



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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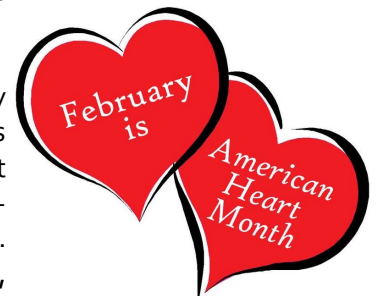
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♥ February 2022 ♥

Happy February! This is the month known for celebrating love and friendship, which makes it extra difficult to have our doors closed to the public right now. But we're hopeful that we'll get past this stage of the pandemic soon and we look forward to gathering in person with you once again. In the meantime, we've put together some fun things to keep you entertained from afar, along with some "to go" activities along with a "meal to go" on Friday, February 11. This will take the place of the Men's Club Supper which was originally scheduled for that date. We're hoping we'll be able to resume the Men's Club suppers in person very soon! Although we're not yet open, we remain accessible by phone (508-529-4558) and by appointment to provide assistance as needed. So please reach out to us! Our transportation, food pantry and Meals on Wheels services are still running as well, so don't hesitate to let us know if we can be of help.

In addition to being a month to show your love for others, February is **American Heart Month**, which makes it the perfect time to focus on your heart health. More than 600,000 Americans die from heart disease each year. Heart disease affects all ages, genders, and ethnicities, and it's the number one cause of deaths for most groups. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use.



The good news is, there are a number of things you can do to take an active role in reducing your risk for heart disease. Below are a few ideas of how you can observe American Heart Month and take an active role in managing your heart health:

- ♥ Take up a heart-healthy habit—Staying active, eating healthy, and watching your weight are all important parts of maintaining a healthy cardiovascular system. Pick a new heart-healthy habit like walking or substituting sodas with water and try to stick to it for a whole month.
- ♥ Educate yourself—Learn about the risk factors for heart disease, the ways you can prevent them, and the lifestyle choices that can help you stay healthy.
- ♥ Get your cholesterol tested—If you're worried you might be at risk for heart disease, ask your doctor to perform a simple cholesterol test to let you know if you're at risk and should make adjustments to your diet.

Stay well and we hope to be welcoming you back to the Center soon!

- Janice



Durable Medical Equipment



We have a variety of gently used equipment available to Upton residents on a first come, first served basis. Our inventory which varies daily typically includes walkers, canes, scooters, bed rails, wheelchairs, shower chairs, and commodes. To borrow, return or donate, please call the Center at 508-529-4558. If we don't have what you are looking for, you can also visit www.dmeREquipment.org as another resource for gently used durable medical equipment.

The Center will be closed for Presidents' Day on Monday, February 21.

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 face 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.



- Friday, February 4 at 9:15—Shaw's/Job Lots/Walmart Loop, Northbridge
- Tuesday, February 8 at 9:15—Hannaford's, Uxbridge
- Thursday, February 10 at 9:15—Market Basket, Hudson
- Wednesday, February 16 at 9:15—Shaw's/Job Lots/Walmart Loop, Northbridge
- Tuesday, February 22 at 1:00—Market Basket, Oxford
- Friday, February 25 at 12:30—Shaw's/Job Lots/Walmart Loop, Northbridge



Tax Appointments

Mondays, Feb. 7—April 4, 9:00—2:00

It's that time of year again!....AARP tax preparers will be here every Monday beginning in early February through early April to help Seniors prepare their taxes at no charge. Appointments fill fast. Please call 508-529-4558 to schedule an appointment.



Podiatrist Appointments

Thursday, February 10, 8:30—12:30

Dr. Biancamano will be here to hold appointments at the Center from 8:30—12:30. He has extended his hours here and the number of appointments to try to accommodate the growing number of people interested. Please call the Center by **Feb. 3** for an appointment time.

Picnic Dinner To Go

Friday, February 11—Pick-up 3:00—3:30



We'd like to give you a night off from making dinner and doing the dishes! So we'll be treating you to a picnic dinner to go on Friday, February 11. Just **call us by February 8** if you are interested, and let us know your choice of sandwich (turkey or ham). Then plan to stop by between **3 and 3:30 on the 11th** to pick it up. As much as we wish we could have you stay to enjoy a meal together, we're not quite able to do that. But it will be good to see you for a quick hello at least! Masks and social distancing will be required for pick up. No fee. *Note—since we are not able to gather in person just yet, this will take the place of our Men's Club Supper this month.*



COA Board Meeting

Monday, February 14 at 1:00

Our next COA Board Meeting will be held **virtually** on Monday, February 14 at 1:00. You don't have to be a Board Member to sit in on our discussion. Please feel free to contact us for details of how to join us if you are interested. If you would like to learn more about the possibility of joining the Board, please contact Janice Nowicki for more information.

