



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

THE UPTON CENTER STAFF

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November 2021



Veterans Day is a time for us to pay our respects to those who have served our country. The holiday started as a day to reflect upon the heroism of those who died in our country's service and was originally called Armistice Day. It fell on Nov. 11 because that is the anniversary of the signing of the Armistice that ended World War I. However, in 1954, the holiday was changed to "Veterans Day" in order to account for all Veterans in all wars. We celebrate and honor America's veterans for their patriotism, love of country and willingness to serve and sacrifice for the common good. Whether you are a Veteran, or just want to show your appreciation to those who are, we hope you'll join us at our annual **Veterans Breakfast with the Town Manager on Tuesday, Nov. 9 at 9:00**. Read on for details.

Each November, **National Alzheimer's Disease Month** reminds us that over 6 million Americans suffer. Alzheimer's Disease (AD), a form of dementia, impacts memory, thinking, and behavior. AD ranks as the sixth leading cause of death in the U.S. and the most common form of dementia in 60-80% of all diagnosed cases. November is a time to learn the symptoms, treatments, and latest research, as well as how you can help.

One way we can help increase your awareness is by sharing these 2021 facts and figures from the Alzheimer's Association:

- Nearly two-thirds of those with Alzheimer's— 3.8 million, are women.
- Older black Americans are two times as likely to have Alzheimer's or other dementia than whites, yet one-third believe discrimination would be a barrier to receiving Alzheimer's care.
- In the United States, dementia deaths have increased 16% during the pandemic.
- In 2021, Alzheimer's and other dementia will cost the nation \$355 billion.
- By 2050, these costs could rise to more than \$1.1 trillion.
- In 2020, there were 130,000 people living with Alzheimer's in Massachusetts, and there were an estimated 281,000 caregivers.

So what can *you* do in support of National Alzheimer's Disease Month?

- Participate in one of the Alzheimer Association's many memory walks to raise funds to support both the care of patients and the research for a cure.
- Get screened with the National Memory Screening program by answering an easy list of questions to see if you or someone you know may potentially have Alzheimer's Disease.
- Consider making a donation to an Alzheimer's organization. Your dollars are critical in the search for a cure.

And of course November is also the month in which we give thanks for our many blessings. Join us for some special meals this month. We will enjoy a delicious **Potato Bar on Friday, Nov. 5 at 12:00**, along with the **Men's Club Supper on Fri., Nov. 19 at 5:15**, and **TriValley's Thanksgiving meal on Tues., Nov. 23 at 11:30**. We hope you'll come celebrate all we have to be thankful for! Happy Thanksgiving to all from your COA Staff.

Janice

The Upton Center will be closed November 11 for Veterans Day and November 25 & 26 for Thanksgiving. Also—remember to set your clocks back an hour at 2 a.m. on Sun., November 7!



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, Nov. 2 at 9:15—Shaw's/Job Lots/Walmart Loop, Northbridge (Foppema's is not open today)
- Tuesday, Nov. 9 at 12:30 —Market Basket, Hudson
- Friday, Nov. 12 at 9:15—Shaw's/Job Lots/**Foppema's***, Walmart Loop, Northbridge (Note: this will be our last trip to Foppema's before they close for the season)
- Monday, November 15 at 1:00—Christmas Tree Shop, Shrewsbury
- Wednesday, November 17 at 9:15—Shaw's/Job Lots/Walmart Loop, Northbridge
- Monday, Nov. 22 at 9:15—Market Basket, Oxford
- Wednesday, Nov. 24 at 9:15—Shaw's/Job Lots/ Walmart Loop, Northbridge
- Monday, Nov. 29 at 9:15—Shaw's/Job Lots/ Walmart Loop, Northbridge

*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 November. 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, November 1 at 10:30

Our monthly COA Board Meeting will be held at the Center on Monday, Nov. 1 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.



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!

Free Rides to Special Town Meeting



Tues., Nov. 2—Depart at 6:40 for 7:00 Meeting

Please let us know by Nov. 1 if you're in need of a ride to the Special Town Meeting which will be held at Nipmuc High School at 7 pm.



Fall Prevention Series

Mondays Nov. 1, 8, 15 and 22 at 10:30

Our Strength & Stretch Instructor, Wendy Reid, will be back for the final sessions in this 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. If you are joining in for the first time, please register at the Center by the end of the prior week. There is no fee.

Potato Bar

Luncheon and Social

Friday, November 5 at 12:00



Join us for a delicious potato bar lunch. We'll have all the fixings on hand to make it a delicious meal! Stick around afterwards to enjoy time with your friends. The cost is \$3 per person. Please RSVP by Tuesday, November 2.



