



# 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)

## September 2021

### THE UPTON CENTER STAFF

#### Director of Elder & Social Services

Janice Read Nowicki

#### Social Services Coordinator

Darynn Khuth

#### Department Specialist

Bernadette Denson

#### COA Assistants

Deb Saulen

Karen Varney

#### Drivers

Jim Earl

John Saulen

Rick Vernon

#### Nutrition Center Mgr.

Al Vautour

### COUNCIL ON AGING MEMBERS

#### Chair

Laurie Fantini

#### Vice Chair

Josephine McLaughlin

#### Secretary

Linda Sanders

#### Members

Myra Bigelow

Betty Consigli

Paula Lepore

Gregg Manning

Lori McGann

Richard Provost

Grace Wadsworth

Margaret Watson

We are very happy to announce that our new Social Services Coordinator, **Darynn Khuth**, joined us on August 16th! Darynn brings a wealth of experience from her many years of work in various outreach positions. We know her advocacy skills and knowledge of community resources will allow her to be a great help to the people of Upton. If you haven't already had a chance to meet Darryn, we hope you will stop by and introduce yourself soon.

We invite you to join us at our **Breakfast with the Town Manager** on Thursday, September 9th at 9:00 to meet our new staff and celebrate **National Senior Center Month**! This year, senior centers have faced unusual challenges. As with many other service providers, we've had to pivot and improvise this year, transforming our center to virtual classrooms overnight and, in so doing, providing continued means of social engagement and activity during bleak times. We reached out to provide support and encouragement in new ways, including:

- Increasing our food pantry offerings
- Providing numerous meals and activities on a "to go" basis
- Coordinating financial assistance through the Town's Neighbor to Neighbor program
- Working with the Board of Health to provide vaccine information, registration and clinics at the Center
- Reaching out with check in calls to our seniors to address social isolation
- Introducing Facebook Friday updates to keep our seniors well informed
- Continuing transportation services throughout the pandemic for doctor appointments and groceries.
- Providing Zoom trainings and virtual programs and links to keep our seniors engaged from home
- Maintaining Meals on Wheels throughout

Our doors are now open Monday through Friday from 9:00—3:30, and we are thrilled to have you back. We continue to work closely with the Board of Health to make our Center as safe as possible for staff and visitors alike. We are currently requesting that everyone mask up at the Center and on our van and maintain social distance when possible.

We also encourage you to join us for some exercise in September! Our **weekly walks** will continue Tuesdays at 10:30, and our **Strength & Stretch** classes will be held Wednesdays and Fridays at 10:00. We'll be taking a break from our Tai Chi classes for now since our attendance had been rather low on Mondays. So let us know if there is a different exercise program you'd like us to consider. Stay tuned for information regarding a Fall Prevention class coming in October as well.

And finally—we have some thank you's to share. We'd like to wish **Fire Chief DiFronzo** a happy retirement and thank him for all he has done for our seniors. And we are also grateful to student **Jeffrey Powers** for building a beautiful plant stand for the Center. We truly appreciate it!

*Janice*



*The Upton Center will be closed for Labor Day on Monday, September 6th.*

## 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.



## Shopping Trips:

- Tuesday, September 7 at 9:30—Shaw's/Job Lots/**Foppema's\*** Walmart Loop , Northbridge
- Friday, September 10 at 9:15—Price Chopper, Hopkinton
- Tues., September 14 at 12:30—Market Basket, Hudson
- Tuesday, September 21 at 12:30—Hannaford's, Uxbridge
- Thursday, September 23 at 9:15—Shaw's/Job Lots/**Foppema's\***, Walmart Loop , Northbridge
- Mon., September 27 at 9:15—Market Basket, Oxford
- Thurs., September 30 at 9:15—Christmas Tree Shop, Shrewsbury

\*Note: the TriValley Farmers Market coupons distributed at the Center can be used at Foppema's and Kelly's farm stands and the Grafton Farmer's Market (among other locations).



