



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

Director of Elder & Social Services

Maggie Gundersen

Social Services Coordinator

Katie San Clemente

Interim Department Specialist

Karen Varney

COA Assistants

Deb Saulen

Driver

John Saulen

Nutrition Center Mgr.

Al Vautour

COUNCIL ON AGING MEMBERS

Chair

Laurie Fantini

Vice Chair

Josephine McLaughlin

Secretary

Linda Sanders

Members

Myra Bigelow
Betty Consigli
Paula Lepore
Gregg Manning
Richard Provost
Grace Wadsworth
Margaret Watson

January 2022

Greetings and Happy Holidays to all of you. My name is Maggie Gundersen and I am the new Director here at the Upton Center. It's been a pleasant few weeks getting to know everyone and learning all about this center and the Upton community. Everyone has been so welcoming.

Along with learning about this established Millhaus-located Senior Center, comes the news of a new building and new opportunity for our community at the Community Center downtown. This is a beautiful center with exciting opportunities for our elder community and I am pleased to be a part of this new phase of expansion and development.

It's my hope that my many years working at different senior centers in the local area will contribute to the success of the future center. Prior to joining Upton, I worked at the Franklin Senior Center for six years and prior to that experience I worked at the Norfolk Senior Center for three years. Throughout these many years, I also worked at the state level on programs with the Massachusetts Association of Councils on Aging, the Massachusetts Commission for the Blind and the Association for the Blind as well as the Massachusetts Commission for the Deaf and Hard of Hearing, and the Dementia Friendly Massachusetts campaign.

I'm looking forward to meeting all of you and working to service the needs of our Upton Community. Please feel free to stop-by my office any time to introduce yourself. Until then, have a joyous holiday season.

~Maggie Gundersen,
Director of Elder and Human Services



We cannot ring in the new year without saying thank you to all who joined and helped us in 2022!

- The Upton Men's Club
- The Upton Bloomer Girls
- St. Gabriel's Church
- United Parish Church
- Unibank—Upton
- Salvation Army
- The Upton Grange

We are also so thankful to all who donated food pantry items and gift cards to The Upton Center this year for Upton residents who are in need of some support.

The Upton Center will be closed on Monday, January 2nd in observance of New Year's Day and Monday, January 16th for Martin Luther King Jr. Day.

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.



Transportation Notice

Beginning December 1st, and until further notice, our Senior Center Van will be available Mondays, Tuesdays and Thursdays for medical appointments and weekly shopping trips. We ask for as much notice as possible when scheduling rides with us.

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, January 4th at 9:15**—Market Basket, Hudson
- **Monday, January 9th at 9:00**—Shaw's/Job Lot/Walmart Loop, Northbridge
- **Thursday, January 19th at 12:30**—Shaw's/Job Lot/Walmart Loop—Northbridge
- **Tuesday, January 24th 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 December. 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-jong players (and would be players!). Mah-jong games are in full swing every Wednesday at 12:30. Whether you're a seasoned player, or a beginner who would like to learn a new game—come join us! Mahjong 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!



Ice Cream Social to Welcome New Director of Elder and Human Services

Monday, January 9th at 12:30

We are so excited to welcome our new Senior Center Director, Maggie Gundersen! Please join us for an ice cream sundae bar and come introduce yourself.

Please RSVP by Thurs. Jan 5th.

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).

Lunch Trip to Three Seasons Restaurant

at BVT High School

Tuesday, January 10th, depart at 11:30 for 11:45 reservation

This month we are heading to the Three Seasons Restaurant at Blackstone Valley High School for lunch! The Culinary Arts students at BVT are hard at work operating a full-service kitchen, serving a variety of foods including sandwiches, salads, burgers and fish, chicken and beef entrees. **Please RSVP by Fri. Jan 6** and let us know if you need a ride—our bus fills up quickly!