Veterans Day Breakfast with the Town Manager

Tuesday, November 9 at 9:00

Join us as we gather for a delicious breakfast in honor of our country's Veterans. Whether you are a Veteran, know a Veteran, or just want to show your appreciation for one—please come in honor of their service. Please call the Center by **Nov. 5** to register. The breakfast is free to Veterans and their spouses. A donation of \$3 is suggested for all others. Town Manager Derek Brindisi will join us as well.

Birthday Bash

Friday, November 12 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 November 9**.

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).



Mindfulness with Robin

Tuesday, November 16 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 November 12**. No fee.

Craft Time with Betty

Tuesday, November 16 at 3:00



Volunteer Betty Brault will be back with another great craft you won't want to miss. Please **RSVP by November 10** if you'd like to join her.

Bake Sale to Benefit TriValley

Thursday, November 18, 11:00—1:00

Come check out a great assortment of delicious baked goods and bring some home for a good cause. If you're up for baking to support the fundraiser, please let us know by Monday, **November 15**. Thank you!



Afternoon Movie

Tuesday, November 23 at 12:15

This month we'll be showing **Peanut Butter Falcon** (Rated PG-13). It's the inspiring story of a young man with Down Syndrome who runs away from a residential nursing home to pursue his dream. Along the way, he befriends an outlaw who becomes his coach and ally. Call to let us know if you can join us.

Health Plan Options Talk with Apple Crisp

Monday, November 29 at 1:00



Join us for this important seminar brought to you by Blue Cross Blue Shield of MA. We know that Medicare can be confusing. This seminar explains your health insurance options, including the rules for Medicare, so you can be confident you've made the right choices. And on top of that—we'll be serving up some delicious apple crisp, so don't miss it! Please **RSVP by November 23**. No fee.

Lunch Trip to Sky Buffet

Tuesday, November 30 at 12:00



We're heading to the Sky Buffet in Milford to enjoy some great Chinese food with friends. Enjoy their huge buffet for \$11.95 at lunch time. Please call the Center by **Nov. 24** if you'd like to join us and let us know if you need a ride.



Healthy Mind & Body

Join in our classes this month!

- **Fall Prevention Series**—Our special series with Wendy Reid continues on Mondays through Nov. 22 at 10:30. See details on prior page of this newsletter. If you haven't already been attending, please register two days in advance of the class. No fee.
- **Mindfulness with Robin**—Tues., November 16 at 11:00. Please register by November 12. No fee.
- **Strength & Stretch**—Based on your feedback, **we're changing the start time of these Wed./Fri. classes to 10:30 beginning November 3**. \$3 fee.
- **Blood Pressure Checks**—Wed. November 17 at 12:30.
- **Tuesday Walks**—Now that the cooler weather is here, we're taking a break from our weekly walks as of the end of October. Many thanks to Donna Dube and Betty Consigli for leading the walks these past few months!

Coming in December

- **Library Trivia returns**—Wed., Dec. 8th at 12:15.
- **Podiatrist Appts.**—Thursday, Dec. 9th, 9:30—12.
- **Holiday Party at the Center**—Fri., Dec. 17. Stay tuned!

ENJOY A DAY OF THANKSGIVING!

Friday, November 19



Thanksgiving Social with Music by Tommy Rull at 1:00

We are excited to have Tommy Rull coming to help us celebrate all we have to be thankful for! Join us for some great music and light refreshments. Tommy will take us on a "musical journey through the years" with the music of Sinatra, Neil Diamond, Barry Manilow, Elvis, Perry Como and many more! The performance is supported in part by a grant from the Upton Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Men's Club Supper at 5:15

Rest up after Tommy Rull's 1:00 performance and then head back to the Center for this month's Men's Club Supper. It's a great chance to get together with friends and take the night off from cooking! Please **RSVP by November 12**. No fee, thanks to the Men's Club.

Tri-Valley's Thanksgiving Meal

Tuesday, November 23 at 11:30

Don't miss a chance for a delicious turkey dinner from Tri-Valley to celebrate the season! Join with friends at 11:30 to enjoy roast turkey, gravy, stuffing, mashed potatoes, squash and a cream puff to top it all off. The fee is \$3. Please **register by Thursday, Nov. 18** if you'd like to join us.



Thank you to **Fivefork Farm** of Upton for their generous donation of flowers to the seniors who went on our Leaf Peeping ride in October. Your beautiful dahlias brightened the day for our seniors!



