



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



August 2021



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We are pleased to celebrate **National Senior Citizens Day** which falls on August 21. On this day we are all encouraged to recognize and show appreciation for the value and contribution of elderly people to home, family and society.

According to the 2017 census, 47 million seniors live in the United States. By 2060, that number will nearly double. Their wealth of knowledge, skill, and experience offer so much to the next generation. As technologies advance, these are the people who've experienced each step of change. Not only have they contributed to it, but they understand first hand the benefits and the drawbacks. They know life without the advancements that exist today.



Our senior citizens are pioneers of science, medicine, psychology, civil rights and so much more. Their valuable contributions to our communities create better places to live. In his Presidential Proclamation in 1988, President Reagan said "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older."

National Senior Citizens Day encourages supporting senior citizens to live their lives to the fullest and as independently as possible. We continue to do our part here at the Upton Center to support our seniors every day, and we encourage our residents to show their appreciation for seniors throughout the year. August 21st is *your* day, seniors—we hope you enjoy it!

One great way to celebrate National Senior Citizens Day is to head to the **Worcester County Sheriff's Picnic** on August 21. This year, in an abundance of caution, it will be a "Drive-thru-Spectacular Event". Guests will be treated to a delicious BBQ lunch to go, organic produce, ice cream, raffle prizes, and tons of giveaways, plus a free car wash! Registration is required by August 5 this year, so please read on for full details inside this newsletter.

We continue to add programs here at the Center as we keep an eye on the latest recommendations to stay safe as we welcome you back. This month marks the return of our **Breakfast with the Town Manager**, along with our monthly **Birthday Bash**! We hope you can join us. We'll also be welcoming Wendy Reid back for her in person **Strength & Stretch** classes on Wednesday and Friday mornings beginning August 4th—we hope you'll give it a try! These are just a few of the programs we have in store for you this month, so be sure to check out the rest of our August plans on the following pages.

Janice

Thanks to Unibank for their Random Act of Kindness



Many thanks to Unibank of Upton for providing a free pizza and salad lunch to our seniors on July 27. We truly appreciated this random act of kindness!

Come visit us often this summer and enjoy the AC!

Transportation

Our van is here to get seniors and individuals with a disability to medical appointments. Please call us at 508-529-4558 with as much notice as possible. We also provide group shopping trips each month (listed below). 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.

- Thursday, August 5 at 9:15—Market Basket, Oxford
- Monday, August 9 at 9:15—Shaw's/Job Lots/**Foppema's***, Walmart Loop, Northbridge
- Wed., August 11 at 1:00—Price Chopper, Hopkinton
- Monday, August 16 at 9:15—Market Basket, Hudson
- Tuesday, August 17 at 9:15—Upton Errand Loop—P.O., hairdresser, bank, Country Souper, Coffee Bean, etc.
- Tuesday, August 24 at 12:30—Hannaford's, Uxbridge
- Thursday, August 26 at 9:15—Shaw's/Job Lots/**Foppema's**, Walmart Loop, Northbridge
- Tuesday, August 31 at 12:30—Market Basket, Oxford



★ Monthly COA Board Meeting

Monday, August 2 at 10:30

Our monthly COA Board Meeting will be held at the Center on Monday, August 2 at 10:30. You don't have to be a Board Member to sit in on our discussion. Please feel free to join us.

Weekly Walks

Tuesdays at 10:30



Join seniors Donna Dube and Betty Consigli in front of the Center each Tuesday at 10:30 for a nice local walk, weather permitting. Please call to register.



Rootbeer Floats on the Patio

Friday, August 6 at 12:30

What better way to enjoy a summer day than by having a rootbeer float on the patio with friends?! If the weather isn't cooperating, we'll move inside. Please call by **noon Aug 5** to RSVP. \$1 fee.

Mindfulness with Robin

Tuesday, August 10 at 11:00



Join Robin Natanel for an in person session on healing the body, mind and spirit using meditation and mindfulness techniques. Please **RSVP by August 8**. No fee.



Craft Time with Betty

Wednesday, August 11 at 9:15

Volunteer Betty Brault will be back with yet another fun and creative craft session you won't want to miss. Please **RSVP by August 9** if you'd like to join her.

