

COACH MESSENGER

MARCH 2021

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, 3/1, Thursday, 3/4, Monday, 3/8, Thursday, 3/11, Monday, 3/15, Wednesday, 3/17 (St. Patrick's Day), Thursday, 3/18, Friday, 3/19, Monday, 3/22) & Thursday, 3/25. **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 2 days in advance if you would like to order and 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 (March 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.

MA COVID-19 VACCINE FOR INDIVIDUALS AGES 65 & OLDER

As of February 18, 2021, people ages 65 and older were eligible to receive the COVID-19 vaccine in Massachusetts as part of Phase 2, Group 2. The COVID-19 vaccine is **safe** and **free**.

Eligibility

People ages 65 and older are now eligible to receive the vaccine. **Please note, due to high demand and limited supply, it may take several weeks to get an appointment at a location near you.** As more vaccine supply arrives in Massachusetts, additional appointments will become available.

How do I book an appointment

Appointments can be scheduled online by visiting vaxfinder.mass.gov Individuals can enter their ZIP Code or City/Town name to find an appointment online. While there is extremely high demand for appointments and limited vaccine supply, new appointments will continually be added to the website regularly and the mass vaccination sites have the most availability for appointments.

Individuals who are **unable to use or have difficulty accessing the internet** to schedule an appointment online may use the **Massachusetts Vaccine Scheduling Resource Line. Call 2-1-1 (877-211-6277) and follow the prompts for assistance booking an appointment. Hours of operation: Monday thru Thursday from 8:30 AM to 8:00 PM and Friday thru Sunday from 8:30 AM to 5:00 PM.**

NOTE: The Town of Chester (via the COA) may have an opportunity to hold a Vaccine Clinic here in Chester. If this is of interest to you and you are 65+ and a Chester resident, please call the Chester Council on Aging at (413) 354-7735 by March 15th and leave your NAME & PHONE NUMBER stating your interest in the Vaccine Clinic. If we can enough seniors that are interested, we can hopefully make this happen.

Remember: Be patient. Due to high demands in appointments and limited supply of vaccines, it can take several weeks to get an appointment. As of now, mass vaccination sites post appointments weekly on Thursday and some smaller sites, such as CVS or other pharmacies, post more regularly. If you are unable to secure an appointment, please continue to check the website.

CHESTER COA – GRAB & GO LUNCHES FOR FEBRUARY 2021

MONDAY or WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Sandwich, Sliced Tomato, Cucumber & Lettuce, Macaroni Salad, Hamburger Roll, Chilled Mixed Fruit	4 Chili Con Carne, Steamed Corn, Brown Rice, Corn Bread, Chilled Peaches	
8 Taco Salad, Corn Relish, Ranch Dressing, Tortilla Strips, Tapioca Pudding w/Whipped Topping	11 BBQ Pork Rib, Steamed Brussel Sprouts, Corn Chowder, Rye Bread, Fresh Fruit	
15 Grilled Cheese, Cucumber Salad, Pasta Salad, Mandarin Oranges 17–Wednesday, St. Patrick’s Day Savory Corned Beef, Steamed Cabbage & Carrots, Boiled Red Bliss Potatoes, Rye Bread, Leprechaun Cake	18 Lemon Chicken, Butternut Squash Soup, Oven Brown Potatoes, Whole Wheat Bread, Fresh Fruit	19 Teriyaki Salmon, Steamed Broccoli, Rice Pilaf, Cranberry Orange Muffin, Fruited Jell-o w/Whipped Topping
22 Chicken Salad, Sliced Tomato, Cucumber, Lettuce, Vinaigrette Potato Salad, Whole Wheat Roll, Fruit Crunch Bar	25 Pollock Florentine, Vegetable Minestrone Soup, Brown Rice, Cherry Muffin, Chilled Pears	
29 Ham & Pickle Salad w/Lettuce, Broccoli Salad, Carrot & Raisin Salad, Pumpernickel Bread, Chilled Mixed Fruit		

Suggested donation is \$3.00/meal, if it is within your means, but no one will be refused a meal if it is not.

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.