



The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

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

THE UPTON CENTER STAFF

Director of Elder & Social Services

Janice Read Nowicki

Department Specialist

Bernadette Denson

COA Assistants

Debbie Hart
Deb Saulen
Karen Varney

Drivers

Jim Earl
John Saulen

Nutrition Center Mgr.

Al Vautour

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There is a lot happening in town in the month of May! To start with, we'd like to be sure you are aware that Upton's Annual Town Meeting has been moved to May 8th, and the Annual Town Election on May 11th has been moved from Nipmuc to the Upton Town Hall. All the details can be found in this newsletter.

We also want to remind you that the proposed new Community Center will be voted on at the Town Meeting and Town Election. I am thrilled with the beautiful new facility which the Building Committee has helped to design. It's a wonderful space which would incorporate both a town library and senior center, allowing us to increase our offerings to the residents of Upton. I am very excited about the prospect of this new Center, and would be happy to answer any questions you have about the project. I encourage you to be well informed, attend the Town Meeting and get out to vote!

I'd also like to point out that May is **Older American's Month**, and this year's theme is *Communities of Strength*. I can't think of a better theme for Upton this year. This community has truly pulled together in the face of the COVID-19 pandemic, and we are grateful to the many people in town who helped support our seniors. We'd like to send a special thanks to Upton's police force, firefighters and EMS who have supported us along the way. Thank you to all the front line medical workers and public health workers who have helped us navigate this pandemic. Most especially—we thank our Town Nurse, Patricia Parent, and Assistant Supervisor of Public Health, Diane Tiernan, who have assisted residents in navigating the pandemic. From educating the public to helping to provide local vaccine options—they have done a phenomenal job!



We wish all the mothers out there a Happy Mother's Day! We also wish you a Happy Memorial Day and honor all those who lost their lives serving in the US Military. Please read on for details of all we have planned for you in May, including our long awaited Oliva's Meal to Go, along with an upcoming Cookout by the Men's Club. Enjoy!

Janice

The Center will be closed on Monday, May 31 for Memorial Day; no meals will be served.



New Tri-Valley Transportation Services

Tri-Valley Inc. is excited to announce a new grant funded program that will provide **FREE** local transportation to seniors and adults with disabilities in their service area (which includes Upton). Transportation can be accessed for medical and non-medical needs as available. Some examples include: doctor/dentist, haircuts, tax prep appointments, lunch out with friends, shopping, church, support groups, gym. For more details, call the Information & Referral Department at Tri-Valley at 508-949-6640 or 800-286-6640 or visit their website at www.trivalleyinc.org.

Note—this ride service is completely separate from the van service currently provided by the Upton Center. We just want to help TriValley spread the word to keep you informed about an additional option that may help to meet your needs.



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 inquire about fares & availability or to schedule van service.



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, May 4 at 12:30—Hannaford's, Uxbridge
- Thursday, May 6 at 9:15—Market Basket, Oxford
- Wednesday, May 12 at 9:15—Shaw's/Job Lots/Walmart Loop , Northbridge
- Monday, May 17 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, May 19 at 9:15—Market Basket, Hudson
- Monday, May 24 at 9:15—Shaw's/Job Lots/Walmart Loop , Northbridge
- Thursday, May 26 at 9:15—Price Chopper, Hopkinton



Monthly COA Board Meeting

Monday, May 3 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.

ELDERCARE 2021

A Virtual Event on May 3

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 virtually providing access to free educational events and resources from across Central Mass. Presentations will include topics such as:

- 10 Truths & Myths about COVID-19 for Seniors
- Safeguarding Seniors
- Elder Law
- Mental Health for Seniors
- The Pros & Cons of CBD Use for Seniors

Visit the Central Massachusetts Agency on Aging YouTube page to watch, and rewatch the programs by going to YouTube and typing "CMAA SeniorConnection" in the search. Then click on the CMAA logo.



