North Quabbin Health Collaborative

Public Health Newsletter
COVERING: October 19th – October 25th, 2026
PUBLISHED October 30, 2026

Public Health
Prevent. Promote. Protect.

Upcoming Events:

Next Collaborative Meeting

Monday 12/21 at 6pm
OIC room 210/211

GET YOUR FREE ASSOCIATES DEGREE!
Learn more at: https://www.mass.gov/info-details/free-community-college



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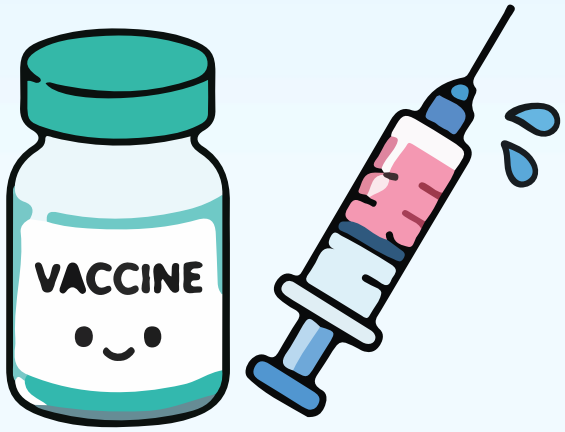
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UPDATES: VACCINE CLINIC

We're offering a Vaccine Clinic **Friday 10/30 from 4-6pm**

We will be taking WALK INS on a first come basis or sign up using the QR code

Please feel free to reach out with any questions to 413-500-6414 or spiragis@townoforange.org!



Visit the North Quabbin Health Collaborative website to download materials and see additional information at: https://www.northquabbinhc.org/



Don't forget to send your area news and activities to cpage@townoforange.org to be included in the next newsletter.

Calendar of Events

NEW SALEM The New Salem Recreation Committee invites everyone to Trunk or Treat Halloween, Saturday, October 31, from 6 to 8 p.m. Residents are welcome to set up on the common to give out candy to costumed children who walk from table to table or car to car. Thank you! And happy Halloween. For more information, contact Pat Dery, New Salem Recreation Committee, at (978) 544-7554.

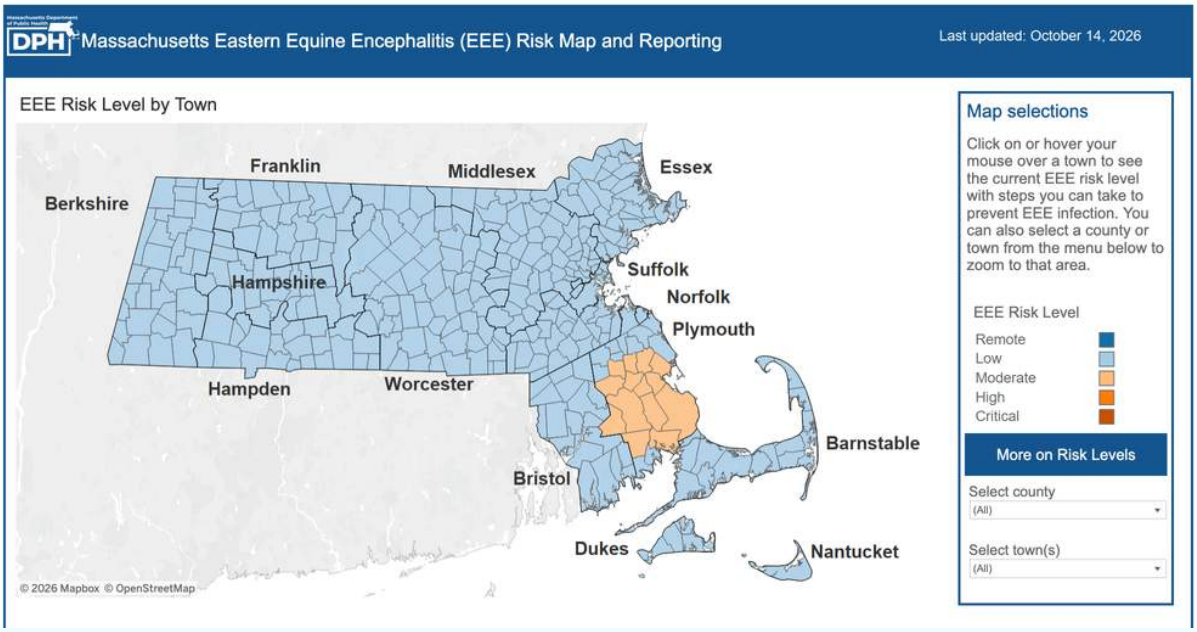
NEW SALEM Library Avoiding Scams and Identity Theft Thursday, November 5, 6:30 to 7:30 p.m. Anita Wilson from the Northwestern District Attorney's Office will be sharing information about how to recognize various types of scams, how to prevent identity theft, and other ways to keep safe in the computer age.

