



The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES
2 Farm Street, Upton, MA 01568, 508-529-4558 / 508-529-4559 / www.uptonma.gov



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We have a lot of great news to report this month! First of all—I am thrilled that the residents of Upton voted to approve the construction of a new Community Center for the town which will house both the Upton Center and the Upton Town Library. Although our location will change, we will remain committed to our core value of supporting independence and social engagement through a broad range of programs and services for residents of all ages. I am excited about the possibilities that this new facility will bring to the community!

In the meantime, Town Manager Derek Brindisi recently announced his intention to re-open all municipal buildings to the public effective June 1, with COVID precautions still remaining in effect. With that in mind, I am happy to announce that we will begin opening up for some small group programs here at the Upton Center beginning in June! We'll start by resuming Tai Chi, Knitting Group, Card Playing, Mindfulness Classes, and our Craft Time with Betty. Each of these programs will be limited in size, and masks will be worn. We'll also begin offering Tri-Valley's congregate lunches on site for small, socially distanced groups. It is important that you RSVP for all programs so that we can get an accurate headcount and socially distance for our events. We're hopeful that we'll be able to scale up our programs month to month and resume all your favorites in the near future! Please continue to call the Center if you plan to stop in for services other than a program for which you are registered to be sure that staff is available to assist you.

We also want to thank Senator Moore and State Rep. Muradian for their generous donations to our Oliva's Meal to Go last month. It was fantastic! Thank you to the Oliva's staff as well, along with Upton resident Alex Romine who entertained our 80 seniors with his fabulous piano playing as they stopped in to pick up their meals to go. What a great event!

Thank you to Greg Carlile and all the other volunteers from the Upton Men's Club who helped to put on a wonderful cookout to go for our folks in May. It was a picture perfect day for delicious burgers hot off the grill. We truly appreciate it!

And finally—we'd like to wish all the fathers out there a Happy Father's Day! We truly hope you'll enjoy your day. Please read on for details of our upcoming Father's Day Meal to Go, courtesy of the Upton Bloomer Girls (thank you Bloomer Girls!!).

Janice



We are happy to announce that we now have a new van driver on staff. **Rick Vernon** joined our team in May. Rick is an Upton resident and a recently retired teacher who looks forward to getting to know our seniors. Please help us make him feel welcome in his new position. Our long-time drivers John Saulen and Jim Earl will continue as van drivers for us as well. We are excited to have such a great team of drivers to help get you where you want to go!



Transportation

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. You can also join us for our group shopping trips. Time spent in the stores is typically 60–90 minutes. Please register at least 2 days ahead and choose one store for drop off/pick up on a loop. Times may change due to medical appointments.

- Wed., June 2 at 9:15—Shaw's/Job Lots/Foppema's, Walmart Loop, Northbridge
- Tues., June 8 at 9:15—Hannaford's, Uxbridge
- Thurs., June 10 at 9:15—Market Basket, Oxford
- Tuesday, June 15 at 10:30—Upton Errand Loop—P.O., hairdresser, bank, Country Souper, Coffee Bean, etc.
- Wednesday, June 16 at 12:30—Shaw's/Job Lots/Foppema's, Walmart Loop, Northbridge
- Tuesday, June 22 at 9:15—Price Chopper, Hopkinton
- Friday, June 25 at 9:15—Market Basket, Hudson
- Wednesday, June 30 at 9:15—Shaw's/Job Lots/Foppema's, Walmart Loop, Northbridge



Upton Library Services



Upton Library is open for browsing and in-person checkout. Pick-up options are also available if you prefer. Scanning and faxing services are available as well. *Public computer workstations are now available* for 30 minute sessions, with internet access and Microsoft office. Hours are Tues, Weds, Thurs 10-8, Fri and Sat 10-4. Visit www.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.



We'll continue to go LIVE at 1:30 on Facebook Fridays in June. 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.



"How to Boost Your Happiness" Webinar

Tuesday, June 8 at 10:00

Have you ever wondered how some people can be happy even when things aren't going their way? Explore the science behind what makes people happy. Learn eight simple happiness boosting strategies you can apply in your life. Register at bcbsma.info/June8. Thank you to Blue Cross Blue Shield of Mass for continuing to offer this interesting series of wellness webinars.



Flag Day Patriotic Gift Bag to Go

Pick-up June 14 or later

We'd like to treat you to a patriotic gift bag in honor of Flag Day! Just **RSVP by June 9th**, and then stop by for some red, white and blue just for you June 14 or later!

