



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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January 2022

Happy New Year! We hope you all enjoyed the holiday season. As you know, things are changing all the time with respect to the COVID pandemic. On December 22, the Town Manager announced that, due to the growing case count of infections both locally and Statewide, the Upton



Center will be closed to the public starting on December 27th until further notice. Although programs will be cancelled, staff will be in the office to provide assistance. Transportation to medical appointments and shopping will continue. Meals on Wheels will be delivered and the food pantry will be open by appointment. We aim to make programming decisions that will allow us to provide as many services as possible while also balancing the need for safety of our staff and the population we serve. Please keep an eye on our Facebook page to stay current on changes throughout the month. We'll have an update for you in our February newsletter as well.

In the meantime, we want to reflect on the month of December and thank some of the people who helped bring extra sparkle to our holidays. First off—thank you to **Karen Varney** for her help in getting us ready for Christmas. She always manages to spruce up the Center with decorations to help us enjoy the new season. We also enjoyed a wonderful tree trimming coffee hour early in December thanks to **Kristin Paulsen** and a group of volunteers from the **Upton Grange**. They brought delicious home baked Christmas cookies and treat bags and helped us deck the halls. Long time Upton resident **Ann Perkins** played carols on the piano as volunteers led us in a festive singalong. We truly enjoyed their visit.

Later in December we were treated to a delicious dinner courtesy of the **Upton Men's Club**, along with a fun holiday trivia session led by **Upton Town Librarian Matthew Bachtold**. We also enjoyed some beautiful Christmas carols on our piano thanks to college student **Alex Romine** who kindly took the time to visit us during his school break. Volunteer **Jim Earl** also added to our holiday enjoyment by driving our seniors around town to see the many festive holiday light displays. What fun! And once again we were amazed at the generous donations and gifts given to our seniors through the Upton Men's Club collection for the **Salvation Army**, the **Unibank** collection, **St. Gabriel's** Giving Tree, and the **Bloomer Girls**. We are so thankful to these individuals and organizations for helping to spread extra holiday cheer to our seniors this holiday season!

December also marked a major milestone with the **Ground Breaking Ceremony** for Upton's new Community Center which was held on December 12. The ceremony was chaired by **Jim Brochu**, who had worked tirelessly as Chair of the Community Center Building Committee to see the plans for a new Center realized. Tragically, Jim passed away in a car accident on December 18. He was a life long resident of Upton who, in addition to his work on the new Center, had also served as Trust Fund Commissioner, Facilities Director at BVT, and Selectman. He loved this community, and he will be truly missed. He was also a dear friend. Our hearts go out to his wife Lisa and his two children, Danny and Lindsey. Rest in peace, Jim.

We look forward to the time when we can all meet up again at the Center. In the meantime, we hope you all stay safe.

Janice



The Center will be closed for Martin Luther King Jr. Day on Monday, January 17.

Doctor Visits & Prescription Pickup

Our van is available to get seniors and individuals with a disability to their medical appointments. Please contact us at 508-529-4558 with as much notice as possible to schedule van service. You will be required to wear a mask and socially distance on our van for the safety of all riders.



Shopping Trips

Join us for our group shopping trips. Spots are limited so that we can socially distance on the van. Those who opt to ride will be required to wear a mask. Time spent in the stores is typically 60—90 minutes, depending on other trips scheduled. Please register with as much notice as possible and choose one store for drop off/pick up on a loop. Destinations/times may change due to medical appointments.

- Wednesday, January 5 at 1:00—Market Basket, Oxford
- Friday, January 7 at 9:15—Shaw's/Job Lots/Walmart Loop , Northbridge
- Tuesday, January 11 at 9:15—Hannaford's, Uxbridge
- Thursday, January 13 at 9:15—Shaw's/Job Lots/ Walmart Loop , Northbridge
- Tuesday, January 18 at 1:00—Market Basket, Hudson
- Thursday, January 20 at 1:00—Shaw's/Job Lots/ Walmart Loop , Northbridge
- Tuesday, January 25 at 9:15—Shaw's/Job Lots/ Walmart Loop , Northbridge
- Monday, January 31 at 1:00—Market Basket, Oxford



COA Board Meeting

Our COA Board Meeting originally scheduled for January 10th has been cancelled. We'll include an update in our next newsletter regarding our February meeting. If you are interested in joining the Board, please contact Janice Nowicki for more information.