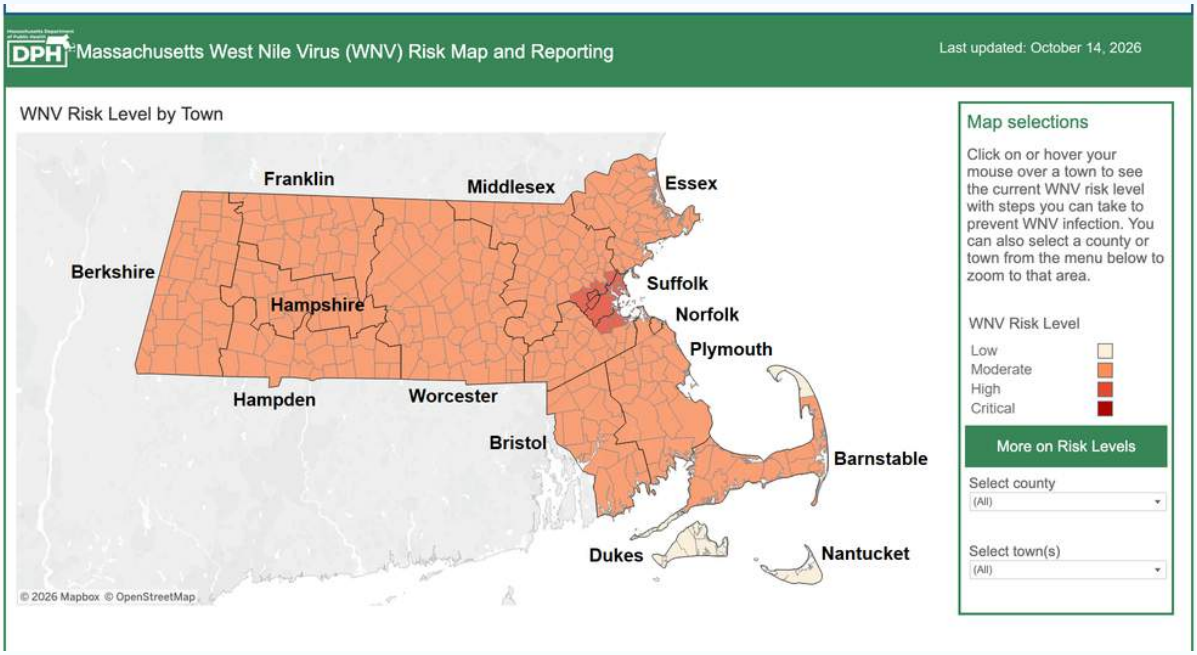
Community Sing-Along
Join Anne Louise White and the Caravan Chorus for their monthly sing-along! Open to all, and dementia-friendly. Come sing, listen, and enjoy refreshments from 2 p.m. to 3 p.m. on Wednesday, November 11, at the Shutesbury Town Hall. Sponsored by the four-town Neighborhood and Dementia Support Group, a collaboration of the Leverett, New Salem, Shutesbury, and Wendell Councils on Aging. For more information, contact Betsy Pelz, betsypelz@aol.com.