Weekly Walks

Tuesdays at 10:30 Beginning May 4

Spring is here, so why not head out for a walk with friends to enjoy the sunshine? Seniors Donna Dube and Jo McLaughlin have kindly agreed to meet up with a group of interested seniors in front of the Center each Tuesday at 10:30 for a nice local walk, weather permitting. So lace up your sneakers, bring your water bottle, and join in the fun! Please call to register so we can let your leaders know who will be coming.

Wellness Webinar

Wednesday, May 5 at 2:00



Tune in for tips on how to boost your immunity. Learn which foods and lifestyle practices enhance immunity, and which ones decrease your body's ability to fight infection. Register at bcbsma.info/May5. Thank you to Blue Cross Blue Shield of Mass for continuing to offer interesting webinars focused on staying well.



Tai Chi

Virtual Classes

Reverend Helen Morin continues to offer Tai Chi classes online via Zoom with no fee. For further details, you can email Reverend Helen directly at idophotos2@yahoo.com.

Facebook Fridays with Special Guests

Fridays at 1:30

We'll continue to go LIVE at 1:30 on Facebook Fridays in May. Tune in for some updates and laughs. 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. We also plan to have some special guest speakers this month, as detailed below.

Legal Tips for Getting Your Affairs in Order

Friday, May 21 at 1:30

Attorney Margaret Hoag of Eckel, Hoag & O'Connor will be here talk about how to be organized for your survivors. She'll provide a review of the legal documents you should have and tips on organizing things and simplifying life for your children after your death. Thank you to the Elder Law Education Program for helping to coordinate this talk.

Catching up with Wendy

Friday, May 28 at 1:30

Wendy Reid will join us to share tips on the many benefits of exercise for seniors. Wendy normally teaches our Strength & Stretch classes, and we are anxious to have her back once the Center reopens. In the meantime, we thought she'd be a great guest for "Older Americans' Month", sharing tips on how people of any age can stay active to help improve their health.



Rides to Town Meeting & Town Election

Note New Date & Location Info.

Please note that the Annual Town Meeting has been moved to Saturday, **May 8**. It will now take place at 9 am at Nipmuc High School Football Field (rain date is Sat., May 15). The Annual Town Election will be held on Tuesday, May 11 at the Town Hall. Polls will be open from 7 am—8 pm. If you are in need of free transportation to the meeting or the election, **please let us know at least two days in advance**. Further details on early voting and voting by mail can be found on the back page of this newsletter.

Oliva's Dinner to Go

Friday, May 14, Pick-up 11:45—12:30

We'd like to treat you to a delicious meal from Oliva's in celebration of Mother's Day, and SPRING! It has been a crazy



year, so we figured we could all use a celebration. Even though we can't share a meal together just yet, we'd like you to enjoy a delicious feast. So whether you are a Mom or not, **please call by noon on May 10** to register, and plan to wear a mask and socially

distance when you come to pick up. We'll even enter you for a chance to win a door prize if you come! Thanks to **Senator Moore** for his donation towards the meal!

Craft Kits to Go

RSVP by May 15



Betty Brault has a very special craft in mind this month. You'll be making cards to send to hospitalized children through the "Cards for Hospitalized Kids(CFHK)" program. This is a charitable organization that spreads hope, joy & magic to hospitalized kids across America. Betty will provide everything you need to create cards that will brighten someone's day. We'll take care of mailing the completed cards for you when you're done. Please register **by May 15** and we'll get the kit to you by the end of the month.



Podiatrist Appointments

Thursday, May 20, 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 **May 14** for an appointment.

Birthday Celebrations

Calling all May 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 May 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!!**

HAPPY Mother's Day

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Men's Club Cookout to Go

Friday, May 21—Pick-up from 4:45—5:15

Did you know that May is National Hamburger Month?! What better way to celebrate than with a burger to go, hot off the grill, courtesy of The Men's Club?! If you'd like to register, please **call by May 14**. 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. We'll also enter you for a chance to win a door prize if you come! The meals will be distributed outside the front door of the Upton Center. Please plan to wear a mask and socially distance for pick up. Millhaus folks can come down through the Upton Center hallway to pick up their meal.