Please call the Upton Center at 508-529-4558 with any questions on our services.

Hours of Operation are Monday—Friday, 9:00—3:30 (weather and staff permitting).

With the colder New England weather here, please call the Center before coming if there is a question as to whether we are open.



WHO misses you?



Although our doors may be closed to the public, we continue to provide services to the great community of Upton! Most of all—we want to be sure that you are taking good care of yourselves, minimizing the risk to yourself and others, and reaching out as help is needed. Please just give a shout if we can be of help to you. We are here for you! Below are some of the many resources available to you.

Healthy Mind & Body

We've had to postpone our regular exercise programs, but we encourage you to keep moving on your own! It's a great time to get outside for a walk or check out the many free exercise videos available online. Even if don't have a computer, there are some fantastic resources available by phone through *Mather Telephone Topics*. See our insert for more details!



There are a whole host of websites out there which provide great educational content. Best of all, much of it is free! Here are a few that you might want to check out:

- Take a free online course at Yale University! Check out their course offerings at: yc.yale.edu
- Take a virtual tour of the Museum of Natural History right from your living room! Visit: <https://naturalhistory.si.edu/visit/virtual-tour>
- See what the animals are up to by visiting the following site: <https://nationalzoo.si.edu/webcams>
- Visit <https://www.tenpercent.com/coronavirussanityguide> for a daily sanity break of meditation
- Study a foreign language at linguistica360.com
- Check out Ted Talks, which are short, powerful talks on all kinds of topics—at <https://www.ted.com/talks>
- Find a spiritual connection—many churches and religious organizations are offering their services online.



Craft Kits to Go by Betty

Our wonderful volunteer Betty Brault has kindly offered to put together some "craft kits to go" for those of you interested in creating a winter craft in January. Just call to **let us know if you're interested by January 15th**, and then we'll be in touch to get the craft kit to you. The free kit will contain everything you need to do the craft on your own, including detailed instructions. What fun! Thank you Betty! Our volunteers are THE BEST!



Personal growth is all about challenging yourself. Resolutions for the new year are more effective than commonly believed. But resolutions don't always need to be tied down to New Year's. A new year represents new opportunities to make a change for the better. Resolutions stand a much better chance when you have a supportive partner or group to help you achieve them. Contact our Social Services Coordinator, **Darynn Khuth**, at 508-529-4558 if you'd like some support in identifying your new monthly goals for the New Year. She can help you establish reasonable goals and be an accountability partner to help you succeed. Every step, no matter how small, is a step in the right direction. Lets achieve this together!

Upton's Neighbor to Neighbor Program

As a reminder, the Town of Upton continues to provide assistance to residents with financial needs due to COVID-19. Assistance for housing, utilities, heat, food, prescriptions, and medical expenses will be considered. Residents can find more information on the Town website or contact Janice Nowicki at the Upton Center. Please let your friends and family know. We are here to help!



Fridays at 10:00

We'll be LIVE with our Facebook Fridays at 10:00 throughout the month. Tune in for the latest updates on programming 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.



Birthday Celebrations

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We're sorry we can't celebrate in person with our January birthday folks this month. But rest assured—we'll catch up by celebrating with you at a future Birthday Bash! Stay tuned for details in a future newsletter. In the meantime—**HAPPY BIRTHDAY** to our January babies!