Weekly Arbovirus Report

Arbovirus Summary Results Table

	Animal cases	Human cases	Mosquito positive samples
EEE	0	0	27
WNV	0	13	345





Community Food Access Resource List

Resource Name	Location	Days/Times	Contact
Community Action Center for Self Reliance Food Pantry	156 Main Street, Greenfield	Monday, Thursday, Friday: 11am–4pm (closed between 1-1:30pm each of these days), Tuesday: 11am-6pm (closed between 1-1:30pm), Closed on Wednesdays	413-773-5029
Good Neighbor Food Pantry	Old Town Hall Wendell, 6 Center St, Wendell	Sundays 11am-noon, Last Name A-K 1st and 3rd Sunday, Last Name L-Z 2nd and 4th Sunday	978-544-3775
The Salvation Army	107 Ridge Ave, Athol	Tuesday 9am-noon, Every other Tuesday delivery	978-249-8111
The Salvation Army	72 Chapman St, Greenfield	Monday 9am-11am, Closed on Holidays	413-773-3154
Our Lady Immaculate Church	192 School St, Athol	Tuesdays 10am-1:30pm	978-249-6790
Greenfield Pop Pantry	2nd Congregation Church, 16 Court Sq, Greenfield	Tuesdays 4:30pm-5:30pm	413-774-4355
Community Food Pantry at Athol High School	2363 Main St, Athol (Located in the back of AHS)	Wednesdays, Summer hours 11am-1pm, School year hours 3pm-5pm	978-249-2435 ext 314
Athol Senior Center	82 Freedom St, Athol	Wednesdays 11am-11:45am	978-249-8986
Orange Council on Aging	St Mary's, 20 West Myrtle St, Orange	Wednesdays 10am-11am	978-544-3481
Turners Falls Mobile Food Bank	62 5th St, Turners Falls	3rd Wednesday of Month 1:30pm-2:30pm	413-419-0079
Orange Food Pantry	81 East River St, Orange	Thursdays 10am-3pm (If it's a holiday then it will be open on Wednesday. Deliveries on Friday for Athol/Orange)	978-544-2149 (call for deliveries)
St Vincent De Paul/St Mary's Food Pantry	19 Congress St, Orange	Open by appointment only	978-544-6814
Marion's Food Pantry	On the Royalston Common	Open by appointment only	978-895-7887
The Salvation Army	72 Chapman St, Greenfield	Monday-Friday 8:30am-9:30am (Breakfast) 11am-12:30pm (Lunch)	413-773-3154
Our Lady of Peace Church	90 7th St, Turners Falls	Mondays 4pm-5:30pm (Distributing hot meals and gorcery bags to go from the sidewalk in front of the church)	413-863-2585
The Salvation Army	107 Ridge Ave, Athol	Tuesdays 4:30pm-5:30pm (Dine in/Delivery)	978-249-8111
Second Congregational Church	16 Court Square, Greenfield	Tuesdays and Wednesdays 4:45pm-5:45pm, hot meals to go Tuesdays and Wednesdays on the side driveway	413-774-4355
Athol Senior Center	82 Freedom St, Athol	Tuesdays and Wednesdays at noon (Must RSVP the day before). For individuals 60 and over and/or disabled. Senior Dining at Lynn's Luncheonette. Enjoy lunch with others. A $3.50 donation is welcome	978-249-8986 Reserve your meal by 9am the day before you dine
St Frances Church Hall	101 Main St, Athol	Wednesdays (September-May) doors open at 5pm	978-249-7304
Orange United Methodist Church	104 S Main St, Orange	Thursdays 4:30pm-5:15pm (Distributing ready-made meals to heat up at home. We offer deliveries for meals and pantry bags by applications)	413-772-1033 https://www.fccmp.org/community-meals/orange/
Trinitarian Congregational Church	147 Main St, Northfield	Fourth Thursday 4:30pm (Take out meals only. You must RSVP)	413-498-5839
Athol Congregational Church	1225 Chestnut St, Athol	First Friday of the Month, doors open at 5pm, dinner at 5:30pm (Must RSVP by Tuesday for a meal on Friday)	978-249-6202
Meals on Wheels	Athol Senior Center & Orange Council on Aging	LifePath Inc of Greenfield provides home delivered (noontime) meals to homebound seniors, age 60 and older and/or disabled, who are not able to prepare nutritious and balanced meals for themselves.	1-800-732-4636 (call to see if eligible)

