



The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

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Spring is in the air, and we are eagerly awaiting the time when we can welcome you back to the Upton Center! We aim to begin with small group programs at some point in the near future (we'll keep you posted!), and we would love to make use of our outdoor patio space as much as possible to provide a safe spot to gather. With that in mind, we are making plans to spruce up our patio to make it a comfortable and inviting place for seniors to visit. BVT student **Jeffrey Powers** helped us take the first step in this direction by donating four 4' long wooden planters that he made himself. They are just beautiful! Many thanks to Jeffrey for his generous donation to the Center. Read on at the bottom of this page for details of more help needed in sprucing up the patio this Spring.

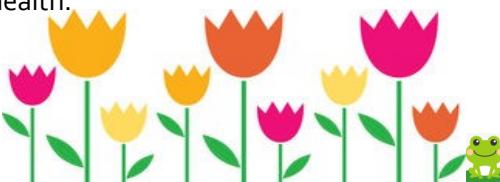
In addition to marking the first full month of Spring, April is Stress Awareness Month. This year, it seems particularly important to focus on this topic. Learning to cope with our stress and finding healthy ways to deal with it can go a long way in helping us live healthy lives.

According to the American Institute of Stress, about 90% of all visits to primary care physicians are for stress related disorders, ranging from stomach trouble to heart disease. Job related stress costs American businesses about \$150 billion a year.

Understanding the impact stress has on our health is the first step in addressing the issue. Stress triggers changes in our bodies and makes us more likely to get sick. It can worsen problems we already have. It can also lead to a lack of sleep, headaches, lack of energy, sadness, tension, depression and other health issues. The enclosed flyer has tips for fighting stress with healthy habits. We hope you'll check these out, and we encourage you to seek medical attention if you think stress is impacting your health.

Stay well!

Janice

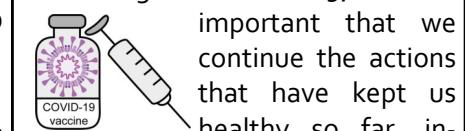


Can You Help Us with Our Spring Spruce Up?

We could use some help in sprucing up our patio to help make it a welcoming spot for our seniors to visit once we open back up for small programs. Are you able to band together with some friends or neighbors to take on this project? Or perhaps you have some grandchildren that would like to help you plant some flowers in our beautiful new planters? If you can help us with your time and creativity, let us know and we'll take care of finding the supplies you need to get the job done.

Happy Easter and Happy Passover!

The Center will be closed on Monday, April 19 for Patriots' Day; no meals will be served.



As more and more people are vaccinated against COVID-19, it is still important that we continue the actions that have kept us healthy so far, including the use of face masks, distancing and washing hands frequently. More sites open all the time for COVID vaccinations, including a regional site which opened in Uxbridge on March 22 that will include an Upton satellite site on Saturdays starting March 27. Keep being patient; everyone who wants a vaccine will be able to get it

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

Join us for our group shopping trips. Spots are limited so that we can socially distance on the van. Those who opt to ride will be required to wear a mask. 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, April 6 at 12:30—Hannaford's, Uxbridge
- Thursday, April 8 at 9:15—Market Basket, Oxford
- Wednesday, April 14 at 9:15—Shaw's/Job Lots/Walmart Loop , Northbridge
- Friday, April 16 at 10:30—Upton Errand Loop—let us know if you have an errand to run in Upton (Post office, hairdresser, bank, Country Souper, Coffee Bean, etc.).
- Wednesday, April 21 at 9:15—Market Basket, Hudson
- Monday, April 26 at 9:15—Shaw's/Job Lots/Walmart Loop , Northbridge
- Thursday, April 29 at 9:15—Price Chopper, Hopkinton



Birthday Celebrations

Calling all April 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 an April 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!!



We'll continue to go LIVE at 1:30 on Facebook Fridays in March. Tune in for some updates and laughs. We also plan to have a special guest this month. **Robin Natanel** will join us on **Friday, April 9 at 1:30** to share tips on mindfulness and meditation techniques that can be helpful during these stressful times. We thought she would be the perfect guest for "Stress Awareness Month", so be sure to tune in! And remember—you do not need to have a Facebook account to watch. Just Google "The Upton Center Facebook Page" and watch us Live. If you miss us, the videos are saved on our FB page to be watched anytime.



