



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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Fall is finally here, and we want to highlight a number of important issues. October is **National Bullying Prevention Month**. So we'd like to remind you that, everyday, people of all ages experience various forms of bullying. There are many ways to help support bullying prevention in your community. One simple way is to take the pledge shown in the box below to do your part in creating a world without bullying through kindness, acceptance, and inclusion. We also invite you to attend a **light breakfast at the Center on Wednesday, October 6th at 9:00** which will include a talk about Protective Services given by Patricia Berthiaume of Tri-Valley. Further details can be found inside this newsletter.

The first week of October is also **Mental Health Awareness Week**. Each year, millions of Americans face the reality of living with a mental health condition. However, mental illness affects everyone directly or indirectly through family, friends or coworkers. That is why the National Alliance on Mental Illness (NAMI) seeks to raise awareness, fight discrimination and provide support.

An estimated 40 million adults in the United States suffer from anxiety or depression. With this in mind, **National Depression Screening Day** is highlighted on **October 7** to bring help and hope to those who suffer from depression. Mental Health America (MHA) offers an online depression screening tool which can be found under the "Find Help" tab at www.mhanational.org. Depression screening is not a diagnosis. Rather, the tool is intended to help people who feel they may be affected by a depressive disorder start a conversation with their doctor or trusted individuals about their mental health. Other screening tests are available from the page as well.

In summary, the COA would like to remind you—**YOU ARE NOT ALONE!** Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need. We encourage you to speak with your health professional for more information and resources, and reach out to us at 508-529-4558 if we can be of any help to you.

We also want to draw your attention to these noteworthy causes in October:

- October is **Breast Cancer Awareness Month**—Please visit www.nationalbreastcancer.org for resources.
- **Domestic Violence Awareness Month** also falls in October—Visit www.ncadv.org for more information on this important topic.

And last but not least—HALLOWEEN is fast approaching! Inside this newsletter you'll find details of **Representative Dave Muradian's Italian Lunch and Halloween Social** to be held at the Center on **Friday, October 29 at 12:30**. We hope you'll join us, and don't forget your costume! This is just one of the many activities we have in store for you, so read on for more information.

Janice

The Upton Center will be closed for Columbus Day on Monday, October 11.

Take the "Together Against Bullying" Pledge:

In support of National Bullying Prevention Month, the COA encourages you to take the following pledge to create a world without bullying through kindness, acceptance, and inclusion.



I pledge to:

Support others who have been hurt or harmed, treat others with kindness, be more accepting of people's differences, and help include those who are left out.



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, October 5 at 9:30—Shaw's/Job Lots/**Foppema's*** Walmart Loop, Northbridge
- Tuesday, October 12 at 12:30 —Market Basket, Hudson
- Friday, October 15 at 9:15—Shaw's/Job Lots/**Foppema's***, Walmart Loop, Northbridge
- Wednesday, October 20 at 12:30—Shaw's/Job Lots/**Foppema's***, Walmart Loop, Northbridge
- Tuesday, October 26 at 11:00—Wegman's/Kohl's Plaza, Northborough Crossing
- Thursday, October 28 at 9:15—Market Basket, Oxford

*Note: the TriValley Farmers Market coupons distributed at the Center can be used at Foppema's (among other locations).



Fridays at 10:00

We'll be LIVE with our Facebook Fridays at 10:00 throughout October. Tune in to hear what's happening at the Center. 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.

COA Board Meeting

Monday, October 4 at 10:30

Our monthly COA Board Meeting will be held at the Center on Monday, Oct. 4 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 are interested in joining the Board, please see Janice Nowicki for more information.



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 Class

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!



Light Breakfast with Protective Services Presentation

Wednesday, October 6 at 9:00

October is **Bullying Prevention Month**, so it's a great time for a talk on Protective Services. Patricia Berthiaume from TriValley will be here to speak about types of abuse that can occur, how to report, the investigation process and ongoing services. She will cover bullying as well, which can include physical and emotional abuse, as well as crisis intervention. Please **RSVP by Oct. 4**. No fee.

Pot Luck Lunch

Wednesday, October 6 at 1:00



Let's get together to share a meal with friends here at the Center. We'll provide the drinks and paper goods. Please call to RSVP by October 4 and let us know if you plan to bring an appetizer, main dish or dessert to share (or a donation of \$5 if you prefer).



Trip to Franklin Farmer's Market & Dairy Queen

Friday, October 8 at 1:30



Let's head to the Franklin Farmer's Market for fresh fruits and vegetables. This one is always a favorite and for those of you who have a TriValley farmer's market coupon—they are accepted here. We'll swing by Dairy Queen on the way home for a sweet treat. Please **RSVP by Oct. 6**.

