



The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES

August 2024

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COA Hours:

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508-529-4558

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Albert Vautour

Phone:

978-907-5709



Upton Memory Café

Wednesday, August 14th at 2pm



**Returning
August 14th!**

The first Upton Memory Café was a huge success and gained the attention of local politicians and media outlets. The Memory Café was designed by Nipmuc High School volunteers to meet the needs of individuals affected by Alzheimer's and dementia in Upton and surrounding communities. If you or your loved one are experiencing problems with memory or thinking, we encourage you to attend the Memory Café. It is a great opportunity for engagement, socialization & support.

Contact the senior center at 508-529-4558 to register.

Interested in supporting the seniors here in Upton?

Several residents have expressed interest in organizing a "Friends of Upton Elders Group" which would meet a longstanding need here in town.

What is a Friends Group you ask?

As the name implies, friends groups exist to help out their local Council on Aging. Friends groups are locally organized charitable organizations that provide financial support to their council on aging. Friends groups are made up of volunteers interested in assisting elders in their community by supporting and expanding the work done by the council on aging. Joining a friends group is a great way for people to make a positive difference in the lives of elders in the community by raising funds and awareness for programs and services offered by the ESS department. Please contact Tania Paparazzo at 508-529-4558 or tpaparazzo@uptonma.gov if you are interested in learning more about this opportunity. An organizational meeting will be held in September with all interested residents.

Weekly Shopping Trip Schedule:

Monday, August 5 at 12:30 pm
Market Basket, Shrewsbury

Tuesday, August 13 at 9:00 am
Shaw's & Foppema's

Wednesday, August 21 at 9:00 am
Market Basket, Shrewsbury

Thursday, August 29 at 12:30 pm
Walmart & Foppema's

\$4 transportation charge per trip



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 grief support group led by Robin Natanel.

Silver Sisterhood

Wednesday, August 7 & 21 at 11:00 am



Want to connect with other women 55 & older? Join the Silver Sisterhood, a fellowship of senior women interested in making new friends and sharing interests, laughter and support. Group meets on the 1st & 3rd Wednesday of the month at 11am. Registration is required and the group size is limited.

Dance Fusion Fitness **Wednesdays at 9:30 am**



Dance Fusion Fitness with Scott Shuster is back! Looking for a fun way to get fit? We have the answer for you! Dance Fusion Fitness is similar to Zumba Gold featuring low-impact movements that are gentle on the joints, making it ideal for seniors with joint issues or limited mobility. The class is set to pop and funk music. \$3 fee.

Coffee & Conversation with the Town Manager **Friday, August 2, 9:15 - 9:45 am**

Join Town Manager, Joe Laydon, every month for an informative coffee and conversation. The public is welcome to join, ask questions, meet special guests, and learn what is going on around town!

Citizens Energy Info Table **Thursday, August 8 10-12 pm**

"JOE-4-SUN from Citizens Energy provides solar credits that reduce your electric bill by \$300-\$400 annually. Once enrolled, credits are applied to your bill, and you pay 50% of the credit amount, saving you money each month. Come see us to see how the program works, view sample bills, and sign up on the spot. **Bring your electric utility bill** and we'll bring the coffee!"

Lunch Trip

Friday, August 9 12:30 PM



Meet us for lunch at Red Heat Tavern in Westborough or join us on the shuttle. RSVP by August 4. Menu available at front desk.



Mindful Meditation **Friday, August 9 at 1:00 pm**

Calm your mind and body so you can acknowledge and accept your thoughts, feelings, and sensations without judgment through Mindful Meditation with Robin Natanel.



Tech Help **Tuesday, August 13 at 1:00 pm**

Join us for our monthly tech help session. Our resident "techsperts" will be available for one-on-one assistance with your tech questions. Please bring your device with you for help with your specific device. Pre-registration required.

Pastel Class

Wednesday, August 14 12:30 PM



Flowers in a Crystal Vase inspired by Manet: A Hands-on Pastel Workshop For Adults With Pastelist Greg Maichack. **And if you like you can pastel paint your favorite flower!** This pastel painting workshop serves sheer beginners to advanced artists. All keep their work. All materials provided. This program is supported in part by funds from the **Upton Cultural Council**, a local agency supported by the Massachusetts Cultural Council.

Police Chief Last Sign Off Reception **Friday, August 16 12-2:00 pm**

In recognition of Chief Bradley, the Town of Upton is inviting the community to attend a reception in his honor at the Community Center during his last day with the Upton Police Department. We hope everyone can join us as we celebrate Chief Bradley and his 30 years of dedicated service to Upton. RSVP to selectboard@uptonma.gov or contact the senior center to RSVP on your behalf.