Library Services

Even while the Upton Center is closed, the Upton Town Library is able to deliver personalized packages of items for residents to the Center. Items will be wrapped in parcels and delivered to the Center each Wednesday for you to pickup at your convenience. Keep them for up to 3 weeks, and drop off your returns when you pickup your next package. Contact Matthew at the Upton Library (508-529-6272) at least one week before the pickup date and tell him what types of items you like. You can ask for specific titles and authors, or just tell him what kinds of materials you want and let him make the selections. Be sure to let him know if you prefer large print books. And remember—the Library can deliver more than just books! Movies, Magazines, Audiobooks and even tablet devices can all be included in your package.



COMING SOON Tax Appointments

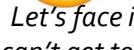
It's almost that time of year again!....AARP tax preparers are planning to be here weekly beginning in early February through early April to help Seniors prepare their taxes at no charge. We will post more information to our Facebook page just as soon as dates and times are confirmed. An update will also be included in next month's newsletter. The AARP will let us know their requirements regarding masks and social distancing. Appointments fill fast. Please call 508-529-4558 to let us know if you'd like us to contact you to schedule an appointment once the schedule is finalized.



Riddles & Jokes



See answers at the end of newsletter



Let's face it—we're all a little frustrated by the fact that we can't get together at the Center right now! So we're going to do our best to put a smile on your face from afar with these riddles and jokes! ...

- 1) What is the difference between a jeweler and a jailer?
- 2) What can you hold in your right hand, but never in your left hand?
- 3) I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?
- 4) What belongs to you, but everyone else uses it.
- 5) What do you throw out when you want to use it but take in when you don't want to use it?
- 6) What word is pronounced the same if you take away four of its five letters?



SOCIAL SERVICES CORNER

Better Health for 2022

Although we can set goals at any time of the year, the start of the calendar year is a time that inspires many people to think about their health and how to thrive over the coming year. Whatever approach you take, there's plenty of ways to embrace the New Year with a healthier outlook mentally and physically. Here are a few ways to help kick off the New Year!...Focus on gratitude, get quality sleep, increase your fitness level, build social relationships, embrace learning a new skill, and make your health a priority! Most importantly make time for yourself; you are important!

SMOC Fuel Assistance

The SMOC heating assistance program helps income eligible households pay a portion of their heating costs. Those who received assistance last year through SMOC should have already received a re-certification application in the mail. You can complete it, attach the required documentation and mail it in. Those who are new to SMOC can contact the Upton Center at 508-529-4558 to determine eligibility and the best way to apply. You may also contact SMOC directly at: 508-620-1230 or 508-620-2342.

Benefits to consider for the New Year!

- The Department of Transitional Assistance, or DTA, assists and empowers individuals and families to meet their basic needs. DTA offers cash-assistance programs, food and nutrition programs, and programs to help individuals train and apply for jobs.
- Public Housing provides decent and safe rental housing for eligible low-income families, the elderly, and persons with disabilities.
- Housing Choice Voucher Program, or Section 8, provides assistance to very low-income families to afford housing which includes single-family homes, townhouses, and apartments.
- The Emergency Broadband Benefit, or EBB, is a limited time program that provides discounts on monthly broadband Internet access service and certain connected devices to qualifying individuals in need.

Please contact our Social Services Coordinator, Darynn Khuth, at the Upton Center at 508-529-4558 or by email at dkhuth@uptonma.gov if you'd like to learn more about these or other programs that may be of help to you.. 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.

COMMUNITY CORNER

Flu Shots

The Town Nurse has non high dose flu shots available. Call the Board of Health at 508-529-6813 if you'd like to schedule an appointment to receive one there.

Annual Street Listing

As a reminder, the Town Clerk will be mailing out the Annual Street List in early January. Please return the census form by mail or email as soon as possible.

Dog Licenses

2022 dog licenses will be available beginning in January. Any Upton residents who own a dog should register their dog before the deadline of March 31, 2022.

Community Supper at United Parish

United Parish of Upton will be hosting a Community Supper-to-go on Thurs., January 20 at 5:30 p.m. Please RSVP by the Tuesday before at 508-529-3192. There is no fee, but donations are always appreciated.