SOCIAL SERVICES CORNER

Medicare Open Enrollment

Medicare Open Enrollment began October 15th and ends on December 7th. By now you should have received information from your current plan explaining the changes for 2021 premiums, deductibles, co-pays, and the drugs covered by your plan. During Open Enrollment, you can review and/or make changes to your plan for 2022. It's important to review your options EVERY year to make sure you have the plan that works best for you. Remember, you need to be sure that your providers are covered in the plan's network before you change to a different Medicare plan! You should be sure your medications are covered as well. SHINE counselors can provide information and guidance as they provide a review of all plans that are available.

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 last heating season, you may have already received a re-certification application in the mail for the upcoming heating season. Applications can be mailed, faxed, or emailed to fueldocs@soc.org. Those who are new to SMOC can contact Darynn at 508-529-4558 to determine eligibility and the best way to apply. For additional information please visit our website:

<https://www.uptonma.gov/council-aging-upton-center>



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.

Scam Warning



The Mass. Senior Medicare Patrol Program (MA SMP) has received reports that consumers are being called by people who claim to be representing telephone, cable or internet service providers. The callers offer deep discounts on equipment if payment is made immediately over the phone. Don't fall for this scam! If you receive such a call, or if you believe you are eligible for new equipment, call your provider directly using a trusted phone number. Never give out sensitive banking information, your credit card number, or your Medicare number to anyone you don't know and trust. Report suspicious calls to the MA SMP Program's Report-a-Scam phone line, 978-946-1243 or email them at ReportAScam@MASMP.org

COMMUNITY CORNER

Town Clerk Update

The Town of Upton has scheduled a special town meeting for **Tues. Nov. 2 at 7 pm** at Nipmuc High School. Please see the inside of this newsletter for details of free rides available. Upton will not be having any elections in November this year. Upton's next scheduled election is May 10th.

Soul Fuel Cafe

United Parish of Upton invites you to check out their café! Soul Fuel is a welcoming place with a puzzle in progress at all times! It's a great spot for coffee, tea, fresh baked scones and muffins. There is free Wi-Fi on site as well. The hours are Tuesday—Saturday, 8:00—5:00, at 1 Church St. in Upton.

RMV Update

The Mass. RMV is offering "Senior Hours" every Wed. from 9 am—10 am for customers age 65 and older at 27 locations (including Milford), by reservation only. To make a reservation, call 857-368-8005, or visit MyRMV online service center on Mass.gov, or email MassDOTRMVSeniors@dot.state.ma.us. Note: the RMV requires customers age 75 and older to renew their driver's license in person.

Bloomer Girls Fall Fair

Head to BVT High School in Upton for the Bloomer Girls' Fall Fair **Sat., Nov. 6th from 9-3** featuring many vendors, bake sale, Grandma's attic section, huge raffle table, door prizes, and a lunch area with food ready for purchase. Many representatives from Upton Fire, Police and Recreation will be there too. Come start your holiday shopping early!

Community Supper at United Parish

United Parish of Upton will once again be hosting a Community Supper-to-go on Thurs., **November 18. 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'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 **Laurie Fantini** who was our lucky winner in October. She knew that Katherine Hepburn was the actress who has won the most Academy Awards. This month's question is: Who was the first U.S. President to pardon a turkey?! If you think you know the answer, call us at 508-529-4558 for a chance to win a prize!