Strength & Stretch is Back!

Wednesdays & Fridays at 10:00, beginning August 4

We are thrilled to welcome Wendy Reid back with her Strength & Stretch classes each Wednesday and Friday at 10. We know many of you have missed your regular work outs, and Wendy is ready to help get you back on track! Join us, and meet Wendy's new pup! No fee for August. Regular fee of \$3 will resume in September.



Concerts at Kiwanis Beach Continue

Wednesdays, through August 18

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

Upton Rec. Commission's concerts at Kiwanis continue! We had a very soggy July, which resulted in some cancellations. But thankfully some of those bands have been rescheduled to August. Free van rides will be provided to the following July/Aug. concerts:

- Wed., July 28—South Street Band
- Wed., August 4—Fast Times
- Wed., August 11—The Free Downloads
- Wed., August 18—Gainsville Road



Bring a blanket and chair and enjoy the music and the great outdoors! Burgers, hotdogs, chips and soda are available for purchase. **Please call the Center for a ride at least 2 days ahead.** 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.

Breakfast

with the Town Manager

Thursday, August 12 at 9:00



We are happy to announce the return of Breakfast with the Town Manager, Derek Brindisi! What a great way to start your day. After a delicious meal, Derek will give a talk on what's happening in town and hold a Q&A session. Come share your concerns and learn more about what's happening in Upton! Please RSVP by Aug.10. Breakfast is \$3.



JJ's Ice Cream & Kelly's Farm

Friday, August 13 at 12:30

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 August 11**.



Fridays at 10:00

We'll be LIVE with our Facebook Fridays at 10:00 throughout August. Tune in for some updates and laughs. You do not need to have a Facebook account to watch. Just Google "The Upton Center Facebook Page" to watch LIVE. Videos are also saved on our FB page to be watched later.



Hot Diggity Dog Lunch

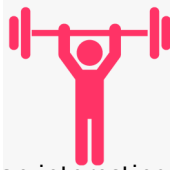
Tuesday, August 17 at 11:30

We know how much you love the TriValley hotdog lunch—so we thought we'd encourage you all to join us for a hotdog on the patio at lunchtime. Please **RSVP by Friday, August 13** if you'd like to join us. The fee is \$3.

Increasing Strength in Older Adults

Wednesday, August 18 at 11:30

Join nutritionist Mary Brunelle of Tri-Valley for an interesting talk about increasing strength in older adults. Muscle loss occurs with aging and/or immobility. This may cause reduced strength, functional decline and an increased risk for falls and fractures. Muscles support physical strength and power! Dietary protein & physical activity are key components in building muscle, staying strong and remaining physically active. This presentation will focus on protein sources and how to meet daily protein needs, as well as discussing the importance of exercise and daily movement. Mary will hold the talk at lunchtime, so feel free to bring your own lunch or let Al Vautour know by 10 am on Aug. 17 if you'd like him to order a Tri-Valley stuffed pepper casserole meal for you for that day at a cost of \$3. Please let us know by **August 16** if you plan to join us for Mary's talk.



Afternoon Movie

Friday, August 20 at 12:30

This month we'll be showing *Senior Moment*, a romantic comedy. After drag racing his vintage convertible around Palm Springs, California, a retired NASA test pilot (William Shatner) loses his license. Forced to take public transportation, he meets Caroline (Jean Smart) and learns to navigate love and life again. Call to let us know if you can join us.

Sheriff's

Drive-Thru Picnic

Saturday, August 21, 11:00—1:00

The Worcester County Sheriff Department's Annual Senior Picnic is on! This year, in an abundance of caution, it will be a drive-thru spectacular event. Drive your car through for a picnic with a delicious BBQ lunch to go, organic produce, ice cream, raffle prizes, tons of giveaways and a free car wash! **All guests must register by August 5th to attend.** If you'd like us to register you for the event, please contact us at the Center by August 4. Or, you may register yourself by August 5th by contacting Donna Ostiguy at 508-796-2638 or at dostiguy@worcestersheriff.org. Enjoy!