Food Pantry

The Upton Center food pantry is open by appointment only this month. Please give us a call at 508-529-4558 if you are in need of anything.

Where's the Snowman?



Congratulations to **Father Bob Johnnene** who was our lucky winner in December. His name was drawn from those who unscrambled our mystery holiday words (reindeer, mistletoe, and sleigh). Thanks to all who participated! This month, we've hidden a little snowman somewhere in our newsletter. Can you find it? If so, call us at 508-529-4558 for a chance to win a prize!

Answers to our Riddles from the Prior Page

- 1) A jeweler sells watches and a jailer watches cells.
- 2) Your left hand.
- 3) A map.
- 4) Your name.
- 5) An anchor.
- 6) Queue.



We hope these gave you a good laugh!!





TELEPHONE TOPICS

With the Upton Center closed as we head into the start of the new year, we thought you might be looking for something NEW to do on your own. So it seems like a good time to remind you of **Mather Telephone Topics** to help you dial up some fresh topics to enlighten your day! You simply call a toll-free number to listen to a wide range of interesting discussions and programs. All calls are FREE!! You can dial into...

- Wellness programs—Participate in live, guided chair yoga or meditation sessions to stretch your body or mind.
- Education programs—Learn about history, healthy habits, architecture, and more—it's easy to learn something new!
- Discussion topics—Share a piece of your mind when you join a lively discussion on sports, movies, and other topics.
- Music reviews—Listen and learn about opera, early rock 'n' roll, and other musical genres that get your toes tapping.
- Live performances—Enjoy a live vocal performance or master storytelling session in the comfort of your own chair—with no cover charge!



CHOOSE YOUR TOPICS

Visit <https://www.mather.com/neighborhood-programs/telephone-topics> to select a program and register on line. All Telephone Topics take place on Zoom. You can join any topic for free, simply by calling a toll-free phone number for audio only, or by logging into a Zoom meeting, at the start time of the program. Not every program has a visual component. Check descriptions for those that say "WATCH ON ZOOM."



There are SO many interesting topics scheduled for January—such as: Meditation, Chair Exercise, Storytelling, Heath and Cooking topics, and more! A schedule of new topics is posted to the website each month.

GIVE IT A TRY & ENJOY!

