



# 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](http://www.uptonma.gov)

 **August 2022** 

## THE UPTON CENTER STAFF

### Director of Elder & Social Services

Janice Read Nowicki

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Bernadette Denson

### COA Assistants

Deb Saulen

Karen Varney

### Drivers

Jim Earl

John Saulen

Rick Vernon

### Nutrition Center Mgr.

Al Vautour

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We hope you are enjoying your summer! We've had a lot of hot and humid weather over the past month, so we want to remind you that the Upton Center is a great place to cool off to beat the heat! We hope you'll check out the enclosed details of all of our upcoming programs and come see us often in August!

As is often the case, we have some thanks to share with special people and organizations who have helped us out this past month:

- Thank you to **Ranger Viola Brummel** of West Hill Park for taking our seniors on a great trip to Tower Hill Botanical Gardens for their "free first Thursday of July" event. They all had a great time strolling through the grounds, admiring the flowers, and enjoying lunch with friends. Viola's tips and treats along the way were an extra bonus. She is one of a kind!
- Thank you to the **Upton Board of Health** for passing along a supply of Covid test kits to be distributed here at the Upton Center. If you're in need of a free test kit, please let us know.
- We appreciate the loan from the **Upton Town Library** of some recent additions to their collection of Harvard Medical School Special Health Reports. A supply of these reports with senior-related health topics has been dropped off here at the Upton Center for convenient borrowing by our seniors. Give us a call if you're interested in the following topics:
  - ◇ Back Pain
  - ◇ Advanced Care Planning
  - ◇ Living Better/Living Longer
  - ◇ Improving Memory
  - ◇ A Guide to Cognitive Fitness
  - ◇ Controlling Your Blood Pressure
- Thank you to **Unibank of Upton** who gifted us with a pizza party as a random act of kindness! We had close to 50 people come and enjoy the free lunch at the Center that day. We appreciate your kindness Unibank!

### Upton's Neighbor to Neighbor Program

The Town of Upton continues to provide assistance to residents of *all ages* due to COVID-19. Assistance for housing, utilities, heat, food, prescriptions, and medical expenses will be considered. For more information, visit the Town website or contact Janice Nowicki at the Upton Center.



- Many thanks to **Attorney Jennifer Deland** for her recent presentation at the Center on "The Power of Trusts". We still have some extra "Elder Law Education Guides" on hand from her presentation. Give us a call if you'd like to pick one up.
- We are grateful to our volunteer, **Jim Earl**, who has helped us out with daytime medical and shopping trips as well as driving our seniors to the evening concert series at Kiwanis Beach this summer. We appreciate you Jim!

And finally, we were all saddened to learn about the passing of **Al Holman**. Al was an active member of the Board of Health for 8 years, served on the School Committee for 7 years and was a Selectmen for 6 years. He also owned and operated the local newspaper, the *Town Crier*, issued throughout Upton, Mendon and Milford. We appreciate his many contributions to the Town of Upton and we send our sincere condolences to Al's wife, Marilyn, and their family. RIP Al. ❤️

Janice



**Come visit us often this summer and enjoy the AC!**

## Medical Visits & Shopping Trips

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. We also run 1-2 group shopping trips each week. Time spent in stores is typically 60—90 minutes. Please register with as much notice as possible and choose one store for drop off on a loop. Stores/times may change due to medical appointments.



- Tuesday, August 2 at 9:15—Shaw's/Job Lots/ Walmart, Foppema's Farm Stand Loop , Northbridge
- Tuesday, August 9 at 1:00—Market Basket, Oxford
- Friday, August 12 at 12:30—Market 32, Sutton
- Tues., Aug. 16 at 1:00—Shaw's/Job Lots/ Walmart, Foppema's Farm Stand Loop , Northbridge
- Tuesday, August 23 at 9:15—Hannaford's, Uxbridge
- Friday, August 26 at 9:15—Market Basket, Hudson
- Tues., Aug. 30 at 9:15—Shaw's/Job Lots/ Walmart, Foppema's Farm Stand Loop , Northbridge



## Seated Exercise

**Tuesdays, August 2, 9, 16, 23 & 30 at 10:00**

Robin Natanel will be here for seated exercise classes at 10:00 on Tuesdays throughout the month of August. This is a great option for those with limited mobility or balance issues. Please **RSVP at least one day ahead** of each of the classes. Based on the interest level we'll determine the class schedule beyond August. A donation of \$3 per class is suggested.



