



# 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](http://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  
Rick Vernon

### Nutrition Center Mgr.

Al Vautour

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Happy Independence Day! The holiday seems to have additional meaning to all of us this year—as we finally start to feel some freedom from the restrictions of the pandemic. Here at the Center, we are happy to be adding back additional programs for the month of July, and we look forward to bringing back even more of your favorites in August. It has been wonderful to see so many of you back at the Center! We will continue to make efforts to socially distance, and, in keeping with Governor Baker's guidelines, we recommend that anyone who has not been vaccinated wear a mask while at the Center. Also please be sure to RSVP for programs when specified and help us out by signing in at our computer as you enter so we can keep track of who is here for events. If you need a new sign-in card, just let us know.

In addition to the programs that resumed last month—we are restarting the following in July: in person COA meetings, lunch trips, library table, the Price Chopper bread table, and BINGO!!! We've also added some fun in person programs this month like our Scrabble Ice Cream Social on July 23rd (thanks to the Bloomer Girls!!) and a delicious free lunch to be held here on Friday, July 30th courtesy of Heart to Home Meals. You have a chance to win a prize at both of these events—so read on for the details and please plan to come join us!

July is also **Healthy Vision Month!** Below are some tips on ways to protect your vision. Check out our insert for more details on the following tips:

- Find an eye doctor you trust
- Ask how often you need a dilated eye exam
- Add more movement to your day
- Get your family talking about eye health history
- Step up your healthy eating game
- Make a habit of wearing sunglasses
- If you smoke, make a quit plan
- Stay on top of long-term health conditions like diabetes and high blood pressure

And finally—we'd like to extend a special thanks to the **Farragher family** of Upton for the beautiful landscape update they provided to our front garden and bench. This area was originally created by their son Cullen in 2011 as an Eagle Scout project, and we truly appreciate their ongoing dedication to providing such a nice spot for our seniors. Also—a big shout out to **Linda Rynhart, Marge Lindberg, Pat Lang and Judie Pitts** for the great job they've done in planting and maintaining the flowers in our new patio planters. They look wonderful!

★ Janice



healthy  
vision  
month

*Please note that the Upton Center will be closed on Monday, July 5 in observance of Independence Day. No meals will be served.*

## 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.

- Wednesday, July 7 at 12:30—Price Chopper, Hopkinton
- Friday, July 9 at 9:15—Market Basket, Oxford
- Wednesday, July 14 at 9:15—Shaw's/Job Lots/**Foppema's**, Walmart Loop, Northbridge
- Tuesday, July 20 at 9:15—Hannaford's, Uxbridge
- Friday, July 28 at 9:15—Market Basket, Hudson
- Tuesday, July 27 at 10:30—Upton Errand Loop—P.O., hairdresser, bank, Country Souper, Coffee Bean, etc.
- Thursday, July 29 at 9:15—Shaw's/Job Lots/**Foppema's**, Walmart Loop, Northbridge



## Monthly COA Board Meeting

Monday, July 12 at 10:30

We will be returning to **in person** meetings this month! The COA Board Meeting will be held Monday, July 12 at 10:30. You don't have to be a Board Member to sit in on our discussion. Please feel free to join us at the Center.



## Upton Library Table

Wednesdays at 11:00, beginning July 7



The Upton Library staff will be back with their weekly Library Table at the Center beginning July 7! Come check out the assortment of materials they bring each week, or contact the Library in advance if you'd like to order something specific. Visit [www.uptonlibrary.org](http://www.uptonlibrary.org) or call 508-529-6272 for more details on library services.



## 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. Please call to register so Donna will know who is coming.

## AARP's Financial Basics Webinar

Wednesday, July 7, 6:00—7:30 pm on Zoom



Join AARP's Martin Booker, for a financial basics workshop on managing your debt as you prepare for retirement or have retired. Topics of conversation will include: mortgages, student loans, long-term health care needs and more. Register at <https://aarp.cvent.com/DebtManagement>

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.

## BINGO IS BACK!!!

Thursdays at 1:00 beginning July 8

We know many of you will be excited to hear that BINGO IS BACK! Join us Thursdays at 1:00 for all the fun. We'll ask people to socially distance, so spaces will be limited. **Please call in advance to hold your spot!** If we find that we are running into a space issue, spaces will be given to Upton residents first when reserving spots. **We could also use some new Bingo callers.** If you're interested—let us know!



## Living a Mindful Life

Tuesday, July 13 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 July 9**. No fee for the summer.

## JJ's Ice Cream & Kelly's Farm



Tuesday, July 13 at 1:00

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 July 12**.



## Lunch Trip to George's Surf & Turf

Friday, July 16—Van departs at 12:30

Heading to George's Surf & Turf in Mendon seems like the perfect way to resume our monthly lunch trips! Order your favorite food and ice cream at their take out window and sit out back at their picnic tables for lunch. Please call the Center by **July 13** to register and let us know if you need a ride. Spots on the van are limited to allow social distancing so we may do more than one departure time if needed.