## 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.

## Computer Classes Resume

Wednesdays, 9:00—10:00



Volunteer **Paula Lepore** is available Wednesday mornings to help you with your computer questions. Please call the Center at least 2 days ahead if you'd like to schedule a time to meet with her. Thank you Paula!



Fridays at 10:00

We'll be LIVE with our Facebook Fridays at 10:00 throughout September. 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.



## Meet the Staff at Breakfast with the Town Manager

Thursday, September 9 at 9:00

We are excited to have you come meet the most recent additions to our staff at his month's Breakfast with the Town Manager! We'll also be celebrating National Senior Center Month. So mark your calendars and plan to join us for a delicious meal. Afterwards, Town Manager Derek Brindisi 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 Sept. 7**. Breakfast is \$3.



## Afternoon Movie

Friday, September 10 at 12:30

We had to postpone our afternoon movie last month due to some difficulties as a result of the heavy rainfall! But we're back on track this month to show *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.

## COA Board News

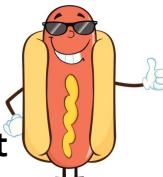
Monday, September 13 at 10:30

Board Member **Judie Pitts** has recently decided to step down from the COA Board. We'd like to thank her for her years of service on the Board and we look forward to her continued involvement at the Center as a valued volunteer. We appreciate all your help Judie! Our monthly COA Board Meeting will be held at the Center on Monday, September 13 at 10:30. You don't have to be a Board Member to sit in on our discussion. Please feel free to join us. If you would like to join the Board, please see Janice Nowicki for more information.



## Trip to

## Best in Show Hotdogs & Grafton Farmers Market



Wednesday, September 15 at 1:00

Let's head for a hotdog at the Best in Show hotdog stand in Grafton, followed by a visit to the Grafton Farmers Market. For those of you who recently picked up a Tri-Valley farmers market coupon at the Center, you'll be able to use them at this market. Please call by **Sept. 13** to RSVP.



Please call the Upton Center at 508-529-4558 with questions or to register for programs. Hours of Operation are Monday—Friday, 9:00—3:30 (weather and staff permitting).



## Music & Storytelling followed by the Men's Club Supper

**Friday, September 17—4:00 Music; 5:15 Supper**

After a well-deserved summer break, the Men's Club Supper is back! They'll be serving pasta and meatballs this month (yum!). This time, we'd like to make it an extra special treat in honor of Grandparents Day! **John Porcino** will be here beginning at 4:00 to entertain you with music and storytelling before dinner. John's program is a celebration of story and song sparked to life with warmth, humor, a playful touch of audience participation, instruments from around the world and a message of caring for our planet and each other. We could all use some of that about now! Please **RSVP by September 10**. There is no fee. Thank you to the Men's Club for the dinner! The musical program is supported by a grant from the Upton Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

## Lunch Trip to the Post Office Pub

**Monday, September 20—Van departs at 11:30**

We had to postpone our lunch trip last month, but we know you're still anxious to go to the Post Office Pub in Grafton! So we'll be heading there for a great meal on September 20. 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 **September 16** to register and let us know if you need a ride.



## Mindfulness with Robin

**Tuesday, September 21 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 September 17**. No fee.

## Hail to the Chiefs Trivia at the Center

**Wednesday, September 22 at 12:15**

The Upton Library staff will be back with more trivia fun! This time the theme is "Hail to the Chiefs—US Presidents Trivia". Come test your memory and have some laughs. Light refreshments will be served. No fee. Please **RSVP by Sept. 20**.



## Podiatrist Appointments

**Thursday, September 23, 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 **Sept. 17** for an appointment time.



## Identity Theft & Fraud Prevention Talk

**Friday, September 24 at 1:00**

Robin Putnam, Events & Outreach Manager from the Office of Consumer Affairs and Business Regulation and Kevin Donohue from the Worcester County District Attorney's Office will present on identity theft & fraud prevention. The presentation will include information about their offices and what they do. It will also cover how to spot and avoid scams, recent scams that they have heard about, how to prevent identity theft & steps to take if you have fallen victim to a scam. Light refreshments will be served. No fee. Please **RSVP by Sept. 22**.

