



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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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

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March 2022

We were thrilled to reopen our doors here at the Upton Center on Monday, February 7th. This decision was made in consultation with our Board of Health and Town Manager after an ongoing assessment of the number of COVID cases in the area. It has been wonderful to see so many of you back at the Center! We will continue to make efforts to socially distance, and we ask that anyone who has not been vaccinated wear a mask while at the Center. We resumed some of our in person activities in February and we are happy to report that all of our programs are now back up and running for March. We hope to see you!

March is **National Professional Social Work Month**, highlighting how social workers have enriched our society by helping to drive significant, positive changes and touch millions of lives. Are you living with depression, anxiety, or a substance use disorder? A social worker can help you forge connections, overcome challenges and thrive. Social workers continue to work on the frontlines throughout the pandemic, helping clients get the health care they need and helping loved ones overcome grief and loss. Here at the Upton Center, our **Social Services Coordinator, Darynn Khuth**, is available to help residents with fuel assistance, SNAP (food stamps), SHINE information, and more. Please call her at 508-529-4558 if she can help you with information or referrals.

March is also **National Nutrition Month**. This annual campaign encourages people to learn more about making informed food choices and developing healthful eating and physical activity habits. Visit www.eatright.org for some great resources to help you establish healthy habits. In support of this initiative, we have scheduled a **nutrition talk** at 11:30 on Friday, March 18th. Wendy Reid, our Strength & Stretch instructor, will give the talk right after her exercise class. Join us!

Speaking of exercise, we're excited to be adding a **new country line dancing class** to our schedule on Thursdays at 10:30 beginning March 3! Read on for more details, and come see what it's all about. **All exercise classes at the Center will be free through the end of March** to encourage you to give them a try!

And finally—we'd like to wish Upton Town Manager **Derek Brindisi** well as he moves on to a new position as Town Manager of Plymouth, Massachusetts. We appreciate the many contributions Derek has made to the town during his time here. He will certainly be missed! Derek will be here for our monthly **breakfast on Tuesday, March 8 at 9:00**. We hope you can stop by to say goodbye and enjoy a delicious breakfast too. Read on for more details on how to register.

- Janice



*Just a friendly reminder to set your clocks ahead
on Sunday, March 13 at 2:00 a.m.*

Save the Date for



Friday, April 22 at 5 pm

We are currently working with the National Honor Society students of Nipmuc High School to plan a "Senior Prom" for Upton's Seniors! The event will include dinner, DJ and dancing here at the Upton Center with a "Hollywood" theme. So save the date and dust off your dancing shoes! More details to come soon. If you know of anyone in the community who is interested in donating prizes or services for the event, please contact us at 508-529-4558.

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 on our van for the safety of all riders.



Shopping Trips

Join us for our group shopping trips. Those who opt to ride will be required to wear a face mask on the van. 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.

- Tuesday, March 1 at 9:15—Shaw's/Job Lots/Walmart Loop, Northbridge
- Monday, March 7 at 9:15—Market Basket, Hudson
- Friday, March 11 at 9:15—Shaw's/Job Lots/ Walmart Loop , Northbridge
- Wednesday, March 16 at 9:15—Shaw's/Job Lots/ Walmart Loop , Northbridge
- Tuesday, March 22 at 1:00—Hannaford's, Uxbridge
- Thursday, March 24 at 9:15—Market Basket, Oxford
- Wednesday, March 30 at 1:00—Shaw's/Job Lots/ Walmart Loop , Northbridge



Tax Appointments

Mondays through April 4, 9:00—2:00

It's that time of year again!....AARP tax preparers will be here every Monday through early April to help Seniors prepare their taxes at no charge. Spaces fill fast. Please call the Center at 508-529-4558 to schedule a time and be sure to pick up the AARP tax intake forms in our office and complete them before your appointment. If you can't make your appointment, please let us know since we typically have a wait list.



Library Services

Librarian Matthew Bachtold will be back with the weekly Library Table here at the Center each Wednesday at 11:00 beginning March 9. In the meantime, the Library is able to deliver personalized packages of items for residents to the Center each Wednesday for you to pickup at your convenience. Contact the Upton Library (508-529-6272) at least one week before the pickup date and tell them what types of items you'd like. Movies, magazines, audiobooks and even tablet devices can all be included in your package.

