



The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES
508-529-4558 / 508-529-4559 / www.uptonma.gov

UPTON CENTER STAFF

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Council on Aging Board Members

Chair

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Members

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Betty Consigli

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Gregg Manning

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COA Hours:

Monday—Friday
9:00 am to 4:00 pm

Phone:

508-529-4558

Meals on Wheels

Nutrition Manager
Albert Vautour

Phone:

978-907-5709

May 2024



News from the Town Clerk's Office

2024 Annual Town Meeting & Election schedule:

Annual Town Meeting – Thursday, May 2nd at 7 pm - Nipmuc Regional HS auditorium

Annual Town Election – Tuesday, May 7th from 7 am through 8 pm -
Nipmuc Regional HS gymnasium

A copy of the town meeting warrant and the annual election ballot can be found on the Town Clerk's page of the Upton website: <https://www.uptonma.gov/394/Town-Clerk>.

Please contact our office at 508-529-3565 if you have any questions or would like additional information regarding the town meeting or the election.

Happy Spring!

Denise Smith, Town Clerk (dsmith@uptonma.gov)

Kathleen Bern, Assistant Town Clerk (kbern@uptonma.gov)

In Memory of Josephine McLaughlin

The staff and board members of the Upton Council on Aging are saddened to announce the passing of the Vice Chair of the Council on Aging Board, Josephine McLaughlin, on March 27th, 2024. Josephine will be remembered fondly for her time spent volunteering for Meals on Wheels and in various roles at the Upton Senior Center. "Jo", as her friends would call her, was always willing to help those in need. Her kindness and generosity will be missed, along with all of the baked goods she brought to Senior Center events.





Weekly Shopping Trip Schedule:

Friday, May 3 at 12:30 pm

Market Basket, Shrewsbury

Thursday, May 9 at 9:00 am

Walmart/Job Lot/Shaw's Loop

Wednesday, May 15 at 12:30 pm

Market Basket, Shrewsbury

Monday, May 20 at 9:00 am

Walmart/Job Lot/Shaw's Loop

Wednesday, May 29 at 12:30 pm

Market Basket, Shrewsbury

Hip Hop Chair Dance

Tuesday, May 7 at 12:15 pm



Come get your groove on with this one day only, chair assisted dance exercise class. This class is led by Rondae Drafts, Executive Director of Music Dance, a not for profit promoting the performing arts in New England. This class is funded by a generous grant from the Upton Cultural Council. Free. **RSVP by Friday, May 3.**



Grief Support Group

Tuesdays at 1:00 pm

The loss of a loved one is painful and difficult but you are not alone. Find compassion and comfort at this newly formed grief support group led by Robin Natanel.

Silver Sisterhood

Wednesday, May 1 at 11:00 am

Wednesday, May 15 at 11:00 am



Want to connect with other women? Join the Silver Sisterhood, a fellowship for senior women interested in making new friends and sharing interests, laughter and support. Group meets on the 1st and 3rd Wednesday of the month at 11am.



American Sign Language Class

Thursdays at 10:00 am starting May 9

Rachel Largey grew up as a child of deaf parents (CODA). She spent her life as an ASL interpreter and is passionate about bringing the language to the community.

During this 8-week class, we will learn the ABC's and numbers, as well as many other helpful ways of communicating with ASL in a fun learning environment.

Rachel will also share interesting information regarding the deaf culture and how it continues to evolve.

This program is open to all ages! Registration for all 8 weeks of the program is required.

Legal Planning for Seniors with Attorney Chris Mehne



Wednesday, May 15 at 10:00 am

Attorney Chris Mehne will join us to discuss topics impacting seniors including estate & Medicaid Planning, incapacity, LTC planning and Social Security.



Crafts with Betty

Friday, May 17 at 9:30 am

Crafting is back at the Senior Center! Sign up to make a seasonal fun craft with Betty Brault.

Men's Club Supper

Friday, May 17 at 5:00 pm



Looking for a great way to socialize with others in our community? Join us for a delightful dinner sponsored by the Upton Men's Club. May's menu features hamburgers & hot dogs on the grill along with a side and dessert. Free to Upton seniors thanks to the generosity of the

Upton Men's Club. **RSVP by May 10.**

Shuttle service available. Doors open at 5pm.

May Trivia

Congratulations to **Debra Paris** who found the hidden bunny in our May newsletter. This month, answer our trivia question to be entered into a drawing to win a gift certificate!



Question: What was the first nationally televised American children's TV pro-

Sutton Serenaders**Tuesday, May 21 at 12:30 pm**

Join us on a ride to the Sutton Senior Center where we will see a performance by the Sutton Serenaders. The Sutton Serenaders are a group of seniors who practice and perform locally and features our own Elaine Porter.