## COA Table at

### Upton's Heritage Day

**Saturday, September 25, 10—2**

**COME & VISIT US TODAY**

The Council on Aging staff will have a table at the upcoming Upton Heritage Day on the town common—so come visit us! We'll be sharing resource and referral information and letting people know about all the services offered here at the Center. Further details on Upton's Heritage Day can be found in the Community Corner section on the back of this newsletter.



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

**Tuesday, September 28 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 Sept. 24**.



## Birthday Bash

**Wednesday, September 29 at 12:45**

Come enjoy pizza, cake and ice cream in celebration of this month's Bdays! No fee for those who have a birthday this month; a donation of \$3 is suggested for others. Please call to **register by September 24**.



## Craft Time with Betty

**Thursday, September 30 at 10:00**

Volunteer Betty Brault will be back with another fun and creative craft session you won't want to miss. Please **RSVP by September 27** if you'd like to join her.

## Healthy Mind & Body

*Join in our classes this month!*

- **Mindfulness with Robin—Tues., September 21 at 11:00. Please register by Sept. 17. No fee.**
- **Strength & Stretch — Weds. & Fris. at 10:00. \$3 fee.**
- **Blood Pressure Checks—Wed. Sept. 29 at 12:30. Please register by Sept. 27**

We are taking a break from Tai Chi on Mondays so let us know if you have any suggestions for new exercise classes!

## SOCIAL SERVICES CORNER



### New Social Services Coordinator

Hello, my name is Darynn Khuth, your new Social Services Coordinator. I am excited to join the team and look forward to building new working relationships. Please stop by to meet me or feel free to contact me at 508-529-4558 if I can be of any help to you!

- Darynn



### SHINE Open Enrollment

It's that time of year again! if you have a Medicare Part D Prescription Drug or Medicare Advantage plan, your plan will mail you a document called the Annual Notice of Change (ANOC) by the end of September. The ANOC is a summary of changes to your plan for 2022. Your costs (premiums, deductibles, and copays), covered medications, and provider networks may change from year-to-year. Make sure you read this important document and think about whether your plan will continue to meet your needs. If you do not receive it in the mail, call your plan and request another copy. If you would like to change your plan for 2022, you may do so during the annual Medicare Open Enrollment Period. You may make changes to your coverage between October 15th and December 7th, and the changes will take effect January 1st. SHINE counselors can help you to understand changes to your current plan, as well as discuss other options you may have. Don't wait: if you would like to meet with a SHINE counselor during open enrollment, make your appointment early! To make an appointment, call the Upton Center at 508-529-4558 or contact the Central Mass SHINE Regional Office at 508-422-9931 or by email at [info@shinema.org](mailto:info@shinema.org). Information can also be found at [www.shinema.org](http://www.shinema.org).

### SMOC Fuel Assistance



If you received Fuel Assistance for the last heating season, be sure to check your mail for your re-certification applications for the upcoming heating season. You should complete all parts of the application and provide all support documentation. Applications can be mailed, faxed or emailed to: [fueldocs@smoc.org](mailto:fueldocs@smoc.org). If you need assistance, have any questions or would like to inquire about eligibility please contact The Upton Center at: 508-529-4558 or 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.

## COMMUNITY CORNER

### Remote Employment Training

Residents of MA who are over 55, unemployed, and interested in working remotely may be eligible for a new skills training program from Operation ABLE of Greater Boston in partnership with the Exec. Office of Elder Affairs. The free 20-week program funded by the US Dept. of Labor provides individuals with the skills and experience needed to work in a remote or hybrid environment. This virtual program includes instruction in computers and job search plus components in customer service, accounting, or medical administration. Loaner laptops may be available if needed. Training starts **Sept. 13, 2021** with more sessions starting in the Winter and Spring. For more information, contact Mark Gyurina at Operation ABLE at 617-542-4180 or email [mgyurina@operationable.net](mailto:mgyurina@operationable.net).