Father's Day Lunch To Go

Wednesday, June 23, Pick-up 11:45—12:30

The Bloomer Girls would like to treat our seniors to delicious chicken salad wraps from *Breakfast at Stephanie's* in celebration of Father's Day! So whether you are a Dad or not, **please call by June 16** to register, and plan to wear a mask and socially distance when you come to pick up. You may even win a door prize! **Thanks to Upton's Bloomer Girls** for their generous donation.



Concerts at Kiwanis Beach

Wednesdays, June 23-August 4



Van departs at 5:15 / Concerts begin at 6:00

Upton Rec. Commission's concerts at Kiwanis are back! Free van rides will be provided to the following concerts:

- Wed., June 23 – The Jeff Mason Band
- Wed., June 30 – The Free Downloads
- Wed., July 7 – Narragansett Soul
- Wed., July 14 – Gainsville Road
- Wed. July 21 – Vintage Party
- Wed., July 28 – South Street Band
- Wed., August 4 – Fast Times

Bring a blanket and chair and enjoy the music and the great outdoors! Burgers and hotdogs, chips and soda are available for purchase. **Please call the Center for a ride at least 2 days ahead so we can schedule transportation.** The van will depart at 5:15 with pickups available at the front lobby of Millhaus Apartments, the mailboxes at Coach Road, and Upton residences as needed.

Weekly Walks

Tuesdays at 10:30



Join senior Donna Dube in front of the Center each Tuesday at 10:30 for a nice local walk, weather permitting. Lace up your sneakers, bring your water bottle, and go at your own pace. Please call to register so Donna will know who is coming and we can keep you informed of any schedule changes. Thanks for leading our walks Donna!



Birthday Celebrations

Calling all June 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 June 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!!



JOIN US AT THE CENTER FOR THESE SMALL GROUP PROGRAMS IN JUNE!



We are pleased to announce that we'll be opening up for some small group programs at the Center in June as we scale up our operations! **Please RSVP for these programs in advance.** Masks will be required.

Tri-Valley Congregate Meals

Weekdays at 11:30 beginning June 1

Tri-Valley is pleased to resume in person lunches at the Center beginning June 1! All meals are \$3. Please see the enclosed menu for daily options. If you'd like to join us, please **contact Al Vautour at 508-529-9094 by 10:00 the day before a meal.** Guests will be asked to socially distance and wear a mask until they are seated at their table.



Tai Chi

Mondays at 1:00 beginning June 7

We are excited to welcome our Tai Chi instructor, Reverend Helen Morin, back for in person classes! Beginners are welcome. We'll try it distanced on our patio if the weather cooperates. Otherwise we'll move indoors and masks will be required. Spaces are limited so **please register by the Thursday before** each session. If you prefer to participate in Helen's online Zoom classes instead—you can email her directly at Taichispirit@charter.net for details of that option.

Card Players Group

Tuesdays, 12:30—3:30, beginning June 8

We are so glad we can finally welcome our regular "hand and foot" card players group back to the Center each week. They currently have eight regular players who will be returning. **If you're interested in joining their group, please give us a call** to let us know and we'll try to set up additional groups of 4. Beginners are welcome!



Knitting & Crochet Group

Thursdays at 10:00 beginning June 10

We know you knitters have missed getting together with your friends to enjoy your favorite pastime. So we're happy to schedule your weekly meeting time for you to get creative with friends once again! Please **call by the Tuesday before** to RSVP.

Craft Time with Betty

Wednesday, June 16 at 10:30



Betty Brault will be back to provide her craft sessions in person beginning June 16 at 10:30! We are so grateful for the craft kits to go she has provided over the past year. But there's nothing better than having her here in person! Please **register by June 11** and plan to wear a mask at the Center.



Living a Mindful Life

Tuesday, June 22 at 11:00

We are pleased to welcome Robin Natanel back for an in person session on healing the body, mind and spirit using meditation and mindfulness techniques. Here is your safe space to learn how mindfulness can improve your health, or just enjoy the peace of it all. Please **RSVP by June 18** and plan to wear a mask when you visit the Center.

Watch our future newsletters for details of the return of additional programs. We can't wait to see you back at the Center!

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

Tuesday, June 29 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 June 27.**



Blood Pressure Checks

Wednesday, June 30 at 12:30

The Town Nurse will be at the Center for blood pressure checks. Please **call us by June 28** to let us know if you plan to come by to see her.



