



The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES

September 2024

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Maggie Ohman

Suzanne Perry

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COA Hours:

Monday—Friday
9:00 am to 4:00 pm

Phone:

508-529-4558

Fax:

508-529-1014

Meals on Wheels

Nutrition Manager

Albert Vautour

Phone:

978-907-5709



Friends of Upton Elders Informational Meeting

Thursday, September 26th at 1:30pm



Thank you to all who have expressed interest in being a part of the Friends of Upton Elders group! In case you missed it last month...

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 Elder and Social Services Department. Join us on September 26th for an informational meeting to introduce those who are interested and to plan for next steps in the development of the group.



Crafts with Betty

Friday, September 13 at 9:30 am

Crafts with Betty is back for the Fall! Join Betty Brault for a morning of crafts and conversation!

Grandparent's Day Lunch

Friday, September 13 at 12:30 pm

Join us for a delicious lunch in honor of Grandparent's Day! Free for Upton Seniors. \$3 for non-resident seniors.

Tech Help

By Appointment



Need help using your iphone, android, laptop? We may be able to help. Contact us to find out and set up an appointment with one of our "techsperts" for one-on-one help here at the Community Center.

Reminder

The Community Center will be closed on Monday, September 2 for Labor Day.

We are working on some fun events for the fall. Keep an eye out for more information on the Senior Dance coming soon!

September Trivia Question

Congratulations to **Laurie Fantini** who answered the August trivia question correctly (Answer: Gladiolus). For September, can you answer our riddle:

I can never be thrown but I can be caught.

Ways to lose me are always being sought. What am I?

RIDDLE
TIME



Weekly Shopping Trip Schedule:

Tuesday, September 3 at 12:30 pm
Market Basket, Shrewsbury

Wednesday, September 11 at 9:30 am
Shaw's & Foppema's

Thursday, September 19 at 12:30 pm
Market Basket, Shrewsbury

Monday, September 23 at 9:00 am
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, September 4 & 18 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.



Tai Chi - New Day & Time!! **Tuesdays at 2:15 pm**



Tai Chi is a gentle, low-impact form of exercise in which practitioners perform a series of deliberate, flowing motions while focusing on deep, slow breaths. The deliberate movements help people to feel more relaxed, grounded and present in their bodies. Find out for yourself - join us Tuesdays at 2:15 pm. \$3 fee.

Senator Fattman Staff Office Hours **September 4, October 2 & November 6** **9:00 - 10:00 am**

Senator Ryan Fattman Announces Staff Office Hours Meet with District Director Amanda Hellyar to seek guidance on issues related to a state agency, find out about upcoming events, and learn more about legislative affairs on Beacon Hill. All are welcome!

Urgency & Incontinence in the Female Aging Population **Wednesday, September 4 12:30 pm**

Are you having any difficulty with bladder control? As we age our bladder muscle weakens. However, that doesn't mean there aren't strategies and techniques to learn to help minimize leakage, strong urgency, and getting up frequently at night. Learn about your bladder, correct habits, what a kegel is, and why posture is so important for your bladder control. Presented by Amanda Lehman PT, DPT, CSCS, Rehab and Sports Medicine - Milford Regional Medical Center.

Coffee & Conversation with the Town Manager **Friday, September 6 at 9:15 - 9:45am**

Join Town Manager, Joe Laydon, 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! This month, Joe will be accompanied by special guest Mike Antonellis, Director of Land Use and Inspectional Services.

Play with Clay!

Monday, September 9 & 16 at 10:00 am



Knead something fun to do? Join us for a morning of clay-time! Nicole & Paige will help you make a tic-tac-toe board (or trinket of your choice) from air-dry clay. On the first week, we'll craft our clay piece. On the second week, we'll paint our piece to take home! **Attendees must sign up for both sessions.**

TWO PART CLASS - must sign up for both!

Trip to Tower Hill Botanical Garden **Tuesday, September 10 at 10am**

AARP members and up to 5 guests can gain free admission to the New England Botanic Garden at Tower Hill in Boylston. Join us (and bring your AARP card if you have one) to explore the gardens with friends. Tower Hill garden includes conservatories, formal and naturalistic gardens, a Garden Shop, café, and expansive views of the Wachusett Reservoir.

Registry of Deeds/Probate Court **Wednesday, September 11th at 2:00 PM**

The Upton Senior Center welcomes Worcester Registrar of Deeds (Kathryn Toomey) & The Registrar of Probate Courts (Stephanie Fattman) for a discussion on deeds & probate. Listen as the nuts and bolts on how the Registry of Deeds & the Probate Court work together for the residents of Massachusetts. Join us in dialogue about land ownership and how probate issues can legally affect what happens to your property.