Valentines Treat To Go

Monday, February 14—10:00—10:30



We can't let Valentine's Day go by without letting you know how much we care about you! Let us know if you'd like to pick up a sweet treat from us to start your day. Give us a call by **February 10** if you are interested, and then plan to stop by between 10 and 10:30 to pick up your treat. No fee.



Craft Kits to Go

with On-line Demo by Betty

Our wonderful volunteer Betty Brault will once again be putting together some fabulous "craft kits to go" for those of you interested in creating a craft at home in February. Just call to let us know if you're interested by **February 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. What fun! In addition to the instructions provided in the kit, Betty will also be joining Darynn Khuth for a Facebook Live session on Friday, **February 25 at 10:00** to give a live demonstration of how to do the craft! Even if you can't watch it live, the video will be saved on our FB page to be watched at your convenience when you are ready to do the craft. Thanks Betty!

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).

Nutrition Webinar

Tuesday, February 15 at 10:00



Join Registered Dietician Tricia Silverman for a discussion on "Nutrition and Healthy Dividends". Learn helpful techniques to support your health and wellness goals. Hear about visioning and goal setting strategies, as well as learn more about using a to-do list or to-do app. Discover ways to set up an environment at home and work that support good nutrition and a healthy lifestyle. Register at bcbsma.info/Feb15. Thank you to Blue Cross Blue Shield of MA for providing this no-cost health education webinar.



Join the Upton Reads Book Group

2nd Tuesday of each month, 12:45—1:45 or
2nd Thursday of each month, 6:45—7:45 pm

Do you have a resolution to read more in 2022? What better way to stick to your resolution than to join the Upton Library's "Upton Reads" book group?! A new book is chosen monthly and ordered for you at the Upton Library. The group meets the 2nd Tuesday of each month at the Town Hall conference room from 12:45-1:45, and the 2nd Thursday of each month in the Library from 6:45 – 7:45 pm for a casual discussion of that month's book led by Library staff. Choose whichever time works better for you. The group is open to all adults and is **currently meeting via Zoom**, but will eventually return to in person meetings at these same times. The book list can be seen at <http://www.uptonlibrary.org/p/upton-reads.html>. For more details or to register, please call Sue Pfeiffer at the Upton Library at 508-529-6272.

BP Checks & Flu Shots

Wednesday, February 23 at 12:30



The Town Nurse will be at the Center to administer regular (not high) dose flu shots and check blood pressures. Please call the Center by **February 17** to register. Please wear a mask and bring your insurance info. for flu shots. Flu shots are also available at the Board of Health office at the Upton Town Hall. Please call the BOH at 508-529-3110 if you'd like to schedule an appointment there.

Mind & Body

Our regular exercise programs are still on hold at this point, 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 you don't have a computer, there are some fantastic resources available by phone. Give us a call for some suggestions! In addition, two of our health and wellness instructors will be popping in to chat with Social Services Coordinator

Darynn Khuth on her upcoming Facebook Friday sessions! Tune in to see Mindfulness instructor **Robin Natanel** Fri., Feb. 11 at 10. Then plan to join us again on Fri., Feb. 18 when Strength & Stretch Instructor **Wendy Reid** (and her dog Gracie) will join Darynn. See more FB details to the right. ➡



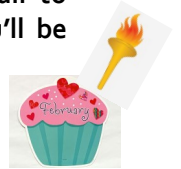
WINTER OLYMPICS!!

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Athletes from all over the world will be heading to Beijing to compete in the 2022 Winter Olympics. This makes Beijing the first city to host both the Summer and Winter Games. The Olympics officially kick off on Friday, February 4 with the live broadcast of the opening ceremony. NBC's coverage will begin the night before the opening ceremony, on February 3. This year, seven new events are making their debut, including men and women's big air freestyle, women's monobob, and a variety of mixed team competitions. Team USA is expected to have roughly 200 athletes participating, ranging in age from 16 to 40. There's a lot to see!



So what are YOUR favorite Olympic memories? Do you prefer the Winter or Summer Olympics? Who has been your favorite athlete? And what do you think of curling?! There have been so many great Olympic moments through the years. Whatever your favorites are, we thought you'd get a kick out of our "Olympic Trivia Challenge". See the back of our insert for a list of questions. The answers are at the bottom of the insert. And just for fun—**call to tell us your favorite Olympic sport and you'll be entered for a chance to win a prize!**



Birthday Celebrations

We're sorry we can't celebrate in person with our February 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 February 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 each Wednesday for you to pickup at your convenience. 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'd like. Movies, magazines, audiobooks and even tablet devices can all be included in your package.

