



# The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES  
9 Milford Street, Upton, MA 01568, 508-529-4558 / 508-529-4559 / [www.uptonma.gov](http://www.uptonma.gov)

## THE UPTON CENTER STAFF

### **Director of Elder & Social Services**

Maggie Gunderson

### **Social Services Coordinator**

Katie San Clemente

### **Department Specialist**

Nicole Stifnagle

### **COA Drivers**

Dave Loeper  
Ed Ferrelli

## Council on Aging Board Members

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### **Vice Chair**

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### **Members**

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Gregg Manning  
Richard Provost  
Grace Wadsworth  
Margaret Watson

### **COA Hours:**

Monday—Friday  
9:00 am to 4:00 pm

### **Phone:**

508-529-4558

### **Fax:**

508-529-1014

# July 2023



### **Healthy Incentives Program**

Summer is back, which means HIP (Healthy Incentives Program) is here for you!

The Healthy Incentives Program encourages SNAP participants to purchase healthy foods when shopping at farm stands that participate in the HIP program. If you are receiving SNAP food stamp benefits, you are automatically eligible for HIP.

When SNAP participants use their EBT card at a participating HIP location to purchase farm fresh produce such as fruits, herbs and vegetables, the purchase cost is automatically put back onto their EBT card, so essentially, SNAP participants are getting those healthy foods for FREE.

Households of 1-2 people are eligible for up to \$40 of HIP benefits each month. Households of 3-5 people are eligible for \$60/month, and households of 6 or more people are eligible for up to \$80/month.

Did you know that our Senior Center van makes trips to a HIP eligible farm stand 2x each month in the Summer? Foppema's Farm Stand is a HIP eligible location and is an added stop on our shopping loop to Walmart, Job Lot, CVS and Shaw's throughout the summer. If you would like to shop at Foppema's Farm Stand with us, please call our center at **508-529-4558** to schedule a ride on our van.



Fresh. Canned. Dried. Frozen.  
It's **HIP** to be healthy!

### **Participating HIP Farm Stands:**

**Foppema's Farm Stand**  
1605 Hill Street, Northbridge  
Monday-Saturday, 9:00—6:00

**Arcadian Farms**  
258 Norfolk Street, Holliston  
Open Daily, 9 am—7 pm

**The following farmer's markets have many booths that are HIP participants:**

**Hopkinton Farmer's Market**  
Main Street & Ash Street, Hopkinton  
Sundays 1—5 pm

**Ashland Farmer's Market**  
125 Front Street, Ashland  
Saturdays, 1—5 pm

**Daniel's Farmstead Farmer's Market**  
286 Mendon Street, Blackstone  
Sundays, 11—2 pm

\*Please confirm with the farm stand you are purchasing from at any farmer's market that they are HIP participants prior to making your purchases\*



## Transportation Services

### Upton Community Center Shuttle: Monday-Thursday

Pick-up/Drop off service at Millhaus, Coach Road and Upton residential addresses.

Reservations required 24 hours in advance.

**8:45-9:00:** Pickup at residences and Drop off to UCC

**12:00:** Pickup and Drop off at residences and UCC

**3:00:** Pickup at UCC and return to residences

\*Friday shuttle rides available upon request\*

### Medical /Errand Transportation: Monday-Thursday

Transportation for medical rides and prescription pick ups will now be available 9:00-12:00 and 1:00-3:00, Monday-Thursday.

For ride requests outside of these hours, please refer to Tri-Valley Elder services at 508-949-6640

### Weekly Shopping Trip Schedule:

**Thursday, July 6th at 9:00 am—**

Walmart/Job Lot/Shaw's Loop, Foppema's Farm Stand

**Tuesday, July 11th at 12:00 pm—**

Market Basket, Shrewsbury

**Wednesday, July 19th at 12:00 pm—**

Walmart/Job Lot/Shaw's, Foppema's Farm Stand

**Thursday, July 27th at 9:00 am—**

Market Basket, Hudson

**Monday, July 31st at 12:00 pm—**

Walmart/Job Lot/Shaw's Loop—Foppema's Farm

### Join us for a Coffee Hour!



**Friday, July 14th at 9:30 am**



### Can you find the hidden popsicle?

Congratulations to **Dorothy Drew** who found the hidden kite in our newsletter and won our drawing for the month of May! This month, we have hidden a popsicle for you to find. If you have found the hidden popsicle, please call us at 508-529-4558 and let us know to be entered to win a prize!



**We will be closed  
on Tuesday, July 4th  
in observance of  
Independence Day**



### Hearing Aid Cleaning Services

**Wednesday, July 5th, 10:30-12:00**

Professionals from At Home Hearing Healthcare will now be available at the Upton Community Center to provide monthly hearing aide cleanings as well as hearing assessments. Please call us at 508-529-4558 to inquire and set up an appointment. No fee!

Next clinic date will be: Wed. August 2nd

### Podiatrist Appointments

**Thursday, July 13th, 8:30-12:30**



Dr. Biancomano will have his bi-monthly appointments at The Upton Center. **We are currently running a waitlist for the July appointments—Dr. B will return on Thurs. Sept. 14th**



### Lunch Trip to Dairy Queen and Kelly's Farm Stand

**Wednesday, July 12th at 12:00 pm**

Celebrate Summer and join us on the Community Center van for a lunch trip to Dairy Queen in Milford! Lunch fare includes hamburgers, hot dogs, chicken sandwiches, etc, followed by an ice cream treat! We will stop by Kelly's Farm Stand on the way back to Upton for local fruits, vegetables and more. Please call the Senior Center to reserve a seat on the van—this trip will fill up fast! **Please RSVP by Mon. July 10th.**



### Ice Cream Social & Meet and Greet with New COA Department Specialist

**Tuesday, July 18th at 12:00 pm**

Come and cool down at the Upton Community Center for an Ice Cream Social and meet our new Department Specialist, Nicole Stifnagle! Nicole is new to Upton and new to the Upton Community Center! Join us in welcoming her to our department with ice cream sundaes and all of the toppings! **Please RSVP by Fri. July 14th.**



### An Upton Theater Production:

#### *The Bremen Town Musicians*

**Friday, July 21st at 6:30 pm—FREE Admission**

This is the humorous and musical-take on the Grimm's fairytale about four elderly animals who escape when their owners plan to get rid of them. Follow the animals' on their journey to Bremen Town. Transportation provided by the Senior Center bus to Nipmuc High School.