Nutrition Talk with Wendy

Wednesday, January 11th at 11:15

Join our exercise instructor, Wendy Reid, for her monthly nutrition talk and learn

about more ways to better your health and

nutrition habits! Health topics vary each month.



Trivia Time

Wednesday, January 11th at 12:15

The Upton Library staff will be back for trivia to test your knowledge of **Battlefields and War Heroes**. Come put your mind to the test! **Please RSVP by Tues. Jan. 10th.**



BVT Salon Visit

Thursday, January 12th—

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 Mon. Jan 9.** and let us know if you need a ride for \$1.

Coffee Hour with Friends

Thursday, January 12th at 9:30 am

Escape the winter weather and come down to the Senior Center for a coffee hour and light pastries! We are excited to welcome you all to our new monthly coffee hour on the 2nd Tuesday of every month! Grab a friend, or meet some new ones here at the center. **Please RSVP by Wed. Jan 11th.**



Birthday Bash

Friday, January 13th at 12:45

Join us for pizza, cake and ice cream in celebration of January's Birthdays! It's free for those with a birthday this month; a \$3 donation is suggested for others. Please RSVP by Fri. Jan 6.



Mindfulness with Robin

Wednesday, January 18th 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 Mon. Jan 16. No fee.

Crafts with Betty

Friday, January 20th at 9:00

Betty Brault will be back with another great craft project!

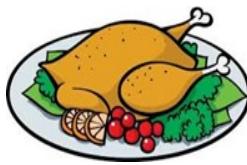


Bring your crafty hands and you'll be sure to have fun.
No fee. Please RSVP by Fri. Jan 13.

Men's Club Supper

Friday, January 20th 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 **Roast Chicken with Roast Potatoes**. No fee, thanks to the generosity of the Men's Club. Please RSVP by Fri. Jan 13th.



Hearing Life Audiology Presentation

Tuesday, January 24th at 11:00

How are you hearing? Please come meet local Audiologists, Melissa Colwell and Terri Loewenthal, from *Hearing Life* of Milford. We will have a brief presentation on hearing importance and hearing aids, followed by a free hearing aid check and cleaning. Light refreshments and coffee will be served. Please RSVP by Fri. Jan 20th.



BVT Charity Dinner

Wednesday, January 25th—depart at 4:45 for 5:00 Dinner

Charity dinners are back at BVT! Attend an all you can eat buffet (roast turkey, dessert & beverage) at BVT High School to benefit various charities. Please RSVP by Wed. Jan. 18 and let us know if you would like a free ride on our van.

We will reserve a 5 pm seating. Tickets are \$20/person.



Afternoon Movie

Friday, January 27th at 12:30

Join us at The Center for our monthly matinee movie screening! This month we will be showing *Gigi and Nate* (2022), a story about a young man who is left a quadriplegic after a near-fatal illness. Nate gets an unlikely service animal named Gigi, a curious and intelligent capuchin monkey. Follow the heartwarming story of Gigi and Nate as they navigate life together.

Mass. Commission for the Blind:

Technology Presentation

Monday, January 30th at 1:00



Join us in welcoming Jerry Feliz from the Massachusetts Commission for the Blind and Visually Impaired. Jerry will be here to talk more about supports that are available to those with visual impairments as well as assistive technology. Light refreshments and coffee will be served.

Please RSVP by Thurs. Jan 26th.

Healthy Mind & Body

- **Strength & Stretch** — Join Wendy Reid **Mondays, Wed's. & Fri's. at 10:30**. \$3 donation suggested. (except Monday, 1/2 and Monday 1/16)
- **Nutrition Talk with Wendy**—Join Wendy Reid on **Wed. Jan. 11th at 11:15** for an informative nutrition talk.
- **Mindfulness with Robin**—Join Robin on **Wed., Jan 18th at 1:00** for a session on healing the body, mind and spirit. Please register by **Jan. 16**. 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., Jan. 25th at 12:30**. Please RSVP by **Jan. 23rd**. See notes on availability of more Flu vaccines on back page.

