



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

September 2022

THE UPTON CENTER STAFF

Director of Elder & Social Services

Janice Read Nowicki

Department Specialist

Bernadette Denson

COA Assistants

Deb Saulen
Karen Varney

Drivers

John Saulen
Rick Vernon

Nutrition Center Mgr.

Al Vautour

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It's hard to believe these hazy days of summer will be coming to an end soon. As we look ahead to fall, we are excited to welcome our **new Social Services Coordinator, Katie San Clemente**, who joined us on August 29th. Katie attended the University of New Hampshire where she studied Human Development and Family Studies. She has worked in various roles supporting individuals in accessing community resources and she is excited to get to know the residents of Upton. Katie just got married last year and tells us that spending time with her family and her Labradoodle, Winnie, are her favorite things to do outside of work. We know that Katie's skills and enthusiasm will allow her to be a great resource for our seniors and residents of all ages. We'd love for you to join us as we welcome her with a **Root Beer Float Social on Friday, Sept. 2 at 12:30**.

We'd also like to invite you to join us at our **Pancake Breakfast with the Town Manager on Tuesday, September 13**. This is a great opportunity to enjoy a delicious hot breakfast while also getting to know Town Manager Joe Laydon and hearing the latest on what's happening in town. So mark your calendars!

September is also **National Senior Center Month**. With that in mind, we'll be hosting a celebration for our seniors on **Friday, September 23 with lunch at 12:30** followed by the fabulous musical entertainment of **Jumpin' Juba!** This band has been very popular with our seniors in the past, so you won't want to miss it! Read on for all the details.

Celebrated every year in September, National Senior Center Month is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community. Senior centers provide countless hours of support and encouragement to older adults, and have become integral to health care delivery in our communities by providing COVID-19 guidance, vaccine education, and vaccinations to their participants. And they've played a role in addressing an issue that we all knew was important even before the pandemic: social isolation. That's why this year's theme is **Strengthening Community Connections**. The 10,000 senior centers in communities and neighborhoods across the country provide access to information, opportunities, and support to improve the lives of people as they age. Here at the Upton Center, we aim to be a local, trusted place in the community that connects you to the programs, services, and opportunities you need to age well.

As you'll see in this month's newsletter, a number of additional programs that took a break for the summer will be restarting this month, including the **Men's Club Supper, Monthly Craft with Betty, and trips to the BVT Salon**. We also look forward participating in the annual **Upton Heritage Day** celebration on Saturday, **September 24**. Read on for further details. We hope to see you soon!

Janice

Rest in Peace



We were deeply saddened to hear the news of the sudden passing of our volunteer van driver and dear friend, **Jim Earl**. Jim was truly one of a kind. He would go out of his way to help others in need, from volunteering to pitch in with van rides to concerts at the beach, to helping seniors to move some furniture, to installing their air conditioners. He was even known to fix our Bingo machine. You name it—Jim would be there to help. Yet he never looked for credit; he just helped out and stayed under the radar. Jim was a friend to all and he will be greatly missed.

XOXOXO

The Upton Center will be closed for Labor Day on Monday, September 5th.

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.

- Fri., September 2 at 9:15—Market Basket, Oxford
- Labor Day Week- No shops since van will be in for service
- Monday, September 12 at 12:30—Shaw's/Job Lots/ Walmart, **Foppema's Farm Stand*** Loop , Northbridge
- Monday, September 19 at 1:00—Market Basket, Hudson
- Tuesday, September 27 at 9:15—Shaw's/Job Lots/ Walmart, **Foppema's Farm Stand*** Loop , Northbridge



* If you picked up a Farmer's Market Coupon from TriValley when they visited us in August, be sure to bring it along!



Root Beer Float Social to Welcome New Social Services Coordinator

Friday, September 2 at 12:30

We are excited to have you come meet the most recent addition to our staff, **Katie San Clemente**! As noted on the front page, Katie will make a great addition to our COA team. We'll be celebrating her arrival with root beer floats so please come join us and introduce yourself. Please **RSVP by Sept. 1**. Suggested donation of \$1.

