

COACH MESSENGER

SEPTEMBER 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 (Thursday, 9/3, Tuesday, 9/8, Thursday, 9/10, Monday, 9/14, Thursday, 9/17, Friday, 9/18, Monday, 9/21, Thursday, 9/24, & Monday, 9/28). 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 – Tuesday, September 22nd and Wednesday, September 23rd. Someone will call to schedule an appointment.

Brown Bag Pick-Up – 3rd Friday of the Month (September 18th) – 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 or 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.

GOOD NEWS – COA FOOT CLINIC REOPENS

The Chester Board of Health has given permission for the Chester COA to reopen the Foot Clinic in September provided we follow the necessary protocols below:

- Mandatory wearing of masks while in the building
- Hand sanitizing and temperature taking upon arrival
- Sign in upon arrival
- Only one client in the room at a time (caregiver may wait in car in the parking lot)
- Foot Clinic chair will be sanitized between each client
- Client will be escorted out of the building before next client is called in

Please keep in mind that attendance at the foot clinic is by appointment only, there will be no walk-ins. You will be called by Ellen or Marge to schedule your appointment.

CHESTER COA – GRAB & GO LUNCHES FOR SEPTEMBER 2020

MONDAY or TUESDAY	THURSDAY	FRIDAY
	3 Cheese & Sausage Frittata, Stewed Tomatoes, Orange Juice, Corn Bread, Cranberry Totality Bar	
8 - Tuesday Chicken Salad, Lettuce, Tomato & Cucumber, Lo Mein Noodles, Whole Wheat Bread, Mixed Fruit	10 Creamy Cottage Cheese w/Pear, Homemade Gazpacho, Tangy Red Potato Salad, Oatmeal Bread, Chocolate Chip Cookie	
14 Chef Salad - Turkey, Egg & Cheese, Lettuce, Tomato & Cucumber, Creamy Red Potato Salad, Whole Wheat Roll, Chocolate Pudding w/Whipped Topping	17 Roast Turkey w/Gravy & Cranberry Sauce, Creamy Butternut Squash, Whipped Potatoes, Cranberry Orange Muffin, Fresh Fruit	18 Chicken Marsala, Green Beans, Rice Pilaf, Whole Wheat Bread, Chilled Pineapple Chunks
21 Seafood Salad, Lettuce, Tomato & Cucumber, Macaroni Salad, Whole Wheat Bread, Fresh Fruit	24 BBQ Chicken, Steamed Corn, Red Bliss Potatoes, Whole Wheat Bread, Mixed Fruit	
28 Egg Salad, Lettuce, Tomato & Cucumber, Three Bean Salad, Pumpernickel Bread, Chilled Pears		

MORE GOOD NEWS

Thanks to the generosity of a donation to HVES from United Way of Pioneer Valley to help Chester seniors, we will be receiving boxes of shelf stable foods. If you are a senior and would like to receive one of these boxes, please call the COA at 354-7735 and leave a message with your name and phone number so we can set up a time for you to pick up or, if necessary, arrange for delivery.

REMINDER

The Hilltown Mobile Market begins on July 23rd and ends on October 9th at the following locations.

*Thursdays – Worthington from 2:00 pm to 3:30 pm – The Maples – 48 Old North Road
 Thursdays – Cummington from 4:30 pm to 6:00 pm – Kingman Tavern – 41 Main Street
 Fridays – Blandford from 2:00 pm to 3:30 pm – Post Office – 102 Main Street
 Fridays – Huntington from 4:30 pm to 6:00 pm – Town Green – 24 Russell Road*

<p>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.</p>
