

COACH MESSENGER

OCTOBER 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, 10/1, Monday, 10/5, Thursday, 10/8, Tuesday, 10/13, Thursday, 10/15, Friday, 10/16, Monday, 10/19, Thursday, 10/22, Monday, 10/26 & Thursday, 10/29). 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.

Brown Bag Pick-Up – 3rd Friday of the Month (October 16th) – 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.

VOLUNTEER OPPORTUNITY

Highland Valley Elder Services is looking for **Volunteer drivers** to deliver meals to home bound elders in Westfield and Northampton.

Meal pick-up time is 10:30 am – Monday – Friday. Delivery time between 10:30 am and 12:30 pm

Also need: meal packers and curbside “runners”

If interested, contact:

Renee Dearborn @ 1-413-588-5757

rdearborn@highlandvalley.org

GOOD NEWS

Thanks to the generosity of a donation to HVES from United Way of Pioneer Valley to help Chester seniors, we received 74 boxes of shelf stable foods. Although we have distributed more than half of the boxes, we would love to distribute the remainder of them. If you are a senior and have yet to claim a box but would like to receive one, 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.

CHESTER COA – GRAB & GO LUNCHES FOR OCTOBER 2020

MONDAY or TUESDAY	THURSDAY	FRIDAY
	1 Masked Macaroni & Cheese, Stewed Tomatoes, Orange Juice, Blueberry Muffin, Fresh Fruit	
5 Reduced Sodium Franks, Pickled Beets, Baked Beans, Hot Dog Roll, Spiced Pears	8 Baked Potato Pollock w/Tartar Sauce, Italian Blend, Oven Roasted Potatoes, Whole Wheat Bread, Chilled Peaches	
13 - Tuesday Chef Salad w/Philly Steak, Egg & Cheese, Lettuce, Tomato & Cucumber, Lo Mein Noodle Salad, Cherry Muffin, Fresh Fruit	15 Yankee Pot Roast w/Gravy, Steamed Carrots, Ghostly Whipped Potatoes, Oatmeal Bread, Fresh Fruit	16 Supernatural Sausage Pizza w/Peppers & Onions, Steamed Broccoli, Cranberry Juice, Warm Cherry Compote
19 Terrifying Turkey Grinder w/ Lettuce & Tomato, Broccoli Salad, Three Bean Salad, Grinder Roll, Chilled Pears	22 Wicked American Chop Suey, Italian Blend, French Bread, Fruit Jello	
26 Sea Monster Seafood Salad, Lettuce, Tomato & Cucumber, Macaroni Salad, Whole Wheat Roll, Chilled Peaches	29 Baked Fish Sticks w/Tartar Sauce, Winter Blend, Brown Rice, Rye Bread, Cranberry Totality Bar	

WHO MUST COMPLETE THE MASSACHUSETTS TRAVEL FORM

Effective August 1, 2020, all visitors and returning residents entering Massachusetts must follow new travel orders. For more information visit: [mass.gov/info-details/covid.19-travel](https://www.mass.gov/info-details/covid.19-travel)

The Massachusetts Travel Form must be completed prior to arrival, unless you are visiting from a lower-risk state designated by the Department of Public Health.

Lower-risk states include:

- | | |
|--|-------------------------------------|
| <input type="checkbox"/> Colorado | <input type="checkbox"/> New Mexico |
| <input type="checkbox"/> Connecticut | <input type="checkbox"/> New York |
| <input type="checkbox"/> Maine | <input type="checkbox"/> Oregon |
| <input type="checkbox"/> New Hampshire | <input type="checkbox"/> Vermont |
| <input type="checkbox"/> New Jersey | <input type="checkbox"/> Washington |

<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>