Senior Dining Community Resource List

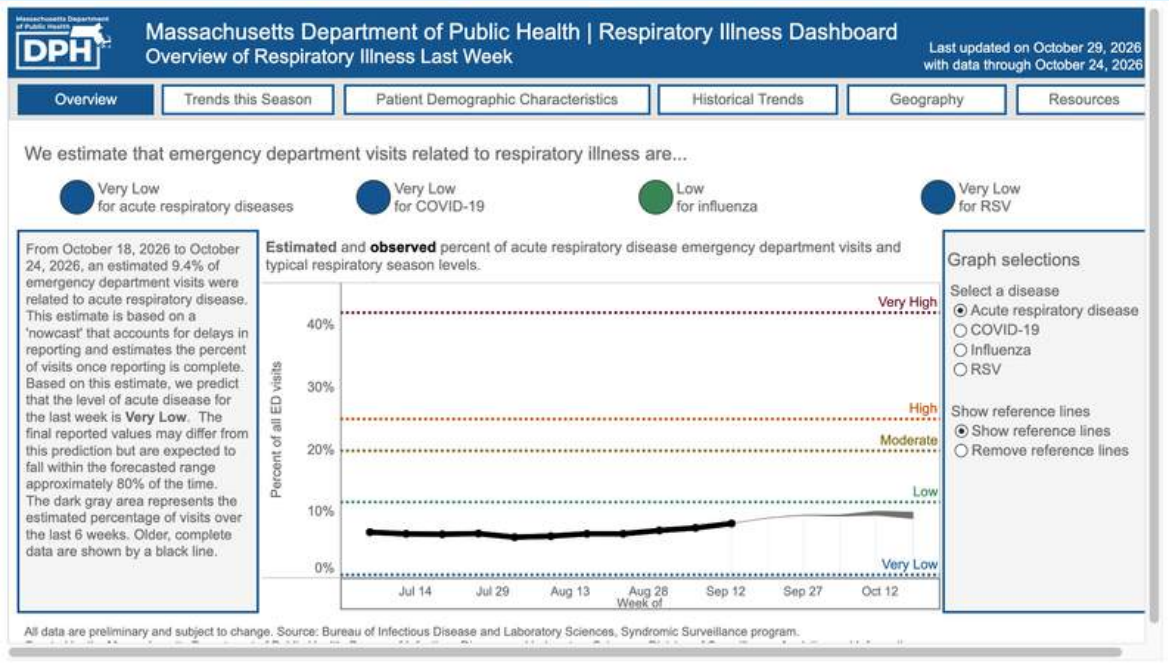
Location	Schedule	Contact
Athol Senior Center 82 Freedom St Athol, MA 01331	Tuesday and Wednesday Congregate	(978) 249-9001
New Salem Luncheon Club Central Congregational Church 22 South Main St New Salem, MA 01355	2nd & 4th Friday of the month Congregate Dine-in	(413) 687-8089
Petersham Luncheon Club Town Hall Petersham, MA 01366	Wednesday Congregate *and* Grab and Go	(978) 821-5549
Phillipston Luncheon Club 1st Congregational Church The Common Phillipston, MA 01331	1st & 3rd Tuesday of the month Congregate Dine-in Closed December to March	(978) 407-9504
Royalston Luncheon Club Town Hall Royalston, MA 01368	Wednesday Congregate Dine-in	(978) 249-8957
Town of Warwick Town Hall (12 Hotel Rd)	Tuesdays at Noon Dine is	$5 donation