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).

Country Line Dancing with Chris Goodney

NEW



Thursdays, March 3, 10, 17, 24 & 31 at 10:30

Join us for some good old fashioned fun as Chris Goodney, Co-owner of Rascals in Worcester, leads us in country line dancing! Not only is it a great time, but it's great exercise as well! You don't have to have ANY experience to enjoy these one hour sessions. Chris is a pro at leading you through the dances step by step. So come try something new and have a few laughs while you're at it. The sessions will be free for the month of March. Based on the interest level and your feedback, we'll determine a schedule going forward. Please **RSVP at least 3 days ahead** of each class.



Farewell Breakfast with the Town Manager

Tuesday, March 8 at 9:00

Join us for a delicious breakfast with friends. We'll be gathering to wish Town Manager, Derek Brindisi, well as he leaves his position in Upton to take on a new role as Town Manager in Plymouth. Please **register by March 7**. \$3 fee.

Rep. Muradian's Office Hours

Friday, March 11, 12:00—1:00



Representative Muradian's office will hold office hours here at the Center. Stop by to discuss your concerns.



Men's Club Supper

Friday, March 11 at 5:15

The Men's Club Supper is back! Join us for a chance to take the night off of cooking as you enjoy a good meal with friends. No fee, thanks to the Upton Men's Club! Please **call by March 4** to register.

COA Board Meeting

Monday, March 14 at 1:00



Our next COA Board Meeting will be held at the Center on **Monday, March 14 at 1:00**. You don't have to be a Board Member to sit in on our discussion. If you would like to learn more about the possibility of joining the Board, please contact Janice Nowicki at 508-529-4558 for more information.



Mindfulness with Robin

Tuesday, March 15 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 March 11**. No fee.



Trivia Time

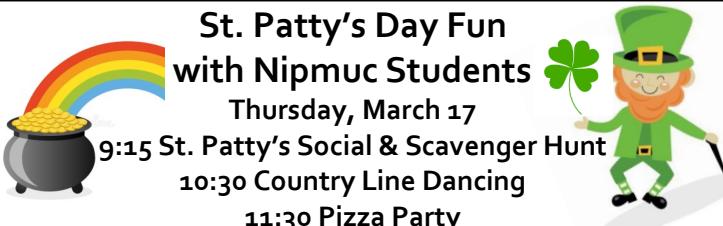
Wednesday, March 16 at 12:15

The Upton Library staff will be back with trivia to test your knowledge of "famous people and familiar places" this month. Come flex your memory muscles and have some fun! No fee. Please register by **March 14**.

St. Patty's Day Fun with Nipmuc Students

Thursday, March 17

9:15 St. Patty's Social & Scavenger Hunt
10:30 Country Line Dancing
11:30 Pizza Party



We've got lots of fun lined up for St. Patty's Day this year! Students from Nipmuc High School will be joining us as part of Nipmuc's "Inspired Learning Day" which takes students out of the classroom and places them into the community for the day. They'll start by joining us for a St. Patty's Day Social at 9:15 where you'll enjoy coffee and snacks and then team up with them for a fun Scavenger Hunt and a chance to win a prize! Then they'll stick around afterwards to enjoy some country line dancing at 10:30 (see details to the left), so we hope you will too! And finally we'll enjoy a pizza lunch with the students at 11:30 (\$3 fee). Please register by **March 15**.

Nutrition Talk with Wendy Reid

Friday, March 18 at 11:30



We can't let National Nutrition Month go by without learning something new about developing healthy eating and exercise habits! Join Wendy Reid after her 10:30 Strength & Stretch Class for an informative talk. Feel free to sign up for the Tri-Valley lunch that day (braised beef for \$3) or bring your own lunch if you'd like. Give us a call by March 15 to register.

Afternoon Movie

Friday, March 18 at 12:45



Join us for this month's movie, **Blythe Spirit** (Comedy/PG-13). It's the story of a crime novelist who finds himself in a tough predicament when an eccentric mystic summons the spirit of his first wife. Let us know by March 16 if you can join us!

Pastel Art Workshop

Monday, March 21, 6:00—8:00 p.m.