Lunch at Post Office Pub

Monday, August 23—Van departs at 11:30

We're heading to the Post Office Pub in Grafton for lunch this month. Join your friends for a great meal and some laughs. You're sure to find something delicious on their extensive menu. Save room for dessert! We'll be dining indoors. Please call the Center by **August 19** to register and let us know if you need a ride. Spots on the van are limited.

Trivia at the Center with Library Staff

Wednesday, August 25 at 12:15

The Upton Library staff will be back with more trivia fun! This time the theme is Baby Boomers trivia. Come test your memory and have some laughs! Light refreshments will be served. No fee. Please register by **August 23**.



Birthday Bash

Friday, August 27 at 12:45

The Birthday Bash is back! This month the bash will be free not just for our folks with August bdays, but for ALL of our seniors since we missed a chance to celebrate with you when we were closed! So come enjoy pizza, cake and ice cream with us. Please call to **register by August 25**.

Coffee & More

Monday, August 30 at 10:00



In 2023, Mass General Brigham plans to build a new health care center off Rte 9 in Westborough to serve over 40,000 existing local patients who currently travel into Boston hospitals for their medical needs. The new site will provide the same care of Mass General Brigham without the need to drive into Boston. Join representatives of Mass General Brigham to learn more about the new facility and the specialty services it will provide. Refreshments will be provided. No fee. Please register by **August 25**.



Ranger Viola's Time Capsule

Tuesday, August 31 at 9:30

We are thrilled to welcome Ranger Viola back for a visit from West Hill Park. She'll be bringing along a time capsule that has all kinds of fascinating reminders of history inside. Come check it out and enjoy a refreshment while you're at it. No fee.

Healthy Mind & Body



Join in our free exercise classes this month! Classes will be free through the end of August; a fee of \$3 per session will resume in September. All fitness levels are welcome.

- **Tai Chi** —Mondays at 1:00 (If you prefer Helen's online classes instead—you can email her directly at Taichispirit@charter.net for details of that option.)
- **Mindfulness with Robin**—Tues., August 10 at 11:00
- **Strength & Stretch** is back!—Weds. & Fris. at 10:00
- **Blood Pressure Checks**—Wed., August 25 at 12:30
(Please register for BP checks by Aug. 23)

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

Medicare Preventative Benefits

Did you know that Medicare Part B covers approximately two dozen preventive benefits, often at no or low cost to you? These benefits include services such as flu and pneumonia shots, screenings for various health conditions (e.g., heart disease and certain types of cancer), and options to help you stop smoking. Preventive care may help to keep you healthier. For more details you can visit our website at www.shinema.org and click Part B Preventative Services under the Medicare Tab.

Mail from Mass Health



SHINE would like to remind you of the importance of opening and responding to any mail you get from MassHealth. These mailings often have deadlines involved and you have to respond to MassHealth by a specific date or lose your MassHealth coverage. If you get mail from MassHealth that you do not understand, you should contact a family member or friend for assistance. If neither is available you can contact the SHINE regional office for help. 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.

What To Do in the "Donut Hole"



If you have reached or are about to reach that gap in your Part D plan, the Commonwealth's Prescription Advantage program can help. For individuals with an annual income less than \$38,640 (single) or \$52,260 (married), Prescription Advantage can lower your co-payments while in this gap. There is no premium for this state-sponsored pharmacy assistance program. Call today for more information at 1-800-243-4636. You can also learn more online at www.prescriptionadvantagemma.org



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. And don't forget that we serve a congregate meal here every Monday through Friday at 11:30. What a great way to enjoy your meal with friends!

Wish List



We could use some new **BINGO callers** on occasional Thursdays at 1:00. We're happy to train you. Schedule is flexible. It's really a lot of fun! Please call 508-529-4558 if interested.

COMMUNITY CORNER

Summer Flea Markets

The Upton **VFW** Post 5594 is continuing its series of Summer Flea Markets in Upton. The markets are held from 7 a.m. to 1 p.m. on the second Saturday of each month through October 9, weather permitting. Vendors and craftsmen are welcome to purchase spaces for \$10 or \$15 with a banquet sized table (reservations are not required). All proceeds benefit the post.