Congratulations to our Prize Winners!



Congrats to the following seniors who were the lucky winners of our door prizes at some of our May events: **Art Brousseau, Rick Kennedy, William Knott & Gladys Aubin.** We hope you enjoy your prizes! Be sure to sign up for our upcoming Father's Day Lunch to Go for a chance to win a prize in June!

Please call the Upton Center at 508-529-4558 with questions or to register for programs. Also—please be sure to call the Center if you plan to stop in for services other than a program for which you are registered to be sure that staff is available to assist you.



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 with counselors who 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 or 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.

Boost Your Budget

Are you an older adult living on a fixed income? Could you use a few extra dollars in your pocket? You may qualify for benefits to help pay for food, medicine, utilities, health insurance premiums and more. Call Tri-Valley Inc. at 508-949-6640 to see if you're eligible.



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. Please see prior page for details of congregate lunches at the Center.

Wish List

We could use some donations of gift cards to Walmart or local grocery stores for our seniors. Denominations of \$25 or less work well. Please call 508-529-4558 to arrange a drop-off time. Thank you!

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.



Happy Father's Day



COMMUNITY CORNER

Talking Book Library

The Talking Book Library is a mail-delivery library service for individuals who struggle to read standard print for long periods of time due to a visual, physical, or reading condition. The library sends large-print and audio reading materials via postage-free mail to Massachusetts residents who qualify. There is also an app available to download free audio and braille content. If you'd like to sign up or learn more, get in touch at talkbook@mywpl.org or 508-799-1730. More information and applications to determine your eligibility are also available at the Upton Center.

Supper to Go at United Parish

United Parish of Upton invites you to enjoy a Community Supper Take Out meal on **June 17 at 5:30**. Please **RSVP by June 11** 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.

Technology Discounts for Seniors

The Town of Upton Technology Committee would like to spread the word on some technology discounts that can be accessed by eligible seniors. The FCC recently announced availability of a discount of up to \$50 per month to eligible households towards broadband fees, in addition to a one-time subsidy of \$100 towards a computer/laptop/tablet. There are 3 ways to apply. Contact your preferred participating broadband provider directly for their application (Spectrum is included), or go to GetEmergencyBroadband.org, or call 833-511-0311 for a mail-in application. A flyer with further details will be shared on the Upton Center's Facebook page. Please call the Center at 508-529-4558 if you'd like a hard copy.

Free Legal Resource Guide

The Mass Bar Association announced that the 2021 edition of the Elder Law Education Guide (ELG) is now available online at www.massbar.org/elderlaw. The ELG is a resource guide on a wide range of legal issues affecting the lives of older adults. A limited number of hard copies will be available soon at the Upton Center as well; please call 508-529-4558 if you'd like one. A special 3 episode podcast series on topics of importance to older adults is also available as a companion. They can be accessed on Soundcloud, Apple Podcasts, Google Podcasts, Spotify, Stitcher and Tuneln.

Upton Trivia


Congratulations to **Whitney Loeper** who was our lucky winner in May. She knew that the 14' by 5' depressions in the rock off of Mendon Road are called the Devil's Footprint! Here's this month's question: The first tenants moved in to Coach Road Apartments in 1969. What structure stood there prior to the building of the apartments? Call the Center if you know the answer and be entered to win a prize!