Older Americans' Month

Gift Bag to Go

Pick-up May 24 or later

We are happy to provide an informative gift bag to go in honor of *Older Americans' Month*. Each bag will contain helpful resource and referral information for services that may be of interest to our seniors. **Please call us by May 17** if you'd like to register, and plan to stop by for your gift bag May 24 or later. Just give us a call first so we'll have it ready for you. We'll also enter you for a chance to win a prize!



Blood Pressure Checks

Wednesday, May 26 at 12:30

The Town Nurse will be at the Center for blood pressure checks. Please **call us by May 24** to let us know if you plan to come by to see her.



Trip to JJ's Ice Cream & Kelly's Farm Stand

Thursday, May 27 at 1:45

Let's head to JJ's for a sweet treat. We'll stop at Kelly's farm stand on the ride home so you can shop for your favorite local fruits and vegetables. Please **RSVP by May 25**.



Upton Library Services

Upton Library remains open for browsing and in-person checkout. Curbside pickup options are also available if you prefer. Copying, scanning and faxing services are available as well. 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.

SOCIAL SERVICES CORNER SHINE Information

Need some help navigating insurance issues? Reach out to the SHINE program (Serving Health Insurance Needs of Everyone). SHINE is a federally funded and state administered program through the Executive Office of Elder Affairs. The Program certifies over 700 counselors statewide each year that provide unbiased, confidential counseling on all aspects of 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 has been extended to May 28. There is still time to apply. The Fuel Assistance program helps income eligible households pay a portion of their heating costs. For more information, contact the Upton Center at 508-529-4558 to determine eligibility and the best way to apply, or contact SMOC directly at: 508-620-1230 or 508-620-2342. You may also contact Tri-Valley for assistance with applications at 508-949-6640.



Tri-Valley Lunch Services

Please call Tri-Valley at 508-949-6640 to inquire about meal delivery. Once registered, calls should be made by 10 am the day before a meal is served to reserve or cancel a meal. Meals are \$3 (including milk and bread). You can also inquire about delivery of lunch and/or frozen evening dinners.

Upton's Neighbor to Neighbor Program

The Town continues to collaborate with community groups and churches to address the financial needs of residents of **all ages** impacted by COVID-19. 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.



NEW FEATURE— Upton Trivia Question!

Congratulations to **Josephine McLaughlin** who was our lucky winner for finding our hidden frog in the last issue. This month we're trying something new!...Rather than hiding something for you to look for—we'd like to pose an Upton trivia question. May's question is: What is the name for the 14' by 5' depressions in the rock off of Mendon Road? Call the Center to let us know and be entered to win a prize! And feel free to share ideas for future questions, too!

COMMUNITY CORNER

Virtual Savvy Caregiver Training

The Virtual Savvy Caregiver Training is a **free six-week program** for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementias. The training will help provide the special skills, knowledge, and positive attitude that help you to care for yourself and become an expert in caregiving for someone else. It will be held 10 am—Noon on Thursdays, **May 6, 13, 20, 27 and June 3 & 10**. Call/email to register: Laura at lblack@tves.org (508-949-6640, ext. 3079) or Deb at ddfoley@eswa.org (508-756-1545, ext. 390). The program is funded by a grant from the Admin. for Community Living, in collaboration with MA Executive Office of Elder Affairs and Elder Services of Merrimack Valley & North Shore, Inc.

Changes to Dates & Locations

for Annual Town Meeting / Town Election

Please note there have been some changes to dates and locations for Town Meeting and Town Election. The Upton **Annual Town Meeting** will be on **SATURDAY, MAY 8 @ 9 AM** at **Nipmuc High School Football Field** (rain date is **Sat., May 15**). The **Annual Town Election** will be on **Tuesday, May 11 at UPTON TOWN HALL**. Polls will be open from **7am–8pm**. **Early Voting** will be available beginning May 1 at Town Hall. Voters may also vote by mail. Please visit the Upton Town Clerk's webpage to obtain a vote by mail application to send to the Town Clerk or to find the hours of Early Voting. Town Clerk can be reached at 508-529-3565. Seniors can contact the Upton Center at 508-529-4558 if a ride is needed for the meeting or voting.