Tuesday Cruise Nights

Come enjoy the Upton **VFW** Post 5594 Cruise Nights, Tuesdays from 5 p.m. to dark, weather permitting. It's a free car show, with no fee to show a car, and no entrance fee. Enjoy the singing DJ and 50/50 raffle. Hotdogs and burgers are available for sale. Proceeds benefit the VFW and the American Legion.

Upton Fireworks Festival

The Upton Men's Club will be holding the annual Upton Fireworks Festival at BVT High School on **August 21** this year (rain date: Aug. 22). This date was chosen when there was uncertainty around when the COVID restrictions would be lifted. Come enjoy the food, fun, and fireworks! Visit uptonmensclub.org to make a donation or to see details on timing of the following events: inflatable fun park, New Bay Colony performance, and a magic show with Fran Flynn. Fireworks display will be at dusk.

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.



Free Legal Resource Guide

We still have some copies available at the Upton Center of the Mass Bar Association's 2021 edition of the Elder Law Education Guide (ELG) The ELG is a resource guide on a wide range of legal issues affecting the lives of older adults. Please call 508-529-4558 if you'd like one.

Trivia Question




Congratulations to **Norma Earl** who was our lucky winner in July. She knew that Independence Day was first made a Federal Holiday in 1941! This month's question is: In what year was August 21 designated as National Senior Citizens day in the United States? Call the Center if you know the answer and be entered to win a prize!

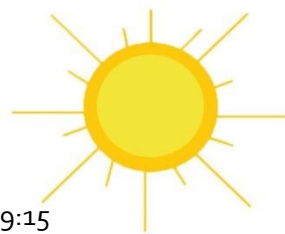
August 2021

Mon	Tue	Wed	Thu	Fri
2 10:30 COA Meeting 1:00 Tai Chi Pork Rib-i-que	3 10:30 Walk 12:30 Hand & Foot Card Game Swedish Meatballs	4 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 5:15 Departure for 6:00 Concert at Kiwanis Sloppy Joe	5 9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO Chicken w/ Cacciatore Sauce	6 10:00 Strength & Stretch 12:30 Rootbeer Floats on the Patio Fish w/Crumb Topping
9 9:15 Shopping Trip* 1:00 Tai Chi Chicken Pot Pie	10 10:30 Walk 11:00 Mindfulness with Robin 12:30 Hand & Foot Card Game Penne Pasta w/ Meatballs	11 9:15 Craft Time w/ Betty 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 1:00 Shopping Trip* 5:15 Departure for 6:00 Concert at Kiwanis Potato Crunch Fish	12 9:00 Breakfast with the Town Manager 10:00 Knit/Crochet Group 1:00 BINGO Baked Ham	13 10:00 Strength & Stretch 12:30 Trip to JJ's & Kelly's Farm Stand Garlic Herbed Chicken
16 9:15 Shopping Trip* 1:00 Tai Chi Lemon Pepper Fish	17 9:15 Upton Errand Loop 10:30 Walk 11:30 Hot Diggity Dog Lunch 12:30 Hand & Foot Card Game Hot Dog	18 10:00 Strength & Stretch 11:00 Library Table 11:30 Nutrition Talk 12:30 Canasta 5:15 Departure for 6:00 Concert at Kiwanis Stuffed Pepper	19 10:00 Knit/Crochet Group 1:00 BINGO Ranch Chicken	20 10:00 Strength & Stretch 12:30 Afternoon Movie <div data-bbox="1218 1102 1583 1249" data-label="Text"> <p>Sheriff's Picnic Drive-Thru Spectacular 11:00-1:00, Sat. 8/21 SAC Park, Shrewsbury</p> </div> Braised Beef
23 11:30 Lunch Trip to the Post Office Pub 1:00 Tai Chi Chicken Pesto	24 10:30 Walk 12:30 Hand & Foot Card Game 12:30 Shopping Trip* Burger	25 10:00 Strength & Stretch 11:00 Library Table 12:15 Trivia at the Center w/Library Staff 12:30 Canasta 12:30 Blood Pressure Checks Roast Pork Loin	26 9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO American Chop Suey	27 10:00 Strength & Stretch 12:45 Birthday Bash Jambalaya
30 10:00 Coffee & More with Mass General Brigham 1:00 Tai Chi Shepherd's Pie	31 9:30 Ranger Viola's Time Capsule 10:30 Walk 12:30 Hand & Foot Card Game 12:30 Shopping Trip* Greek Chicken		*Please see newsletter for details of our shopping trips and call the Center at 508-529-4558 to register.	