Tri-Valley, Inc. - June 2021

Monday		Tuesday		Wednesday		Thursday		Friday	
Franklin 508-520-1422 Milford 508-478-8102 Northbridge 508-234-2002 Southbridge 774-289-9438 Spencer 508-885-5767 Sturbridge 508-347-5063 Sutton 508-234-0703 Upton 508-529-9094 Uxbridge 774-482-6174 W. Brookfield 508-867-1411	1	Jambalaya* Steamed White Rice Summer Corn Pineapple Whole Wheat Bread	Na+ 662 100 5 0 138	2	Potato Crunch Fish Herbed Potatoes Mixed Vegetables Vanilla Pudding Diet = SF Vanilla Pudding Tartar Sauce Pumpnickel Bread	Na+ 280 7 30 170 125 85 135	3	Baked Ham* with Maple Glaze Sr. Crm/Chive Mashed Pot. Herbed Carrots Fresh Fruit Marble Rye Bread	Na+ 501 30 154 53 1 105
	Cal:756		Na+:1030mg	Cal:815 Diet Cal:745		Cal:815 Diet Cal:745	Na+:832mg Na+:787mg	Cal:711	Na+:969mg
7 Chicken Pot Pie Red Bliss Potatoes Country Blend Vegetables Lorna Doone Cookies Biscuit	8	HIGH SODIUM DAY Hot Dog* Baked Beans Green Beans Fresh Orange Hot Dog Bun Mustard	Na+ 199 5 22 147 340	9	Stuffed Pepper Casserole Mashed Potatoes Honey Glazed Carrots Chocolate Pudding Diet = SF Chocolate Pudding Marble Rye Bread	Na+ 189 107 69 135 129 105	10	Turkey* with Supreme Sauce Herb Stuffing Jardiniere Vegetables Fruited Ambrosia Italian Bread	Na+ 501 115 323 18 10 96
	Cal:773		Na+:1280mg	Cal:774 Diet Cal:701		Cal:774 Diet Cal:701	Na+:730mg Na+:725mg	Cal:704	Na+:1189mg
14 American Chop Suey* Broccoli & Red Peppers Baked Apples Blueberry Snack 'n Loaf	15	HIGH SODIUM DAY Burger with Chili & Cheese Sweet Potato Fries Green Beans Strawberries Sandwich Roll	Na+ 776 33 14 160	16	Ranch Chicken* Wild Rice Brussels Sprouts Fresh Fruit Pumpnickel Bread	Na+ 531 279 15 1 135	17	Father's Day Meal Roast Pork Loin with Gravy Yukon Gold Potatoes Mixed Vegetables Sara Lee Cheesecake Diet = Cheesecake Mousse Italian Bread	Na+ 400 211 5 30 330 130 96
	Cal:830		Na+:1396mg	Cal:713	Na+:1086mg	Cal:713	Na+:1086mg	Cal:858 Diet Cal:641	Na+:1197mg Na+:997mg
21 Shepherd's Pie Carrots Peas Tapioca Diet = SF Tapioca Marble Rye Bread	22	Greek Chicken Lemon Seasoned Rice Spinach Fresh Fruit Whole Wheat Bread	Na+ 267 53 58 210 135 105	23	Meatloaf with Gravy Garlic Mashed Potatoes Chuckwagon Corn Peaches Pumpnickel Bread	Na+ 202 82 106 1 5 135	24	Jumbo Cheese Ravioli with Meat Sauce Roasted Broccoli Baked Cinnamon Pears Italian Bread	Na+ 460 493 15 5 96
	Cal:825 Diet Cal:775		Na+:819mg Na+:744mg	Cal:747	Na+:657mg	Cal:747	Na+:657mg	Cal:650	Na+:1194mg
28 Teriyaki Beef Steamed Rice Broccoli Pineapple Whole Wheat Bread	29	Vegetable Cheese Bake Seasoned Potatoes Green Beans Apple Cinnamon Grahams Italian Bread	Na+ 438 100 16 0 138	30	Chicken Milano* O'Brien Potatoes Mixed Vegetables Vanilla Mousse Pumpnickel Bread	Na+ 512 101 30 150 135	30	MENU IS SUBJECT TO CHANGE Meals are based on a No Added Salt (3,000-4,000 milligram diet) for healthy older adults. If you have a special concern regarding sodium, contact our Nutritionist for guidance on managing your intake to meet your dietary requirements. Na+ = Sodium mg = milligrams Breakdown includes 125mg Na+ for milk	Na+:1085mg
	Cal:802		Na+:817mg	Cal:771	Na+:1053mg	Cal:771	Na+:1053mg	Cal:717	Na+:1085mg

*Indicates higher sodium entrees >500mg
High Sodium Meal = >1200mg
Breakdown includes 125mg Na+ for milk





WORLD ELDER ABUSE AWARENESS DAY

JUNE 15, 2021

If you or someone you know is being abused
or neglected and are 60 years old or older call:

• 1-800-922-2275 •

The Worcester County Elder Abuse Prevention Roundtable

Central Mass. Agency on Aging
District Attorney Joseph D. Early, Jr.
The City of Worcester, Office of Elder Affairs
Elder Services of Worcester Area
Tri-Valley, Inc.

Montachusett Home Care Corp.
Community Legal Aid
Fitchburg Police Department
Pathways for Change, Inc.
R.S.V.P. Volunteers of Central MA
JHC Lifecare Mgmt.