Supper to Go at United Parish

United Parish of Upton invites you to enjoy a Community Supper Take Out meal on **May 20 at 5:30**. Please **RSVP by May 14** 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.

Accessing Free Legal Advice

Do you have a legal problem or question? The Mass. Bar Association's "Dial-A-Lawyer" program may be of help to you. Older Mass. Residents are encouraged to call with questions about these topics and more: bankruptcy, business, consumer protection, criminal law, estate planning, family law/domestic relations, government benefits & services, immigration, individual rights, labor & employment, personal finance, personal injury, real estate & housing. To use Dial-A-Lawyer, call 617-338-0610 or 877-686-0711 on the **first Wednesday of each month between 5:30–7:30 pm**.

Food Pantry Wish List

We could use the following in our food pantry: canned chicken, soups, nuts, spaghetti sauce, 100% juices. Please call 508-529-4558 to arrange a drop-off time. Thank you!

Tri-Valley, Inc. - May 2021

Monday		Tuesday		Wednesday		Thursday		Friday			
3	Lasagna with Meatballs Roasted Broccoli Lorna Doone Cookies Italian Bread	Na+ 4 430 140 15 147 96	Beef with Peppers & Onions Steak Cut Potato Wedges Honey Glazed Carrots Cinnamon Pears Sandwich Roll	Na+ 5 420 3 25 69 5	Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pitta Bread Pineapple	Na+ 6 97 66 292 9 68 1	Mother's Day Meal Roast Turkey with Gravy Mashed Sweet Potatoes Green Beans Cream Puffs Italian Bread	Na+ 7 350 150 91 0 85 96	Breaded Fish Strips Coleslaw Peas & Carrots Baked Apples Tartar Sauce Sandwich Roll	Na+ 352 219 72 14 85 290	
Cal: 730	Na+: 953mg	Cal:717	Na+:938mg	Cal:762	Na+:657mg	Cal:717	Na+:897mg	Cal:692	Na+:1157mg		
10	Beef Stew Rice Corn Niblets Strawberries Marble Rye Bread	Na+ 11 166 100 1 2 105	Chicken Breast with Buttermilk Sauce Herbed Potatoes Mixed Vegetables Oreo Cookies Whole Wheat Bread	Na+ 12 320 150 7 30 110	Baked Potato with Chili & Cheese* Broccoli Sour Cream Yogurt Pumpernickel Bread	Na+ 13 7 654 16 9 75	High Sodium Day Hot Dog* Baked Beans Green Beans Fresh Orange Hot Dog Bun Mustard	Na+ 14 540 370 0 0 195	Shepherd's Pie Carrots Peas Peaches Snack 'n Loaf	Na+ 267 53 58 5 120	
Cal:823	Na+:500mg	Cal:732	Na+:880mg	Cal:759	Na+:1021mg	Cal:773	Na+:1280mg	Cal:829	Na+:629mg		
17	Chicken Mornay* Couscous Roman Blend Vegetables Butterscotch Pudding Diet = SF Vanilla Pudding Marble Rye Bread	Na+ 18 606 84 9 246 125 105	Meatloaf with Gravy Garlic Mashed Potatoes Country Blend Vegetables Mixed Fruit Whole Wheat Bread	Na+ 19 202 82 107 22 20	Macaroni & Cheese Stewed Tomatoes Green Beans Apple Cinnamon Grahams Italian Bread	Na+ 20 496 6 0 85 96	Chicken Cranberry Salad Pasta Salad Tomato & Cucumber Salad Fresh Fruit Sandwich Roll	Na+ 21 229 172 71 0 290	Pollock w/ Parmesan Cream Sauce Wild Rice Beets Fruited Ambrosia Pumpernickel Bread	Na+ 100 162 279 140 14 135	
Cal:741	Na+:1175mg Diet Cal:703	Cal:746	Na+:696mg	Cal:771	Na+:808mg	Cal:801	Na+:886mg	Cal:820	Na+:951mg		
24	Pork Rib-i-que with BBQ Sauce Macaroni & Cheese Carrots Strawberries Sandwich Roll	Na+ 25 280 195 248 53 2	Swedish Meatballs Mashed Potatoes Roasted California Blend Lemon Pudding Diet = Diet Tapioca Marble Rye Bread	Na+ 26 267 107 32 180 135 105	Sloppy Joes* Steak Cut Potato Wedges Mixed Vegetables Pear Crisp Diet = Pears Sandwich Roll	Na+ 27 660 25 30 54 10 290	Chicken Cordon Bleu* Red Bliss Potatoes Green Beans Chocolate Mousse Snack 'n Loaf	Na+ 28 550 81 5 0 224	Ham Salad* Three Bean Salad Tomato & Cucumber Salad Fresh Fruit Marble Rye Bread	Na+ 731 32 71 1 105	
Cal:702	Na+:1194mg	Cal:768	Na+:816mg Diet Cal:738	Na+:771mg	Cal:838 Diet Cal:721	Na+:1184mg Na+:1140mg	Cal:799	Na+:1105mg	Cal:708	Na+:1064mg	
31	Memorial Day No Meal Served									Menus are 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 diet requirements.	
										*Indicates higher sodium entrees >500mg High Sodium Meal = >1200mg Breakdown includes 125mg Na+ for milk & indicates meatless meal	

