529-4558 if you'd like to borrow any of them. Depending on the level of interest, the collection may be expanded by the Library.

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 pickup or 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, February 4 at 9:15—Shaw's/Job Lots/Walmart Loop, Northbridge
- Tuesday, February 9 at 9:15—Market Basket, Oxford
- Friday, February 12 at 12:30—Price Chopper, Hopkinton
- Wednesday, February 17 at 9:15—Shaw's/Job Lots/Walmart Loop, Northbridge
- Tuesday, February 23 at 1:00—Hannaford's in Uxbridge
- Thursday, February 25 at 9:15—Market Basket, Hudson

Planning for Medicare Webinar

Wednesday, February 17 at 1:00

If you're getting close to Medicare eligibility, this seminar is for you. Whether you are planning to retire or will continue to work, it's important to know your Medicare options. Did you know that missing your Medicare enrollment deadlines could cost you money? Medicare can be confusing, so this seminar was designed to help you be confident you're making the right health coverage decisions. The presentation will be led by a knowledgeable Blue Cross Blue Shield of MA representative and will cover topics such as:

- Explanation of Medicare Parts A,B, and C
- Medicare enrollment timeline
- Medigap plans that help supplement Medicare coverage
- Medicare Advantage plans, such as HMOs and PPOs
- Medicare Part D prescription drug plans
- Plans available to early retirees, such as COBRA

Please call the Center by **Friday, February 12** to register and we will send you the Zoom link to attend the webinar.



Monthly COA Board Meeting

Monday, February 1 at 10:30

Our monthly meeting is 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. Please contact the Center if you'd like to join us.

Tax Appointments



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 do not yet have exact appointment dates and times, but we expect appointments will begin in February. Please call to let us know if you'd like us to call you once we have an update.

Facebook Fridays with Special Guests!

Fridays at 12:30

We'll continue to go LIVE on Facebook Fridays throughout February **at 12:30**. 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, February 12**—Reverend Helen Morin will join us on Facebook Live to talk about the benefits of Tai Chi and to share details on how to take part in her free online classes during the pandemic.
- **Friday, February 19**—Wendy Reid will join us on Facebook Live to share some heart healthy exercises you can do from home!
- **Friday, February 26**—Robin Natanel will join us on Facebook Live to share tips on mindfulness and meditation techniques that can be helpful during a pandemic.

Remember—you do not need to have a Facebook account to tune in. 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.



BP Checks & Flu Shots

Wednesday, February 24 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 Feb. 22** 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. Please call the BOH at 508-529-3110 if you'd like to schedule an appointment there.

Celebrate!

We may not be able to gather together at the Center just yet, but we're determined to help brighten your days in February with some fun celebrations to go! Please call to register. We have staggered the pick up times to help everyone stay safe.



Chinese New Year to Go

RSVP by Feb. 3rd & Call to Pick-up February 5th

Right about now we're *all* excited about celebrating the fact that 2020 is behind us and a new year is finally here! Chinese New Year 2021 falls on Friday, February 12th, marking the transition between zodiac signs. In Chinese astrology, each year is represented by an animal. 2021 is the year of the Ox, which you'll be happy to learn is predicted to be a lucky year! Let us know by Feb 3 if you'd like to receive our Chinese New Year to go box which will include fun facts, trivia and treats to help you celebrate!



Valentines Celebration to Go

RSVP by Feb. 8th & Call to Pick-up Feb. 10th-12th

Love is in the air this month! Let us help you celebrate Valentines Day with a fun celebration to go complete with Valentines fun and games and of course some sweet treats to help you feel LOVED! We'll even include some Valentines for you to send to your loved ones to help spread some love this year!



Mardi Gras Celebration to Go

RSVP by Feb. 8th & Call to Pick-up Feb. 10th-12th

Mardi Gras falls on Tuesday, February 16th. They won't be holding the typical celebrations in New Orleans this year, but that doesn't mean we can't help you celebrate in style from home! Let us know if you'd like to pick up some fun facts about Mardi Gras along with your own beads, mask, and more to get you in a festive frame of mind! We'll even include some treats to help you honor the day's nickname of "Fat Tuesday"!

