COACH MESSENGER

February 2022
Chester Council On Aging
15 Middlefield Rd
Chester, MA 01011
413 354-7735 or coa@townofchester.net
Ann Daley, Director

Family Movie Night is scheduled for Saturday February 19 at 6PM at the Town hall Auditorium. Light refreshments will be available, including popcorn from the Chester Fire Department machine. The movie choice is yet to be determined. The event is brought to you by the Recreation, COA, FD & PD. We hope to see you there.

GRAB & GO MEALS continue with curbside pick-up at the COA. Highland Valley Elder Services (HVES) delivers the meals to the COA by 11:30 am on Monday, Thursday & Friday each week. Seniors should plan to pick up their meals between 11:45 & 12:15. The February menu is on the back for you to make your choices. Meals are generally ordered in advance for each month to aid HVES. The meal service is available to any resident 60 or older.

The **FOOT CLINIC** continues with service by FootCare by Nurses. They can provide the same care in your home. Your elder care caseworker can arrange care. The March 22 clinic has 1 open appointment. It would be helpful for planning purposes to know if more seniors in Chester would be interested in this service. Contact the COA if interested for future planning and getting on the list should there be a cancellation.

Senior Time in the Town Hall Auditorium is on Thursday's from 11am to 3pm. Bring a friend or neighbor. Have a hot drink and a snack. We have yarn to share for a project. (Will gladly accept donations of yarn.) There are several groups looking for donations of hats, mittens, scarves & lap robes made with love. There are cards, games & puzzles (including extra's to loan). Covid protocols are followed.

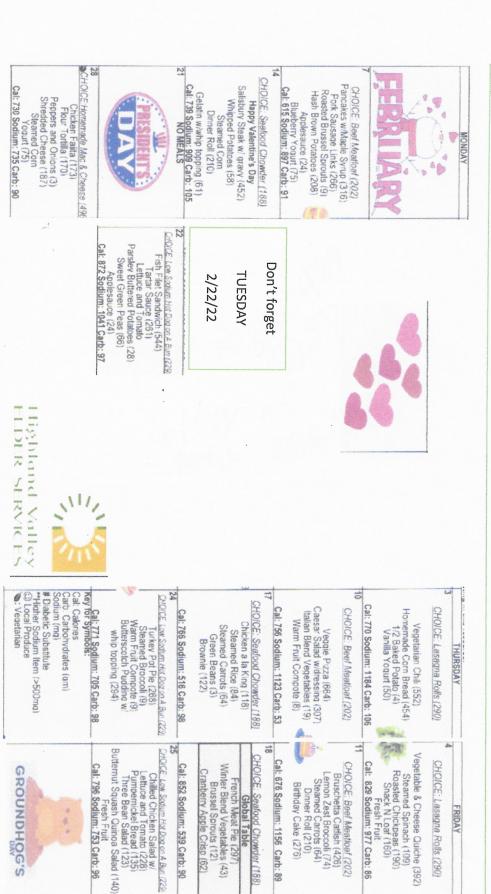
Medicare Advantage Open Enrollment closes March 31. You can make one plan change. Help is available in 3 forms:

- *Insurance navigators at the Hilltown Community Health Center Outreach Center. You can reach them at (413)667-2203. Don't wait! Call soon for a teleconference appointment.
- * Call 1-800-Medicare (1-800-633-4277). TTY 1-877-486-2048. These phones are staffed 24/7, you can speak with a representative for help. *Use the Medicare plan finder at Medicare.gov.

PLEASE highlight your choices for the MONTH. Meals served on all the dates listed

Return this form to the COA by Friday 1/28/22.

FRIDAY



The suggested donation is \$3.00 per meal. Thank you for investing in this resource: Highland Valley Exter Services Community Dining Menu - February 2022



Funding Sources include the City of Westfield Community Development Block Grant
Meals based on No Added Salt Diet (3-4gm sodium) for healthy older adults. Sodium content is listed next to each item in (), all meals include milk w/ 125 mg sodium. If you have a special concern regarding the menu, contact the Nutritionist at 413-588-5752 for guidance on managing your intake to meet your dietary requirements.