Sand for Seniors

The Upton Fire Department has developed a "sand for seniors" program from a Senior SAFE Grant. The Upton Fire Department can provide seniors with a full bucket of sand/salt or ice melt for no charge. These buckets have easy off lids and scoops provided with the sand/salt or ice melt. If you would like to arrange to receive a bucket, please contact Lieutenant Bonnie Lopez at 508-529-3421.





SOCIAL SERVICES CORNER

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: 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.

Upton Housing Survey

The Town of Upton Housing Production Plan Steering Committee seeks your input on the types of housing that are desired in Upton and who is most in need.

Your feedback will help determine how to provide more affordable and diverse housing options to current and future residents. This survey will help guide the development of a Housing Production Plan that will establish a 5-year plan for the future of housing in the community. This plan facilitates creation of housing that aligns with town character and meets the needs of current and future residents.

The survey can be completed online by visiting the following web site:

<https://www.surveymonkey.com/r/UptonHousing>

Hard copies of the survey can be filled out and returned at Town Hall, Upton Library, and the Upton Council on Aging.



Wish List

Our food pantry could use: Crackers, fruit cups, juice, healthy soups, pasta, canned hams, canned vegetables (peas, carrots, green beans) toilet paper, paper towels, tissues, toothpaste, soap, canned cat food. Thanks for your help!

COMMUNITY CORNER

Flu Shots Available

The Town Nurse has plenty of high dose flu vaccine in the office at the Board of Health. It is **not too late**. The flu is particularly prevalent so far this year and it looks like there is no slow-down in sight. Remember, a COVID booster does not protect you against the flu.

Make the New Year start right. Stay home if you're sick, consider masking in large gatherings or gatherings of people not in your immediate circle, and **WASH YOUR HANDS** (always the best medicine).

Please reach out to Trish Parent, RN at the Board of Health
508 529 3110—pparent@uptonma.gov

2023 Upton Census

This month the 2023 Upton Census Forms will be mailed to all households. Please review and return those forms as soon as possible either by mail or email (census@uptonma.gov) to the Clerk's office. A full and accurate count of all residents is important for many reasons one of which is for allocation of State and Federal funds. Also, the Census is used to update the voting list and provide data on present and future school populations.

Dog Licenses for 2023

Dog licenses for calendar year 2023 are now available. Dogs 3 months or older need to be licensed **each year by April 1**. A current rabies vaccination record and spaying/neutering certificate is required prior to issuing a license. Licenses are available for \$10.00 for all neutered/spayed dogs. The fee for dogs that have not been neutered/spayed is \$20.00. **A late fee of \$10.00 will be assessed beginning April 1.**

Dog licenses can be purchased through the mail. Please include the dog's name, age, breed, color, rabies certificate, spaying certificate (if applicable), telephone number and check payable to the Town of Upton and a self-addressed stamped envelope to the Town Clerk's Office at 1 Main St.— Suite 11, Upton MA 01568.

Please contact the Town Clerk's office at 508-529-3565 .

Community Supper at United Parish

Head to United Parish of Upton for a Community Supper on **Thursday, January 19th at 5:30 p.m.** RSVP by the Tuesday before at 508-529-3192. No fee but donations are appreciated.

Can you find the hidden ice skates?

Congratulations to **Leo Lamanuzzi** who was our lucky winner in December for finding the 7 hidden trees in our newsletter. This month we challenge you to find the hidden ice skates!

Please call the Center at 508-529-4558 and let us know where you find the skates for a chance to win!