 **acebook**  **ridays**
Fridays at 10:00

We'll be LIVE with our Facebook Fridays at 10:00 throughout the month. 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. This month, we'll have the following special guests!...

- Fri., Feb. 11 at 10:00—Robin Natanel, Mindfulness
- Fri., Feb. 18 at 10:00—Wendy Reid, Strength & Stretch
- Fri., Feb. 25 at 10:00—Betty Brault, Craft Demo

SOCIAL SERVICES CORNER

Happy February! I hope everyone is healthy and staying warm! Although the Center is temporarily closed to the public, I just want to give you an update on the ongoing services available. These include: fuel assistance, referrals for SHINE, home health services, SNAP, discounted rates for phones/internet, caregiver resources, and other supports available. Meetings are by appointments only. As a friendly reminder, fuel assistance applications are accepted until April 30, 2022. Please contact me 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 at <https://www.uptonma.gov/council-aging-upton-center>

- Darynn

Health & Wellness

Individuals who require **in-home vaccinations** because they are unable to get to a vaccination location can call the In-Home Vaccination Central Intake Line at 1-833-983-0485. Representatives are available Monday through Friday from 9:00 a.m. to 5:00 p.m. For more information, visit:

<https://www.mass.gov/info-details/covid-19-in-home-vaccination-program>

All fully vaccinated individuals 18+ are eligible for Covid-19 **Boosters**. Visit the Vaxfinder tool at vaxfinder.mass.gov for a full list of locations to receive a booster.

For individuals who are unable to use Vaxfinder, or have difficulty accessing the internet, contact the **Covid-19 vaccine resource line** Monday-Friday from 8:30 a.m. to 6:00 p.m. or Saturday and Sunday 9:00 a.m. to 2:00 p.m. by calling 211 or 877-211-6277.

Every household in the U.S. is eligible to order four free **at-home COVID-19 tests**. The tests are completely free and will usually ship in 7-12 days. To submit an order, please visit www.covidtests.gov



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



Here are a few items we could use in our food pantry: cereal, canned fruit, 100% fruit juice, small baking mixes, small canned hams or canned chicken, nuts, pasta sauce, healthy snacks. Please call us at 508-529-4558 to arrange a time for drop-off if you'd like to make a donation. Thank you!

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. She'll also be visiting the Center for blood pressure checks February 23 and flu shots can be arranged then as well. See prior page for details.

Annual Street Listing

As a reminder, the Town Clerk mailed 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 are currently available. 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., **February 17 at 5:30 p.m.** Please RSVP by the Tuesday before at 508-529-3192. There is no fee, but donations are always appreciated.

Ice-Out Challenge

The Upton Men's Club is once again sponsoring the annual Frosty Ice-Out Challenge! This is a 50/50 raffle where you try to guess when Frosty will break through the ice on Pratt Pond in Upton! Tickets can be downloaded from the Upton Men's Club website at uptonmensclub.org and mailed with your guesses. The person whose guess is the closest to the date and time that Frosty gets wet will win 50% of the proceeds raised. The rest will go back into the community of Upton to fund areas in need. Tickets are \$10 each and you get 2 guesses per ticket.

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 at 508-529-4558. Please let your friends and family know. We are here to help!

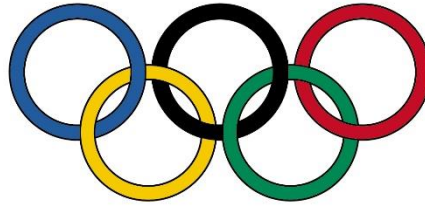


Where is the Olympic Torch?



Congratulations to **Betty Consigli** who was our lucky winner in January for finding our hidden snowman. This month, we've hidden a little Olympic torch somewhere in our newsletter. Can you find it? If so, call us at 508-529-4558 for a chance to win a prize!

OLYMPIC TRIVIA CHALLENGE



With the Winter Olympics starting up in Beijing in February, we thought you'd enjoy some Olympic trivia! Answers can be found at the bottom of this page. When you're done, call us at the Upton Center at 508-529-4558 to tell us your favorite Olympic sport and you'll be entered for a chance to win a prize (no matter how many you got right!).

1. In which country did the Olympics originate?
2. The first Olympic games were held how often?
3. What does the official motto for the Olympics, "Citius, Altius, Fortius" – mean in English?
4. What prize was given to winners of the Olympics in ancient Greece?
5. Which country has hosted the most Olympic Games?
6. When did the Olympics first award gold, silver and bronze medals?
7. How many countries boycotted the 1980 Moscow Olympics?
8. When did the Olympic Games first feature a marathon?
9. How many nations participated in the first modern Olympics?
10. When were women first permitted to compete in the Olympics?
11. What year did the NBA "Dream Team" participate in the Olympics?
12. At the 2008 Olympics, Michael Phelps broke whose record in most gold medals in swimming?
13. The Olympic Games could be viewed on mobile devices for the first time in which year?
14. What Olympic figure skating team got perfect scores for their interpretation of Maurice Ravel's "Bolero?"
15. Which Olympic gymnast was awarded the first-ever perfect 10 on the uneven bars?