"Spring is Coming"

Craft Kits to Go



RSVP by Feb. 15 and Call to Pick-up Feb. 24th-26th

This month, Betty Brault will be preparing a craft kit to go that will help you celebrate the coming of Spring!!! As always, she'll provide detailed instructions and everything you need to do the craft on your own. Please call to register **by February 15th**.



Birthday Celebrations

Calling all February 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 February 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!!



Upton Library Services

The Upton Library is closed for in person browsing at this point. Curbside pickup hours have expanded. The new hours are Tues., Wed., Thurs. 10-8, Fri. and Sat. 10-4. They do not have an anticipated date for re-opening for browsing. They are providing curbside pickup of items, along with no-contact printing, copying, scanning and faxing services. Please check the Library website or call 508-529-6272 for the latest hours and status or for help with library services. Millhaus residents can call and arrange to pick up books at the Upton Center on Wednesdays.

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. See the prior column of this newsletter for details on Reverend Helen's Facebook Live visit with us in February!



Flashlights Available

Students from Nipmuc's National Honor Society have donated a supply of flashlights, chargers and batteries for our seniors. Give us a call at the Center if you are in need of any of these items. Thank you to the Disability Commission for organizing this collection in conjunction with Nipmuc and the Upton Fire Department.



Sheriff Department Donations

The Worcester County Sheriff's office recently donated gift bags for our seniors which include hand sanitizer, a cloth face mask, tissues and a sweet treat. Please call us if you'd like one. We are thankful for their generosity!



Thank you to the following groups and individuals who have helped us out over the past month:

- Mount Saint Charles student **Carolyn Acker**—for the thoughtful letters she has written to our seniors.
- **Michelle Arthur** & her "Fit Life in Leggings" exercise group—for a generous donation of food and gift cards.
- Many town **residents**—who have donated food, gift cards, money, and in some cases their stimulus checks to our food pantry or Neighbor to Neighbor program.

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. Anyone in need of assistance for housing, utilities, heat, food, prescriptions, or medical expenses can refer to the Town of Upton website or call Janice Nowicki at the Upton Center at 508-529-4558 for further information.





SOCIAL SERVICES CORNER

SHINE Information

People who are currently enrolled in a Medicare Advantage (MA) plan have until March 31 to switch to another MA plan or to Original Medicare with or without a stand-alone prescription drug plan (Part D) during the Medicare Advantage Open Enrollment Period (MA OEP). The MA OEP occurs each year from Jan. 1 through March 31, and it is only available to people who have a Medicare Advantage plan. One change can be made during this period, which will take effect the first of the month following the month you enroll. To connect with a SHINE Counsellor for health insurance information, call the Upton Center at 508-529-4558 or contact SHINE directly at 1-800-243-4636 (then press or say 4), or email info@shinema.org or visit www.shinema.org. SHINE = Serving the Health Insurance Needs of Everyone. SHINE Counsellors provide unbiased, confidential counseling on all aspects of Medicare, related private insurance products and financial assistance programs.

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.

Wish List



We are in need of the following items for our food pantry: Cereal, canned fruit, apple sauce, small packages of nuts, granola bars, cracker packs, small canned hams or canned chicken, 100% juice, pasta sauce, soup, jelly, tissues, individual rolls of toilet paper and paper towels, and toothpaste.

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

Census Forms & Dog Licenses

Town of Upton census forms were mailed out in January. If you have not done so, please return your census form in the envelope that was enclosed with the form 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.