### Community Supper at United Parish

Head to United Parish of Upton for a Community Supper to go on Thurs., **Sept. 16 at 5:30 p.m.** RSVP by the Tuesday before at 508-529-3192. No fee; donations appreciated.

### Heritage Day

Don't miss the fun sponsored by the Upton Historical Society on Saturday, **September 25, 10 a.m.—2 p.m.** Events include a Vendor Fair on the Common, the United Parish Town-wide Yard sale, the Upton Library's Book Sale, VFW Flea Market, Fire Station Open House and Upton Grange Agricultural Fair. Food will be available at various locations along with music and a story hour for children. For more details visit the Upton Historical Society page on Facebook.

### Tax Prep Volunteers Needed

Tax-Aide needs volunteers to help low and moderate income people prepare their income taxes. Site greeters are also needed. Volunteers work 4-6 hours per week for the 11 weeks of tax season (Feb 1—April 15). Training will be on 3 Sat's. in Dec. Internet access and basic computer skills necessary. Visit <https://aarp.org/taxaide> for details.

### 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 the Upton Center at 508-529-4558 for information.

### Trivia Question



Congratulations to **Maureen Rogers** who was our lucky winner in August. She knew that Aug. 21 was first deemed National Senior Citizens day in the U.S. in 1988. This month's question is: What was the popular 1950's TV show that featured characters Ward and June? Call the Center if you know the answer and be entered to win a prize!

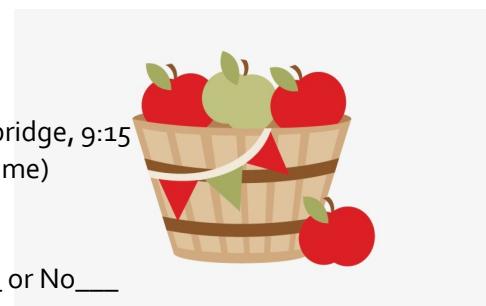
# September 2021

Mon	Tue	Wed	Thu	Fri
		<b>1</b> <b>9:00 Computer Class resumes</b> 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta  Meatloaf w/Gravy	<b>2</b> 10:00 Knit/Crochet Group 1:00 BINGO  Turkey w/Supreme Sauce	<b>3</b> 10:00 Facebook Fri. 10:00 Strength & Stretch  Potato Crunch Fish
<b>6</b> Center is closed  <b>LABOR DAY</b>   No meals served	<b>7</b> <b>9:30 Shopping Trip*</b> 10:30 Walk 12:30 Hand & Foot Card Game  Vegetable Cheese Bake	<b>8</b> <b>9:00 Computer Class</b> 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta  Chicken Milano	<b>9</b> <b>9:00 Meet the Staff at Breakfast with the Town Mgr.</b> 10:00 Knit/Crochet Group 1:00 BINGO  Salisbury Steak	<b>10</b> <b>9:15 Shopping Trip*</b> 10:00 Facebook Fri. 10:00 Strength & Stretch <b>12:30 Afternoon Movie</b>  Lasagna Rolls w/ Meatballs & Marinara
<b>13</b> 10:30 COA Meeting   <b>Sun., Sept. 12: Grandparents' Day</b>	<b>14</b> 10:30 Walk 12:30 Hand & Foot Card Game <b>12:30 Shopping Trip*</b>  Meatballs w/Onion Gravy	<b>15</b> <b>9:00 Computer Class</b> 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta <b>1:00 Trip to Best in Show Hotdogs and Grafton Farmers Market</b>  Marinated Pork Loin	<b>16</b> 10:00 Knit/Crochet Group 1:00 BINGO  Chicken w/BBQ Sauce	<b>17</b> 10:00 Facebook Fri. 10:00 Strength & Stretch <b>4:00 Music &amp; Storytelling with John Porcino</b> <b>5:15 Men's Club Supper</b>  Ham Salad
<b>20</b> 11:30 Lunch Trip to Post Office Pub	<b>21</b> 10:30 Walk <b>11:00 Mindfulness with Robin</b> 12:30 Hand & Foot Card Game <b>12:30 Shopping Trip*</b>  Beef w/ Onions & Peppers	<b>22</b> <b>9:00 Computer Class</b> 10:00 Strength & Stretch 11:00 Library Table <b>12:15 Trivia at the Center with Library Staff</b> 12:30 Canasta  Roast Pork w/Gravy	<b>23</b> <b>9:15 Shopping Trip*</b> <b>9:30–12:00 Podiatrist Appts.</b> 10:00 Knit/Crochet Group 1:00 BINGO  Macaroni & Cheese	<b>24</b> 10:00 Facebook Fri. 10:00 Strength & Stretch <b>1:00 Identity Theft &amp; Fraud Prevention Talk</b>   <b>Sat., Sept. 25: Upton Heritage Day on Town Common, 10am–2pm</b>  Chicken Fajitas
<b>27</b> <b>9:15 Shopping Trip*</b>	<b>28</b> 10:30 Walk 12:30 Hand & Foot Card Game <b>12:30 Trip to JJ's &amp; Kelly's Farm Stand</b>  Terriyaki Beef	<b>29</b> <b>9:00 Computer Class</b> 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta <b>12:30 Blood Pressure Checks</b> <b>12:45 Birthday Bash</b> Baked Potato w/Chili	<b>30</b> <b>9:15 Shopping Trip*</b> 10:00 Knit/Crochet Group <b>10:00 Craft Time with Betty</b> 1:00 BINGO  Hot Dog	