## Concerts at Kiwanis Beach

**Wednesdays, August 3 & 10**

**Van departs at 5:15 / Concerts begin at 6:00**

Don't miss the last two concerts of the season! Bring a chair and enjoy the music and the great outdoors at the Upton Rec. Commission's Concerts at Kiwanis Beach. Free van rides will be provided on the following dates:

- Wed., August 3—South Street Band
- Wed., August 10—Pocket Change



Burgers, hotdogs, chips and soda are available for purchase. **Please call the Center for a ride at least 2 days ahead.** The van departs at 5:15 with pickups at the front lobby of Millhaus Apartments, the mailboxes at Coach Road, and Upton residences as needed.

**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).**



## CALLING ALL COUNTRY FANS!...

### Enjoy Old Country Songs with Matt York

**Wednesday, August 3 at 2:00**

Join us as musician Matt York performs the songs of Johnny Cash, Willie Nelson, Kris Kristofferson and Waylon Jennings and tells stories of their careers. *York has twice been nominated as Best Male Artist by the New England Music Awards.* This program is supported in part by a grant from the Upton Local Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency. Snacks will be available for a suggested donation of \$1. Please **RSVP by August 2.**

## Intergenerational Story Time

**Thursday, August 4 at 10:30**



Join us for some reading time with some special young guests. Children's Librarian Lee Ann Murphy will be holding a "Read Around Town" program here at the Center with a group of 3-5 year olds. The storybooks will focus on the importance of grandparents, and our young visitors would love to share this story and song time with all of you! Please **RSVP by Aug. 3.**



## Lunchtime

### High Blood Pressure Talk & Blood Pressure Checks

**Wed., Aug. 10 at 11:30/BP Checks at 12:15**

Registered Dietician Mary Brunelle will be joining us from TriValley with an important talk about high blood pressure. Feel free to bring your own lunch to enjoy during the talk, or you can order a TriValley **hot dog lunch** that day for a cost of \$3. Upton Town Nurse Trish Parent will be here afterwards for blood pressure checks at 12:15. Please **RSVP by Aug. 8.**



### Trip to Scoops & Swirls & Grafton Farmer's Market

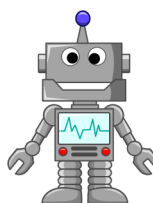
**Wednesday, August 10 at 1:30**

Join us for a trip to Scoops & Swirls Ice Cream in Grafton, followed by a stop at the Grafton Farmer's Market. Please **RSVP by August 8.**

## Assistive Technology Talk

**Monday, August 15 at 9:30**

Join us for an interesting presentation by **BVT Students** who are part of the Assistive Technology & Outreach unit for the BVT Robotics Team. They'll share some fascinating information about the ways in which engineering and the use of electronics, 3D printing and more can be used to help people, including those with disabilities, with their daily routines. Please **RSVP by August 12.**



Light refreshments will be available for a suggested donation of \$1.



## Senator Moore's Office Hours

Wednesday, August 17, 9:30—10:30

A representative of Senator Moore's office will be here to hold office hours. Stop by with your concerns.

## Afternoon Movie

Friday, August 19 at 12:30

Join us for **Philomena** (PG-13), a tragicomedy starring Judi Dench. It's based on the true story of Philomena Lee's 50-year search for her adopted son and a journalist's efforts to help her find him. Please **RSVP by Aug. 18**.



## JJ's Ice Cream & Kelly's Farm

Monday, August 22 at 12:30

Let's head to JJ's for a sweet treat. We'll stop at Kelly's farm stand on the ride home so you can shop for your favorite local fruits and vegetables. Please **RSVP by August 19**.