Join artist Greg Maichack and learn pastel painting techniques as you create your own Jellyfish pastel painting. Each participant in the workshop paints their own artwork to keep. All materials are provided and Greg's step by step instructions are suitable for all skill levels. This program is supported in part by a grant from the Upton Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency. This workshop will be held in person at the Upton Center. Space is limited. No fee. **Register online by visiting uptonlibrary.org** and clicking on the event calendar link. A separate Zoom version of the program will be held on March 16; contact the library at 508-529-6272 for details on how to register for the virtual session.



Judge Visits for Lunch & Legal Talk

Wednesday, March 23 at 12:30

Join us for a unique opportunity to learn more about our judicial system and the Trial Court's Mission for equal access to justice. Judge Meghan Spring, the First Justice of Marlborough District Court will be here to speak. Before being appointed to the bench by Governor Baker in 2017, Judge Spring was an Assistant Clerk Magistrate in the Lowell District Court, a partner at the law firm of Spring & Spring specializing in criminal defense, and an assistant district attorney in Middlesex county where she prosecuted cases in the district and superior courts. She will welcome any questions you may have about our judicial system. Please call to **RSVP by March 18**. We're still finalizing our menu for the day, but it's sure to be delicious! Lunch fee will be \$3.

Birthday Bash

Friday, March 25 at 12:45



Come enjoy pizza, cake and ice cream in celebration of this month's Bdays! The event is free for those with a bday this month; a donation of \$3 is suggested for others. Please call by **March 23** to register.



Lunch Trip to Cherry Blossom

Tuesday, March 29 at 11:30

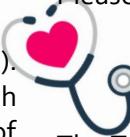
Let's head to Cherry Blossom in Ashland for a delicious assortment of authentic Chinese, Mandarin and Szechuan dishes. Please RSVP by **March 25** and let us know if you need a ride on our van.

Craft Time with Betty

Wednesday, March 30 at 9:30



Volunteer Betty Brault will be back with another great craft! Please **RSVP by March 23** if you'd like to join her.



BP Checks, Flu Shots & Boosters

Wednesday, March 30 at 12:30

The Town Nurse will be at the Center to administer regular (not high) dose flu shots and check blood pressures. She has a limited number of Covid booster shots available too. Please call the Center by **March 25** to register. Please wear a mask and bring your insurance info. for shots. 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.

Healthy Mind & Body

Join in our classes. All free this month!



- Strength & Stretch** — Classes will be held at 10:30 each Monday, Wed. & Fri. (except 3/11). No fee this month!
- Mindfulness with Robin** — Tues., March 15 11:00. Please register by March 11. No fee.
- NEW: Country Line Dancing** — Thursdays at 10:30 (see details on prior page). No fee this month.





SOCIAL SERVICES CORNER

Prescription Advantage

Need help with the cost of prescription medications? Prescription Advantage is available to Massachusetts residents who are:

- Age 65 or older, eligible for Medicare, and have a gross annual household income less than \$64,400 for a single person or \$87,100 for a married couple.
- If your annual household income is below \$38,640 for a single person and \$52,260 for a married couple you get Prescription Advantage at NO COST.
- 65 years of age or older and not eligible for Medicare, or
- Under age 65, work no more than 40 hours per month, earn no more than the maximum amount of \$24,214 for a single person or \$32,750 for a married couple

Individuals with comprehensive MassHealth programs or MassHealth Buy-In programs, also known as Medicare Savings Program, are not eligible for Prescription Advantage.

Prescription Advantage members are entitled to a one-time Special Election Period (SEP) each year that allows members to join or switch their Medicare drug plan outside of Medicare's open enrollment period. You may apply for Prescription Advantage online, by phone, or by mail.

To apply online, go to www.prescriptionadvantage.org. To apply by phone, call 1-800-243-4636 and press 3.