## September, 2021 — Dates to Remember

Check  here if you plan to attend !

Sept 7  Shopping Trip—Shaw's/Job Lots/Walmart, Foppema's Loop, Northbridge, 9:15  
Sept 9  Meet the new Staff & Celebrate National Sr. Ctr. Month at Breakfast with the Town Manager, 9:00  
Sept 10  Price Chopper, Hopkinton, 9:15  
Sept 10  Afternoon Movie: Senior Moment, 12:30  
Sept 13  COA Meeting, 10:30  
Sept 14  Shopping Trip—Market Basket, Hudson, 12:30  
Sept 15  Trip to Best in Show Hotdogs & Grafton Farmers Market, 1:00. Do you need a ride? Yes  or No   
Sept 17  Music & Storytelling with John Porcino at 4:00  
Sept 17  Men's Club Supper—Pasta and meatballs at 5:15  
Sept 20  Lunch Trip to Post Office Pub in Grafton, 11:30. Do you need a ride? Yes  or No   
Sept 21  Shopping Trip—Hannaford's, Uxbridge, 12:30  
Sept 21  Mindfulness with Robin, 11:00  
Sept 22  Trivia at the Center w/Library Staff, 12:15  
Sept 23  Shopping Trip—Shaw's/Job Lots/Walmart, Foppema's Loop, Northbridge, 9:15  
Sept 23  Podiatrist Appts., 9:30—12:00 (Call the Center for an appointment time)  
Sept 24  Identity Theft & Fraud Prevention Talk, 1:00  
Sept 27  Shopping Trip—Market Basket, Oxford, 9:15  
Sept 28  Trip to JJ's & Kelly's Farm Stand, 12:30. Do you need a ride? Yes  or No   
Sept 29  Blood Pressure Checks, 12:30  
Sept 29  Birthday Bash, 12:45. Is it your Birthday this month? Yes  or No   
Sept 30  Craft Time with Betty, 10:00  
Sept 30  Shopping Trip—Christmas Tree Shop, Shrewsbury, 9:15



### SIGN UP FOR WALKS:

Tuesdays at 10:30: Sept 7  Sept 14  Sept 21  Sept 28

COMPUTER CLASSES WITH PAULA: Wednesdays at 9:00—Please call us if you'd like to schedule time with Paula.



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 Tuesday ..... Hand & Foot Card Players Group..... 12:30  
Every Wednesday ..... Strength & Stretch ..... 10:00  
Every Wednesday ..... Library Table (No library table on 9/1) ..... 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  
Every Friday ..... Facebook Friday ..... 10:00