## Indian Princess Lake Tour

Wed., Aug. 24—9 am departure for 10 am boat ride

As we've been publicizing in our last couple of newsletters, we'll be departing at 9 am on Aug. 24 for a 10 am 90 minute Lake Tour on the Indian Princess in Webster. Tickets are \$25.; the van ride is \$1. At this point our van is full. If you'd like us to reserve a ticket so you can drive there yourself, please let us know and bring a check payable to Indian Princess to the Center **by Aug. 2**. We'll call Indian Princess with a headcount Aug. 2; refunds cannot be given after that date. We plan to stop off at George's Seafood in Mendon on the way back for lunch.



## Podiatrist Appointments

Thursday, August 25, 8:30—12:30

Dr. Biancamano will hold appointments at the Center from 8:30—12:30. Please call the Center by **Aug. 18** for an appt.



## Birthday Bash

Friday, August 26 at 12:45

Join us for pizza, cake and ice cream in celebration of August's Birthdays! It's free for those with a bday this month; a donation of \$3 is suggested for others. Please **RSVP by Aug. 24**.



## Lunch Trip to Sorrento's

Monday, August 29 at 12:00

We're heading to Sorrento's Café in Milford for a delicious Italian lunch this month. Please **RSVP by Aug. 25** and let us know if you need a ride.



## Specialized Telephone Program

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Tuesday, August 30 at 12:30

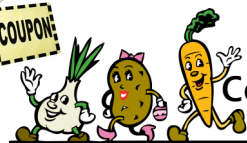
Access to telephone communications is crucial for independent living. Did you know that MassEDP has a program which provides **free specialized telephone equipment** to anyone in MA that has difficulty using the phone? This includes services for clients who are hard of hearing, deaf, low vision, blind, cognitively or speech impaired, to provide both landline and cellular phone equipment. Equipment, installation and tech support is all provided free of charge. The program has helped thousands of people in MA use the phone more easily. Come learn all about the program. Please **RSVP by Aug. 26**. Light refreshment will be provided for a suggested donation of \$1.



## Trivia Time

Wednesday, August 31 at 12:15

Upton Library staff will be back with trivia to test your knowledge of "Love of the Games—Sports Trivia". Join us! No fee. Please **RSVP by Aug. 29**.



## Farmers' Market

### Coupon Distribution

Coming in August

A limited number of farmers' market coupons will be available for distribution at the Center in August. We are awaiting the date from TriValley, which sponsors the program. These can be used at many local farmers' markets. A list of participating markets will be given with the coupons. Applicants must be a MA resident, 60 or older, and at or below 185% of the Federal poverty level. Please call the Upton Center if you are interested in registering for a coupon.

## Healthy Mind & Body



- **Strength & Stretch** — Join Wendy Reid Mondays, Wednesdays & Fridays at 10:30 EXCEPT: **No class on Aug. 5 or 22**. All fitness levels welcome. Come give it a try! \$3 donation is suggested.
- **Nutrition Talk with Wendy**—Join Wendy Reid on **Wed. Aug. 17** after her 10:30 exercise class for an informative nutrition talk. Please **register by Aug. 15**.
- **Mindfulness with Robin**—Wednesday, **Aug. 17 at 1:00**. Join Robin Natanel for a session on healing the body, mind and spirit using meditation and mindfulness techniques. Please **register by Aug. 15**. No fee.
- **Seated Exercise**—Tuesdays at 10:00 (see details on prior pg.). \$3 donation suggested. RSVP a day ahead.
- **Blood Pressure Checks**—The Town Nurse will be here **Wed., Aug. 10 at 12:15** for BP checks after the Blood Pressure talk detailed on prior page. RSVP by **Aug. 9**.

## Chronic Disease Series

Coming: Wednesdays, Oct. 5—Nov. 9 from 1:00-3:30

TriValley will present *My Life, My Health* at the Upton Center. This free 6-week series focuses on self-management for those living with chronic disease, pain & discomfort. For more information or to register, call Gina at 508-949-6640, extension 3339 or email [gmetras@tves.org](mailto:gmetras@tves.org). More details can be found at [www.healthyliving4me.org](http://www.healthyliving4me.org).





