



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



November 2022



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It's hard to believe the colorful leaves are falling and we're headed into a new month already. November is **Alzheimer's Awareness Month**, a time to heighten awareness about Alzheimer's disease and show support for those living with the disease. Did you know these fast facts about Alzheimer's Disease?...

- Alzheimer's is a progressive brain disorder, NOT a normal part of aging.
- More than 6.2 million Americans are living with Alzheimer's.
- The number of Americans with Alzheimer's is projected to surpass 13.8 million by 2060.
- More than 11 million American caregivers provide over 15.3 billion hours of unpaid care.

With this in mind, please don't hesitate to reach out to the Alzheimer's Foundation of America's Helpline at 866-232-8484 to connect with information and support, or visit www.alzfdn.org

November is also a time for us to pay our respects to those who have served our country. We celebrate and honor America's Veterans for their patriotism, love of country and willingness to serve and sacrifice for the common good. Whether you are a Veteran, or just want to show your appreciation to those who are, we hope you'll join us at our annual **Veterans Appreciation Breakfast** on Thursday, November 10 at 9:15. Read on for details.

As always, we have a number of people and organizations to thank for their many contributions to the Center over the past month. Thank you to the **Worcester County Sheriff's Department** for their generous donation of mums and pumpkins to decorate the entrance to our Center. We appreciate it! Many thanks to Upton residents **Bob and Deb Demarco** who put on a fantastic Frank & Bean Dinner for our seniors in October. We are grateful for all you do for our seniors! And of course we greatly appreciate the **Upton Men's Club** for continuing to provide our seniors with a free dinner each month. We all enjoyed gathering with you in October!

We'd also like to highlight the upcoming **Covid Booster Clinic** to be held here at the Center on Wednesday, November 9 from 12:30—2:30, and the **Flu Vaccine Clinic** to be held at the Center on Thursday, November 17 from 10:00—11:30. Pre-registration is required for both clinics. Please see the inside of this newsletter for further details.

And be sure to check out the **NEW Mahjong program** which will be starting up on Wednesday afternoons this month. Beginners welcome! Details can be found inside this newsletter.

I'd also like to announce that I will be retiring from the Town of Upton on November 30th and moving on to my next chapter. It has been quite a ride - I have met and worked with many great people through the years. Thanks for the memories!

Janice

The Upton Center will be closed November 11 for Veterans Day and November 24 & 25 for Thanksgiving. Also—remember to set your clocks back an hour at 2 a.m. on Sun., November 6!

COA Job Opportunity: Van Driver



Spread the word!...We're currently seeking to hire an additional part-time van driver (10 hours/week) at the Council on Aging. If you or someone you know might be interested in applying, please check out all the details at the *Employment* link on the Town of Upton's website which can be found at www.uptonma.gov, or stop by the COA office for further information.

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.



- Wednesday, November 2 at 12:30—Shaw's/Job Lots/Walmart Loop, Northbridge
- Tuesday, November 8 at 9:15—Market Basket, Hudson
- Thursday, November 17 at 9:00—Shaw's/Job Lots/Walmart Loop, Northbridge
- Wednesday, November 23 at 9:00—Shaw's/Job Lots/Walmart Loop, Northbridge
- Monday, November 28 at 9:15—Market Basket, Oxford



Seated Exercise with Robin

Tuesdays at 10:00



Robin Natanel will be back with a seated exercise class at 10:00 each Tuesday in November. 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.



Mahjong

Wednesdays at 12:30

Calling all Mah-jongg players (and would be players!). We have a group of seniors who have asked to start a regular Mah-jongg session on Wednesdays at 12:30. Whether you're a seasoned player, or a beginner who would like to learn a new game—come join us! Mahjong or mah-jongg is a tile-based game that was developed in the 19th century in China and has spread throughout the world since then. Come see what it's all about!

Afternoon Movie

Monday, November 7 at 12:30



Join us for *Where the Crawdads Sing* (PG-13). It's the story of Kya, an abandoned girl who raised herself to adulthood in the dangerous marshlands of North Carolina. For years, rumors of the "Marsh Girl" haunted Barkley Cove, isolating Kya from her community. Drawn to two young men from town, Kya opens herself to a new and startling world; but when one of them is found dead, she is the main suspect. Please **RSVP by Nov. 7**.

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).