## Pharmacist Talk on Depression & Anxiety

Tuesday, July 20 at 10:00

With all the challenges of this past year, it's important to address issues of depression and anxiety. Join Pharmacist Paula Evans from the Massachusetts College of Pharmacy and Health Sciences (MCPHS) of Worcester for an important talk to help you identify and address these issues. A light snack will be served. No fee. **Please RSVP by July 16**.



## Podiatrist Appointments

Thursday, July 22, 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 **July 16** for an appointment.

## Tai Chi



Mondays at 1:00

Our Tai Chi instructor, Reverend Helen Morin, resumed her in person classes here at the Center in June. It's great to have her back! There will be no fee for the class throughout the summer. If you prefer to participate in Helen's online Zoom classes instead—you can email her directly at [Taichispirit@charter.net](mailto:Taichispirit@charter.net) for details of that option.



## SCRABBLE

### Ice Cream Social

Friday, July 23 at 12:30

It's National Scrabble week! So we thought it would be fun to get together for an ice cream social at 12:30, courtesy of the Bloomer Girls, followed by some Scrabble games afterwards! Whether you're a beginner or a pro—**RSVP by July 21** and come give Scrabble a try for a chance to win a prize! Better yet—consider coming down at 11:30 for lunch first. You can either contact Al Vautour to register for TriValley's Shepherd's pie lunch that day, or even just bring your own lunch down. As with every Monday—Friday at 11:30—it's a great chance to meet up with old and new friends to socialize! No fee for the ice cream, thanks to the Bloomer Girls!

### Blood Pressure Checks

Wednesday, July 28 at 12:30

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



### Concerts at Kiwanis Beach

Wednesdays, through 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 July/Aug. concerts:

- 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, 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.



Now at 10:00 each Friday

We'll be moving our LIVE Facebook Fridays time to 10:00 beginning July 2. 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.

### Afternoon Movie

Wednesday, July 28 at 1:30



We can all use some laughs after this past year! Join us for *Barb & Star Go to Vista Del Mar* (rated PG-13). It's a quirky comedy about two best friends who leave their small Midwestern town for the first time to vacation in Florida where they find themselves tangled up in adventure, love and intrigue. Please **RSVP by July 27**.



### Craft Time with Betty

Wednesday, July 21 at 10:30

Thank you to Betty Brault for providing a great patriotic craft last month! Betty will be back July 21 with another in person craft session you won't want to miss. Please **RSVP by July 16** if you'd like to join her.

### Knitting & Crochet Group

Thursdays at 10:00



It was great to welcome our knitters back last month! Come join them for a chance to get together with your friends to enjoy your favorite pastime Thursdays at 10:00.

### Free Lunch from HEART TO HOME MEALS

Friday, July 30 at 12:30



DELICIOUS MEALS MADE FOR SENIORS™

Heart to Home Meals would like to treat you to a free lunch to give you a chance to sample their foods and learn more about their subscription meal service for seniors. Choose from **Chicken Teriyaki** or **Tomato and Herb Glazed Haddock**. Heart to Home specializes in home delivery of quick and delicious meals for seniors, so you can spend less time cooking and more time enjoying life. The luncheon will include a quick presentation, some trivia and raffle prizes to give away! Space is limited; please **RSVP by July 23** with your meal selection.



### Card Players Groups

Hand & Food—Tuesdays, 12:30—3:30  
& Canasta—Wednesdays 12:30—3:30

We're happy to have our card players back at the Center! If you're interested in joining one of these groups, please let us know and we'll try to set up additional groups of four. Beginners are welcome!



### COMING SOON

- **Blueberry Picking**—It's almost berry picking time! July picking dates are not yet available at Vandervalk farm in Mendon. We'll keep watching and we'll put a flyer on our board and a post on our Facebook page once we schedule a trip.  Call to **let us know if you're interested** in going so we can keep you posted when we schedule a date.
- **Strength & Stretch**—Wendy Reid will return with in person classes beginning August 4! Watch for details in our August issue.
- **August Birthday Bash**—Our monthly bashes with pizza and birthday cake will be back beginning in August! Watch for details in our next newsletter. In the meantime, if you happen to have a July bday—let us know. We'd like to give you a "sweet treat" as our way of saying **HAPPY BIRTHDAY TO 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.



### 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!



### Price Chopper Food Donations

Our awesome volunteer, Michelle Welch, has resumed weekly pick-ups of bread donations from the Price Chopper in Hopkinton. She typically drops them off at the Center late Wednesday morning. We never quite know what or how much we'll get! Stop by if you'd like some. **Thank you to both Michelle and Price Chopper!**

### 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.



### Wish List



We could use the following items for our food pantry:

- Cereal
- Small canned hams
- Cracker packs, granola bars, nuts
- Canned fruit or fruit cups
- 100% fruit juices
- Adult depends/pullups (size L or XL)

Please call 508-529-4558 to arrange a drop-off time if you can help. We could also use some new **BINGO callers** on occasional Thursdays at 1:00. Call us if interested!