## SOCIAL SERVICES CORNER

### Medicare Preventive Services

Did you know that Medicare Part B covers approximately two dozen preventive benefits, often at no or low cost to you? These benefits include services such as your flu and pneumonia shots, COVID shots, screenings for various health conditions (e.g., heart disease and certain types of cancer), and options to help you stop smoking. For more information visit [www.shinema.org](http://www.shinema.org) and click Part B Preventative Services under the Medicare Tab. Also—if you're in need of help navigating insurance issues, reach out to the SHINE program for unbiased, confidential counseling on all aspects of Medicare, related private insurance products and financial assistance programs. To reach the Central Mass SHINE Program, call 508-422-9931 or email [info@shinema.org](mailto:info@shinema.org) or visit the Central Mass Website ([www.shinema.org](http://www.shinema.org)). You can also connect with a SHINE Counsellor by calling the Upton Center at 508-529-4558.

### Mass Health Mailings

We want to remind you of the importance of opening and responding to any mail you get from MassHealth. Over the next several months as the Federal Public Health Emergency (PHE) ends MassHealth will be sending numerous notices reviewing and detailing the status of MassHealth coverage. These mailings often have deadlines involved and you need to respond to MassHealth by a specific date or you may lose your coverage. If you have not heard from MassHealth recently we suggest that you contact them to make sure they have your current address. If mail is returned to MassHealth you may lose your coverage as well. Finally, if you get mail from MassHealth that you do not understand you should contact a family member or friend for assistance. If neither is available you can contact the SHINE regional office for assistance at 508-422-9931.



### Alzheimer's Association 24/7 Helpline

The Alzheimer's Association 24/7 Helpline is a free service available to you at all times. Specialists and master's level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public. People can call **800-272-3900** with questions, for emotional support, in crisis situations or even just to speak with a compassionate listener.



### Tri-Valley Lunch Services

Please call Tri-Valley at 508-949-6640 to inquire about meal delivery. Once registered, call 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

### Voting Information

The State Primary Election is Tuesday, September 6. The polls will be open from 7 am to 8 pm. As of this year Upton has three voting precincts, all of which vote at Nipmuc Regional High School (90 Pleasant St). Voter registration forms and information can be found on the Town Clerk's page at [www.uptonma.gov](http://www.uptonma.gov). The last day to register to vote is Saturday, August 27, 2022 at 5:00 pm. In addition to voting in-person on September 6<sup>th</sup>, voters can request to receive the ballot by mail OR vote in-person at Town Hall during early voting hours which will be held the last week of August. Specific dates and times for in-person early voting will be posted. The State recently mailed "Vote by Mail Application" postcards to all registered voters. The Early Vote (Vote by Mail) application and Absentee Ballot application can also be found on the Town Clerk's webpage. Please call the Town Clerk's office at 508-529-3565 with any questions.

### Senior Beach Passes at Kiwanis

Did you know that any Upton resident 65 years or older can pay a one time \$10 fee and receive a parking pass that's good forever? They do not have to pick up a new pass each year—the pass will not expire. For more details, contact [recreation@uptonma.gov](mailto:recreation@uptonma.gov)

### New England Country Music Club

If you enjoy line dancing, partner dancing, or just listening to great country music, head to the Uxbridge progressive Club, 18 Whitin St. in Uxbridge. Admission is \$8 for NECMC members and \$10 for non-members. Live country bands playing the following Sundays from 1—5 pm: Aug. 7 (Rustic Country) and Aug. 21 (Crossfire). Doors open at 12:30.

### Movies in the Park

Blackstone River and Canal Heritage State Park present "Movies in the Park" every Tuesday night through August 30th at River Bend Farm, 287 Oak St., Uxbridge. This is a free event. Bring your own chairs and blankets. Parking begins at 7 pm. For more details movies and start times, contact 508-278-7604 or [blackstone.heritage@mass.gov](mailto:blackstone.heritage@mass.gov)

### Upton Heritage Day

Save the date for Upton's Heritage Day on Saturday, **September 24!** The celebration includes a craft and vendor fair with events at the Library, United Parish, Fire Station and other town departments. The Upton COA will be there too! Watch for information in our next newsletter.