Mindfulness with Robin



Tuesday, October 12 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 October 8**. No fee.



Afternoon Movie

Wednesday, October 13 at 1:00

Did you know that "I Love Lucy" day falls in October?! We thought we'd celebrate with a tribute to Lucille Ball and all her crazy antics. Join us for some laughs as we watch the I Love Lucy 50th Anniversary Special. Call to let us know if you can join us to celebrate everyone's favorite red head.

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).

BVT Charity Dinner



Wednesday, October 13 - Depart at 4:45 for 5:00 Dinner
BVT's Charity Dinners are back! Attend all you can eat buffet (chicken cordon bleu, dessert & beverage) at BVT High School to benefit the Be Like Brit Charity and BVT SkillsUSA Chapter. Please **RSVP by October 6** and let us know if you need a free ride on our van. We'll reserve a 5 pm seating. Tickets are \$15 at the door (\$8 for kids 12 and under). Van departs Millhaus at 4:45 and Coach Rd. at 4:50.



Breakfast with the Town Manager & DPW Director

Thursday, October 14 at 9:00

Join us for another delicious breakfast at the Center. This month we'll be joined by Town Manager Derek Brindisi along with the Director of Upton's DPW department. Hear the latest updates on what's happening in town and take advantage of an opportunity to get your questions answered first hand. Please **RSVP by October 12**. Breakfast is \$3.

Birthday Bash

Friday, October 15 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 **October 13**.



Fall Prevention Series

Mondays, Beginning October 18 at 10:30

Our Strength & Stretch Instructor, Wendy Reid, will be offering a special six-week program on Fall Prevention here at the Center. Come learn some important tips on improving your strength and balance to avoid falls. Please **register by October 13**. We ask that you do your best to commit to the entire six-week series to make the most of this program. There is no fee.

Leaf Peeping Ride

Monday, October 18 at 1:00



Our long-time van driver Jim Earl will be on hand to take you around town for a leaf peeping trip. Enjoy the beautiful colors of the season as he takes you on some pretty country roads in and around Upton. No fee.

Humane Society Outreach Program

Tuesday, October 19 at 3:00

The Upton Library has arranged for a representative of Baypath Humane Society in Hopkinton to provide a presentation on animal rescues and Baypath. Our seniors and teens are invited to attend the talk at the Upton Center. The presentation will include ways in which individuals can help and will also focus on different careers involving animals that kids can get involved in. No fee. Please **RSVP by October 15**.



Trivia at the Center

Wednesday, October 20 at 12:15

The Upton Library staff will be back with more trivia fun! The theme is "The Turbulent Sixties: Icons, Music and TV". Come test your memory and have some laughs. Light refreshments will be served. No fee. Please **RSVP by Oct. 18**.

Men's Club Cookout

Friday, October 22 at 5:15

Join us for this month's Men's Club Cookout. It's a great chance to get together with friends to enjoy a great meal. Please **RSVP by October 15** and be sure to let us know whether you'd like a burger, cheeseburger, or hotdog (up to 2 per person). No fee, thanks to the Men's Club!



Lunch Trip to the Ninety-Nine Restaurant

Monday, October 25 at 12:00

Let's head to the Ninety-Nine in Milford for a delicious lunch with friends. Please call the Center by **October 20** if you'd like to join us and let us know if you need a ride.

Craft Time with Betty

Wednesday, October 27 at 9:15



Volunteer Betty Brault will be back with a great fall craft you won't want to miss. Please **RSVP by October 20** if you'd like to join her.

Rep. Muradian's Italian Lunch & Halloween Social

Friday, October 29 at 12:30



Join us for some tricks and treats at the Center as we enjoy a delicious Italian meal courtesy of State Representative David Muradian, followed by our Halloween Social. Don't forget to wear a costume for a chance at a prize! Come enjoy good food and a few laughs!

Healthy Mind & Body

Join in our classes this month!



- **Fall Prevention Series—NEW 6 week class, Mondays at 10:30 beginning October 18.** See details in prior column of this page. Register by Oct. 13. No fee.
- **Mindfulness with Robin—Tues., October 12 at 11:00.** Please register by October 7. No fee.
- **Strength & Stretch — Weds. & Fris. at 10:00.** \$3 fee.
- **Blood Pressure Checks—Wed. October 27 at 12:30.** Please register by Oct. 25. No fee.



SOCIAL SERVICES CORNER

SHINE Open Enrollment

It's that time of year again! The Open Enrollment period starts on **October 15** and ends on **December 7**. Those enrolled in a Medicare Prescription Drug Plan (PDP) or a Medicare Advantage Plan (HMO/PPO) should have received an ANNUAL NOTICE OF CHANGE from your current plan in September. It is important for you to read and understand this notice as it explains the changes taking place to your plan starting January 1, 2022 related to premiums, networks, deductibles, co-pays, and drugs covered by your plan.