Holiday Meal to Go

Pick-up April 1, 11:15—12:15

We are happy to provide a Holiday meal to go at a **cost of \$3** on Thursday, April 1. Thank you to TriValley for helping

us to organize this delicious hot meal to go which will include baked ham, mashed potatoes, roasted broccoli and carrots, bread and cheesecake. We'll miss gathering to enjoy our feast together, but please know that we'll be wishing you all a happy and healthy Easter and Passover season!

Please call by Tuesday, March 30 if you'd like to register, and plan to stop by to pick up your meal between 11:15 and 12:15 on Thursday, April 1. You can pay the \$3 fee at pick-up time.



Dessert to Go

Tuesday, April 13, Pick-up from 1:00—2:00

Atria Place of Hopedale has kindly offered to sponsor a delicious dessert to go event here at the Center. Please **register by Thursday, April 8th** if you're interested and plan to stop by between 1:00 and 2:00 pm on Tuesday, April 13 for your sweet treat! A representative from Atria will be here to provide information that you can take home with you for anyone interested in learning more about their services.



World Art Day

RSVP by April 15

April 15 is World Art Day! This international celebration of fine arts was declared by the International Association of Art in order to promote awareness of creative activity worldwide. It is celebrated on April 15th which is the birthday of Leonardo da Vinci. In honor of this special day, we'll be providing free painting kits to go to help you get in touch with your creative side! Please call to register **by April 15th** and we'll get the kit to you by the end of the month.



Food for Thought

Webinar

Thursday, April 15 at 10:00

Can't remember where you left the keys? Feeling tired and down? Learn the tools of nutritional success for enhancing your brain power, increasing your energy, and improving your mood. Join Tricia Silverman, RD, for this free wellness webinar about superfoods to boost memory, mood and mental functioning brought to you by Blue Cross Blue Shield of Mass. Register at bcbsma.info/April15.

Craft Kits to Go

RSVP by April 15



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

Men's Club Supper to Go

Friday, April 23—Pick-up from 3:30 to 4:00



The Men's Club will be providing another delicious meal to go this month. This time they're going with soup and sandwiches in honor of "National Picnic Day"! If you'd like to register, please **call by April 16** and let us know if you would like ham or turkey. We know it's not quite the same as gathering at the Center to eat with friends—but it's still a chance to enjoy a delicious free meal back at home, thanks to the Men's Club! Please plan to wear a mask and socially distance for pick up.

Muffin House Muffins to Go!

Tuesday, April 27, Pick-up 10:00—11:00

The Muffin House of Mendon has kindly offered to provide free muffins for our seniors. If you haven't had a giant Mendon House muffin before, you're in for a real treat! Please **RSVP by April 20** so we can be sure to have enough muffins on hand. Then plan to stop by anytime from 10—11 on April 27 to pick up your treat to go! **Thank you Muffin House Café!**



Blood Pressure Checks

Wednesday, April 28 at 12:30

The Town Nurse will be at the Center to for blood pressure checks. Please **call us by April 26** to let us know if you plan to come by to see her.



Calling All Walkers

Let us know if you'd like to join us for regular walks!

It's about that time of year again. The sun is finally shining and the warmer temperatures are here. So we'd like to start up a regular walking group as we've done in years past. Having a set day and time and some accountability partners to walk with can really help you develop a healthy walking regimen. Let us know if you're interested in getting out for regular walks, and if so, what your preferred day and time would be. We'd also love to know if there are any seniors out there who would like to lead our walking groups. So give us a call to let us know if you're interested and we'll aim to get you off on the right foot!



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.

Volunteer Appreciation

April is normally the month in which we say a special thanks to our many wonderful volunteers with our Annual Volunteer Appreciation Day. We are unable to gather for a celebration this year—but please know that we are thinking of all of you, and we're more thankful now than ever for all of your help. We truly appreciate all that you do!



Upton Library Services

Upton Library is now reopened for browsing and in-person checkout! Curbside pickup options will continue if you prefer. Copying, scanning and faxing services are available. Public computers, seating and study rooms are not yet open. Hours are Tues, Weds, Thurs 10-8, Fri and Sat 10-4. Check uptonlibrary.org or call 508-529-6272 for help with library services. Millhaus residents can call and arrange for weekly book deliveries to 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. 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.

Spring Riddles to Make You Smile



See answers on the next page of newsletter

- 1) Does February like March?
- 2) What falls but never gets hurt?
- 3) What did the dirt say to the rain?
- 4) Why couldn't the flower ride its bike?