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



Na+ = Sodium
 mg = milligrams
 Breakdown includes 125mg Na+ for milk

ARTHRITIS

This publication was supported by Grant/Cooperative Agreement Number 99038 from The Centers for Disease Control and Prevention (CDC).

WHAT IS ARTHRITIS?

There are more than 100 different types of arthritis and related conditions. Causes for most types are unknown. Each type of arthritis has different symptoms and treatments. There are two primary categories of arthritis:

Inflammatory arthritis may affect joints, skin, kidneys, and other parts of the body. Some common types are Rheumatoid Arthritis, Systemic Lupus Erythematosus, Ankylosing Spondylitis, Scleroderma, and Juvenile Arthritis.

Degenerative arthritis, also more commonly referred to as **osteoarthritis**. This form of arthritis may also be referred to as wear and tear arthritis.

Another category would be listed as syndromes such as Fibromyalgia.

HOW IS ARTHRITIS DIAGNOSED?

There is no single test to diagnosis arthritis. The actual diagnosis may take several visits. Certain tests may support the diagnosis and may include:

- lab tests,
- x-rays,
- urine tests,
- blood tests, and
- tissue samples.

It is important to identify arthritis and begin treatment as early as possible. By taking medications and/or practicing joint protection can reduce the crippling effects that arthritis may cause. Early diagnosis gives you a better chance of dealing properly with the disease.



MANAGING ARTHRITIS

Currently there is no known cure for most forms of arthritis. But, there are many ways to manage or control the disease, slow its course of destruction, and, if you have disability, to reduce it. A physician can help control the symptoms of arthritis by prescribing medications that will help ease pain and slow joint damage. Physical therapy and exercise will help improve your range of motion, keep your joints flexible, and strengthen your muscles. Self-help techniques, such as relaxation exercises and participation in pain management support groups, can also help control or alleviate arthritis-related pain, fatigue, and emotional distress. You and your doctor can work together to find the best treatment for you. With the right treatment program, most people with arthritis lead active lives.

WARNING SIGNS OF ARTHRITIS

If you have any of these warning signs in or around a joint for more than two weeks, see your doctor.

- Pain
- Swelling
- Stiffness
- Problems moving one or more joints