



# The Upton Chronicle

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

## October 2023



### THE UPTON CENTER STAFF

#### **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  
Karen Glowacki  
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

### Upton Community Center Food Pantry

With the help of many generous Upton residents, the staff and volunteers at the Upton Senior Center have been hard at work stocking the shelves of the Upton Community Center Food Pantry over the last few weeks. We are so thankful for the generosity of so many Upton residents who have participated in "Operation SOS" (Stock Our Shelves), so that we could support more Upton residents with support through the UCC Food Pantry. We continue to accept donations of **new, non-perishable** food donations, as well as donations of paper goods and individual-sized toiletries and personal care products.

We are excited to announce the newly updated hours of operation at the Upton Community Center Food Pantry beginning **the week of October 9<sup>th</sup>**.

The UCC Food Pantry will be **open every Wednesday from 12-2 pm and every Friday from 11-1 pm**. The food pantry is open to Upton residents of all ages. Upton residents may also call the Senior Center and speak with the Social Services Coordinator, Katie San Clemente, at 508-529-4558 to make an appointment to visit the food pantry as needed.

Please call the Senior Center if you have any questions or wish to make an appointment outside of regular hours of operation. No appointment or reservation is needed during regular hours of operation. We look forward to welcoming you to the Upton Community Center Food Pantry!

### In Memory of Upton Resident and Council on Aging Board Member, Paula Lepore



The staff and board members of the Upton Council on Aging are saddened to announce the passing of our Council on Aging Board Member, Paula Lepore, on Wednesday, September 20th, 2023. Paula served on the Council on Aging Board for many years and was a valued member of the Upton community. In addition to her work on the COA board, Paula was an active volunteer for the Meals on Wheels program and was always available to lend a helping hand at the Senior Center to restock our food pantry, set up for special events and offer technology support to residents. Our hearts are with Paula's family and friends as she will be deeply missed.

### Weekly Shopping Trip Schedule:

**Wednesday, October 4th at 9:00 am —**  
Market Basket, Hudson

**Thursday, October 12th at 9:00 am —**  
Walmart/Job Lot/Shaw's Loop—Foppema's Farm

**Tuesday, October 17th at 12:00 pm —**  
Market Basket, Shrewsbury

**Wednesday, October 25th at 12:00 pm —**  
Walmart/Job Lot/Shaw's Loop—Foppema's Farm

### **Crafts with Betty**

**Thursday, October 12 at 10:00 am**

We're thrilled to announce the return of our beloved local crafter, Betty Brault! Join us for fun, free fall crafting!



### **VIP Coffee Hour** **Friday, October 13 at 9:30 am**

Join us for a VIP Coffee Hour with State Representative, David Muradian. Complimentary coffee and pastries provided.



### **Men's Club Supper** **Friday, October 13 at 5:00 pm**

Men's Club Supper is back at the Upton Community Center! Enjoy catching up with old friends or meet some new ones while enjoying **stuffed shells & antipasto from Oliva's** provided by the Men's Club. Open to Upton residents of all ages! No fee thanks to the generosity of the Upton Men's Club.



### **Can you find the hidden ghost?**

Congratulations to **Whitney Loeper** who found the hidden pencil in our September newsletter. This month, try to find our hidden ghost. If you find it, please call us to be entered into a drawing to win a gift certificate!

### **Flu Clinic**

**Wednesday, October 18 at 1:00pm**

Fall is here and it's time to close the windows and gather with family and friends. It is also the time when viruses of all kinds increase in numbers. There are several ways to protect yourself from illness and receiving vaccine against flu, COVID and (Respiratory Syncytial Virus) RSV (if you and your doctor decide) is part of prevention. The newest COVID-19 booster is out. The vaccine protects against variants that have developed since the last booster was offered. Anyone 5 years and over can receive one shot for protection. Some immunocompromised individuals may receive an additional dose.

Influenza usually ramps up in New England starting early in December so prime time to receive the flu vaccine is in October and November. The Upton Board of Health will be offering **FLU ONLY** vaccination at the Senior Center on October 18<sup>th</sup> at 1PM. We will have standard dose vaccine and high dose vaccine. A link will be created for sign up and you may call The Senior Center at 508-529-4558 or the Board of Health at 508-529-6813 for assistance.

**Wash your hands, get vaccinated and be well!**

### **Fall Social**

**Friday, October 20 at 1:00pm**

Fall days are fun days at the UCC! Come by for our Fall Social and enjoy your favorite seasonal snacks while listening to local Upton performer, Erik SOMEONE. Shuttle Service Available.