NQHC COVID-19 and Other Reportable Diseases

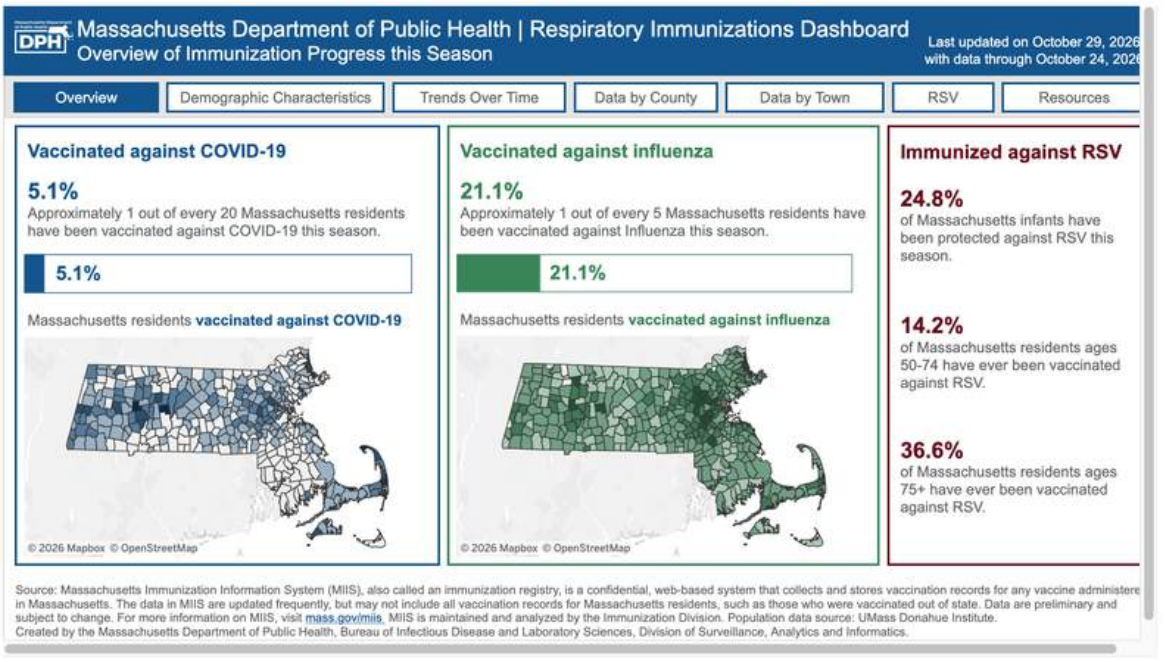
In the the one-week period of October 12th through October 18th, 2026:

- 0 official cases of COVID-19 within the district
- 1 cases of influenza

Respiratory Illness Reporting

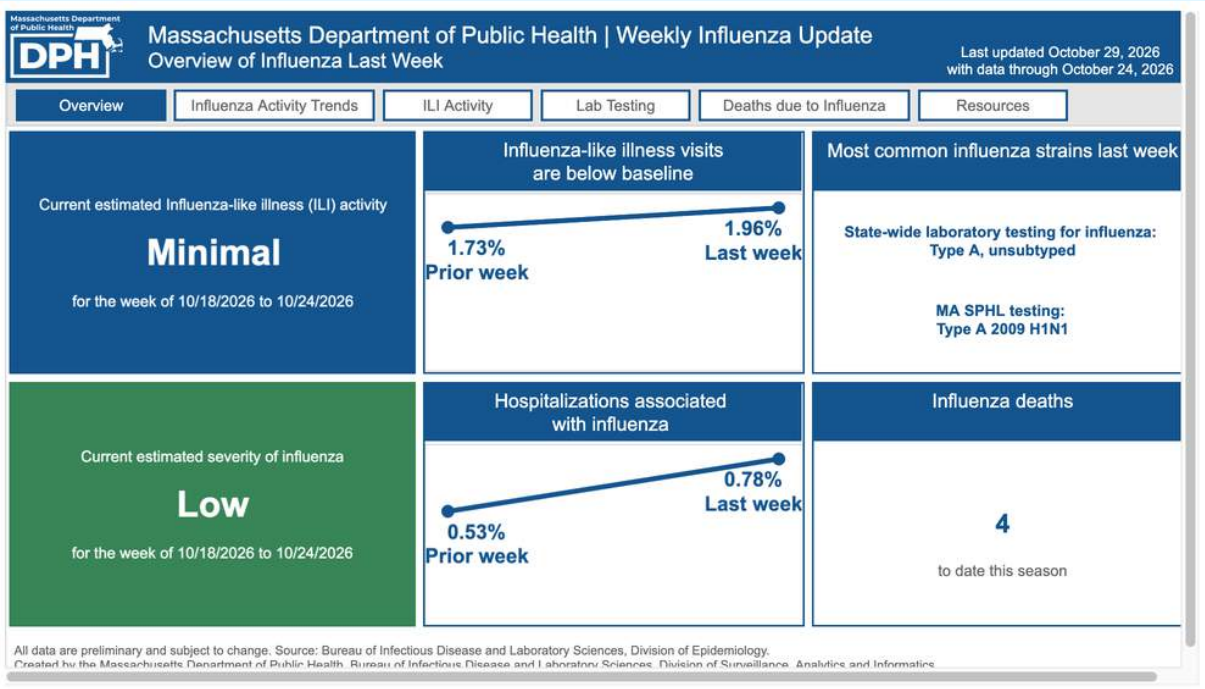


Here is the overall percentages if individuals in Massachusetts immunized against Covid-19 and Influenza