Grandparent's Day Lunch **Friday, September 13 at 12:30 pm**

Join us for a delicious lunch in honor of Grandparent's Day! Free for Upton Seniors. \$3 for non-resident seniors.

Mindful Meditation**Friday, September 13 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.

Lunch Trip**Monday, September 16 at 12:30 PM**

By popular demand we will be going to an old favorite... Wong's Chinese Restaurant. Located in Grafton, Wong's offers delicious and authentic fine Chinese. Fans have said they have great portions at very reasonable prices.

**ZUMBA**
gold**Zumba® Gold****Mondays at 2:30 pm starting September 16th**

Zumba® Gold uses Latin and International rhythms that feature low-intensity, low-impact exercises to help you safely reach your wellness goals. The moves are gentle on the joints and slower-paced offering the opportunity for greater range of motion at your own pace. This class is so full of fun and energy you'll forget you're working out and think you're at a party! \$3 fee.

Fresh Food Pantry Day**Friday, September 27 11:00 - 1:00 pm**

Are you in need of food assistance? Would you like access to free, fresh foods? Join us for a special fresh food pantry event on September 27th, sponsored by Michele Arthur's Fit Life In Leggings group, and organized by Julie DeZutter! Items to be distributed include, but are not limited to, eggs, milk, fruit, bread items and more. Please inquire with the Department of Elder and Social Services staff at 508-529-4558 to register. A registration form must be completed and turned in by **Friday, September 20**.

Senior Dinner - sponsored by Upton Men's Club**Friday, September 20 at 5:00 pm**

Looking for a great way to socialize with seniors in our community? Join us for a delightful dinner sponsored by the Upton Men's Club. September's dinner will include hot dogs and hamburgers from the grill along with a side and special dessert. Free to Upton seniors thanks to the generosity of Upton Men's Club. **Please RSVP by September 13 indicating if you would prefer 2 burgers, 2 hot dogs or one of each.** Shuttle service available. Doors open at 5pm.

**What's New with Joint Replacements****Monday, September 30 at 1pm**

Join physical therapists Kathy Slattery and Lindsey Schmitt who will talk about new "pathways" for hip and knee replacements including pre-habilitation, joint class and what to expect post-surgical. Occupational and certified hand therapist, Erin Culross, will also share helpful information about thumb joint replacement surgeries. Presented by Milford Regional Sports and Rehabilitation.

WEEKLY PROGRAMS**Monday:****10:45 – Strength and Stretch (\$3)****2:30 – Zumba® Gold (\$3)****Tuesday:****11:15 – Exercise with Shirley Areano (\$3)****12:30 – Hand and Foot Card Games****1:00 - Grief Support Group****2:15 – Tai-Chi (\$3)****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****11:30 - Learn Mahjong****1:00-3:00 – BINGO****Friday:****9:30—Exercise with Shirley (\$3)****10:45 – Strength and Stretch (\$3)****MONTHLY PROGRAMS****Crafts with Betty —****Friday, September 13 at 10:00 am****Nutrition Talk—****Monday, September 9 at 11:30 am****Trivia Time—****Monday, September 23 at 12:30 pm****Blood Pressure Checks —****Wednesday, September 25 at 12:30 pm****Birthday Bash—****Friday, August 30 at 12:30 pm****Featuring Chickadee the Clown!!**

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 September. Chickadee the Clown will be here to keep everyone entertained.



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, Social Services Coordinator, at 508-529-4558 to set up an appointment to discuss your eligibility and for assistance with this application!

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 to make an appointment.

Transportation Options



Transportation requests for the Upton Senior Center Bus continue to increase. While we do our best to accommodate all ride requests, there are options available to you when the van is unavailable.

Tri-Valley has been awarded a Community Transit Grant through June 2025. The grant provides non-emergency accessible transportation services to older adults and individuals with disabilities (over 18) caregivers and veterans residing in Upton. For more information contact 508-949-6640.

Are you a Mass Health member? You may be eligible for non-emergency transportation to your medical appointments. For more information contact 1-800-841-2900.



Food Pantry Hours of Operation

Wednesdays, 12:00-2:00 pm
Fridays, 11:00 –1:00pm



If you are unable to visit the pantry during these hours, please contact us at 508-529-4558 to set up a time to visit!