EBT Card to Culture Organizations

The Department of Transitional Assistance (DTA) assists low-income individuals and families with direct economic assistance (cash benefits), food assistance (SNAP benefits), and workforce training. But did you know that DTA clients can also receive **discounted admissions** to many area museums and cultural institutions by showing their EBT card? For more information about specific discounts available, visit <https://www.mass.gov/ebt-card-to-culture>

Winter Driving Tips

When weather conditions change, we need to change our driving habits as well. If you must drive on snowy or icy days, visit AAA's website for tips to stay safe this winter at: <https://exchange.aaa.com/safety/driving-advice/winter-driving-tips>

Connecting Seniors with Phone Calls & Shoveling Assistance

TriValley Inc. is offering a **Virtual Neighbor Program** which is open to any senior who would like to connect with a volunteer for friendly conversation. TriValley is also working to connect seniors aged 60 and older with volunteers to help with their snow removal to create a path allowing people to get in and out of the senior's house safely. The volunteer would shovel for that same resident after each snowstorm. Teenagers are welcome to help out with a parental waiver completed. If you'd like to receive help through these programs, call Joanna Braley at TriValley at 508-949-6640, ext. 3031. If you'd like to volunteer, call Joanna or sign up online at www.trivalleyvolunteers.org

Where's the Happy Heart?

Congratulations to **Marie Lamanuzzi** who was our lucky winner last month. Although we need to confess—she didn't actually find our hidden penguin. And that's because we forgot to hide it—sorry about that! This was a first for us—we sent you hunting for something and then did not include it! We figured we'd confess here in hopes that you would get a good chuckle out of that. Marie was the first to let us know the penguin was missing in action—so we feel that she earned the prize :) This time we promise we've truly hidden a little smiling heart. Can you find it? If so, call the Center and be entered to win a prize!

28 Days Toward a Healthy Heart

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

#OurHearts

are healthier together



Day 1
Call a friend and join the #OurHearts movement.



Day 3
Schedule your annual physical. Discuss your heart health goals with your doctor.



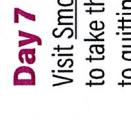
Day 4
Squat it out. Do 1 minute of squats.



Day 5
Sport red today for National Wear Red Day.



Day 6
Make today a salt-free day. Use herbs for flavor instead of salt.



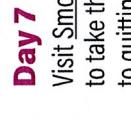
Day 7
Visit Smokefree.gov to take the first step to quitting smoking.



Day 8
Get your blood pressure checked.



Day 9
Walk an extra 15 minutes today.



Day 10
Aim for 30 minutes of physical activity today.



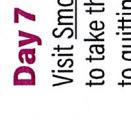
Day 11
Plan your menu for the week with heart-healthy recipes.



Day 12
Reduce stress using relaxation techniques.



Day 13
Give the elevator a day off and take the stairs.



Day 14
Protect your sweetieheart's heart. Plan a heart-healthy date.



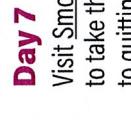
Day 15
Swap the sweets for a piece of fruit for dessert.



Day 16
Stress less. Practice mindful meditation for 10 minutes.



Day 17
Head to bed with enough time to get a full 7-8 hours of sleep.



Day 18
Add a stretch break to your calendar to increase your flexibility.



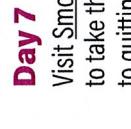
Day 19
Eat vegetarian for a day.



Day 20
Share a funny video or joke that makes you laugh.



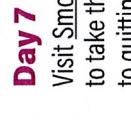
Day 21
Dance for 15 minutes to your favorite music.



Day 22
Call a relative and ask about your family health history.



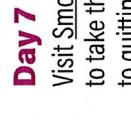
Day 23
March in place during commercial breaks to get your heart going.



Day 24
Get a tape measure and find out the size of your waist.



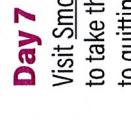
Day 25
Ask a family member or neighbor to join you for a walk.



Day 26
Fill half of your lunch and dinner plates with vegetables.



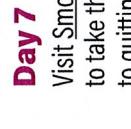
Day 27
See how many push-ups you can do in 1 minute.



Day 28
Pay it forward and tell a friend about *The Heart Truth*®.



Day 29
Get active with the National Heart, Lung, and Blood Institute.