### Where is the Sailboat?



Congratulations to **Barbara Smith** who was our lucky winner in July for finding the hidden strawberry in our newsletter. This month we've hidden a little sailboat. Can you find it? If so, call us at 508-529-4558 for a chance to win!



# August 2022



**Mon**

**Tue**


**Wed**

**Thu**

**Fri**

<b>1</b> 10:30 Strength & Stretch  Macaroni & Cheese	<b>2</b> <b>9:15 Shopping Trip*</b> 10:00 Seated Exercise 12:30 Hand & Foot Card Game  Burger	<b>3</b> 9:00 Computer Class 10:30 Strength & Stretch 11:00 Library Table <b>2:00 Old Country Songs with Matt York</b> <b>5:15 Ride to Concert at Kiwanis</b> Stuffed Pepper Casserole	<b>4</b> 10:00 Knit/Crochet Group <b>10:30 Intergenerational Story Time</b> 1:00 BINGO  Ranch Chicken	<b>5</b> 10:00 Facebook Fri. <b>(Note—No Strength &amp; Stretch today)</b>  Braised Beef
<b>8</b> 10:30 Strength & Stretch <b>1:00 COA Meeting</b>  Chicken Pesto	<b>9</b> 10:00 Seated Exercise 12:30 Hand & Foot Card Game <b>1:00 Shopping Trip*</b>  Roast Pork Loin w/ Gravy	<b>10</b> 9:00 Computer Class 10:30 Strength & Stretch 11:00 Library Table <b>11:30 High Blood Pressure Talk</b> <b>12:15 Blood Pressure Checks</b> <b>1:30 Trip to Grafton Farmer's Mkt/Scoops &amp; Swirls</b> <b>5:15 Ride to Concert at Kiwanis</b> Hot Dog	<b>11</b> 10:00 Knit/Crochet Group 1:00 BINGO  American Chop Suey	<b>12</b> 10:00 Facebook Fri. 10:30 Strength & Stretch <b>12:30 Shopping Trip*</b>  Jambalaya
<b>15</b> <b>9:30 Assistive Technology Talk by BVT Students</b> 10:30 Strength & Stretch  Shepherd's Pie	<b>16</b> 10:00 Seated Exercise 12:30 Hand & Foot Card Game <b>1:00 Shopping Trip*</b>  Greek Chicken	<b>17</b> 9:00 Computer Class <b>9:30–10:30 Senator Moore's Office Hours</b> 10:30 Strength & Stretch 11:00 Library Table <b>11:15 Nutrition Talk with Wendy</b> <b>1:00 Mindfulness with Robin</b> Meatloaf w/Gravy	<b>18</b> 10:00 Knit/Crochet Group 1:00 BINGO  Turkey Supreme	<b>19</b> 10:00 Facebook Fri. 10:30 Strength & Stretch <b>12:30 Afternoon Movie</b>  Lemon Pepper
<b>22</b> <b>(Note—No Strength &amp; Stretch today)</b> <b>12:30 Trip to JJ's &amp; Kelly's Farm</b>  Teriyaki Beef	<b>23</b> <b>9:15 Shopping Trip*</b> 10:00 Seated Exercise 12:30 Hand & Foot Card Game  Omelet	<b>24</b> 9:00 Computer Class <b>9:00 Departure for 10:00 Indian Princess Lake Tour</b> 10:30 Strength & Stretch 11:00 Library Table 12:30 BP Checks  Chicken Milano	<b>25</b> <b>8:30—12:30 Podiatrist</b> Appointments 10:00 Knit/Crochet Group 1:00 BINGO  Salisbury Steak w/Gravy	<b>26</b> <b>9:15 Shopping Trip*</b> 10:00 Facebook Friday 10:30 Strength & Stretch <b>12:45 Bday Bash</b> Potato Crunch Fish
<b>29</b> 10:30 Strength & Stretch <b>12:00 Lunch Trip to Sorrento's</b>  Chicken Picatta	<b>30</b> <b>9:15 Shopping Trip*</b> 10:00 Seated Exercise 12:30 Hand & Foot Card Game <b>12:30 Mass EDP Specialized Telephone Program</b> Meatballs w/Onion Gravy	<b>31</b> 9:00 Computer Class 10:30 Strength & Stretch 11:00 Library Table <b>12:15 Trivia Time</b>  Marinated Pork Loin		
<b>*Please see Newsletter for details of shopping trips and call the Center at 508-529-4558 to register.</b>				

## August 2022 — Dates to Remember

Check  here if you plan to attend !