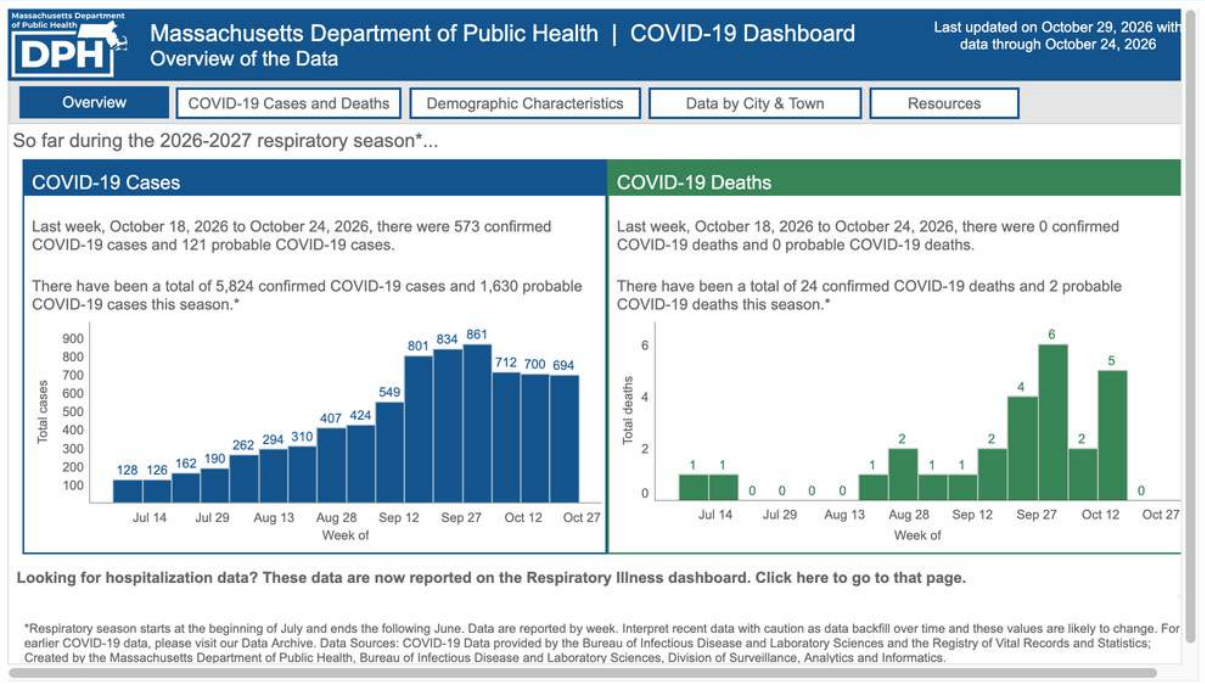


The Massachusetts Department of Public Health

Influenza Reporting – Influenza rate is at Minimal and Severity is at Low



COVID-19 Reporting – Number of cases is slightly increased



At this point in time there have been no additional updates to the Massachusetts Covid guidelines. The latest version can be seen at https://www.mass.gov/info- details/staying-home-to-prevent-the-spread-of-respiratory-viruses

Report created by Christy Page: cpage@townoforange.org
Next newsletter will be Friday November 6, 2026



NQHC Nurse Update

Post Partum Support

Our **FREE** Postpartum Visiting Program provides personalized care, whether you are adjusting to a new baby, coping with infant loss, or in recovery from substance use. **We connect you with local resources for ongoing support.**

What We Provide

- Prenatal and postpartum support and visits
- Education on health, safety, and wellness for you and your baby.
- Demonstrations and guidance from professionals.
- A free gift bag with essentials, educational resources, and helpful freebies.

Public Health Nurse DropIn:

October 21 2:30-4:30
November 4 2:30-4:30
November 18 2:30-4:30
Dec 2 2:30-4:30
Dec 16th 2:30-4:30

Harm Reduction

Services/Program Includes:

- Naloxone and Overdose Response Trainings
- Free Naloxone and Fentanyl Test strip kits
- Syringe Exchange
- Connection to resources for treatment options and recovery

Coming Soon:

We are going to be offering the following AHA CPR trainings Dates will be scheduled with interest

BLS $80 cost

BLS Renewal $70 cost

Heartcode: combines online eLearning with a required in-person, hands-on skills session (so we do the skills review and practice in person for certification)

Heartsaver with Narcan Training $90 cost

CALL US: 413-500-6414
EMAIL: SPIRAGIS@TOWNOFORANGE.ORG
VISIT US AT: HTTPS://WWW.NORTHQUABBINHC.ORG/NQHCPVP

North Quabbin Health Collaborative

Public Health
Prevent. Promote. Protect.

Services:

- Preventative health screenings and blood pressure checks
- Individualized help managing chronic health conditions & tools for medication self-management
- Sharps disposal and container exchange
- Social worker can answer questions and connect you to available community resources including but not limited to: food security, housing/home repair, transportation, employment, healthcare/mental healthcare, substance use/harm reduction, support for families caring for children or elders, & more

Public Health Nurse & Social Worker Drop-In Hours

Warwick Town Hall Dates:

November 10th 11:30 am - 1pm
December 8th 11:30am - 1pm

Petersham Town Hall Dates:

October 26th 3pm - 5pm
November 23rd 3pm- 5pm
December 21st 3pm - 5pm

Orange Food Pantry Dates:

October 22nd 9:30 am - 12:30 pm
November 19th 9:30 am - 12:30 pm

Public Health Nurse Only Drop In Hours

New Salem Public Library Dates:

October 16th 1pm - 2pm
November 20th 1pm - 2pm
December 18th 1pm - 2pm

Wendell Town Hall Dates:

November 10th 2:00 pm - 3:00 pm
December 8th 2:00 pm - 3:00 pm



Contacts:

Samantha Piragis, RN
Call or Text : 978-985-9709
spiragis@townoforange.org

Rachel Purinton, MSW
978-804-3345
rpurinton@townoforange.org



NORTH QUABBIN HEALTH COLLABORATIVE

Motherhood & More

Supporting women through pregnancy, postpartum, and the first two years of motherhood. Find comfort. Find community. Light snacks provided. Children under 2 welcome to attend.