Resources for Family Caregivers



Are you caring for an older family member? A grandparent (55+) caring for a grandchild age 18 or younger? Or a relative (55+) caring for an individual with a disability? The family caregiver support program is part of a national program which helps caregivers manage the personal, social and economic challenges of caring for a relative or friend. A caregiver can be a spouse, partner, friend or anyone who provides consistent assistance. Please contact a caregiver specialist if you are a caretaker seeking additional information or resources. A caregiver specialist can provide individual support and assistance for specific situational needs. Caregivers can apply for a one-time financial grant to assist them with funding respite or an assistive device to help in the caregiving role. For detailed information on the Caregiver Support Program please contact Tri-Valley at 508-949-6640 or 1-800-286-6640.



Tri-Valley Lunch Services

Please call Tri-Valley at 508-949-6640 to inquire about meal delivery. Once registered, calls should be made to 508-529-9094 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

Annual Town Election

Annual Town Election will be held on May 10. Nomination papers are available for anyone wishing to run. Further details can be found at: <https://www.uptonma.gov/town-clerk/pages/2022-calendar-annual-town-meeting-election>

Dog Licenses

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., **March 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.

Community Center Updates

Construction of Upton's new Community Center is underway! We encourage you to visit the "Community Center Progress" link on the Upton Town Library website found at: <https://uptonlibrarystaff.wixsite.com/uptontownlibrary> for pictures to help you track the progress!

Covid Test Kits

A limited supply of at home Covid test kits is available at the Upton Center for Upton residents. Contact Janice Nowicki at the Center at 508-529-4558 if you would like one.

Upton's Neighbor to Neighbor Program

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!

Upton Community Garden

Do you want the joy of raising your own local food, but you don't have space? Upton Community Garden plots are available to Upton residents and community groups. \$10 fee. Email CommunityGarden@uptonma.gov by April 1. Plots will be assigned by lottery. Some are reserved for those with disabilities, seniors, and community groups so please indicate if you fall in one of these categories.

Where is the Four-leaf Clover?



Congratulations to **Rick Kennedy** who was our lucky winner in February for finding our hidden Olympic Torch, and **Nancy Rose** who called to let us know her favorite Olympian (Muhammed Ali!). This month, we've hidden a little four (not 3!) leaf clover in our newsletter. Can you find it? If so, call us at 508-529-4558 for a chance to win a prize!



March 2022



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>	1 9:15 Shopping Trip* 12:30 Hand & Foot Card Game Swedish Meatballs	2 9:00 Computer Class 10:30 Strength & Stretch Fish w/Crumb Topping	3 10:00 Knit/Crochet Group 10:30 Country Line Dancing 1:00 BINGO Chicken Cacciatore	4 10:00 Facebook Fri. 10:30 Strength & Stretch Macaroni & Cheese
7 9:00—2:00 AARP Tax Appointments 9:15 Shopping Trip* 10:30 Strength & Stretch Chicken Pot Pie	8 9:00 Farewell Breakfast with the Town Manager 12:30 Hand & Foot Card Game Spaghetti & Meatballs	9 9:00 Computer Class 10:30 Strength & Stretch 11:00 Library Table Jambalaya	10 10:00 Knit/Crochet Group 10:30 Country Line Dancing 1:00 BINGO Garlic Herbed Chicken	11 9:15 Shopping Trip* 10:00 Facebook Fri. Note: No Strength & Stretch 12:00 Rep. Muradian's Office Hours 5:15 Men's Club Supper Potato Crunch Fish
14 9:00—2:00 AARP Tax Appointments 10:30 Strength & Stretch 1:00 COA Meeting  Move Clocks ahead at 2:00 a.m. Sun. Mar. 13	15 11:00 Mindfulness with Robin 12:30 Hand & Foot Card Game Hot Dog	16 9:00 Computer Class 9:15 Shopping Trip* 10:30 Strength & Stretch 11:00 Library Table 12:15 Trivia Time Stuffed Pepper Casserole	17 9:15 St. Patty's Day Social & Scavenger Hunt w/Nipmuc Students 10:00 Knit/Crochet Group 10:30 Country Line Dancing 11:30 Pizza with Nipmuc Students 1:00 BINGO Corned Beef	18 10:00 Facebook Fri. 10:30 Strength & Stretch 11:30 Nutrition Talk with Wendy 12:45 Afternoon Movie Braised Beef
21 9:00—2:00 AARP Tax Appointments 10:30 Strength & Stretch 6:00—8:00 Pastel Art Workshop Chicken Pesto	22 12:30 Hand & Foot Card Game 1:00 Shopping Trip* Burger w/Chili & Cheese	23 9:00 Computer Class 10:30 Strength & Stretch 11:00 Library Table 12:30 Lunch & Legal Talk with Judge American Chop Suey	24 9:15 Shopping Trip* 10:00 Knit/Crochet Group 10:30 Country Line Dancing 1:00 BINGO Roast Pork Loin w/ Gravy	25 10:00 Facebook Fri. 10:30 Strength & Stretch 12:45 Birthday Bash Vegetarian Chili
28 9:00—2:00 AARP Tax Appointments 10:30 Strength & Stretch Shepherd's Pie	29 11:30 Lunch Trip to Cherry Blossom 12:30 Hand & Foot Card Game Greek Chicken	30 9:00 Computer Class 9:30 Craft Time 10:30 Strength & Stretch 11:00 Library Table 12:30 Blood Pressure Checks/Flu & Booster Shots 1:00 Shopping Trip* Meatloaf	31 10:00 Knit/Crochet Group 10:30 Country Line Dancing 1:00 BINGO Turkey Supreme	