Tri-Valley, Inc. - January 2022

Monday		Tuesday		Wednesday		Thursday		Friday		
3	Braised Beef Gemelli Pasta Broccoli Pears Italian Bread	Na+ 197 8 16 10 96	4 <u>HIGH SODIUM MEAL</u> Hot Dog* Baked Beans Coleslaw Fresh Fruit Hot Dog Bun Mustard	Na+ 540 370 219 0 195 50	5 Stuffed Pepper Casserole Mashed Potatoes Carrots Chocolate Pudding Diet = SF Choc. Pudding Whole Wheat Bread	Na+ 189 107 53 135 160 138	6 Ranch Chicken* O'Brien Potatoes Peas & Onions Gingerbread Diet = Small Piece White Peasant Bread	Na+ 531 65 34 289 144 142	7 Ham Salad* Potato Salad Tomato & Cucumber Salad Mixed Fruit Marble Rye Bread	Na+ 731 84 71 20 105
Cal:832	Na+:451mg	Cal:857	Na+:1499mg	Cal:744 Diet Cal:684	Na+:747mg Na+:772mg	Cal:714 Diet Cal:644	Na+:1185mg Na+:1041mg	Cal:760	Na+:1135mg	
10	Chicken Pesto* Red Bliss Potatoes Mixed Vegetables Vanilla Mousse White Peasant Bread	Na+ 569 5 30 150 142	11 <u>HIGH SODIUM MEAL</u> Burger with Chili and Cheese Green Beans Steak Cut Fries Strawberries Sandwich Roll	Na+ 420 297 90 0 25 2 290	12 Roast Pork Loin with Gravy Apple Cornbread Stuffing Brussels Sprouts Baked Apples Marble Rye Bread	Na+ 400 170 338 15 14 105	13 American Chop Suey* Roasted Broccoli Carrots Fruited Ambrosia Diet = Pineapple French Bread	Na+ 776 15 53 10 0 120	14 Breaded Fish Patty Coleslaw Mixed Vegetable Yogurt Tartar Sauce Sandwich Roll	Na+ 260 219 30 50 85 290
Cal:706	Na+:1021mg	Cal:759	Na+:1249mg	Cal:716	Na+:1167mg	Cal:710 Diet Cal:641	Na+:1100mg Na+:1090mg	Cal:731	Na+:1059g	
17	Martin Luther King Jr. Day No Meals Served 		18 Greek Chicken Steamed White Rice Roasted California Vegetables Peaches Pumpernickel Bread	Na+ 496 100 32 5 135	19 Meatloaf with Gravy Garlic Mashed Potatoes Chuckwagon Corn Lorna Doone Cookies French Bread	Na+ 202 82 106 1 147 120	20 Turkey* with Supreme Sauce Cornbread Stuffing Mashed Sweet Potatoes Fresh Fruit Whole Wheat Bread	Na+ 592 115 121 91 1 138	21 Shepherd's Pie Carrots Peas Pear Crisp Diet = Applesauce Marble Rye Bread	Na+ 267 53 7 54 25 105
		Cal:731	Na+:894mg	Cal:818	Na+:783mg	Cal:782	Na+:1184mg	Cal:903 Diet Cal:766	Na+:611mg Na+:582mg	
24	Teriyaki Beef Steamed Rice Scandinavian Vegetables Pineapple Fortune Cookie Whole Wheat Bread	Na+ 438 100 30 0 0 125	25  Vegetable Cheese Bake Seasoned Potatoes Green Beans Fresh Fruit Italian Bread	Na+ 416 7 0 0 96	26 Chicken Milano* Vegetable Couscous Spinach Chip Ahoy Thin Crisps Pumpernickel Bread	Na+ 512 77 87 140 135	27 Salisbury Steak with Gravy Garlic Mashed Potatoes Herbed Carrots Birthday Cake Diet = Small Piece Sandwich Roll	Na+ 240 82 107 53 110 290	28 Potato Crunch Fish Potatoes Au Gratin Country Blend Vegetables Cinnamon Pears Tartar Sauce Marble Rye Bread	Na+ 280 285 22 5 85 105
Cal:816	Na+:832mg	Cal:813	Na+:644mg	Cal:748	Na+:1076mg	Cal:888 Diet Cal:797	Na+:1118mg Na+:1008mg	Cal:758	Na+:906mg	
31	Chicken Picatta Delmonico Potatoes Peas & Mushrooms Lemon Pudding Diet = SF Vanilla Pudding Pumpernickel Bread	Na+ 426 212 45 180 125 135	<u>Menus are Subject to Change</u> Meals are based on a No Added Salt (3,000-4,000 milligram diet) for healthy older adults. If you have a special concern regarding sodium, contact our Nutritionist for guidance on managing your intake to meet your diet requirements.				Dudley 508-949-6640, Franklin 508-520-1422, Milford 508-478-8102, Northbridge 508-234-2002, Southbridge 774-289-9438, Spencer 508-885-5767, Sturbridge 508-347-5063, Sutton 508-234-0703, Upton 508-529-9094, Uxbridge 774-482-6174, West Brookfield 508-867-1411			
Cal:736	Na+:1123mg Diet Cal:686	Cal:813	Na+:644mg Diet Cal:686	Cal:748	Na+:1076mg Breakdown includes 125mg Na+ for milk	Cal:888 Diet Cal:797	Na+:1118mg Na+:1008mg *Indicates higher sodium entrees >500mg High Sodium Meal = >1200mg Breakdown includes 125mg Na+ for milk 	Cal:758	Na+:906mg	Our Caterer is working hard to fulfill menu items as printed. Thank you for your patience. We are anticipating possible menu changes due to supply chain issues.