

Social Services Corner

Medicare Open Enrollment starts in October

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 September, 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); these 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 our SHINE counselor at the Upton Community Center during open enrollment, please call the Upton Senior Center at 508-529-4558

SMOC Fuel Assistance

If you were approved for Fuel Assistance last year, you should have received a preprinted re-application form in AUGUST directly from SMOC (South Middlesex Opportunity Council) for the upcoming heating season. To avoid delays in receiving your benefits, gather your updated documents early and review any changes that need to be made on your application. Early submission can mean earlier approval. Our Social Services Coordinator, Katie San Clemente, can assist you. Call the Upton Senior Center at 508-529-4558 to make an appointment or for more information.



First time applications will be available beginning October 1st, with the heating season beginning on November 1st. Please call the Social Services Coordinator, Katie San Clemente, at 508-529-4558 for more information on income eligibility for various fuel assistance programs.



Social Service Office Hours

Note changes in days/times for office hours

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

Millhaus Apartments – Every Wednesday from 12 pm – 1 pm

Coach Road Community Room – Every Thursday from 11 am – 12 pm



The Upton Cultural Council (UCC) will begin accepting proposals for community-oriented arts, humanities, and science programs on September 1, 2023.

The application process will be open until October 17, 2023.

For more information on the Upton Cultural Council, visit the Council's web page.

Application forms, guidance around the application process, local guidelines, funding priorities, application criteria, and more information about the Local Cultural Council Program is available on the Council's web page.

Upton Community Center

Physical address: 9 Milford Street

Mailing address: One Main Street, # 7

Upton, MA 01568



The Upton Chronicle

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508-529-4558 / 508-529-4559 / www.uptonma.gov

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Secretary

Linda Sanders

Members

Myra Bigelow

Betty Consigli

Paula Lepore

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

Wednesday Night Concert Series Continues....at UCC

If you enjoyed the Upton Kiwanis Summer Beach Concert Series, the fun doesn't have to stop! The Upton Senior Center is continuing the Wednesday night concert series, right here in our own backyard. Bring your lawn chair and join us on the back patio for some fun afternoon musical entertainment from 4:00-5:00 each Wednesday night beginning September 13th.

A great line-up is offered:

Wednesday, Sept 13th, 4:00-5:00 pm
John Guido on Keyboards

Wednesday, Sept 20th, 4:00-5:00 pm
Generations Barbershop Quartet

Wednesday, Sept 27th, 4:00-5:00 pm
Karaoke with Rick Fereira

Transportation Available
RSVP to the Senior Center at 508-529-4558



Pre-Holiday Food Pantry donations requested
Boxed and canned foods appreciated

UPCOMING EVENTS

September

VIP Coffee with Senator Fattman
Friday, Sept 22, 9:30
Upton Community Center

Emergency Preparedness Presentation
with Upton Military Veteran Joe Whitney
Monday, Sept 18th, 1:00

Photography Class
Tuesday, Sept 26th, 1:00pm

Sixweek Mindful Nutrition Series
Begins Tuesday, Sept 5th, 11:00am

October

Men's Club Supper
Friday, Oct 13th, 5:00pm
At the new Community Center

VIP Coffee Hour with Rep Muradian
Friday, Oct 13th 9:30am

SE Mass Community Concert Band
Fall performance

Upton Repair Café
Fall Date To Be Determined

News Of Interest

Book Club forming....
Shirley teaches on Tuesdays
Bridge Players looking for a coach
Holiday Choral Group has started



Message from the Town Nurse

Tick-borne illnesses in Upton have already surpassed the totals for all of last year. Ticks tend to be pretty hearty and can cause disease all year. Prevention includes applying products with DEET or other approved insect repellent, covering exposed skin when out near tall grasses or brush, wear light colors so ticks can be seen, do a tick check when you come in and shower as soon as you can. Also, this is the peak time for mosquito activity with West Nile Virus found in mosquito pools in Northbridge and Milford, so prevention of bites is key.

Limiting activity at dawn and dusk, insect repellent, and empty pools of standing water should help reduce your risk of contracting either WNV or EEE. Mosquito activity will continue until a hard frost is experienced in the area, so we have a way to go.

