

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY								
7 FEBRUARY CHOICE: Beef Meatloaf (202) Pancakes w/Maple Syrup (316) Pork Sausage Links (266) Roasted Brussel Sprouts (9) Hash Brown Potatoes (208) Applesauce (24) Blueberry Yogurt (75) Cal: 813 Sodium: 897 Carb: 91	14 CHOICE: Seafood Chowder (188) Happy Valentine's Day Salisbury Steak w/ gravy (452) Whipped Potatoes (58) Steamed Corn Dinner Roll (210) Galatin whip topping (61) Cal: 739 Sodium: 909 Carb: 105 NO MEALS	21 CHOICE: Low Sodium Hot Dog on A Bun (229) Fish Filet Sandwich (544) Tartar Sauce (261) Lettuce and Tomato Parsley Buttered Potatoes (28) Sweet Green Peas (66) Applesauce (24) Cal: 872 Sodium: 1041 Carb: 97	22 CHOICE: Low Sodium Hot Dog on A Bun (229) Fish Filet Sandwich (544) Tartar Sauce (261) Lettuce and Tomato Parsley Buttered Potatoes (28) Sweet Green Peas (66) Applesauce (24) Cal: 872 Sodium: 1041 Carb: 97	28 CHOICE: Homemade Mac & Cheese (496) Chicken Fatta (173) Flour Tortilla (170) Peppers and Onions (3) Shredded Cheese (187) Steamed Corn Yogurt (75) Cal: 730 Sodium: 735 Carb: 90	3 THURSDAY CHOICE: Lasagna Rolls (290) Vegetarian Chili (552) Homemade Corn Bread (454) 1/2 Baked Potato (4) Vanilla Yogurt (50) Cal: 770 Sodium: 1184 Carb: 106	10 CHOICE: Beef Meatloaf (202) Veggie Pizza (664) Caesar Salad w/dressing (307) Italian Blend Vegetables (19) Warm Fruit Compote (8) Cal: 756 Sodium: 1123 Carb: 53	17 CHOICE: Seafood Chowder (188) Chicken a la King (118) Steamed Rice (84) Steamed Carrots (64) Green Beans (3) Brownie (122) Cal: 786 Sodium: 516 Carb: 98	24 CHOICE: Low Sodium Hot Dog on A Bun (229) Turkey Pot Pie (268) Steamed Broccoli (9) Warm Fruit Compote (9) Butterscotch Pudding w/ whip topping (294) Cal: 771 Sodium: 705 Carb: 98 Key for Symbols: Cal: Calories Carb: Carbohydrates (am) Sodium (m) # Diabetic Substitute *Higher Sodium Item (>500m) Local Produce *Vegetarian	4 FRIDAY CHOICE: Lasagna Rolls (290) Vegetable & Cheese Quiche (392) Steamed Spinach (109) Roasted Chickpeas (190) Snack N' Loaf (160) Fresh Fruit Cal: 828 Sodium: 977 Carb: 86	11 CHOICE: Beef Meatloaf (202) Bruschetta Cautish (426) Lemon Zest Broccoli (74) Steamed Carrots (64) Dinner Roll (210) Birthday Cake (276) Cal: 676 Sodium: 1156 Carb: 89	18 CHOICE: Seafood Chowder (188) Global T-bone French Meat Pie (297) Winter Blend Vegetables (43) Brussel Sprouts (12) Cranberry Apple Crisp (62) Cal: 852 Sodium: 539 Carb: 90	25 CHOICE: Low Sodium Hot Dog on A Bun (229) Chilled Chicken Salad w/ Lettuce and Tomato (228) Pumpkin/Chick Bread (135) Three Bean Salad (123) Butternut Squash Quinoa Salad (140) Fresh Fruit Cal: 796 Sodium: 753 Carb: 96



Don't forget
 TUESDAY
 2/22/22

HIGHLAND VALLEY
 ELDER SERVICES



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



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 413-388-5752 for guidance on managing your intake to meet your dietary requirements.