August Trivia Question

No one answered July's trivia question so the prize for August will be doubled! The country to hold the record for the hottest temperature ever recorded was in Death Valley, USA. Our August question is: **Which August birthday flower is sometimes called the sword lily?**

Medication Safety - Massachusetts College of Pharmacy

Tuesday, August 20 at 2:30pm

Medication safety in older adults is crucial due to age-related changes in the body that affect how medicines are processed, increasing the risk of side effects and interactions. Older adults often take multiple medications, which can lead to harmful drug interactions if not managed properly. It's important for seniors to follow their healthcare provider's instructions closely and regularly review their medications with a doctor or pharmacists.

World Senior Citizens Day

Wednesday, August 21

"You don't stop laughing when you grow old. You grow old when you stop laughing." ~ George Bernard Shaw

Today we will celebrate our seniors with laughter, sweet treats and surprises throughout the day!

Intergenerational Game Day 1-3pm



Join us for an afternoon of Intergenerational fun in honor of National Senior Citizens Day! Bring the family for cornhole, Connect 4 and more...games and giggles for all ages.

Lunch at Art Bradish

Thursday, August 22 1:30 pm

By popular demand, we will be making a special trip to Art Bradish Snack Bar in Grafton before it closes for the season. Please note that this is an outdoor location with uneven ground and no restrooms so please plan accordingly. The van will return riders home immediately after the trip to be sure everyone remains comfortable.

WooSox Upton Town Takeover

August 28th WooSox

Join us at Polar Park on Wednesday, August 28th for a Grafton, Upton and Mendon Take over of Polar Park.

A portion of Upton tickets sold will benefit the Upton Center Food Pantry!



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 Dance Fusion (\$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)

11:30 - Learn Mahjong

1:00-3:00 – BINGO

Friday:

10:45 – Strength and Stretch (\$3)

9:30—Exercise with Shirley (\$3)

MONTHLY PROGRAMS

Nutrition Talk—

Monday, August 12 at 11:30 am

Trivia Time—

Monday, August 26 at 12:30 pm

Blood Pressure Checks —

Wednesday, August 28 at 12:30 pm

Birthday Bash—

Friday, August 30 at 12:30 pm

Enjoy pizza, cake, and ice cream with your friends at the senior center. All are welcome to celebrate with us! \$3 fee. Free for those with a birthday in August



Crafts with Betty is canceled for August and will resume in September.

SOCIAL SERVICES UPDATE

Medicare Savings Program

Apply to the Medicare Savings Program (MSP) now to save up to \$3,000 per year on Medicare costs! The Medicare Savings Program will pay for some or all of your Medicare premiums, deductibles, copayments, and co-insurance. Depending on your income, MSP will pay for your Medicare Part A & B premiums and cost sharing, or Medicare Part B premium, as well as lower your prescription costs. **This is not an insurance plan and does not change your current health insurance coverage.**

Income Eligibility

You Are:	Your income is at or below:
Single	\$2,824 per month
Married	\$3,833 per month

New as of March 1, 2024: There is no asset limit to be enrolled in the MSP. Please call Katie San Clemente, the Social Services Coordinator, at 508-529-4558 to set up an appointment to discuss your eligibility and for assistance with this application!



News from the Town Clerk's Office

We are busy getting ready for the upcoming elections to be held in late summer and fall. The State Primary on September 3rd and then the Presidential Election on November 5th.

State Primary Election, Tuesday, September 3, 2024

Polls will be open from 7:00 am until 8:00 pm at Nipmuc Regional HS gymnasium.

In addition to voting on election day, voters have the option to vote by mail, vote in-person during the early voting period or vote by absentee ballot.

Vote By Mail: If you have already submitted a 2024 application to receive your ballot by mail for the State Primary, we will automatically mail you a ballot. If you have not submitted an application to receive your ballot by mail the deadline to submit is Monday, August 26th.

In-Person Early Voting Schedule at Town Hall: Saturday, Aug. 24th 9:00 am to 4:00 pm; Monday, Aug. 26th through Friday, Aug. 30th during regular Town Hall hours.

Absentee Ballot: If you are going to be out of town or unavailable on Election Day you may apply for an Absentee Ballot to have the ballot mailed to you. You can also come to the Clerk's office to complete the application and vote at that time. Absentee voting is available up until 12:00 pm (noon) on Friday, August 30th.

Please keep in mind that as this is a Primary Election you must vote the ballot for the party in which you are registered – Democrat, Libertarian or Republican. If you are **Unenrolled** (Independent) you may choose a ballot for one of the three parties. Sample ballots will be available on the Town Clerk's page of the Upton website:

<https://www.uptonma.gov/394/Town-Clerk>.

Voter registration forms, Vote By Mail and Absentee Ballot applications can also be found on the Town Clerk's page.

Once we have the primary election behind us, we will immediately begin preparations for the **Presidential Election on Tuesday, November 5, 2024**. More to come in October on the Presidential Election schedule.

Please contact our office at 508-529-3565 if you have any questions or would like additional information regarding the upcoming State Primary Election.