November 2021

Mon

Tue

Wed

Thu


Fri

1 10:30 COA Meeting 10:30 Fall Prevention Series (3rd of 6 classes) Chicken Pesto	2 9:15 Shopping Trip* 12:30 Hand & Foot Card Game 6:40 Free Rides Available to 7 pm Special Town Meeting at Nipmuc High School Burger	3 9:00 Computer Class 10:30 Strength & Stretch 11:00 Library Table 12:30 Canasta American Chop Suey	4 10:00 Knit/Crochet Group 1:00 BINGO Roast Pork Loin	5 10:00 Facebook Fri. 10:30 Strength & Stretch 12:00 Potato Bar Luncheon & Social Jambalaya
8 10:30 Fall Prevention Series (4th of 6 classes) Shepherd's Pie	9 9:00 Veterans Day Breakfast w/the Town Manager 12:30 Hand & Foot Card Game 12:30 Shopping Trip* Greek Chicken	10 9:00 Computer Class 10:30 Strength & Stretch 11:00 Library Table 12:30 Canasta Meatloaf	11 Center is Closed for VETERANS DAY  No meals served	12 9:15 Shopping Trip* 10:00 Facebook Fri. 10:30 Strength & Stretch 12:45 Birthday Bash Lemon Pepper Fish
15 10:30 Fall Prevention Series (5th of 6 classes) 1:00 Shopping Trip* Teriyaki Beef	16 11:00 Mindfulness with Robin 12:30 Hand & Foot Card Game 3:00 Craft Time Vegetable Cheese Bake	17 9:00 Computer Class 9:15 Shopping Trip* 10:30 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Blood Pressure Checks Garlic Herbed Chicken	18 10:00 Knit/Crochet Group 11:00—1:00 Bake Sale to Benefit TriValley 1:00 BINGO Salisbury Steak	19 10:00 Facebook Fri. 10:30 Strength & Stretch 1:00 Thanksgiving Social with Singer Tommy Rull 5:15 Men's Club Supper Macaroni & Cheese
22 9:15 Shopping Trip* 10:30 Fall Prevention Series (final class) Chicken Picatta	23 11:30 Tri-Valley's Thanksgiving Meal 12:15 Afternoon Movie 12:30 Hand & Foot Card Game Roast Turkey	24 9:00 Computer Class 9:15 Shopping Trip* 10:30 Strength & Stretch 11:00 Library Table 12:30 Canasta Marinated Pork Loin	25 Center is Closed  No meals served	26 Center is Closed. Regular Meals on Wheels deliveries will take place but there will be no congregate meal. Potato Crunch Fish
29 9:15 Shopping Trip* 1:00 Health Plan Options Talk with Apple Crisp Lasagna with Meatballs	30 12:00 Lunch Trip to Sky Buffet 12:30 Hand & Foot Card Game Chicken Fajitas	 Please note that our Wed./Fri. Strength & Stretch classes have a new start time of 10:30 beginning Nov.3.		*Please see Newsletter for details of shopping trips and call the Center at 508-529-4558 to register.



November, 2021 — Dates to Remember



Check  here if you plan to attend !

- Nov 1 _____ COA Meeting, 10:30
- Nov 2 _____ Shopping Trip—Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15 (Foppema's is not open today)
- Nov 2 _____ Free rides available to 7 pm Special Town Mtg. at Nipmuc, departing at 6:40
- Nov 5 _____ Potato Bar Luncheon & Social, 12:00. \$3 fee.
- Nov 9 _____ Veterans Day Breakfast w/the Town Manager, 9:00. Free to Vets and their spouses; \$3 fee for others.
Are you a Veteran? Yes___ or No___
- Nov 9 _____ Shopping Trip—Market Basket, Hudson, 12:30
- Nov 12 _____ Shopping Trip—Shaw's/Job Lots/Walmart Loop **w/last stop of the season at Foppema's**, Northbridge, 9:15
- Nov 12 _____ Birthday Bash at 12:45. Do you have a Bday this month?! Yes___ or No___
- Nov 15 _____ Shopping Trip—Christmas Tree Shop, Shrewsbury, 1:00
- Nov 16 _____ Mindfulness with Robin, 11:00
- Nov 16 _____ Craft Time with Betty, 3:00
- Nov 17 _____ Shopping Trip—Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15
- Nov 17 _____ Blood Pressure Checks with the Town Nurse, 12:30
- Nov 18 _____ Bake Sale to Benefit TriValley, 11:00—1:00. Would you like to bake for the sale? Yes___ or No___
- Nov 19 _____ Thanksgiving Social with Singer Tommy Rull, 1:00
- Nov 19 _____ Men's Club Supper, 5:15
- Nov 22 _____ Shopping Trip—Market Basket, Oxford, 9:15
- Nov 23 _____ Tri-Valley's Thanksgiving Meal, 11:30, \$3 fee.
- Nov 23 _____ Afternoon Movie: Peanut Butter Falcon (Rated PG-13) at 12:15
- Nov 24 _____ Shopping Trip—Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15
- Nov 29 _____ Shopping Trip—Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15
- Nov 29 _____ Health Plan Options Talk with Apple Crisp, 1:00
- Nov 30 _____ Lunch Trip to Sky Buffet, Milford, 12:00



FALL PREVENTION SERIES WITH WENDY REID CONTINUES:

Mondays at 10:30: Nov 1_____ Nov 8_____ Nov 15_____ Nov 22_____

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

THANK YOU VETERANS



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 through Nov 22... Fall Prevention Class 10:30
- Every Tuesday Hand & Foot Card Players Group..... 12:30
- Every Wednesday Strength & Stretch (**Note new time beginning Nov. 3, 2021**) 10:30
- 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 (**Note new time beginning Nov. 3, 2021**)..... 10:30