### **Lunch Trip—Post Office Pub**

**Tuesday, October 24 at 12:00pm**

Join us for our October Lunch Trip to the Post Office Pub in North Grafton. Limited transportation is available or meet us there! RSVP by October 20.

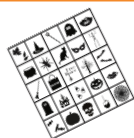
### **Please note we will be closed**

**Monday, October 9 in observance of**  
**Columbus Day**

## Blue Cross Blue Shield Medicare Presentation Wednesday, October 25<sup>th</sup> at 1 pm

**Are you close to turning 65? Do you have questions about your existing Medicare coverage?**

Join us for a presentation by a representative from BCBS on Health Plan Options with Medicare. This presentation is geared towards individuals on Medicare or approaching Medicare who may have questions about their health plan or other available plans. The presentation will focus on the differences between Medigap and Medicare Advantage plans and explain when enrollees can switch plans. All are invited to attend regardless of insurance coverage. **Please RSVP by Friday, October 20<sup>th</sup>.**



## Halloween Music Bingo Tuesday, October 31 at 1:30pm

Stop by the UCC on Halloween for a spook-tacular time as we host Music Bingo! Come by in your favorite costume and enjoy some Halloween treats! RSVP by October 25.

## Hearing Aid Clinic—Monthly!



**Wednesday, October 11th, 10:30-12:00**

At Home Hearing Healthcare will now be at the Upton Community Center to provide monthly hearing aid cleanings. Please call us at 508-529-4558 to set up an appointment. No fee!

**Next clinic date will be: Wed. November 8th**



## Podiatrist Appointments

**Thursday, November 16th, 8:30-12:30**

Reservations required. These appointments book up fast. Please call the center at 508-529-4558

## Intergenerational Tea Time

**Monday, November 6<sup>th</sup> at 10 am**



Join us for our first intergenerational program in partnership with the Upton Library! The Senior Center is partnering with the Children's Librarian, Lee Ann Murphy, to hold an Intergenerational Tea Party with children ages 3-5. Seniors are invited to meet us in the classroom at the Upton Community Center to share stories, songs and snacks with the younger generations. Senior attendees are asked to RSVP by Thursday, November 2nd.

## 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, October 11th from 10:30-12:00  
(by appointment only)

### Nutrition Talk—

Monday, October 16th at 11:45 am

### Blood Pressure Checks & Flu Clinic—

Wednesday, October 18th at 12:30 pm

**\*Please register for the flu clinic with a staff member\***

### Stress Reduction with Robin—

Wednesday, October 18th at 1:00 pm

### Trivia Time—

Monday, October 23rd at 12:30 pm

**"Cartoons, Comic Books and Funny Papers"**

### Birthday Bash—

Friday, October 27th at 12:30 pm

### Monthly Movie— Beetlejuice

Monday, October 30 at 12:30 pm

## Social Services Updates

### Medicare Open Enrollment starts in October

It's that time of year again! The Open Enrollment period starts on October 15 and ends on 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 is important for you to read and understand this notice as it explains the changes taking place to your plan starting January 1, 2023 related to premiums, networks, deductibles, co-pays, and drugs covered by your plan. 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 Senior Center at 508-529-4558.

### SMOC Fuel Assistance

**\*There is currently a delay in the start of applications for the Fuel Assistance program—Please reach out to Katie San Clemente for updates, questions or concerns\***



If you were approved for Fuel Assistance last year, you will be receiving a pre-printed re-application form within the next month 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.

## Community Corner

### Tax Aide Volunteers Needed!

The AARP Tax-Aide program is looking for compassionate and friendly people to join our team of volunteers. You will receive training and support to help you learn new skills, and you'll get a great feeling from helping elderly and low-moderate income people complete their tax returns.

In addition to preparing taxes, volunteers are needed to greet clients, do administrative tasks, and help with technology.

As a Tax-Aide volunteer, you will work in a team of 3 to 6 people. Team members are always available to help you. We help taxpayers and we help each other.

Volunteers work between one and three days a week during February and March. Training is in November, December and January and is primarily online. You will be part of a dedicated team of volunteers who work at local senior centers and libraries in: Bellingham, Franklin, Holliston, Hopedale, Hopkinton, Medway, Milford and Upton.

For more information, contact Kirk Joslin at [KirkNJoslin@GMail.com](mailto:KirkNJoslin@GMail.com) or go to: <https://mataxaide.org/interest>

### Community Supper at United Parish

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

### Bloomer Girls Fall Fair

Don't miss the Upton Bloomer Girls Fall Fair on **Saturday, November 4th** 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!