

COACH MESSENGER

JUNE 2020

CHESTER COUNCIL ON AGING
15 MIDDLEFIELD RD., CHESTER, MA 0101
413 354-7735
PEGGY GRAVELINE, DIRECTOR

This Newsletter is sponsored in part by the Executive Office of Elder Affairs

SAVE THE DATE

Meals/Grab & Go (Monday, 6/1, Thursday, 6/4, Monday, 5/8, Thursday, 5/11, Monday, 6/15, Thursday, 6/18, Friday, 6/19, Monday, 6/22, Thursday, 5/25 & Monday, 6/29). NOTE: Due to the Corona Virus (COVID-19) Pandemic, meals will be on a pick-up basis only between 12-1 p.m. until further notice. There will be only one meal option during this period. Please call 354-7735 and leave a message if you would like to pick up a meal.

Mahjong cancelled until further notice.

Blood Pressure Screening cancelled until further notice.

Foot Clinic cancelled until further notice. Someone will call when we are back on track.

Brown Bag Pick-Up – 3rd Friday of the Month (June 19th) – NOTE: If you have also ordered a lunch for that day, please plan on picking up your Brown Bag between 12-1 p.m.

DINING CENTER MEALS WILL BE GRAB AND GO UNTIL FURTHER NOTICE

Meals are provided by Highland Valley Elder Services. Monthly menus are usually available at the COA the last week of the month for the following month. You can also find the June Menu on the Town Website and on the back of this newsletter. There will not be a meal CHOICE until further notice. Reservations must be made 24 hrs. in advance. Please call the COA at 354-7735 to order a meal. Meals can be picked up between 12 noon and 1:00 p.m. Meal includes milk, bread or roll, and a dessert, often fresh fruit. Meals are free but anonymous donations are accepted if it is within one's means to help defray the cost of this program.

If you are not feeling well and are unable to pick up your meal, please let me know and I will find a volunteer to drop it off at your doorstep. Our meal distributions have grown tremendously thanks to some caring volunteers who have been making sure that the seniors who want a meal are able to get one twice a week (Monday and Thursday) with an additional meal on Brown Bag Friday. We also want to thank Highland Valley Elder Services for making this possible along with their volunteers who bring the meals to the COA's for distribution.

REOPENING MASSACHUSETTS – FOUR-PHASE APPROACH (FROM MASS.GOV)

The goal of this phased reopening plan is to methodically allow businesses, services, and activities to resume, while avoiding a resurgence of COVID-19 that could overwhelm our healthcare system and erase the progress we've made so far.

- Each phase will last a minimum of three weeks and could last longer before moving to the next phase.
- If public health data trends are negative, specific industries, regions and/or the entire Commonwealth may need to return to an earlier phase.
- The Commonwealth will partner with industries to draft Sector-Specific Protocols in advance of future phases (example, restaurant specific protocols will be drafted in advance of Phase 2)
- If we all work together to defeat COVID-19, we can proceed through each phase.

As the State begins to open up, please remember to continue practicing the Social toDistancing Protocols.

- Wear face masks when out in public
- Remain six feet apart from people not living in your household
- Wash hands often for at least 20 seconds with soap and water, especially after being out in public
- Use hand sanitizer if you are unable to wash your hands

We are in this together and we will get through it together if we practice/follow the rules. We do not want to suffer a relapse.

CHESTER COA – GRAB & GO LUNCHEES FOR JUNE 2020

MONDAY	THURSDAY	FRIDAY
1 Cheese Lasagna w/Primavera Sauce. Roasted Zucchini & Summer Squash, Apple Juice, Wheat Dinner Roll, Chilled Peaches	4 Baked Fish Sticks w/Tartar Sauce, Steamed Peas, Roasted Sweet Potatoes, Wheat Dinner Roll, Oatmeal Cookies	
8 Baked Pollock w/Lemon Dill Sauce, Steamed Green Beans, Rice Pilaf, Pumpernickel Bread, Strawberry Yogurt.	11 Chicken Coq au Vin, Italian Blended Vegetables, Spaghetti Noodles, French Bread, Fresh Fruit	
15 Vegetable and Cheese Quiche, Stewed Tomatoes, Oven Brown Potatoes, Homemade Corn Bread, Mandarin Oranges	18 Chef’s Salad w/Ham, Egg, and Cheese, Lettuce, Tomato, and Cucumber Macaroni Salad, Oatmeal Bread, Vanilla Yogurt	19 Chicken Pot Pie, Biscuit Topping Red Bliss Potatoes, Chilled Mixed Fruit
22 Baked Stuffed Shells w/Marinara Sauce, Steamed Spinach, Orange Juice, Cherry Snack N Loaf, Warmed Apple Crisp	25 Roast Pork w/Gravy, Roasted Brussels Sprouts, Whipped Potatoes, Whole Wheat Bread, Applesauce	
29 Chicken Marsala, Steamed Green Beans, Spaghetti Noodles, French Bread, Fresh Fruit		

SHINE Counseling – Contact Sue Kucharshi at the Senior Outreach Center (SHCOAC) 3 Maple Street, Chester, MA (413) 354-6540 to schedule an appointment. See what other senior benefits you may also be eligible for.