Save These DATES

- **Elder Care 2021**—Save the date of May 3 for Elder Care 2021, presented by the Central Mass. Agency on Aging and the Worcester County Sheriff's Office. This year's program will be available on access television and online, providing access to free educational events and resources from across Central Mass. Watch for further details in our May newsletter.
- **Upton Annual Town Meeting**—Thursday, May 6 at 7 pm at Nipmuc High School Auditorium.
- **The Annual Town Election**—Tuesday, May 11 at Nipmuc High School. Polls will be open from 7 am—8 pm.

SOCIAL SERVICES CORNER SHINE Information

Do you need help with Medicare costs? MassHealth Buy-in Program, also called Medicare Savings Program, will pay for the Part B monthly premium, \$148.50 per month. These programs may also pay some of your out-of-pocket costs of Medicare. The Buy-In programs can also help get Medicare Part B for people who only have Medicare Part A. If you are in a Buy-In program, you will also be automatically enrolled in the Medicare Part D Extra Help program, through Social Security, which can help with pharmacy costs. Financial eligibility guidelines are shown below for April, 2021.

Monthly Gross Income Assets (i.e. savings account)

Individual	\$1,771	\$15,940
Couple	\$2,396	\$23,920

If you feel you may be eligible under these new income guidelines, feel free to call the SHINE Program for more information. The SHINE Program (Serving Health Insurance Needs of Everyone), is federally funded and state administered through the Executive Office of Elder Affairs. The Program annually certifies over 700 counselors statewide, that provide unbiased, confidential counseling on all aspects Medicare, related private insurance products and financial assistance programs. To reach the Central Mass SHINE Program, call 508-422-9931 or email info@shinema.org. For other regions call 1-800-243-4636 and wait for the SHINE prompt. Visit the Central Mass Website www.shinema.org for useful information and applications for various programs. You can also connect with a SHINE Counsellor by calling the Upton Center at 508-529-4558.

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.

Answers to Our Riddles

- 1) No, but April May!
- 2) Rain
- 3) If you keep this up, my name will be mud!
- 4) It lost its petals.

COMMUNITY CORNER

Supper to Go at United Parish

United Parish of Upton invites you to enjoy a Community Supper Take Out meal on April 15 at 5:30. People can **RSVP by April 9** to the church office at 508-529-3192. Pick up is from the church parking lot. They'll have runners that will bring the meals to people in their cars.

Annual Town Meeting / Town Election

Reminder: Mark your calendars! Upton Annual Town Meeting will be on Thursday, **May 6** at 7 pm at Nipmuc High School Auditorium. The Annual Town Election will be on Tuesday, **May 11** at Nipmuc High School. Polls will be open from 7 am – 8 pm. More details to come! Seniors can contact the Upton Center at 508-529-4558 if a ride is needed. If you would like to vote by mail, please visit the Upton Town Clerk's webpage to obtain a vote by mail application to send to the Town Clerk.

RMV Extends Senior Hours

The RMV will designate **Wednesdays through April** at 17 RMV Service Centers (including Worcester) to serve customers age 65 and older. A reservation is required. Select "Senior Hours—All Transactions" option on the "Make/Cancel a Reservation" tab at www.Mass.Gov/RMV to view availability and make a reservation at one of these locations. If you are a AAA member, you may make a reservation at a AAA location by visiting www.aaa.com/appointments.

Tax Deadlines Extended

The Internal Revenue Service and the State of Massachusetts have delayed the April 15 tax-filing deadline to **May 17**. The postponement applies to individual taxpayers, including people who pay self-employment tax.

Meals on Wheels DQ Fundraiser

TriValley is holding a fundraiser at Dairy Queen in Milford on **Tuesday, March 30** to support Meals on Wheels. Just visit DQ from **5-8 pm** that day and a portion of the business will be donated to Meals on Wheels. No flyer needed; just show up and make a purchase!

Food Pantry Wish List

We could use the following in our food pantry: canned tuna, chicken, ham, soups, fruit cups, granola bars, cracker packs, nuts, snacks, peanut butter, jelly and cereals. Please call 508-529-4558 to arrange a drop-off time. Thank you!

Where's the Frog?

