

## 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 CENTER STAFF

**Director of Elder & Social Services**  
Maggie Gundersen

**Social Services Coordinator**  
Katie San Clemente

**Department Specialist**  
Nicole Stifnagle

**COA Drivers**  
Dave Loeper  
Ed Ferrelli

### Council on Aging Board 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

**COA Hours:**  
Monday—Friday  
9:00 am to 4:00 pm

**Phone:**  
508-529-4558  
**Fax:**  
508-529-1014

# The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES  
508-529-4558 / 508-529-4559 / [www.uptonma.gov](http://www.uptonma.gov)

## September 2023



### 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 Ferreira**

*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

**Six week 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

Lowell's 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 Aid 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