Seated Exercise with Robin

Tuesdays, September 6, 20 & 27



Robin Natanel will be back with a seated exercise class at 10:00 on the above listed Tuesdays. It's a great option for those with balance issues. She'll take a day off on Sept. 13 so that we can try out another class (see details below). Please **RSVP at least one day ahead** of each of Robin's classes. A \$3 donation is suggested per class.

Men's Club Supper Returns!

Friday, September 9 at 5:15

After a well-deserved summer break, the Men's Club Supper is back! Enjoy catching up with old friends over dinner, or meet some new ones! It'll be a cookout this month so you won't want to miss it! No fee, thanks to the generosity of the Men's Club. Please **RSVP by September 2**.



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).



Pancake Breakfast with the Town Manager in Honor of Grandparents Day

Tuesday, September 13 at 9:15

Join us for breakfast as we celebrate Grandparents Day! The Town Manager will be on hand to flip the pancakes as you gather with friends for a delicious hot breakfast. Please **RSVP for breakfast by September 9**. Fee is \$4. We hope you'll stick around afterwards to try out our NEW free Hip Hop Dance Chair Exercise Class (see details below)!



Hip Hop Dance Chair Exercise Class

Tuesday, September 13 at 10:30

"All aboard the Hip Hop Soul Train Exercise Express"! Join instructor Professor Rondae Drafts, Ph.D.abd, for a one of a kind class for seniors that begins and ends in the chair, so individuals of any fitness level can participate. Travel on the "Soul Train" and chair dance to hip hop and R&B songs using creative props to make the journey come to life. The class is specifically designed for seniors. Leave feeling more limber and enjoy the many benefits of physical activity. The 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. Please **RSVP by Sept. 12**.



Afternoon Movie

Friday, September 16 at 12:30

Join us for **Dog** (PG-13). With a dog named Lulu by his side, Army Ranger Briggs (Channing Tatum) races down the Pacific Coast to make it to a soldier's funeral on time. Along the way, Briggs and Lulu drive each other completely crazy, break a handful of laws, narrowly evade death, and learn to let down their guards to have a fighting chance of finding happiness. Please **RSVP by Sept. 15**.



Lunch Trip to Lowell's

Tuesday, September 20 at 12:00

We're heading to Lowell's Restaurant in Mendon by request! You're sure to find something you like on the menu as you enjoy lunch out with friends. Please **RSVP by Sept. 16** and let us know if you need a ride.



Trivia Time

Wednesday, September 21 at 12:15

Upton Library staff will be back with trivia to test your knowledge of "Toys & Games". What fun! We hope you can join us. No fee. Please **RSVP by Sept. 19**. And let us know if you'd like to join us for a trip to JJ's and Kelly's after (see details on next page)!



Trip to JJ's Ice Cream & Kelly's

Wednesday, September 21 at 1:15

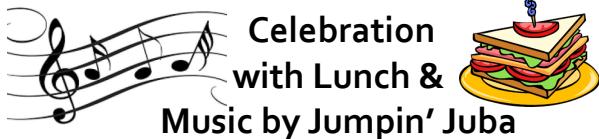
As we near the end of summer, we'll head once more to JJ's and Kelly's farm stand. Please **RSVP by Sept. 19** if you'd like to join us and let us know if you need a ride on our van.



BVT Salon Visit

Friday, September 23—8:45 departure for 9:00 visit

Treat yourself to some pampering at discounted prices at the Salon at BVT. Whether it's a haircut, manicure, pedicure or more, they'll take good care of you at BVT. Please call the Center to **RSVP by Sept. 16** to reserve a time and let us know if you need a ride for \$1.



National Senior Center Month Celebration with Lunch & Music by Jumpin' Juba

Friday, September 23—12:30 Lunch/1:00 Music

We're excited to celebrate "National Senior Center Month" with all of you! YOU are what really make this place special—so we're looking forward to treating you to lunch followed by some festive music by Jumpin' Juba! They'll entertain you with a great mix of classic boogie-woogie, folk, Memphis rock & roll with some calypso and country thrown in for what they like to call a "Blues stew"! The musical 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. Please **RSVP by Sept. 19**. No fee.