ANSWERS:

- 1) Greece 2) Every 4 years 3) Faster, higher, stronger 4) Olive Branch Crown
- 5) U.S. 6) 1904 7) 66 8) 1896 9) 13 10) 1900 11) 1992 12) Mark Spitz
- 13) 2006 14) Jayne Torvill & Christopher Dean 15) Nadia Comaneci

Tri-Valley, Inc. - February 2022

Monday		Tuesday		Wednesday		Thursday		Friday	
Tri-Valley receives federal financial support under the Older Americans Act provided by the Central Massachusetts Agency on Aging and the Massachusetts Executive Office of Elder Affairs.		1	Meatballs with Onion Gravy Bowtie Pasta Mixed Vegetables Pineapple White Peasant Bread	2	Beef Stew White Rice Roman Blend Vegetables Pears French Bread	3	High Sodium Meal Chicken with BBQ Sauce Mashed Potatoes Green Peas Brownie Diet = Small Piece Italian Bread	4	Frittata Herbed Potatoes Country Blend Vegetables Fresh Fruit Whole Wheat Bread
		Cal:690	Na+:526mg	Cal:802	Na+:531mg	Cal:738	Na+:1195mg	Cal:758	Na+:680mg
		Diet Cal:665	Na+:1120mg						
7	Macaroni & Cheese Stewed Tomatoes Green Beans Vanilla Pudding Diet = SF Pudding Italian Bread	8	Chicken Fajitas Spanish Rice Black Beans & Corn Pineapple Sour Cream Pita Bread	9	Beef with Onions & Peppers Potato Wedges Honey Glazed Carrots Fresh Fruit Sandwich Roll	10	Fish with Crumb Topping Potatoes Au Gratin Brussels Sprouts Oreo Cookies Pumpernickel Bread	11	Roast Pork Loin with Gravy Cranberry Herb Stuffing Roasted California Vegetables Apple Crisp Diet = Applesauce Marble Rye Bread
Cal:825		Cal:798		Cal:749		Cal:769		Cal:799	
Na+:893mg		Na+:834mg		Na+:1181mg		Na+:973mg		Na+:1149mg	
Diet Cal:755						Diet Cal:665		Diet Cal:689	
Na+:848mg						Na+:1120mg		Na+:1111mg	
14	High Sodium Meal Gemelli Pasta & Meatballs with Marinara Sauce* Green Beans Cream Puff Italian Bread	15	Buttermilk Chicken Sour Cream & Chive Potatoes Mixed Vegetables Baked Apples White Peasant Bread	16	Baked Potato with Chili & Cheese Broccoli Sour Cream Peaches Pumpernickel Bread	17	High Sodium Meal Hot Dog* Baked Beans Coleslaw Fresh Fruit Hot Dog Bun Mustard	18	Shepherd's Pie Carrots Peas Cinnamon Streusel Cake Diet = Half Piece Marble Rye Bread
Cal:757		Cal:701		Cal:729		Cal:857		Cal:927	
Na+:1340mg		Na+:924mg		Na+:951mg		Na+:1499mg		Na+:879mg	
								Diet Cal:806	
								Na+:744mg	
21	Presidents' Day No Meals Served	22	Pork Rib-i-que with BBQ Sauce Scalloped Potatoes Roasted Broccoli & Carrots Fresh Fruit Sandwich Roll	23	Roast Turkey* with Gravy Mashed Sweet Potatoes Summer Peas Cinnamon Pears Whole Wheat Bread	24	Macaroni & Cheese Stewed Tomatoes Green Beans Birthday Cake Diet = Small Piece Italian Bread	25	Chicken Cranberry Salad Pasta Salad Three Bean Salad Fruited Ambrosia Diet = Pineapple Hot Dog Roll
Cal:698		Cal:674		Cal:898		Cal:882		Cal:813	
Na+:1197mg		Na+:1166mg		Na+:929mg		Na+:963mg		Na+:953mg	
Diet Cal:808				Diet Cal:808		Diet Cal:813			
Na+:819mg				Na+:819mg		Na+:953mg			
28	Meatloaf with Gravy Garlic Mashed Potatoes Jardiniere Vegetables Mixed Fruit French Bread	Menus are Subject to Change 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 dietary requirements. Na+ = Sodium mg = milligrams Breakdown includes 125mg Na+ for milk				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:734		Na+:675mg							