Transportation Options

Need help getting around when the Upton Senior Center bus isn't available? There are more options available to you.

Tri-Valley provides medical, shopping and social transportation to older adults and individuals with disabilities (over 18). Requests require at least 2 days notice. You can contact Tri-Valley at 508-949-6640.

Are you a MassHealth member? You may be eligible for non-emergency transportation to your medical appointments through MART or PT-1. Appointments can be made online, via the mobile or by calling 866-834-9991.

Certain Doctor's Office's now offer transportation—especially eye doctors. Call your doctor's office and ask their front desk staff if this option is available to you.

Weekly Shopping Trip Schedule:

Wednesday, Sept 13th at 12:00 pm —
Walmart/Job Lot/Shaw's Loop—Foppema's Farm

Tuesday, Sept 19th at 9:00 am —

Market Basket, Shrewsbury

Thursday, Sept 28 at 9:00 am —

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

Lowells Restaurant

Join us on **Wednesday, September 27 at 12:00** for a trip to Lowell's Restaurant in Mendon, "your home cooking hidden treasure". Take the shuttle or meet us there! RSVP by Sept. 20.



80 for Brady Football Kickoff Monday, September 25 at 1:00pm

Kickoff football season with a viewing party! Join us on Monday, September 25th at 1:00 PM to watch **80 for Brady!** Wear your favorite team gear and enjoy your favorite tailgate snacks.



BINGO is now at the new Upton Community Center Milford Street

Bring your friends and your good luck charm. Great prizes and refreshments. Thursdays, 1:00-3:00 pm



Can you find the hidden pencil?

Congratulations to **Laurie Fantini** who found the hidden lamp post in our August newsletter. This month, try to find our hidden pencil. If you find it, please call us to be entered into a drawing to win a gift certificate!



Introduction to Photography Composition Class

Join Karen Glowacki for an informal class on basic photography composition. Turn a snapshot into a better photograph using basic photography techniques. Bring your camera, phone, or just come to learn more about: the rule of thirds, using perspective, color and lighting, still life, street photography, people, food, and pets.

Tuesday, Sept 26th at 1:00 pm



Emergency Preparedness Class With Upton Military Veteran Joe Whitney Monday, Sept. 18th, 1:00 pm



Hearing Aid Cleaning Services

Wednesday, Sept 13th, 10:30-12:00
At Home Hearing Healthcare will now be at the Upton Community Center to provide monthly hearing aide cleanings. Please call us at 508-529-4558 to set up an appointment. No fee!
Next clinic date will be: Wed. October 11



Podiatrist Appointments

Thursday, Sept 14th, 8:30-12:30

Reservations required. These appointments book up fast. Please call the center at 508-529-4558
Dr. Biancomano will return on Thurs. Nov 16th



Mindful Eating—6 Week Course Beginning Tuesday, September 5th at 11:00

This course will help you discover mindful eating habits that can help you enjoy and savor food while still being in charge of your diet in a judgment-free way!
Pre-registration is required.

\$25 fee for 6 week course—scholarships available.



Stress Reduction Class with Robin Wednesday, September 20th @ 1:00 pm

A food pantry donation is requested in lieu of payment

WEEKLY PROGRAMS

Monday:

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

Tuesday:

10:00 – Seated Exercise (**\$3**)

11:15 – Exercise with Shirley Areano (**\$3**)

12:30 – Hand and Foot Card Games

Wednesday:

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**

Friday:

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

MONTHLY PROGRAMS

Hearing Aide Cleaning—

Wednesday, September 13th from 10:30-12:00
(by appointment only)

Monthly Movie—

Monday, September 25 at 1:00 pm

Nutrition Talk—

Monday, September 11th at 11:45 am

Stress Reduction with Robin—

Wednesday, September 20th at 1:00 pm

Trivia Time—

Monday, September 18th at 12:30 pm

*"The Evolution of Television:
From Sitcoms to Game Shows"*

Birthday Bash—

Friday, September 29 at 12:30 pm

Blood Pressure Checks—

Wednesday, September 27th at 12:30 pm