

## CHESTER COUNCIL ON AGING

15 Middlefield Rd, Chester Ma

413-354-7735

Angelique Toroni, Director

# COACH MESSENGER

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The COVID-19 Pandemic has generated several challenges for the Council on Aging as we remain closed to gatherings and indoor activities. Despite these challenges, we are excited to announce that we are working on a few new programs as well as the continuing programs we are already offering.

**TRIAD:** We are currently working with the Hampden County TRIAD Program through the Hampden County Sheriff's Department. The projects we will be bringing to Chester are:

**ARE YOU OK?** – A daily telephone reassurance program to check on the wellbeing of seniors who live alone.

**IS YOUR NUMBER UP?** – A house number initiative that assists Police, Fire, and EMS in their efforts to respond quickly to 911 calls.

**Alzheimer/Dementia Elopement Alert Forms:** These forms will permit the Care Provider to inform the Chester/Blandford Police Department and other First Responders about the special needs related to the individuals that may wander or get lost. This will be used for the care of Individuals that are lost or found that cannot communicate or may not be able to fully care for themselves. The details provided by completing this form will speed up verification of data about the individual that is missing. It will also allow dispatch to disseminate the information to First Responders and Search Personnel quicker.

**Door to Door Drop Off:** We have collaborated with the Hamilton Memorial Library to offer home delivery of library books, DVDs, crafts, and puzzles. Deliveries will be on Tuesdays and Thursdays.

**Farmers Market Coupons:** We have coupons available for income qualified seniors. Hilltown Mobile Market are accepting coupons until October 8<sup>th</sup>.

### **WORTHINGTON**

Thurs, 2-3:30 pm  
Congregational Church  
156 Huntington Rd

### **CUMMINGTON**

Thurs, 4:30-6pm  
Kingman Tavern  
41 Main St

### **HUNTINGTON**

Fri, 2:00-3:30pm  
Town Green  
24 Russell Rd

### **BLANDFORD**

Fri, 4:30-6pm  
Post Office  
102 Main St

**FootCare by Nurses:** We will be providing services on the third Tuesday of every month. Please call the COA office to sign up. A \$20 co-pay is required.

**If you are interested in any of these programs, please call the COA office at 354-7735 to sign up or to receive more information.**

Although the Community Dining Room at the Chester COA remains closed, Chester seniors have curbside pick up available at the COA. Highland Valley Elder Services delivers meals to the Chester COA at 11:45am on Mondays, Thursdays, and Friday each week. Meals are specially prepared to meet the dietary needs of the older members of our community.

<b>HIGHLAND VALLEY ELDER SERVICES TAKE and EAT MENU</b>	
Thursday 9/2	Salisbury Steak w/Gravy, California Blend, Roasted Sweet Potato, Pumpernickel Bread, Strawberry Yogurt
Friday 9/3	Sweet & Tangy Chicken Teriyaki, Roasted Summer Squash & Zucchini, Lo Mein Noodles, Whole Wheat Bread, Chilled Mixed Fruit
Tuesday 9/7	Chicken Parmesan, Steamed Broccoli, Spaghetti Noodles, French Bread, Tapioca Pudding w/whipped Topping
Thursday 9/9	Egg Salad Sandwich, Lettuce, Tomato, Cucumber, Pasta Salad, Whole Wheat Roll, Orange Gelatin w/ Whipped Topping
Friday 9/10	All-Beef Homemade Meatloaf w/Gravy, Steamed Corn, Red Bliss Potatoes, Rye Bread, Fresh Fruit
Monday 9/13	Potato Pollock Fillet w/Tartar Sauce, Steamed Peas, Whipped Potatoes, Oatmeal Bread, Chilled Pears
Thursday 9/16	Savory Roasted Turkey w/gravy and Cranberry Sauce, Butternut Squash, Homemade Stuffing, Wheat Dinner roll, Vanilla Yogurt
Friday 9/17	Salmon w/Creamy Dill, Oriental Blend, Steamed Brown Rice, Rye Bread, Fresh Fruit
Monday 9/20	American Chop Suey, Steamed Spinach, Orange Juice, Whole Wheat Roll, Warm Cherry Crisp
Thursday 9/23	Orange Chicken, Steamed Broccoli, Cavatappi Noodles, Whole Wheat Bread, Applesauce
Friday 9/24	Chilled Tuna Salad, Lettuce, Tomato, Cucumber, Vinaigrette Potato Salad, Whole Wheat Roll, Mandarin Oranges
Monday 9/27	Chicken A La King, Steamed Spinach, Whipped Potatoes, Cherry Muffin, Fresh Fruit
Thursday 9/30	Cooled Chef Salad w/Turkey, Egg Cheese & Ranch Dressing, Lettuce, Tomato, Cucumber, Pasta Salad, Oatmeal Bread, Mixed Fruit
<p><b>The suggested donation is \$3.00 per meal. If you would like to sign up for monthly meals, please contact our office to register. If you are already signed up and would like to order meals for the month, please call the COA office at 354-7735 and leave your name, phone number and your choice of days for meals.</b></p>	