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

Tri-Valley, Inc. - April 2021

Monday		Tuesday		Wednesday		Thursday		Friday								
5	Chicken Pesto* Lemon Seasoned Rice Scandinavian Vegetables Pineapple Pumpernickel Bread	Na+: 569 149 30 0 135	6	Hot Dog* Baked Beans Mixed Vegetables Fresh Fruit Hot Dog Bun Mustard	Na+: 540 370 30 0 195 50	7	Roast Pork Loin w/ Gravy* Apple Cornbread Stuffing Country Blend Vegetables Pear Crisp Diet=A Applesauce Marble Rye Bread	Na+: 536 338 22 54 25 105	8	American Chop Suey* Broccoli & Red Peppers Bread Pudding Diet = Cookies Italian Bread	Na+: 776 15 184 147 96	9	Jambalaya* Rice Pilaf Green Peas Fruited Ambrosia Whole Wheat Bread	Na+: 662 70 7 10 138	Cal: 847	Na+: 645mg
12	Shepherd's Pie Carrots Peas Chocolate Pudding Diet = SF Choc Pudding Marble Rye Bread	Na+: 267 53 7 135 125 105	13	Greek Chicken Steamed White Rice Roasted Broccoli Peaches Pumpernickel Bread	Na+: 496 100 15 5 135	14	Meatloaf with Gravy Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit Whole Wheat Bread	Na+: 202 82 106 1 0 138	15	High Sodium Meal Turkey* with Supreme Sauce Herbed Stuffing Baked Cinnamon Pears Corn Muffin	Na+: 683 115 323 9 5 149	16	Lemon Pepper Haddock* Seasoned Potatoes Jardiniere Vegetables Cookie Whole Wheat Bread	Na+: 521 7 18 147 138	Cal: 747	Na+: 101mg
19	Patriots' Day No Meal Served	Na+: 692mg	20	Teriyaki Beef Steamed Rice California Blend Veg Pineapple Fortune Cookie Whole Wheat Bread	Na+: 438 100 36 0 0 138	21	Chicken Milano* Wild Rice Spinach Mixed Fruit Pumpernickel Bread	Na+: 512 279 87 20 135	22	Salisbury Steak Gravy Garlic Mashed Potatoes Carrots Vanilla Mousse Sandwich Roll	Na+: 290 82 107 53 150 290	23	Potato Crunch Fish Potatoes Au Gratin Mixed Vegetables Fresh Fruit Tartar Sauce Marble Rye Bread	Na+: 280 285 30 0 85 105	Cal: 766	Na+: 1041mg
26	Chicken Picatta Rice Pilaf Roasted Broccoli Lemon Pudding Diet = SF Tapioca Pudding Pumpernickel Bread	Na+: 426 70 15 180 135 135	27	Meatballs with Onion Gravy Bowtie Pasta Scandinavian Vegetables Pineapple Corn Muffin	Na+: 210 68 8 30 0 149	28	Marinated Pork Loin Cornbread Stuffing Roasted California Veg. Baked Cinnamon Pears Whole Wheat Bread	Na+: 400 272 32 5 138	29	Chicken with BBQ Sauce Mashed Potatoes Corn Niblets Fresh Fruit Pumpernickel Bread	Na+: 320 391 107 1 0 135	30	Macaroni & Cheese Stewed Tomatoes Green Beans Cookie Italian Bread	Na+: 496 6 0 147 96	Cal: 769	Na+: 910mg
	Cal: 748	Na+: 951mg		Cal: 746	Na+: 482mg		Cal: 736	Na+: 942mg		Cal: 693	Na+: 1080mg		Cal: 802	Na+: 870mg		
	Diet Cal: 698	Na+: 906mg														

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
mg = milligrams
High Sodium Meal = > 1200mg

***Indicates higher sodium entrees >500mg**
Breakdown includes 125mg Na+ for milk
☒ indicates meatless meal

MENU SUBJECT TO CHANGE

Dudley 508-949-6640, Franklin 509-520-1422, 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



American Heart Association.

Healthy for Good

FIGHT STRESS WITH HEALTHY HABITS



1. Slow down.

Plan ahead and allow enough time to get the most important things done without having to rush.

2. Snooze more.

Try to get seven to nine hours of sleep each night. To fight insomnia, add mindfulness and activity.

3. Let worry go.

The world won't end if a few things fall off of your plate. Give yourself a break and just breathe.

4. Laugh it up.

Laughter makes us feel good. Don't be afraid to laugh out loud, even when you're alone.

5. Get connected.

A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up.

6. Get organized.

Use "to do" lists to help you focus on your most important tasks and take big projects one step at a time.

7. Practice giving back.

Volunteer your time or spend time helping out a friend. Helping others helps you.

8. Be active every day.

Exercise can relieve mental and physical tension. Find something you think is fun and stick with it.

9. Give up the bad habits.

Too much alcohol, tobacco or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.

10. Lean into things you can change.

Make time to learn a new skill, work toward a goal, or to love and help others.

Learn more at heart.org/HealthyForGood