



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



October 2022



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Fall is in the air and we have a lot in store for you this month. To begin with, October 2—October 8 marks **Mental Health Awareness Week**. This year, the National Alliance for Mental Health is using the theme *Together for Mental Health* to remind people that everyone must work together to advocate for mental health for all. The organization has developed a three-pronged focus for its program to remind you of various ways you can help:

- **Act**—The organization encourages everyone to tell their mental health story, especially to elected officials. They also urge people to take to social media to spread the word.
- **Vote**—People are encouraged to educate themselves on mental health issues and learn where those on the election ballot stand on those issues before voting. They also ask people to share their knowledge with other voters so that everyone can be aware of the issues. This seems a particularly timely part of the message as voters head to the polls on November 8, 2022. (See further voting information for Upton on the back of this newsletter).
- **Reimagine**—Unfortunately, many people experiencing a mental health crisis receive improper care or no care at all. Instead of helping stop the crisis, this response often escalates it. The organization believes that the best solutions will emerge when everyone works together.

In support of Mental Health Awareness week, the COA will be hosting a talk on October 20 at 10 am regarding **Anxiety and Depression**. With all that's going on in the world today, it's vital to discuss these issues openly and reach out for help as needed. Read on for more details on our speaker and please consider joining us. And remember—you are not alone! We encourage you to speak with your health professional with any concerns, and reach out to us at the Center at 508-529-4558 if we can be of any help to you.

In other health news, we'd also like to highlight the upcoming **Covid Booster Clinic** to be held at Nipmuc on **October 1**. Please see the back of this newsletter for more details. We also want to remind you that our **six-week Chronic Disease series** will be held on Wednesdays, Oct. 5 through Nov. 9, from 1:00—3:30. This is a great opportunity for those of you coping with chronic pain to discover new strategies that can help. Read on for more details on the following page and please register ASAP.



Janice

Donations Received



Thank You!

We'd like to thank the individuals who recently made generous donations to the Upton Center in honor of:

- Elaine Porter's recent birthday
- Jim Earl's recent passing

What a thoughtful way to honor your friends. We appreciate your kind donations and will be sure to put them to good use in honor of these special individuals.

Some fun highlights this month include the upcoming **Frank & Bean dinner on Friday, October 14 at 5:00** courtesy of Upton residents Bob and Deb Demarco. **THANK YOU Demarcos!** The **Men's Club Supper is Friday October 21 at 5:15**. And we hope to see you at our **Halloween Social with Musical Bingo on October 31st**. We're excited to try this out! Read on for details and be sure to RSVP so we can have a headcount. Happy Halloween!!

The Upton Center will be closed for Columbus Day on Monday, October 10th.

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.



- Monday, October 3 at 12:30—Market Basket, Hudson
- Thursday, October 13 at 9:15—Shaw's/Job Lots/Walmart, **Foppema's Farm Stand*** Loop, Northbridge
- Wednesday, October 19 at 9:15—Market Basket, Oxford
- Thursday, October 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!*



Boston State House Tour

October date has been cancelled

The Boston State House tour originally scheduled for October 5 has been cancelled due to a low number of sign ups. This is typically a very popular trip so we'd love to reschedule at a future date that works better for our seniors. We'll aim to give it another try once we are in the new Community Center. Sorry for the change of plans for those of you who had signed up.

Seated Exercise with Robin

Tuesdays at 10:00

Robin Natanel will be back with a seated exercise class at 10:00 each Tuesday in October. It's a great option for those with balance issues. Please **RSVP at least one day ahead** of each class. A \$3 donation is suggested.



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.

Lunch Trip to Lowell's

Tuesday, October 11 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 Oct. 7** and let us know if you need a ride.



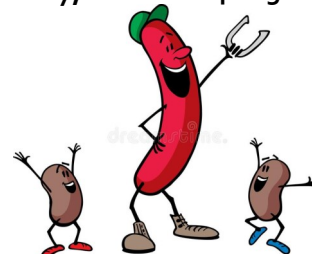
Mindfulness with Robin

Friday, October 14 at 1:00

Join Robin Natanel for an in person session on healing the body, mind and spirit using meditation and mindfulness techniques. Please **RSVP by October 12**. No fee.

Frank & Bean Supper

Friday, October 14 at 5:00



Upton residents **Bob and Deb DeMarco** have kindly offered to provide a free frank and bean supper at the Center for Upton's seniors. Join them for a fun get together with friends and a night off from cooking dinner! Thank you DeMarco's! Please **RSVP by October 7**. No fee.



Fraud Squad Ice Cream Social

Monday, October 17 at 1:00



Join us for a sweet treat and learn about fraud prevention in a fun and entertaining way. Members of RSVP will be here to act out various scenes of current scams to help you learn how to best respond when you're the one targeted by a scheme. Please **RSVP by October 13**. No fee.

