

COACH MESSENGER

MAY 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 are now three days per week: (Monday, 5/3, Thursday, 5/6, Friday, 5/7, Monday, 5/10, Thursday, 5/13, Friday, 5/14, Monday, 5/17, Thursday, 5/20, Friday, 5/21, Monday, 5/24, Thursday, 5/27, & Friday, 5/28. There will be no meal on Monday, 5/31 as this is the MEMORIAL DAY HOLIDAY.

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 (May 21st) – NOTE: If you have also ordered a lunch for that day, please plan on picking up your Brown Bag between 12-1 p.m.

Foot Clinic scheduled for Tuesday, June 8th & Wednesday, June 9th – by appointment only

MAY IS OLDER AMERICANS MONTH

The Administration for Community Living announced that the theme of Older American Month (OAM) 2021 is *Communities of Strength*. They state that older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others.

In May, ACL will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

There are many things we can all do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important – it plays a vital role in our health and well-being, and in that of our communities. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, ACL will promote the ways we are connected and strong.

The pandemic and its social isolation have been hard on people of all ages. We can help each other through this time by sharing our strengths and our experiences—the resilience we have developed in our lives and what has gotten us through tough times in the past. As more and more people receive the vaccine against COVID-19 we can begin to share ideas and plan on future activities. The CDC says that outdoor gatherings with plenty of ventilation, masks, and social distancing pose less risk of spreading COVID-19.

As the day approaches that we can open the doors of the COA, we can look forward to gathering with old friends and resuming some of our favorite activities that we have been missing, i.e., Mahjong, Pot Luck Lunches, Congregate Meals, Knitting with friends. Board Games & Puzzle Making, Holiday Parties, Day Trips to some Cultural Sites, and just plain enjoying each other's company once again.

Working together creates community, even when you cannot be physically together. We should celebrate contributions of individuals and what our community can accomplish together by organizing a group project. Each participant could work individually before their work is combined to create a finished masterpiece. All collection activities can be done without contact. Start thinking about where your interests lie and what talents you bring to the table.

In the meantime, here are some ideas we can begin to think about or some new projects we might like to consider, to name a few:

- Create a community quilt
- Decorate a public garden or community walking path
- Plant a community garden of flowers or vegetables
- Intergenerational Pen (or Keyboard) Pals
- Bring back a Book Club

CHESTER COA – GRAB & GO LUNCHEES FOR MAY 2021

MONDAY	THURSDAY	FRIDAY
3 Taco Salad w/Ranch Dressing, Lettuce & Tomato, Corn Relish, Tortilla Strips, Mandarin Oranges	6 Mini Ravioli w/Primavera, Steamed Spinach, Orange Juice, French Bread, Fresh Fruit	7 Tender Pork Roast w/Gravy, Butternut Squash, Whipped Potatoes, Rye Bread, Chilled Peaches
10 Chicken Sandwich, Sliced Lettuce, Tomato, & Cucumber, Three Bean Salad, Hamburger Roll, Chilled Pears	13 Egg Salad Sandwich, Lettuce, Tomato Cucumber, Macaroni Salad, Wheat Roll, Mixed Fruit	14 Sausage & Cheese Skillet Frittata w/Cheese Sauce, Steamed Green Beans, Rice Pilaf, Whole Wheat Bread, Fresh Fruit
17 Grilled Cheese, Cucumber Salad, Creamy Potato Salad, Fruit Crunch Bar	20 Spaghetti with Meatballs, Steamed Broccoli, French Bread, Vanilla Pudding w/Whipped Topping	21 Yankee Pot Roast w/Gravy, Steamed Peas, Whipped Potatoes, Whole Wheat Bread, Applesauce
24 Chilled Tuna Salad Plate, Tossed Salad w/Ranch Dressing, Red Potato Salad, Rye Bread, Fresh Fruit	27 Homemade Meatloaf, Steamy Vegetable Soup, Whipped Potatoes, Whole Wheat Bread, Strawberry Yogurt	28 Reduced Sodium Hot Dog, Steamed Corn, Baked Beans, Hot Dog Roll, Patriotic Jell-O w/Whipped Topping
31 MEMORIAL DAY NO MEALS		

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.