Rides to Vote

Tuesday, November 8

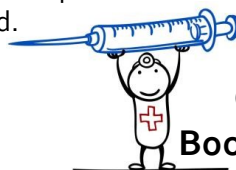
Polls will be open from 7 am to 8 pm at Nipmuc High School for the State Election. See further election details on the back of this newsletter. If you're in need of a ride to the polls, please call us by Nov. 7 to let us know.

Leaf Raking

Wednesday, November 9



Nipmuc Honor Society students have again offered to help local seniors with raking at their homes this year. Raking will take place after 11 am on November 9. Please call the Center at 508-529-4558 by Nov. 4th with your name, address and phone number if you are interested. Spots are limited.



COVID Booster Clinic

Wednesday, November 9, 12:30—2:30

The Upton Board of Health will be holding a clinic at the Upton Center to provide the Bivalent Covid Booster (the new booster). Individuals need to be registered for an appointment in advance in order to attend. If you are interested, please call the Upton Center at 508-529-4558. We can email you a link so that you can register yourself on your computer, or if you are not able to do so, we can assist you in registering either in person or by phone.

Veterans Appreciation Breakfast

Thursday, November 10 at 9:15



Join us as we gather for a delicious breakfast in honor of our country's Veterans. Whether you are a Veteran, know a Veteran, or just want to show your appreciation for one—please come in honor of their service. Please call the Center by **Nov. 8** to register. The breakfast is free to Veterans and their spouses. A donation of \$3 is suggested for others.

Birthday Bash

Tuesday, November 15 at 12:45



Join us for pizza, cake and ice cream in celebration of November's Birthdays! It's free for those with a birthday this month; a \$3 donation is suggested for others. Please **RSVP by November 14**.



Trivia Time

Wednesday, November 16 at 12:15

Upton Library staff will be back with trivia to test your knowledge of **Classic Cars**. Join us! No fee. Please **RSVP by Nov. 15**.

Flu Clinic

Thursday, November 17, 10:00—11:30

The Upton Board of Health will be holding a clinic at the Upton Center to provide the flu vaccine. Both regular and high dose flu vaccine will be available. Individuals need to be registered for an appointment in advance in order to attend. If you are interested, please call the Upton Center at 508-529-4558. We can email you a link so that you can register yourself on your computer, or if you are not able to do so, we can assist you in registering either in person or by phone. If you'd like to receive a flu vaccine but are unable to attend this clinic, you may call the Town Nurse at 508-529-3110 to schedule an appointment at the Board of Health.



Craft Time

Friday, November 18 at 9:00

Betty Brault will be back with another great craft project. Join her to get creative! **Please RSVP by Nov. 14.** No fee.



BVT Salon Visit

Friday, November 18—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 Nov. 10** and let us know if you need a ride for \$1.



Men's Club Supper

Friday, November 18 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 meal. This month it'll be **chicken noodle soup and sandwiches from the Country Club Sooper!** No fee, thanks to the generosity of the Men's Club. Please **RSVP by Nov. 10** and specify whether you'd like a ham or turkey sandwich.



Thanksgiving Meal & Social

Tuesday,
Nov. 22 at 11:30

Let's get together to celebrate all we have to be thankful for! We'll start with light refreshments at 11:30, followed by a delicious turkey dinner from Tri-Valley to celebrate the season! The meal will include cornbread stuffing, butternut squash, French bread, and double chocolate cake to top it all off. The fee is \$3. Please **register by Thursday, Nov. 17th** if you'd like to join us.

Mindfulness with Robin

Wednesday, November 23 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 Nov. 21.** No fee.



Personal Safety & Scam Talk with Upton Police

Monday, November 28 at 12:30

Officers from the Upton Police Department will be here to discuss personal safety and how to be safe while out and about (i.e. at the grocery store, on a walk, etc.). They will also discuss concerns regarding scams, whether it be over the phone, online, or by mail. Join us for this informative session. Light refreshments will be served. No fee.

Lunch Trip to LONGHORN STEAKHOUSE

Tuesday, November 29 at 11:30

We're headed to Longhorn Steak House in Franklin for a fun lunch out with friends. There's plenty more than just steak on the menu! If you'd like to join us, please **RSVP by November 23** and let us know if you need a ride. Space on the van is limited.