August, 2021 — Dates to Remember

Check  here if you plan to attend !

- Aug 2 ☐ COA Meeting, 10:30
- Aug 4 ☐ Ride to Concert at Kiwanis departs at 5:15 (Concert at 6:00)
- Aug 5 ☐ Shopping Trip—Market Basket, Oxford, 9:15
- Aug 6 ☐ Rootbeer Floats on the Patio at 12:30, \$1 fee
- Aug 9 ☐ Shopping Trip—Shaw's/Job Lots/Walmart, Foppema's Loop, Northbridge, 9:15
- Aug 10 ☐ Mindfulness with Robin at 11:00
- Aug 11 ☐ Craft Time with Betty at 9:15
- Aug 11 ☐ Shopping Trip—Price Chopper, Hopkinton, 1:00
- Aug 11 ☐ Ride to Concert at Kiwanis departs at 5:15 (Concert at 6:00)
- Aug 12 ☐ Breakfast with the Town Manager at 9:00, \$3 fee
- Aug 13 ☐ Trip to JJ's & Kelly's Farm Stand, 12:30
- Aug 16 ☐ Shopping Trip—Market Basket, Hudson, 9:15
- Aug 17 ☐ Upton Errand Loop, 9:15
- Aug 17 ☐ Hot Diggity Dog Lunch, 11:30, \$3 fee
- Aug 18 ☐ Nutrition Talk at 11:30 . Would you like Al to order you a TriValley lunch for \$3? Yes___ or No___
- Aug 18 ☐ Ride to Concert at Kiwanis departs at 5:15 (Concert at 6:00)
- Aug 20 ☐ Afternoon Movie: *Senior Moment* at 12:30
- Aug 21 ☐ Sheriff's Picnic in Shrewsbury (Drive through in your own car). Want us to register you? Yes___ or No___
- Aug 23 ☐ Lunch Trip to Post Office Pub in Grafton, departs at 11:30. Need a ride? Yes___ or No___
- Aug 24 ☐ Shopping Trip—Hannaford's, Uxbridge, 12:30
- Aug 25 ☐ Trivia at the Center w/Library Staff, 12:15
- Aug 25 ☐ Blood Pressure Checks w/the Town Nurse, 12:30
- Aug 26 ☐ Shopping Trip—Shaw's/Job Lots/Walmart, Foppema's Loop, Northbridge, 9:15
- Aug 27 ☐ Birthday Bash at 12:45. Do you have a birthday in August? Yes___ or No___
- Aug 30 ☐ Coffee & More with Mass General Brigham at 10:00
- Aug 31 ☐ Ranger Viola's Time Capsule at 9:30
- Aug 31 ☐ Shopping Trip—Market Basket, Oxford, 12:30



HAPPY
SUMMER



SIGN UP FOR WALKS:

Tuesdays at 10:30: Aug 3___ Aug 10___ Aug 17___ Aug 24___ Aug 31___

Easy Sign-Ups!! Turn your sheet in to our office and we'll make a copy and sign you up! Or call 508-529-4558.

Name: _____ Phone #: _____

Do you know the answer to our trivia question on last page of newsletter? _____

WEEKLY EVENTS AT THE UPTON CENTER

Every Monday	Tai Chi	1:00
Every Tuesday	Hand & Foot Card Players Group	12:30
Every Wednesday	Strength & Stretch	10:00
Every Wednesday	Library Table	11:00
Every Wednesday	Canasta Card Players Group	12:30
Every Thursday	Knit/Crochet Group	10:00
Every Thursday	BINGO	1:00
Every Friday	Strength & Stretch	10:00