Open Enrollment period is a time when those who are eligible for Medicare can take the opportunity to switch coverage or change their plan. Any change you make during this time will be effective January 1, 2022. SHINE counselors are available to assist with any Medicare Insurance questions. The Upton Center has a SHINE counselor who can assist you in reviewing your plan options and guide you on choosing the best plans based on your needs. For more information, visit SHINE's website at: www.shinema.org or call the Upton Center at 508-529-4558 with any questions or to set up an appointment if needed.

For questions regarding fuel, SNAP, housing, or any other information; please contact our Social Services Coordinator, Darynn Khuth, at the Upton Center at 508-529-4558 or email her at dkhuth@uptonma.gov. For additional information please visit our website: <https://www.uptonma.gov/council-aging-upton-center>

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. 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.

Wish List



We are in need of the following for our food pantry: cereal, pasta sauce, nuts, healthy snacks, granola bars, canned fruit, paper goods (smaller packs for seniors), juice boxes, dish soap. Please call to arrange drop-off if you can help!

COMMUNITY CORNER

Town Clerk Update

The Town of Upton has scheduled a special town meeting for **November 2 at 7 pm** at Nipmuc High School. Upton will not be having any "elections" in November this year. Residents may be hearing about getting out to vote but only "cities" have elections in November 2021. Upton's next scheduled election is May 10th.

Community Supper at United Parish

United Parish of Upton will once again be hosting a Community Supper to go on Thurs., **October 21. at 5:30 p.m.** Please RSVP by the Tuesday before at 508-529-3192. There is no fee, but donations are always appreciated.

Upton State Forest Foliage Hike

Explore the changing colors of fall Oct. 22, 3-6 pm. This four mile hike through the Upton State Forest is sponsored by the Blackstone River and Canal Heritage State Park Dept. of Conservation and Rec. The hike will take you past the scenic Whistling Cave and up the steep Grouse Trail. Meet at the CCC Headquarters building. The hike ranges from easy to difficult with roots and rocks along the path.

Backyard Birds of New England

Head to Upton Town Hall on **October 20 from 7-8 pm** for an *Introduction to Backyard Birds of New England* with the Mass Audubon. Please pre-register at the Library or Upton Center or online at <https://tinyurl.com/UCCBirds> Presented by the Upton Cultural Council and the Mass. Cultural Council. Contact Robin Jokela at 508-523-9229 with questions.

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 **Myra Bigelow** who was our lucky winner in September. She knew that Leave it to Beaver was the TV show that featured characters Ward and June in the 1950's. This month's question is: Which actress has won the most Academy Awards? If you think you know the answer, call us at 508-529-4558 for a chance to win a prize!




October 2021



Mon	Tue	Wed	Thu	Fri
<p>*Please see Newsletter for details of shopping trips and call the Center at 508-529-4558 to register.</p>				<p>1</p> <p>10:00 Facebook Fri. 10:00 Strength & Stretch</p> <p>Shepherd's Pie</p>
<p>4</p> <p>10:30 COA Meeting</p> <p>Chicken Mornay</p>	<p>5</p> <p>9:30 Shopping Trip* 10:30 Walk 12:30 Hand & Foot Card Game</p> <p>Meatloaf w/Gravy</p>	<p>6</p> <p>9:00 Light Break-fast w/Protective Services/Bullying Prevention Talk 9:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 1:00 Potluck Lunch Roast Turkey</p>	<p>7</p> <p>10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Macaroni & Cheese</p>	<p>8</p> <p>10:00 Facebook Fri. 10:00 Strength & Stretch 1:30 Trip to Franklin Farmer's Market & Dairy Queen</p> <p>Fish w/Crumb Topping</p>
<p>11</p> <p>COLUMBUS DAY Center is Closed</p>  <p>No meals served</p>	<p>12</p> <p>10:30 Walk 11:00 Mindfulness with Robin 12:30 Hand & Foot Card Game 12:30 Shopping Trip*</p> <p>Chicken Pot Pie</p>	<p>13</p> <p>9:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 1:00 Afternoon Movie: I Love Lucy Tribute 5:00 BVT Charity Dinner Pork Rib-i-que</p>	<p>14</p> <p>9:00 Breakfast with the Town Mgr & DPW 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Swedish Meatballs</p>	<p>15</p> <p>9:15 Shopping Trip* 10:00 Facebook Fri. 10:00 Strength & Stretch 12:45 Birthday Bash</p> <p>Cranberry Chicken Salad</p>
<p>18</p> <p>10:30 Fall Prevention Series (1st of 6 classes) 1:00 Leaf Peeping Ride</p> <p>Chicken Cacciatore</p>	<p>19</p> <p>10:30 Walk 12:30 Hand & Foot Card Game 3:00 Baypath Humane Society's Outreach Program for Seniors & Teens</p> <p>Spaghetti & Meatballs</p>	<p>20</p> <p>9:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:15 60's Trivia at the Center with Library Staff 12:30 Canasta 12:30 Shopping Trip* Potato Crunch Fish</p>	<p>21</p> <p>10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Baked Ham</p>	<p>22</p> <p>10:00 Facebook Fri. 10:00 Strength & Stretch 5:15 Men's Club Cookout</p> <p>Garlic Herbed Chicken</p>
<p>25</p> <p>10:30 Fall Prevention Series (2nd of 6 classes) 12:00 Lunch Trip to the Ninety-Nine</p> <p>Sloppy Joe</p>	<p>26</p> <p>10:30 Walk 11:00 Shopping Trip* 12:30 Hand & Foot Card Game</p> <p>Hot Dog</p>	<p>27</p> <p>9:00 Computer Class 9:15 Craft Time 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Blood Pressure Checks</p> <p>Ranch Chicken</p>	<p>28</p> <p>9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Stuffed Pepper Casserole</p>	<p>29</p> <p>10:00 Facebook Fri. 10:00 Strength & Stretch 12:30 Rep. Muradian's Italian Dinner and Halloween Social</p> <div data-bbox="1218 1837 1534 1942"> <p>HAPPY HALLOWEEN!! Sun. Oct. 31</p>  </div> <p>Frittata</p>