- Aug 2 ☐ Shopping Trip—Shaw's/Job Lots/Walmart, Foppema's Farm Stand Loop, Northbridge, 9:15
- Aug 3 ☐ Old Country Songs w/Matt York at 2:00
- Aug 4 ☐ Intergenerational Story Time at 10:30
- Aug 8 ☐ COA Meeting at 1:00
- Aug 9 ☐ Shopping Trip—Market Basket, Oxford, 1:00
- Aug 10 ☐ High Blood Pressure Talk at 11:30  
Feel free to bring a lunch or let Al Vautour know at 529-9094 if you'd like to order a hotdog lunch for \$3
- Aug 10 ☐ Blood Pressure Checks with Town Nurse, 12:15
- Aug 10 ☐ Trip to Grafton Farmer's Market & Scoops & Swirls, 1:30
- Aug 12 ☐ Shopping Trip—Market 32 in Sutton, 12:30
- Aug 15 ☐ Assistive Technology Talk by BVT Students, 9:30
- Aug 16 ☐ Shopping Trip—Shaw's/Job Lots/Walmart, Foppema's Farm Stand Loop, Northbridge, 1:00
- Aug 17 ☐ Senator Moore's Office Hours, 9:30—10:30
- Aug 17 ☐ Nutrition Talk with Wendy, 11:15
- Aug 17 ☐ Mindfulness with Robin at 1:00
- Aug 19 ☐ Afternoon Movie: Philomena, at 12:30
- Aug 22 ☐ Trip to JJ's Ice Cream & Kelly's Farm Stand, 12:30
- Aug 23 ☐ Shopping Trip—Hannaford's, Uxbridge, 9:15
- Aug 24 ☐ Depart at 9:00 for 10:00 Indian Princess Lake Tour. Checks due by Aug. 2
- Aug 25 ☐ Podiatrist Visit, 8:30—12:30. Please call Center for appt. time.
- Aug 26 ☐ Shopping Trip—Market Basket, Hudson, 9:15
- Aug 26 ☐ Birthday Bash, 12:45 . Is it your bday this month?!...Yes\_\_\_ or No\_\_\_
- Aug 29 ☐ Lunch Trip to Sorrento's in Milford at 12:00. Do you need a ride? Yes\_\_\_ or No\_\_\_
- Aug 30 ☐ Shopping Trip—Shaw's/Job Lots/Walmart, Foppema's Farm Stand Loop, Northbridge, 9:15
- Aug 30 ☐ Mass EDP Specialized Telephone Program at 12:30
- Aug 31 ☐ Trivia Time at 12:15



**SIGN UP FOR RIDES TO CONCERTS AT KIWANIS.** Van departs at 5:15 for 6:00 Concerts on the following Wed's.:

Aug 3 ☐ Aug 10 ☐

**SIGN UP FOR SEATED EXERCISE CLASSES (\$3 suggested donation per class):**

Tuesdays at 10:00: Aug 2 ☐ Aug 9 ☐ Aug 16 ☐ Aug 23 ☐ Aug 30 ☐

**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 sailboat? If so—where?! \_\_\_\_\_

### WEEKLY EVENTS AT THE UPTON CENTER

- Every Mon., Wed. & Fri. .... Strength & Stretch (except Aug. 5 & 22)..... 10:30
- Every Tuesday..... Seated Exercise..... 10:00
- Every Tuesday..... Hand & Foot Card Players Group..... 12:30
- Every Wednesday ..... Library Table ..... 11:00
- Every Thursday ..... Knit/Crochet Group ..... 10:00
- Every Thursday ..... BINGO ..... 1:00
- Every Friday ..... Facebook Friday..... 10:00