**Blackstone Valley Strummers****Wednesday, May 22 at 1:00 pm**

Come sing along to some of your favorite tunes played on the ukelele the Blackstone Valley Strummers. Free!

Lunch Trip**George's Surf & Turf, Mendon****Friday, May 24 at 12:30 pm**

Join us for lunch at George's Surf & Turf Restaurant in Mendon. Please note George's only offers outdoor, covered seating. CASH ONLY.

**Drop-In Tech Help****Tuesday, May 26 at 1:00 pm**

Join us for our monthly drop-in tech help session. Our resident "techsperts" will be available for one-on-one assistance with your tech questions. Please bring your phone, laptop or tablet with you to follow along with the tech talk or for help with your specific device.

Pre-registration required.

May Birthday Bash**Friday, May 31 at 12:30 pm**

Happy Birthday May babies! Celebrate your birthday with us during our monthly birthday bash. Enjoy pizza, cake, and ice cream with your friends at the senior center. This month, we'll have music from Tom Mansfield - Blue Foot Dog, he's howlin' again!

All our welcome to celebrate with us! Free for those with a birthday in May. \$3 fee for those not celebrating a birthday this month.

Please note the Senior Center will be closed on Monday, May 27 in observance of Memorial Day.

WEEKLY PROGRAMS**Monday:****10:45 – Strength and Stretch (\$3)****Tuesday:****11:15 – Exercise with Shirley Areano (\$3)****12:30 – Hand and Foot Card Games****1:00 - Grief Support Group****Wednesday:****9:30 Zumba Gold (\$3)****10:45 – 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:****10:45 – Strength and Stretch (\$3)****MONTHLY PROGRAMS****Nutrition Talk—**

Monday, May 13 at 11:30 am

Crafts with Betty—

Friday, May 17 at 9:30 am

Men's Club Supper—

Friday, May 17 at 5:00 pm

Trivia Time—

Monday, May 20 at 12:30 pm

Blood Pressure Checks —

Wednesday, May 22 at 12:30 pm

Birthday Bash—

Friday, May 31 at 12:30 pm

Social Services Updates

Do you need financial support with buying groceries? SNAP (Supplemental Nutrition Assistance Program) may be able to help!

Eligibility for SNAP benefits includes:

- Gross Household Income
- Household size
- Other various expenses (medical, etc)

Proof of this information will be required to submit with your application

SNAP Eligibility Chart

Household Size	Your Monthly Income (before taxes)	Monthly Maximum SNAP Amount**
1	\$2,510	\$291
2	\$3,407	\$535
3	\$4,303	\$766
4	\$5,200	\$973
5	\$6,097	\$1,155
6	\$6,993	\$1,386

**Your household may receive a different monthly amount, depending on income and expenses.

Call 508-529-4558 to make an appointment with the Social Services Coordinator to inquire about eligibility and assistance with your application or recertification!

Applications can be submitted online at DTAConnect.com, via mail or fax.

Once approved for benefits, you will be issued a debit-like EBT card, which can be used on eligible purchases at grocery stores or online.

Eligibility for SNAP benefits may also open up assistance for other programs that offer discounts on utility bills, internet, free school meals and more.

Would you like access to fresh, local produce?

If you are eligible and receiving SNAP benefits, you are also eligible to participate in the Healthy Incentives Program (HIP)! An additional \$40, \$60 or \$80 a month will be put back on your EBT card when you use SNAP to buy local produce – essentially making your produce purchases FREE!

Community Corner

New Community Health Worker

The Blackstone Valley Partnership for Public Health (BVPPH) is pleased to announce that Jenna Gouin has joined the region as our new Community Health Worker. Jenna will be available to support the residents of Upton as well as the other 7 partnership communities. Please help us in giving a warm Upton welcome to Jenna!



Walking Club Informational Meeting

Friday, May 17 at 12:00 pm

Interested in walking with others for exercise, socialization, or fun? Join us for an information meeting on Friday, May 17 at 12:00 to discuss establishing a walking club in Upton!

The Upton Food Pantry Welcomes YOU!



Upton residents: If you are experiencing food-insecurity, you are welcome to visit the Upton Food Pantry located at the Upton Community Center. The Food Pantry is open Wednesdays, 12-2:00pm and Fridays, 11-1:00 pm. If you cannot make it during these times, please contact us at 508-529-4558 to make an appointment. If you require transportation to visit the Food Pantry, please contact us to arrange a visit during a time when our shuttle is available.