AAA Real ID Talk

Monday, September 26 at 12:30

Real ID compliance begins May 3, 2023, which means that a Real ID compliant driver's license or identification card, or a valid and unexpired Passport, will be required to fly domestically and to enter secure federal buildings, such as a federal court house and certain Social Security offices. AAA will be here to conduct a workshop which will help people understand what a Real ID is, identify who will need to have a Real ID, provide detailed instruction on how to apply for one, and answer your questions. Please **RSVP by Sept. 22**. No fee.

Betty's Craft Time is Back!

Wednesday, September 28 at 9:00



We are happy to welcome back Betty Brault who will be here to lead a fun end of summer craft session. We've missed you Betty! Please **RSVP by Sept. 22**. No fee.



Representative Muradian's Office Hours

Friday, September 30 at 12:00

State Representative David Muradian will be here to hold office hours. Stop by with your concerns.

Birthday Bash

Friday, September 30 at 12:45

Join us for pizza, cake and ice cream in celebration of September's Birthdays! It's free for those with a bday this month; a donation of \$3 is suggested for others. Please **RSVP by Sept. 28**.



Healthy Mind & Body



- **Strength & Stretch** — Join Wendy Reid Mondays, Wednesdays & Fridays at 10:30 EXCEPT: **No class on Sept. 12**. All fitness levels welcome. \$3 donation is suggested.
- **Nutrition Talk with Wendy**—Join Wendy Reid on **Wed. Sept. 28** after her 10:30 exercise class for an informative nutrition talk. Please **register by Sept. 26**.
- **Mindfulness with Robin**—Wednesday, **Sept. 14 at 1:00**. Join Robin Natanel for a session on healing the body, mind and spirit using meditation and mindfulness techniques. Please **register by Sept. 12**. No fee.
- **Seated Exercise with Robin**—Tuesdays at 10:00, except Sept. 13 (see details on prior pg.). \$3 donation suggested. RSVP a day ahead.
- **NEW: Hip Hop Dance Chair Exercise Class**—Tuesday, **September 13 at 10:30** (see details on prior pg.). Come try it out! Please **register by Sept. 9**. No fee.
- **Blood Pressure Checks**—The Town Nurse will be here **Wed., Sept. 28 at 12:15** for BP checks. Please **RSVP by Sept. 26**.

Chronic Disease Series

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. More details can be found at www.healthyliving4me.org.



Boston State House Tour

Tuesday, October 4—Depart at 10:00



We are excited to be heading to Boston's State House for a behind the scenes tour courtesy of State Representative David Muradian! Our van will depart Upton at 10 am for the 11:30 tour which should last about 1 hour. We'll stop off at a restaurant on the way home for lunch (location to be determined). Space is limited on the van so please RSVP as soon as possible to hold your spot. No fee for the van or tour. Thank you Representative Muradian!



SOCIAL SERVICES CORNER

Medicare Open Enrollment

If you have a Medicare Part D Prescription Drug or Medicare Advantage plan, your plan will mail you an Annual Notice of Change (ANOC) by the end of Sept., summarizing changes to your plan for 2023. Your costs (premiums, deductibles, and copays), covered medications, and provider networks may change from year-to-year. Make sure you read this important document to decide if your plan will continue to meet your needs. If you do not receive it in the mail, call your plan to request another copy. You may request to change your 2023 plan during the annual Medicare Open Enrollment Period (Oct. 15th— Dec. 7th); the changes will take effect January 1st. SHINE counselors can help you to understand changes to your current plan and discuss other options. If you'd like to meet with a SHINE counselor during open enrollment, make an appt. early! Call 508-529-4558.

Mass Health Mailings



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 or call the Upton Center at 508-529-4558.

Upton's Neighbor to Neighbor Program

The Town continues to collaborate with community groups and churches to address the financial needs of residents of **all ages** impacted by COVID-19. Anyone in need of assistance for housing, utilities, heat, food, prescriptions, or medical expenses can refer to the Town of Upton website or call the Upton Center at 508-529-4558 for information.



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.



Wish List

Our food pantry could use: applesauce, fruit cups, fruit juice, nuts, healthy snacks, healthy soups, toilet paper, paper towels, medium sized adult incontinence products. Thanks!

COMMUNITY CORNER

Voting Information

The State Primary Election is Tuesday, **September 6**. The polls will be open from 7 am to 8 pm. Upton has three voting precincts, all of which vote at Nipmuc High School (90 Pleasant St). Voter registration information and early voting hours can be found on the Town Clerk's page at www.uptonma.gov. Please call the Town Clerk's office at 508-529-3565 with any questions.