Farewell to Jan

Wednesday, November 30 at 1:00

In case you haven't heard, our COA Director, Janice Nowicki, will be retiring from the Town of Upton on November 30th and moving on to her next chapter. Come say goodbye as we wish her well. We'll be enjoying some delicious pie as we say goodbye! Please **RSVP by Nov. 28.** 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. Nov. 16 at 11:15** for an informative nutrition talk.
- **Mindfulness with Robin**—Join Robin **Wed., Nov. 23 at 1:00** for a session on healing the body, mind and spirit. Please **register by Nov. 22.** 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., Nov. 30 at 12:30.** Please **RSVP by Nov. 28.** See notes on prior page regarding COVID and flu vaccine clinics to be held at the Center in November.



Save The Date!

Mon., Dec. 5 at 12:15—Tree Trimming Coffee Hour & Piano Music/Singalong with the Grange Members.

Fri., Dec. 9 — Holiday Party & Yankee Swap—More info. to come!

Fri., Dec. 16 at 5:15—Men's Club Supper— Ziti & meatballs from Oliva's.

Please watch the December newsletter for more details!





SOCIAL SERVICES CORNER

Medicare Open Enrollment

It's that time of year again! The Open Enrollment period runs from **October 15 through 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's important to read and understand this notice as it explains the changes taking place to your plan starting January 1, 2023. 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, you should receive a 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: fuel-docs@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, fruit cups, fruit juice, healthy soups, small canned hams, canned diced tomatoes, toilet paper (individual or 4 packs), paper towels (single packs), canned cat food. Thanks for your help!

COMMUNITY CORNER



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!

Flu Shots & Covid Boosters

Please see details inside this newsletter of the upcoming Covid Booster Clinic and Flu Clinic to be held at the Upton Center in November.

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., Nov. 17 at 5:30 p.m.** RSVP by the Tuesday before at 508-529-3192. No fee but donations are appreciated.

Where is the Heart?

Congratulations to **Joy Mondeau** who was our lucky winner in October for finding the hidden ear of corn in our newsletter. In honor of my last newsletter—I'm hiding a little hidden heart—can you find it? If so, call the Center at 508-529-4558 for a chance to win!

Goodbye Seniors! It has truly been a pleasure working with you these past eight years. Wishing you all the best as my family moves on to start a new adventure in Plymouth. I will miss you!



- Bernadette

November 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 10:00 Seated Exercise 12:30 Hand & Foot Card Game Vegetable Cheese Bake</p>	<p>2 9:00 Computer Class 10:30 Strength & Stretch 11:00 Library Table 12:30 NEW! Mahjong 12:30 Shopping Trip* Chicken Milano</p>	<p>3 10:00 Knit/Crochet Group 1:00 BINGO Salisbury Steak w/ Gravy</p>	<p>4 10:00 Facebook Fri. 10:30 Strength & Stretch Potato Crunch Fish</p>
<p>7 10:30 Strength & Stretch 12:30 Afternoon Movie  Sun., Nov. 6 at 2 am—Turn Back Clocks</p>	<p>8 STATE ELECTION Call if you need a ride to the polls 9:15 Shopping Trip* 10:00 Seated Exercise 12:30 Hand & Foot Card Game Meatballs w/Onion</p>	<p>9 9:00 Computer Class 10:30 Strength & Stretch 11:00 Leaf Raking 11:00 Library Table 12:30 Mahjong 12:30—2:30 COVID Booster Clinic Marinated Pork Loin</p>	<p>10 9:15 Veterans Appreciation Breakfast 10:00 Knit/Crochet Group 1:00 BINGO Chicken Fajitas</p>	<p>11 Center is Closed for VETERANS DAY  No meals served</p>
<p>14 10:30 Strength & Stretch 1:00 COA Meeting Lasagna & Meatballs</p>	<p>15 10:00 Seated Exercise 12:30 Hand & Foot Card Game 12:45 Birthday Bash Roast Pork w/Gravy</p>	<p>16 9:00 Computer Class 10:30 Strength & Stretch 11:00 Library Table 11:15 Nutrition Talk 12:15 Trivia Time 12:30 Mahjong Chicken Picatta</p>	<p>17 9:00 Shopping Trip* 10:00 Knit/Crochet Group 10:00—11:30 Flu Clinic 1:00 BINGO Beef w/Onions & Peppers</p>	<p>18 9:00 Craft Time with Betty 9:00 BVT Salon Visit 10:00 Facebook Fri. 10:30 Strength & Stretch 5:15 Men's Club Supper Crumb Topped Fish</p>
<p>21 10:30 Strength & Stretch Beef Stew</p>	<p>22 10:00 Seated Exercise 11:30 Thanksgiving Meal & Social 12:30 Hand & Foot Card Game Roast Turkey & Gravy</p>	<p>23 9:00 Computer Class 9:00 Shopping Trip* 10:30 Strength & Stretch 11:00 Library Table 12:30 Mahjong 1:00 Mindfulness with Robin Baked Potato w/Chili & Cheese</p>	<p>24 Center is Closed  No meals served</p>	<p>25 Center is Closed Regular Meals on Wheels deliveries will take place but there will be no congregate meal. Shepherd's Pie</p>
<p>28 9:15 Shopping Trip* 10:30 Strength & Stretch 12:30 Safety Talk with Upton Police Chicken Mornay</p>	<p>29 10:00 Seated Exercise 11:30 Lunch Trip to Longhorn Steak House 12:30 Hand & Foot Card Game Meatloaf w/Gravy</p>	<p>30 9:00 Computer Class 10:30 Strength & Stretch 11:00 Library Table 12:30 Blood Pressure Checks 12:30 Mahjong 1:00 Farewell to Jan Hot Dog</p>		