**RSVP by Monday, July 17.**

### Would you like to receive an Upton Senior Center Newsletter to your mailbox each month?



Subscriptions for our monthly newsletter are \$5 for 1 year and can be purchased via cash or check in person at the Upton Senior Center or via mail.



## Concerts at Kiwanis Beach

Wednesdays June 28-August 16th



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

July 5th — Lady Anemoia  
 July 12th — Band from UNCLE  
 July 19th — Houston Bernard  
 July 26th — Wonderland Mafia  
 August 2nd — South Street Band  
 August 9th — Pocket Change  
 August 16th — Moxie (rescheduled from 6/28)

Burgers and hotdogs, chips and soda are available for purchase at the snack shack. Please call the Senior Center for a **free** ride at least 2 days ahead so we can schedule transportation.



## Stay Tuned For...Coming Events

**UCC Choral Group Forming** — for those who love to sing.

**Upton "Repair Café"** - Community event coming this fall.  
 Start saving your broken items!



## Services for Blind / Low Vision

Upton Community Center partners with

The Mass Association for the Blind and Visually Impaired (MABVI). A representative from the MABVI will be at the Upton Community Center each month to meet with residents to assist them with technology, resources, and support services.

**Thursday, July 6th, 1—3 pm \*by appointment\***



## Support for Hearing Impaired

Upton Community Center would like to start a monthly support group for individuals with hearing loss. Interested individuals should call the center to express their interest.

## Mindful Eating—6 Week Course

**Beginning Tuesday, September 5th at 11:00 am**



Join us for our second 6-week course of Mindful Eating with Robin Natanel this Fall!  
 Pre-registration is required.  
**\$25 fee for 6 week course—**  
 scholarships available.

## WEEKLY PROGRAMS

### Monday:

**9:30** — Exercise with Shirley Areano (**\$3**)  
**10:30** — Strength and Stretch (**\$3**)

### Tuesday:

**10:00** — Seated Exercise (**\$3**)  
**11:00** — Mindful Eating 6 Week Course  
 (ending July 18th)  
**12:30** — Hand and Foot Card Games

### Wednesday:

**9:30** — Exercise with Shirley Areano (**\$3**)  
**10:30** — Strength and Stretch (**\$3**)  
**12:30** — Mahjong Card Games

### Thursday:

**9:00** — Chair Yoga (**\$3**)  
**10:00** — Knit and Crotchet Group  
**11:00** — Tai-Chi (**\$3**)  
**1:00-3:00** — BINGO  
 (held at 2 Farm Street Location)

### Friday:

**10:30** — Strength and Stretch (**\$3**)

## MONTHLY PROGRAMS

### Hearing Aide Cleaning—

Wednesday, July 5th from 10:30-12:00  
 (by appointment only)

### Nutrition Talk—

Monday, July 10th at 11:45 am

### Trivia Time—

Monday, July 17th at 12:30 pm  
 \*New England Trivia Part 2\*

### Stress Reduction with Robin—

Wednesday, July 19th at 1:00 pm

### Blood Pressure Checks—

Wednesday, July 26th at 12:30 pm

### Birthday Bash—

Friday, July 28th at 12:30 pm

## SOCIAL SERVICES CORNER



### Social Service available weekly at Upton Housing Communities

Weekly office hours are now available with the Social Services Coordinator, Katie San Clemente, at the Millhaus and Coach Road Apartments.

**Coach Road Community Room: Wednesdays 11 am—1 pm**  
**Millhaus Apartments: Thursdays 1 pm—3 pm**

### Mass Health Renewal Mailings



As of April 1<sup>st</sup>, MassHealth began their redetermination process for eligibility. Over the course of the next year, MassHealth recipients will receive communication from MassHealth directly about renewing their insurance coverage. These mailings have deadlines involved to which you need to respond by, or you will risk losing your coverage. Please contact Katie San Clemente, the Social Services Coordinator, at 508-529-4558 if you have any questions or need assistance with your renewal application.



### 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. You can also inquire about delivery of frozen lunch and/or evening dinners.

Upton Community Center  
9 Milford Street  
Upton, MA 01568

## COMMUNITY UPDATES

### COA Job Opportunity: Van Driver



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](http://www.uptonma.gov), or stop by the COA office for further information.

### Join Our Team of Volunteers!

We are looking for more volunteers at the new Upton Community Center. Please inquire at the Senior Center at 508-529-4558.



### Senior Beach Passes Available

Lifetime beach passes are available to seniors ages 65+ for Kiwanis Beach in Upton beginning June 10th. Passes can be purchased at the Kiwanis Beach gatehouse for \$10 during their regular business hours.



### Newsletter Subscriptions

Subscriptions for our monthly newsletter are \$5 for 1 year and can be purchased via cash or check in person at the Upton Senior Center or via mail. You may also sign up to receive the newsletter via email each month.