

# COACH MESSENGER

December 2022

Chester Council on Aging

15 Middlefield Rd

Chester, MA 01011

413 354-7735 or [coa@townofchester.net](mailto:coa@townofchester.net)

Ann Daley, Director

On behalf of myself and the many volunteers at the COA, we would like to wish all Chester residents Happy Holidays to you and your families. May you all experience some of the joy and blessings of the season!

There will be a **free Christmas Concert** with the **Dan Kane Singers** on Sunday 12/18 @2pm in the Town Hall Auditorium. Donations for the Food Bank are suggested and will be most welcome. Light Refreshments will be served.

The Hampshire County public Health Nurse will be in Town Hall on 11/15 at 1pm to discuss Strategies to assist in managing blood sugars & cholesterol during the holidays or anytime. This is the same team that administered 84 vaccines on 11/15. Thank You to the Chester residents from 2 & up, who protected themselves and our friends & neighbors against serious illness.

**GRAB & GO MEALS** are now delivered @ 11:30am. Plan on picking up meals between 11:45 & 12:15. The week between Christmas and New Years will have meals on **Thursday 12/29 & Friday 12/30 only**. The menu for each month will be posted on the Town website.

The **FOOT CLINIC** will be offered on the 2<sup>nd</sup> Tuesday of the month in 2023 with service by FootCare by Nurses. The next two clinics will be on Tuesday 12/20/22 & 1/10/23 in the Building Inspector's office.

**Brown Bag** distribution is on the third Friday of each month. Call the COA or the Food Bank for an application (413)247-9738.

The **Brown Bag Cancellation Hotline 800 247-9632 Ext#110** to learn if your **Brown Bag has been cancelled due to weather. Call after 8am on the day of your distribution.**

The Food Bank also has a **Mobile Food Bank** that deliveries a truck full of fresh and non-perishable groceries throughout the area. **No Eligibility requirements to receive food from the Mobile Food Bank.** Anyone in need can attend. It is suggested that you arrive 10-15 minutes before distribution with boxes or bags to carry your food. The distribution location in Westfield is 60 Broad Street on the 1<sup>st</sup> & 3<sup>rd</sup> Monday of the month from 10-11am. Call the COA or the Food Bank for the extensive list of other locations.

**SNAP Benefits** can also boost your food budget. Call the Western mass Food Bank at (413)247-9738.

The Food Bank also reminds us to stock up on basics including non-perishable foods(peanut/almond butter, crackers, canned meats, bottled

water, blankets, flashlights (extra batteries), a can opener, battery operated cell phone charger, an emergency radio (extra batteries).

## **7 Tips for Preparing you for Winter**

### **1. Have the Furnace Inspected**

Inspections make sure the heat system is ready to heat the home and to identify any issues such as carbon monoxide leaks.

### **2. Check smoke and Carbon Monoxide Detectors**

The Fire Dept reminds all of us each October to do this. Having working detectors save lives especially with adults dealing with mobility or vision issues.

### **3. Shut off and Drain Outdoor Water Faucets**

Frozen pipes can burst. 70 degrees in November may have been a gift, but we are not fooled. Turn off water inside. Drain and disconnect faucets and hoses.

### **4. Have your Gutters Cleaned**

Clean gutters prevent ice jams that can prevent the flow of water into your ceilings or basement.

### **5. Develop a Plan for Snow Removal**

If you need help with this task, connect with your contractor or family members in advance. Sand is available for home use by the Highway Dept in the lot adjacent to the Historical Society on Route 20.

### **6. Develop a Plan for Emergency Check Ups during Storms**

For your continued safety, have a plan for a phone or email check-in. If you have close neighbors, set up a visual cue to alert a neighbor if you need help. New Englanders are quite familiar with winter weather, it's smart & safe to have a way to let family or friends KNOW you are OK.

### **7. Prepare your Car for Winter Travel**

In addition to having tires and fluids checked. Winter wiper blades, window scrapers should be accessible. It is also recommended to have blankets, water and snacks in the car during extended trips. As well as a charger & cell phone in the car.

See tips for preparing a senior's home for winter at [sunriseseniorliving.com](http://sunriseseniorliving.com)

The COA is looking for suggestion for activities and events that you would like to participate in. Please email the [coa@townofchester.net](mailto:coa@townofchester.net) with your ideas. I'm hoping that you put on your thinking caps & forward your ideas and plans to contribute & volunteer.