October, 2021 — Dates to Remember

Check  here if you plan to attend !

- Oct 4 ☐ COA Meeting, 10:30
- Oct 5 ☐ Shopping Trip—Shaw's/Job Lots/Walmart, Foppema's Loop, Northbridge, 9:30
- Oct 6 ☐ Light Breakfast w/Protective Services/Bullying Prevention Talk, 9:00
- Oct 6 ☐ Potluck Lunch, 1:00. Please let us know which of the following you plan to bring:
 Appetizer____ Main Dish____ Dessert____ Or a \$5 donation____
- Oct 8 ☐ Trip to Franklin Farmer's Market & Dairy Queen, 1:30
- Oct 12 ☐ Mindfulness with Robin, 11:00
- Oct 12 ☐ Shopping Trip—Market Basket, Hudson, 12:30
- Oct 13 ☐ Afternoon Movie: I Love Lucy Tribute, 1:00
- Oct 13 ☐ BVT Charity Dinner at 5:00. Tickets at the door for \$15. Do you need a ride at 4:45? Yes____ or No____
- Oct 14 ☐ Breakfast with the Town Manager & DPW Director, 9:00
- Oct 15 ☐ Shopping Trip—Shaw's/Job Lots/Walmart, Foppema's Loop, Northbridge, 9:30
- Oct 15 ☐ Birthday Bash at 12:45. Do you have a Bday this month? Yes____ or No____
- Oct 18 ☐ Fall Prevention Series (1st of 6 classes), 10:30. We encourage you to attend all 6 sessions.
- Oct 18 ☐ Leaf Peeping Ride, 1:00
- Oct 19 ☐ Baypath Humane Society's Outreach Program for Seniors & Teens, 3:00
- Oct 20 ☐ '60's Trivia at the Center with Library Staff, 12:15
- Oct 20 ☐ Shopping Trip—Shaw's/Job Lots/Walmart, Foppema's Loop, Northbridge, 12:30
- Oct 22 ☐ Men's Club Cookout, 5:15. Please choose up to 2 of the following:
 Hamburger____ Cheeseburger____ Hotdog____
- Oct 25 ☐ Fall Prevention Series (2nd of 6 classes), 10:30. We encourage you to attend all 6 sessions.
- Oct 25 ☐ Lunch Trip to the Ninety-Nine in Milford, 12:00
- Oct 26 ☐ Shopping Trip—Wegman's/Kohl's Plaza, Northborough Crossing, 11:00
- Oct 27 ☐ Craft Time with Betty, 9:15
- Oct 27 ☐ Blood Pressure Checks with the Town Nurse, 12:30
- Oct 28 ☐ Shopping Trip—Market Basket, Oxford, 9:15
- Oct 29 ☐ Representative Muradian's Italian Dinner & Halloween Social, 12:30



SIGN UP FOR WALKS:

Tuesdays at 10:30: Oct 5____ Oct 12____ Oct 19____ Oct 26____

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

Mondays Oct 18-Nov 22	Fall Prevention Class	10:30
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