Fire Prevention Talk

Tuesday, October 18 at 12:30



Firefighter Bonnie Lopez will be here to discuss fire safety, smoke and carbon monoxide alarms, and trip and fall prevention. The talk will be followed by question and answer time with fire/ems personnel to address your concerns. Come review this important information and enjoy some milk and cookies too! Please **RSVP by Oct. 14**. No fee.



Trivia Time Note

There is no trivia this month, but Librarian Matthew Bach-told will be back for another round in November! Watch our November newsletter for details.



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).



Anxiety & Depression Talk

Thursday, October 20 at 10:00

Join a representative from Mass. College of Pharmacy & Health Sciences (MCPHS) for an informative talk on Anxiety and Depression. With **Mental Health Awareness Week** falling this month, it's the perfect time to bring this issue to the forefront and share important resource and referral information. Please **RSVP by October 18**. Light refreshment will be served. No fee.



Afternoon Movie

Friday, October 21 at 12:30

Join us for *Elvis* (PG-13). It follows the life of American music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 50's, exploring a complex relationship with his manager, Colonel Tom Parker. Please **RSVP by Oct. 19**.

Men's Club Supper

Friday, October 21 at 5:15

Enjoy catching up with old friends over dinner, or meet some new ones, as the Men's Club treats you to a delicious hot meal. No fee, thanks to the generosity of the Men's Club. Please **RSVP by Oct. 14**.



Blue Cross Medicare Talk

Monday, October 24 at 12:30

Medicare Annual Election Period is Oct. 15-Dec. 7. Join us for a Blue Cross Blue Shield of Mass. Presentation on *Health Plan Options*. This 45 minute talk is geared towards individuals on Medicare or approaching Medicare who may have questions about their health plan or other plan types. The talk focuses on the differences between Medigap and Medicare Advantage plans and explains when enrollees can switch plans. All are invited, regardless of insurance coverage. Light refreshments will be served. Please **RSVP by Oct. 22**. No fee.

Rep. Muradian's Office Hours

Tuesday, October 25 at 12:00



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



Birthday Bash

Tuesday, October 25 at 12:45

Join us for pizza, cake and ice cream in celebration of October's Birthdays! It's free for those with an October bday; a \$3 donation is suggested for others. Please **RSVP by Oct. 21**.

Craft Time

Wednesday, October 26 at 9:00

Betty Brault will be back with another great craft project. Join her to get creative! Please **RSVP by Oct. 19**. No fee.



Podiatrist Appointments

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Thursday, October 27, 8:00—12:30

Dr. Biancamano will hold appointments at the Center. He has added additional early time slots to try to accommodate the amount of interest. Please **call the Center to schedule an appointment**.



BVT Salon Visit

Friday, October 28—8:45 departure for 9:00 visit

Treat yourself to some pampering at discounted prices at the Salon at BVT. Services include haircuts, manicures, pedicures and more. Please call the Center to **RSVP by Oct. 21** and let us know if you need a ride for \$1.

Farewell Fun with Acoustic Guitar Music

Friday, October 28—12:00

In case you haven't heard, our Department Specialist, Bernadette Denson, will be moving to Plymouth soon with her family so she will be leaving us on November 4. Come join us for some farewell fun as we wish her well in her next chapter. Light refreshments will be served as we enjoy music by solo acoustic guitarist Chris Carter. Please **RSVP by October 26**. No fee.



Halloween Social with

**MUSICAL
BINGO**

Monday, October 31 at 12:30



Join us for some tricks and treats at the Center as we enjoy Musical Bingo by J.A.G.S. Entertainment! Test your knowledge of different categories of tunes, including hits from the 50's and 60's as well as some creepy Halloween themed songs. You might even win a prize! Add to the fun by wearing a costume if you dare! Come enjoy a "spooktacular" time and light refreshments with friends for the holiday! Please **RSVP by October 26**. No fee.

Healthy Mind & Body

- **Strength & Stretch** — Join Wendy Reid **Mondays, Wed's. & Fri's. at 10:30**. \$3 donation suggested.
- **Nutrition Talk with Wendy**—Join Wendy Reid on **Wed. Oct. 19 at 11:15** for an informative nutrition talk.
- **Mindfulness with Robin**—Join Robin **Fri., Oct. 14 at 1:00** for a session on healing the body, mind and spirit. Please **register by Oct. 12**. No fee.
- **Seated Exercise with Robin**—Tuesdays at 10:00. \$3 donation suggested. Please **RSVP** a day or more ahead.
- **Blood Pressure Checks**—The Town Nurse will be here **Wed., Oct. 19 at 12:15**. Please **RSVP by Oct. 17**. She will not know until mid-October whether she will have a supply of **flu vaccines** available. If she does, they will be the regular dose. Call her if interested at 508-529-3110.