Genealogy Clinics

Genealogy Clinics with Seema Kenney will be held the following dates from 3-6 in the Fay room upstairs from the Upton Library: **Sept. 7 & 21, Oct. 5 & 19, Nov. 2 & 16, Dec. 7 & 21**. Seema will be available to answer questions and assist with your family history research.

Reminder from Upton Town Nurse

Boosters for COVID are available for eligible individuals at Walgreens and CVS. Call the pharmacy directly for info.

Community Supper at United Parish

Head to United Parish of Upton for a Community Supper on Thurs., **Sept. 15 at 5:30 p.m.** RSVP by the Tuesday before at 508-529-3192. No fee but donations are appreciated.

Heritage Day & Upton Grange Fair

Join the fun sponsored by the Upton Historical Society on Saturday, **September 25, 9 a.m.—2 p.m.** Events include a Craft & Vendor Fair on the Common with music at 12. **Be sure to stop by the COA table!** Other events in town that day will include the Upton Grange Fair from 9 am—4 pm at the VFW with 4-H exhibits, games, animals, produce and more. The Upton Library's Book Sale will take place 9 am—2 pm. Fire Dept. Open House will be 10 am—2 pm. You can also pick up maps for the United Parish town wide yard sale beginning at 7:30 am. Visit the Upton Historical Society page on Facebook for more details of the day.

Tax Prep Volunteers Needed

Tax-Aide needs volunteers to help low and moderate income people prepare their income taxes. Site greeters are also needed. Volunteers work 4-6 hours per week during tax season (**Feb 1—April 15**). Training will start in November. Most of the training will be online. Internet access and basic computer skills are necessary. Visit <https://www.aarp.org/volunteer/programs/tax-aide/> for details.

Where is Mr. Peanut?!



Congratulations to **Donna Humes** who was our lucky winner in August for finding the hidden sailboat in our newsletter. This month we've hidden a little Mr. Peanut. Can you find him? If so, call us at 508-529-4558 for a chance to win!



September 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>		<p>1</p> <p>10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Chicken w/BBQ Sauce</p>	<p>2</p> <p>9:15—Shopping Trip* 10:00 Facebook Fri. 10:30 Strength & Stretch 12:30 Root beer Float Social to Welcome New Social Services Coordinator</p> <p>Macaroni & Cheese</p>
<p>5</p> <p>Center is closed</p> <p>LABOR DAY</p>  <p>No meals served</p>	<p>6</p> <p>10:00 Seated Exercise 12:30 Hand & Foot Card Game</p> <p>Beef w/Onions & Peppers</p>	<p>7</p> <p>9:00 Computer Class 10:30 Strength & Stretch 11:00 Library Table</p> <p>Chicken Fajitas</p>	<p>8</p> <p>10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Roast Pork w/Gravy</p>	<p>9</p> <p>10:00 Facebook Fri. 10:30 Strength & Stretch 5:15 Men's Club Supper Chicken Cranberry Salad</p>
<p>12</p> <p>(Note—No Strength & Stretch today)</p> <p>12:30—Shopping Trip*</p> <p>1:00 COA Meeting</p> <p> Sunday, Sept. 11: Grandparents' Day</p>	<p>13</p> <p>9:15 Pancake Breakfast w/Town Manager in Honor of Grandparents Day 10:30 Hip Hop Dance Chair Exercise Class 12:30 Hand & Foot Card Game Chicken w/ Buttermilk Sauce</p>	<p>14</p> <p>9:00 Computer Class 10:30 Strength & Stretch 11:00 Library Table 1:00 Mindfulness with Robin</p> <p>Baked Potato w/Chili & Cheese</p>	<p>15</p> <p>10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Hot Dog</p>	<p>16</p> <p>10:00 Facebook Fri. 10:30 Strength & Stretch 12:30 Afternoon Movie</p> <p>Shepherd's Pie</p> <p> Sat. Sept. 24: Upton Heritage Day on Town Common, 10am—2pm</p>
<p>19</p> <p>10:30 Strength & Stretch 1:00 Shopping Trip*</p>	<p>20</p> <p>10:00 Seated Exercise 12:00 Lunch Trip to Lowell's 12:30 Hand & Foot Card Game</p>	<p>21</p> <p>9:00 Computer Class 10:30 Strength & Stretch 11:00 Library Table 12:15 Trivia Time 1:15 Trip to JJ's & Kelly's Farm Stand</p> <p>Cheese Omelet w/ Western Sauce</p>	<p>22</p> <p>10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Roast Turkey w/ Gravy</p>	<p>23</p> <p>9:00 BVT Salon Visit 10:00 Facebook Fri. 10:30 Strength & Stretch National Senior Center Month Celebration 12:30 Lunch & 1:00 Music by Jumpin' Juba Breaded Fish Patty</p>
<p>26</p> <p>10:30 Strength & Stretch 12:30 AAA Real ID Talk</p>	<p>27</p> <p>9:15 Shopping Trip* 10:00 Seated Exercise 12:30 Hand & Foot Card Game</p>	<p>28</p> <p>9:00 Craft Time 9:00 Computer Class 10:30 Strength & Stretch 11:00 Library Table 11:15 Nutrition Talk with Wendy 12:30 Blood Pressure Checks Sloppy Joe</p>	<p>29</p> <p>10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Chicken Cacciatore</p>	<p>30</p> <p>10:00 Facebook Fri. 10:30 Strength & Stretch 12:00 Rep. Muradian Office Hours 12:45 Birthday Bash</p>
BBQ Pulled Pork	Swedish Meatballs			Fish w/Crumb Topping