January 2023

Mon	Tue	Wed	Thu	Fri
2 CLOSED IN OBSERVANCE OF NEW YEAR'S DAY 	3 10:00 Seated Exercise 12:30 Hand and Foot Card Game	4 9:00 Computer Class 9:15 Shopping Trip* 10:30 Strength and Stretch 11:00 Library Table 12:30 Mahjong	5 10:00 Knit/Crotchet Group 1:00 BINGO	6 10:00 Facebook Fri. 10:30 Strength and Stretch
9 9:00 Shopping Trip* 10:30 Strength and Stretch 12:30 Ice Cream Social 1:30 COA Board Meeting	10 10:00 Seated Exercise 11:45 Lunch Trip to Three Seasons @ BVT 12:30 Hand and Foot Card Game	11 9:00 Computer Class 10:30 Strength and Stretch 11:00 Library Table 11:15 Nutrition Talk with Wendy 12:15 Trivia Time 12:30 Mahjong	12 9:00 BVT SALON 9:30 Coffee Hour 10:00 Knit/Crotchet Group 1:00 BINGO	13 10:00 Facebook Fri. 10:30 Strength and Stretch 12:45 Birthday Bash
16 CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY 	17 10:00 Seated Exercise 12:30 Hand and Foot Card Game	18 9:00 Computer Class 10:30 Strength and Stretch 11:00 Library Table 12:30 Mahjong 1:00 Mindfulness with Robin	19 10:00 Knit/Crotchet Group 12:30 Shopping Trip* 1:00 BINGO	20 9:00 Crafts with Betty 10:00 Facebook Fri. 10:30 Strength and Stretch 5:15 Men's Club Supper
23 10:30 Strength and Stretch	24 9:15 Shopping Trip* 10:00 Seated Exercise 11:00 Hearing Life Presentation 12:30 Hand and Foot Card Game	25 9:00 Computer Class 10:30 Strength and Stretch 11:00 Library Table 12:30 Mahjong 12:30 BP Checks with Town Nurse 5:00 BVT Charity Dinner	26 10:00 Knit/Crotchet Group 1:00 BINGO	27 10:00 Facebook Fri. 10:30 Strength and Stretch 12:30 Monthly Movie
30 10:30 Strength and Stretch 1:00 Massachusetts Association for the Blind Presentation	31 10:00 Seated Exercise 12:30 Hand and Foot Card Game			

January, 2023—Dates to Remember

Check  here if you plan to attend !

Jan 2 NEW YEAR'S DAY OBSERVED—Upton Center CLOSED, no meals served

Jan 4 Shopping Trip—Market Basket, Hudson, 9:15

Jan 9 Shopping Trip—Shaw's/Job Lot/Walmart Loop, Northbridge, 9:00

Jan 9 Ice Cream Social to welcome new Director, 12:30

Jan 9 COA Board Meeting, 1:30

Jan 10 Lunch Trip to Three Seasons Restaurant at BVT, 11:45

Jan 11 Nutrition Talk with Wendy, 11:15

Jan 11 Trivia Time, 12:15

Jan 12 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? _____

Jan 12 NEW—Coffee Hour at Senior Center, 9:30

Jan 13 Birthday Bash, 12:45—Is it your birthday this month? Yes or No

Jan 16 MARTIN LUTHER KING JR. HOLIDAY—Upton Center CLOSED, no meals served

Jan 18 Mindfulness with Robin, 1:00

Jan 19 Shopping Trip—Shaw's/Job Lot/Walmart Loop, 12:30

Jan 20 Crafts with Betty, 9:00

Jan 20 Men's Club Supper, 5:15

Jan 24 Shopping Trip—Market Basket, Oxford, 9:15

Jan 24 Hearing Life Audiology Presentation, 11:00

Jan 25 Blood Pressure Checks with Town Nurse, 12:30

Jan 25 BVT Charity Dinner, 4:45 departure for 5:00 reservation—Do you need a ride? Yes or No

Jan 27 Afternoon Movie, *Gigi and Nata*, 12:30

Jan 30 Massachusetts Commission for the Blind and Visually Impaired Presentation, 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 the hidden ice skates? _____

WEEKLY EVENTS AT THE UPTON CENTER

Every Mon., Wed. & Fri. Strength & Stretch (except Friday, December 9th)..... 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