SOCIAL SERVICES CORNER

Medicare Open Enrollment

It's that time of year again! The Open Enrollment period starts on **October 15 and ends on December 7**. Every year, Medicare Prescription plans and Medicare Advantage (HMO, PPO) plans can change your costs (premiums, deductibles, and copays), covered medications, and provider networks. It's important to review your options EVERY year during **Open Enrollment** to make sure you have the best plan for you. Those enrolled in a Medicare Prescription Drug Plan (PDP) or a Medicare Advantage Plan (HMO/PPO) should have received an ANNUAL NOTICE OF CHANGE from your current plan in September. It is important for you to read and understand this notice as it explains the changes taking place to your plan starting January 1, 2023 related to premiums, networks, deductibles, co-pays, and drugs covered by your plan. SHINE counselors can help you understand changes to your current plan and discuss other options. If you'd like to meet with a SHINE counselor during open enrollment, call the Upton Center at 508-529-4558.

SMOC Fuel Assistance



If you received Fuel Assistance for the last heating season, be sure to check your mail for your re-certification application for the upcoming heating season. You should complete all parts of the application and provide all support documentation. Applications can be mailed, faxed or emailed to: fueldocs@smoc.org. If you need assistance, have any questions or would like to inquire about eligibility please contact The Upton Center at: 508-529-4558 or SMOC directly at: 508-620-1230 or 508-620-2342.



Mass Health Mailings

Over the next several months MassHealth will be sending numerous notices 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. If you need help, call the Upton Center at 508-529-4558.

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, crackers, peanut butter, fruit cups, fruit juice, healthy soups, small canned hams, toilet paper, tissues. Thanks for your help!

COMMUNITY CORNER



Covid Booster Clinic

The Upton Board of Health will be holding a Pfizer bivalent covid booster clinic on **October 1 from 10 am to Noon** at Nipmuc High School (media center/library). Please contact the Board of Health with any questions at 508-529-6813. Anyone wishing to receive the vaccination must first pre-register. You can find the link on the Town of Upton homepage at uptonma.gov. If you do not have computer access, call the Board of Health for assistance in registering.

Bloomer Girls Fall Fair

Don't miss the Upton Bloomer Girls Fall Fair **Nov. 5 from 9 am—3pm at BVT High School** in Upton. Free admission and parking. Vendors, crafts, country kitchen, raffles, baked goods and more. Start your holiday shopping early!

Voting Information

State Election is Tues., Nov. 8. Polls are open 7 am—8 pm. Upton has 3 voting precincts which all vote at Nipmuc High School. Registration information can be found on the Town Clerk's page at www.uptonma.gov. The last day to register for this election is Sat., Oct. 29 @ 5:00 pm. Alternatives to voting in-person Nov. 8 include:

1) Vote by Mail: If you previously submitted the Vote by Mail Application (postcard) and you indicated you wanted ballots for ALL ELECTIONS this year or specifically requested the ballot for the November 8th Election, you do not need to request a mail ballot. If you did not complete the postcard or only requested a ballot for the Sept. Primary, the State will be mailing another postcard application to request the ballot be mailed for the November election.

2) In-Person Early Voting Hours at Town Hall:

Sat., Oct. 22: 9 am – 3 pm

Mon., Oct. 24—Thurs., Oct. 27: 8 am – 4 pm

Friday Oct. 28: 8 am – noon

Sat., Oct. 29: 8 am – 5 pm (last day to register to vote)

Mon., Oct. 31—Thursday, Nov. 3: 8 am – 4 pm

Friday Nov. 4: 8 am - noon

Questions? Contact the Town Clerk at 508-529-3565. If transportation is needed, contact the Upton Center.

Community Supper at United Parish

Head to United Parish of Upton for a Community Supper on **Thurs., Oct. 20 at 5:30 p.m.** RSVP by the Tuesday before at 508-529-3192. No fee but donations are appreciated.

Where is the Ear of Corn?



Congratulations to **Linda Rynhart** who was our lucky winner in Sept. for finding the hidden Mr. Peanut in our newsletter! This month we've hidden a little ear of corn. Can you find it? If so, call us at 508-529-4558 for a chance to win!