## COMMUNITY CORNER

### Museum Pass Program

Did you know that the Friends of the Upton Library Museum Pass Program is open to all Upton residents with library cards in good standing? Passes can be reserved online at <https://uptonlibrary.assabetinteractive.com/museum-passes> or by calling the library at 508-529-6272. Each pass is slightly different but most need to be reserved for a specific day and provide half price admission for 2 people. Discount passes are currently available for the following:

- Boston Children's Museum
- Davis Farmland
- State Park Passes
- Museum of Fine Arts
- Museum of Science
- New England Aquarium
- Tower Hill Botanic Garden

### New Cafe at United Parish

United Parish of Upton invites you to check out their new café! **Soul Fuel** is a welcoming, comfortable and delicious spot for coffee (Red Barn) tea (Harney & Sons), and homemade baked goods made by their very own United Parish Bakers. Free Wi-Fi on site. Stop by to say hello. The hours are Tuesday—Sat., 9:00—5:00, at 1 Church St. in Upton.

### Summer Band Concerts

In addition to the Concerts at Kiwanis Beach in Upton referenced on the prior page, there is a free summer concert series kicking off on Thursday, July 1 and continuing every Thurs. from 6-8 pm through Sept. 2 at Alternatives' Whitin Mill, 50 Douglas Rd., Whitinsville. In case of inclement weather, the concert moves into the Singh Performance Center at the same location. For more information on performers and sponsors, visit [OpenSkycs.org/news-events](http://OpenSkycs.org/news-events) or visit Facebook/ValleyCAST.

### 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 **Maria Griffin** who was our lucky winner in June. She knew that, prior to the first tenants moving in to Coach Road Apartments in 1969, the Knowlton School once stood on that same spot. The school was destroyed in a 1963 fire. We even heard from some of you who attended Knowlton School at one point! This month's question is.... In what year was the Fourth of July, also known as Independence Day, made a Federal Holiday? Call the Center if you know the answer and be entered to win a prize!

Tri-Valley, Inc. - July 2021



## 8 Things You Can Do Right Now to Protect Your Vision

- 1. Find an eye doctor you trust** - Many eye diseases don't have any early symptoms, so you could have a problem and not know it. The good news is that an eye doctor can help you stay on top of your eye health! Find an eye doctor you trust by asking friends and family if they like their doctor. You can also check with your health insurance plan to find eye doctors near you.
- 2. Ask how often you need a dilated eye exam** - Getting a dilated eye exam is the single best thing you can do for your eye health. It's the only way to find eye diseases early, when they're easier to treat — and before they cause vision loss. Your eye doctor will decide how often you need an exam based on your risk for eye diseases. Ask your eye doctor what's right for you.
- 3. Add more movement to your day** - Physical activity can lower your risk for health conditions that can affect your vision, like diabetes and high blood pressure. And bonus: it can help you feel your best. If you have trouble finding time for physical activity (normal!), try building it into other activities. Walk around while you're on the phone, do push-ups or stretch while you watch TV, dance while you're doing chores. Anything that gets your heart pumping counts!
- 4. Get your family talking... about eye health history!** Some eye diseases — like glaucoma and age-related macular degeneration — can run in families. While it may not be the most exciting topic of conversation, talking about your family health history can help everyone stay healthy. The next time you're chatting with relatives, ask if anyone knows about eye problems in your family. Be sure to share what you learn with your eye doctor to see if you need to take steps to lower your risk.
- 5. Step up your healthy eating game** - Eating healthy foods helps prevent health conditions — like diabetes or high blood pressure — that can put you at risk for eye problems. Eat right for your sight by adding more eye-healthy foods to your plate! Try dark, leafy greens like spinach, kale, and collard greens. And pick up some fish high in omega-3 fatty acids like halibut, salmon, and tuna.
- 6. Make a habit of wearing your sunglasses — even on cloudy days.** - You know the sun's UV rays can harm your skin, but did you know the same goes for your eyes? It's true. But wearing sunglasses that block 99 to 100 percent of both UVA and UVB radiation can protect your eyes and lower your risk for cataracts. So be sure to add sunglasses to your must-have list before you leave the house. Sunglasses? Check! Healthy eyes? Check!
- 7. Stay on top of long-term health conditions — like diabetes and high blood pressure** - Diabetes and high blood pressure can increase your risk for some eye diseases, like glaucoma. If you have diabetes or high blood pressure, ask your doctor about steps you can take to manage your condition and lower your risk of vision loss.
- 8. If you smoke, make a quit plan** - Quitting smoking is good for almost every part of your body, including your eyes! That's right — kicking the habit will help lower your risk for eye diseases like macular degeneration and cataracts. Quitting smoking is hard, but it's possible — and a quit plan can help. Call 1-800-QUIT-NOW (1-800-784-8669) for free support.