Day 30
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Day 31
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Day 32
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Day 33
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Day 52
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Day 54
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Day 55
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Day 81
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Day 82
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Day 83
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Day 84
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Tri-Valley, Inc. - February 2021

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Shepherd's Pie Carrots Peas Apple Cinnamon Grahams Pumpernickel Bread	Na+ 267 53 58 85 135	Potato Crunch Fish Potatoes Au Gratin Mixed Vegetables Tapioca Diet = SF Tapioca Marble Rye Bread Tartar Sauce	Na+ 280 285 30 210 135 105 85	3 Chicken Cranberry Salad Pasta Salad Three Bean Salad Strawberry Fruit Cup Sandwich Roll	Na+ 229 172 32 2 290	4 HIGH SODIUM MEAL Turkey* with Supreme Sauce Cranberry Stuffing Roasted California Blend Pear Crisp Diet = Pears Italian Bread	Na+ 683 115 318 32 54 10 96	5 Meatloaf with Gravy Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit French Bread
	Cal:798	Na+:724mg Diet Cal:788	Na+:1120mg Na+:1045mg	Cal:874	Na+:850mg	Cal:788 Diet Cal:671	Na+:1424mg Na+:1380mg	Cal:752	Na+:637mg
8	Teriyaki Beef Steamed Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread	Na+ 438 100 16 0 0 138	Marinated Pork Loin Herbed Potatoes Honey Glazed Carrots Yogurt Marble Rye Bread	Na+ 400 7 69 50 105	10 Chicken Milano* Vegetable Couscous Spinach Peaches Pumpernickel Bread	Na+ 533 77 87 5 135	11 Salisbury Steak with Gravy Garlic Mashed Potatoes Corn Fresh Fruit Sandwich Roll	Na+ 240 82 107 5 0 290	12 Lasagna with Meatballs Green Beans Chocolate Mousse French Bread
	Cal:802	Na+:817mg	Cal:717	Na+:756mg	Cal:710	Na+:961g	Cal:880	Na+:849mg	Cal:671 Na+:1039mg
15	Presidents' Day No Meal Served	Na+ 548	Shaved Steak & Cheese* Steak Cut French Fries Carrots Fresh Fruit Sandwich Roll	Na+ 25 53 0 290	17 Vegetable Cheese Bake Seasoned Potatoes Green Beans Mixed Fruit Italian Bread	Na+ 416 7 0 20 96	18 HIGH SODIUM MEAL Chicken with BBQ Sauce Mashed Potatoes Country Blend Vegetables Lorna Doone Cookies Peasant White Bread	Na+ 320 391 107 22 147 142	19 Lemon Pepper Cod Rice Pilaf Roasted Broccoli Baked Apples Corn Muffin
		Cal:880	Na+:1042mg	Cal:822	Na+:664mg	Cal:711	Na+:1253mg	Cal:711 Na+:708mg	
22	Meatballs with Onion Gravy Bowtie Pasta Brussels Sprouts Vanilla Pudding Diet = SF Vanilla Pudding French Bread	Na+ 260 85 8 15 170 125 120	23 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple	Na+ 97 66 292 13 68 1 1	24 Roast Pork with Gravy Cornbread Stuffing Roman Blend Vegetables Fresh Fruit Peasant White Bread	Na+ 266 211 242 9 1 142	25 Beef with Onions & Peppers Steak Cut French Fries Honey Glazed Carrots Vanilla Mousse Sandwich Roll	Na+ 420 4 25 69 150 290	26 Macaroni & Cheese Stewed Tomatoes Green Beans Fruited Ambrosia Italian Bread
	Cal:753 Diet Cal:683	Na+:658mg Na+:613mg	Cal:761	Na+:662mg	Cal:699	Na+:996mg	Cal:776	Na+:1083mg	Cal:856 Na+:718mg

Dudley 508-949-6640, Franklin 508-520-1422, Milford 508-478-8102,
Northbridge 508-234-2002, Southbridge 774-289-9438,
Spencer 508-835-5767, 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 provided by the
Central Massachusetts Agency on Aging and the Massachusetts Executive Office of Elder Affairs.

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 diet requirements.

Menus are Subject to Change

*Indicates higher sodium entrees >5000mg
High Sodium Meal = >12000mg
Breakdown includes 125mg Na+ for milk
 Indicates meatless meal