October 2022

Mon	Tue	Wed	Thu	Fri
3 10:30 Strength & Stretch 12:30—Shopping Trip* Chicken Pot Pie	4 10:00 Seated Exercise 12:30 Hand & Foot Card Game Spaghetti & Meatballs	5 9:00 Computer Class 10:30 Strength & Stretch 11:00 Library Table 1:00—3:30 Chronic Disease Series (1st of 6) Potato Crunch Fish	6 10:00 Knit/Crochet Group 1:00 BINGO Baked Ham w/ Maple Glaze	7 10:00 Facebook Fri. 10:30 Strength & Stretch Garlic Herbed Chicken
10 COLUMBUS DAY Center is Closed  No meals served	11 10:00 Seated Exercise 12:00 Lunch Trip to Lowell's 12:30 Hand & Foot Card Game Hot Dog	12 9:00 Computer Class 10:30 Strength & Stretch 11:00 Library Table 1:00—3:30 Chronic Disease Series (2nd of 6) Stuffed Pepper Casserole	13 9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO Ranch Chicken	14 10:00 Facebook Fri. 10:30 Strength & Stretch 1:00 Mindfulness with Robin 5:00 Frank & Bean Supper Braised Beef
17 10:30 Strength & Stretch 1:00 Fraud Squad Ice Cream Social 2:00 COA Meeting Chicken Pesto	18 10:00 Seated Exercise 12:30 Hand & Foot Card Game 12:30 Fire Prevention Talk with Milk & Cookies Burger w/Chili & Cheese	19 9:00 Computer Class 9:15 Shopping Trip* 9:30 Senator Moore's Office Hours 10:30 Strength & Stretch 11:00 Library Table 11:15 Nutrition Talk 12:30 Blood Pressure Checks 1:00—3:30 Chronic Disease Series (3rd of 6) Roast Pork Loin w/Gravy	20 10:00 Knit/Crochet Group 10:00 Anxiety & Depression Talk 1:00 BINGO Egg Frittata	21 10:00 Facebook Fri. 10:30 Strength & Stretch 12:30 Monthly Movie 5:15 Men's Club Supper Ham Salad
24 10:30 Strength & Stretch 12:30 Blue Cross Medicare Talk Shepherd's Pie	25 10:00 Seated Exercise 12:30 Hand & Foot Card Game 12:00 Representative Muradian Office Hours 12:45 Birthday Bash Greek Chicken	26 9:00 Craft Time with Betty 9:00 Computer Class 10:30 Strength & Stretch 11:00 Library Table 1:00—3:30 Chronic Disease Series (4th of 6) Turkey w/Supreme Sauce	27 8:00—12:30 Podiatrist Appointments 9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO Meatloaf w/Gravy	28 9:00 BVT Salon Visit 10:00 Facebook Fri. 10:30 Strength & Stretch 12:30 Farewell Fun with Acoustic Guitar Music Lemon Pepper Fish
31 HALLOWEEN 10:30 Strength & Stretch 12:30 Halloween Social with Musical Bingo!  Teriyaki Beef				*Please see Newsletter for details of shopping trips and call the Center at 508-529-4558 to register.

October 2022 — Dates to Remember

Check  here if you plan to attend !



Oct 3	_____	Shopping Trip—Market Basket, Hudson, 12:30	
Oct 10	_____	COLUMBUS DAY—Center is Closed, no meals served	
Oct 11	_____	Lunch Trip to Lowell's in Mendon, 12:00. Do you need a ride? Yes___ or No___	
Oct 13	_____	Shopping Trip—Shaw's/Job Lots/Walmart, Foppema's Farm Stand Loop, Northbridge, 9:15	
Oct 14	_____	Mindfulness with Robin, 1:00	
Oct 14	_____	Frank & Bean Supper, 5:00	
Oct 17	_____	Fraud Squad Ice Cream Social, 1:00	
Oct 17	_____	COA Board Meeting, 2:00	
Oct 18	_____	Fire Prevention Talk with Milk & Cookies, 12:30	
Oct 19	_____	Senator Moore's Office Hours, 9:30	
Oct 19	_____	Nutrition Talk with Wendy, 11:15	
Oct 19	_____	Blood Pressure Checks with the Town Nurse, 12:30	
Oct 20	_____	Anxiety & Depression Talk, 10:00	
Oct 21	_____	Afternoon Movie: <i>Elvis</i> , 12:30	
Oct 21	_____	Men's Club Supper, 5:15	
Oct 24	_____	Blue Cross Medicare Talk, 12:30	
Oct 25	_____	Representative David Muradian Office Hours, 12:00	
Oct 25	_____	Birthday Bash, 12:45	
Oct 26	_____	Craft Time with Betty, 9:00	
Oct 27	_____	Podiatrist Appointments, 8:00—12:30. Please call Center for an appointment.	
Oct 28	_____	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? _____	
Oct 28	_____	Farewell Fun with Acoustic Guitar Music, 12:30	
Oct 31	_____	Halloween Social with Musical Bingo, 12:30	



CHRONIC DISEASE SERIES: Tuesdays, 1-3:30 (please aim to attend all 6 if possible):

October 4___ October 11___ October 18___ October 25___ November 2___ November 9___

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 ear of corn? If so—where?! _____



WEEKLY EVENTS AT THE UPTON CENTER

Every Mon., Wed. & Fri.	Strength & Stretch	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