September 2022 — Dates to Remember

Check here if you plan to attend !

Sept 2 _____ Shopping Trip—Market Basket, Oxford, 9:15
Sept 2 _____ Root beer Float Social to Welcome New Social Services Coordinator, 12:30 (\$1)
Sept 5 _____ LABOR DAY—Center is Closed, no meals served.
Sept 6 _____ Seated Exercise w/Robin, 10:00 (\$3)
Sept 9 _____ Men's Club Supper, 5:15—Cookout
Sept 12 _____ Shopping Trip—Shaw's/Job Lots/Walmart, Foppema's Farm Stand Loop, Northbridge, 12:30
Sept 13 _____ Pancake Breakfast w/Town Manager in Honor of Grandparents Day, 9:15 (\$4)
Sept 13 _____ Hip Hop Dance Chair Exercise Class, 10:30
Sept 14 _____ Mindfulness with Robin at 1:00
Sept 16 _____ Afternoon Movie, 12:30
Sept 19 _____ Shopping Trip—Market Basket, Hudson, 1:00
Sept 20 _____ Seated Exercise w/Robin, 10:00 (\$3)
Sept 20 _____ Lunch Trip to Lowell's, 12:00. Do you need a ride? Yes____ or No____
Sept 21 _____ Trivia Time, 12:15
Sept 21 _____ Trip to JJ's & Kelly's Farm Stand, 1:15
Sept 23 _____ BVT Salon Visit. Van Departs at 8:50 for 9:00 Appts. Do you need a ride? Yes____ or No____
What service(s) would you like?_____
Sept 23 _____ National Senior Center Month Lunch at 12:30 & Music by Jumpin' Juba at 1:00
Sept 26 _____ AAA Real ID Talk, 12:30
Sept 27 _____ Shopping Trip—Shaw's/Job Lots/Walmart, Foppema's Farm Stand Loop, Northbridge, 9:15
Sept 27 _____ Seated Exercise w/Robin, 10:00 (\$3)
Sept 28 _____ Craft Time with Betty, 9:00
Sept 28 _____ Nutrition Talk with Wendy, 11:15
Sept 28 _____ Blood Pressure Checks with the Town Nurse, 12:30
Sept 30 _____ Representative Muradian's Office Hours, 12:00—1:00
Sept 30 _____ Birthday Bash, 12:45 (\$3)

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 Mr. Peanut? If so—where?! _____



WEEKLY EVENTS AT THE UPTON CENTER

Every Mon., Wed. & Fri. Strength & Stretch (except Sept. 12)..... 10:30
Every Tuesday..... Seated Exercise (except Sept. 13)..... 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