March, 2022 — Dates to Remember

Check here if you plan to attend !

Mar 1 Shopping Trip—Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15
 Mar 7 AARP Tax Appts., 9:00—2:00 (call for appointment)
 Mar 7 Shopping Trip—Market Basket, Hudson, 9:15
 Mar 8 Farewell Breakfast with the Town Manager, 9:00
 Mar 11 Shopping Trip—Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15
 Mar 11 Representative Muradian's Office Hours, 12:00—1:00
 Mar 11 Men's Club Supper, 5:15
 Mar 14 AARP Tax Appts., 9:00—2:00 (call for appointment)
 Mar 14 COA Meeting, 1:00
 Mar 15 Mindfulness with Robin, 11:00
 Mar 16 Shopping Trip—Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15
 Mar 16 Trivia Time at the Center with the Library Staff, 12:15
 Mar 17 St. Patty's Day Social & Scavenger Hunt w/Nipmuc Students, 9:15
 Mar 17 Pizza w/Nipmuc Students, 11:30 (\$3 fee)
 Mar 18 Nutrition Talk with Wendy at 11:30 (bring a lunch or let Al know if you'd like to order 1 from Trivalley)
 Mar 18 Afternoon Movie: Blithe Spirit, 12:45
 Mar 21 AARP Tax Appts., 9:00—2:00 (call for appointment)
 Mar 21 Pastel Art Workshop, 6-8 pm—Register online w/the Library (uptonlibrary.org and click event calendar)
 Mar 22 Shopping Trip—Hannaford's, Uxbridge, 1:00
 Mar 23 Lunch & Legal Talk with Judge, 12:30 Lunch (\$3) 1:00 Talk
 Mar 24 Shopping Trip—Market Basket, Oxford, 9:15
 Mar 25 Birthday Bash, 12:45. \$3 or free for March Bdays! Do you have a March Bday? Yes or No
 Mar 28 AARP Tax Appts., 9:00—2:00 (call for appointment)
 Mar 29 Lunch Trip to the Cherry Blossom in Ashland, departing at 11:30. Do you need a ride? Yes or No
 Mar 30 12:30 Blood Pressure Check Flu Shot Booster Shot
 Mar 30 Shopping Trip—Shaw's/Job Lots/Walmart Loop, Northbridge, 1:00



SIGN UP FOR COUNTRY LINE DANCING (no fee in March):

Thursdays at 10:30: Mar 3 Mar 10 Mar 17 Mar 24 Mar 31



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 #: _____

Did you find our hidden four-leaf clover? If so—where? _____

WEEKLY EVENTS AT THE UPTON CENTER

Every Monday Strength & Stretch 10:30
 Every Tuesday Hand & Foot Card Players Group 12:30
 Every Wednesday Strength & Stretch 10:30
 Every Wednesday Library Table (no table March 2) 11:00
 Every Thursday Knit/Crochet Group 10:00
 Every Thursday Country Line Dancing 10:30
 Every Thursday BINGO 1:00
 Every Friday Facebook Friday 10:00
 Every Friday Strength & Stretch (no class March 11) 10:30