November 2022 — Dates to Remember

Check  here if you plan to attend !



- Nov 2 _____ Shopping Trip—Shaw's/Job Lots/Walmart Loop, Northbridge, 12:30
- Nov 7 _____ Afternoon Movie: *Where the Crawdads Sing*, 12:30
- Nov 8 _____ Rides to State Election at Nipmuc High School (we'll determine a time based on RSVP's)
- Nov 8 _____ Shopping Trip—Market Basket Hudson, 9:15
- Nov 9 _____ Leaf Raking at homes beginning at 11 am. Slots are limited. If interested, provide your info. Below:
Address: _____ Phone: _____
- Nov 9 _____ COVID Booster Clinic, 12:30—2:30 (Contact the Center for a link to register for an appt. in advance).
- Nov 10 _____ Veterans Appreciation Breakfast, 9:15. Are you a Veteran? Yes ___ or No ___
- Nov 11 _____ VETERAN's DAY—Center is closed; no meals served
- Nov 14 _____ COA Meeting, 1:00
- Nov 15 _____ Birthday Bash, 12:45. Is it your Bday this month? Yes ___ or No ___
- Nov 16 _____ Nutrition Talk with Wendy, 11:15
- Nov 16 _____ Trivia Time, 12:15
- Nov 17 _____ Shopping Trip—Shaw's/Job Lots/Walmart Loop, Northbridge, 9:00
- Nov 17 _____ Flu Clinic, 10:00—11:30. (Contact the Center for a link to register for an appt. in advance).
Which dose do you want to receive? Regular ___ or High Dose ___ (you may want to ask your Dr.)
- Nov 18 _____ Craft Time with Betty, 9:00
- Nov 18 _____ 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? _____
- Nov 18 _____ Men's Club Supper: *Chicken Noodle Soup with Sandwich from the Country Club Sooper*.
Which type of sandwich do you want? Ham ___ or Turkey ___
- Nov 22 _____ Thanksgiving Meal & Social, 11:30. Fee for Tri-Valley Meal is \$3 payable at meal.
- Nov 23 _____ Shopping Trip—Shaw's/Job Lots/Walmart Loop, Northbridge, 9:00
- Nov 23 _____ Mindfulness with Robin, 1:00
- Nov 24/25 _____ Center is Closed for Thanksgiving Holiday. No meal served Thurs; regular meals delivered Friday
- Nov 28 _____ Shopping Trip—Market Basket, Oxford, 9:15
- Nov 28 _____ Safety Talk with Upton Police, 12:30
- Nov 29 _____ Lunch Trip to Longhorn Steak House, 11:30
- Nov 30 _____ Blood Pressure Checks with Town Nurse, 12:30
- Nov 30 _____ Farewell to Jan, 1:00



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 heart? 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 Wednesday	NEW! Mahjong Group	12:30
Every Thursday	Knit/Crochet Group	10:00
Every Thursday	BINGO	1:00
Every Friday	Facebook Friday.....	10:00