5:30 - 6:30 pm

Nov. 10th
Dec. 8th

All groups held at the Orange Innovation Center in suite 211 Except Nov. 10th at Swift River School

Call or text to register:

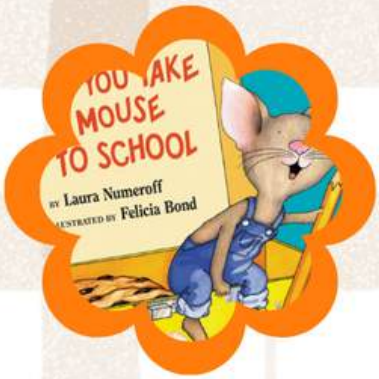
978-985-9709

The Orange Public Libraries



WHY STORYTIME IS IMPORTANT!

Visit us for **Little Bookworms Storytime**
every Monday, 10:30am-11:15am &
Baby and Toddler Storytime & Playgroup
every Tuesday, 10:30am-11:15am!
@Wheeler Memorial Library: 49 E Main St, Orange MA



EARLY LITERACY BOOSTS

Hearing stories develops listening skills, vocabulary, and narrative understanding! Crafts tied to the story reinforce comprehension by helping children retell or remember the story through hands-on activities.



SOCIAL AND EMOTIONAL SKILLS

Storytime followed by a craft encourages sharing, waiting turns, and cooperative play in a group setting. Children also learn to follow simple directions in a fun and relaxed way! Library programs are a great way to encourage your children to build and be a part of a community, make new friends, and explore!



JOY IN LIFELONG LEARNING

Kids associate reading with fun and creativity, making them more excited to return for books and Storytime! Attending library programs and visiting the library regularly is generational - you will bring your children, your children will one day bring their children, grandparents, aunts, uncles, friends... the library is a space for everyone!

(978)-544-2495 x104 aviolette@orangelib.org www.orangelib.org

Union 28 Community Network for Children program and New Salem Public Library are hosting

CNC Playgroup at the New Salem Public Library



- Join Emily for a playtime in the library children's space, and a circle time with books and songs!
- Intended for children 0-5 years of age.

TUESDAYS at 10:00-11:30am

at the New Salem Library
23 South Main St.

October 6, 13, 20, 27
November 3, 10, 17*

***Please note change of schedule during school breaks**



New!

QR Code to register

REGISTRATION is optional but those reqistered will receive notice of cancellations and changes:
https://form.jotform.com/212215759871158

Contact CNC at 978-935-4909 call/Text or cnccoord@erving.com with any questions!

The Union #28 Community Network for Children program is funded by the Coordinated Family and Community Engagement (CFCE) grant awarded to the Union #28 Schools by the Massachusetts Department of Early Education and Care, the local school budgets, and donations from the community.

MASSACHUSETTS Department of Early Education and Care

New Salem Public Library

Fall StoryWalks at the Quabbin Overlook

September 1 - September 15

If You Find a Leaf (Aimee Sicuro)

September 15 - September 29

Possum's Harvest Moon (Anne Hunter)

September 29 - October 13

Letting Swift River Go (Jane Yolen)

October 13 - October 27

Biggest Pumpkin Ever (Steven Kroll)

October 27 - November 10

Such a Little Mouse (Alice Schertle)

The access road to the Quabbin Overlook is off S. Main St. past the library and just beyond the fire station.

New Salem Public Library
23 S. Main St., New Salem, MA 01355
978-544-6334 /n_salem@cwmars.org

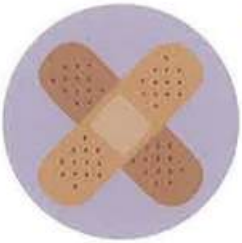
MEDICAL SERVICES

CHD Primary Care can be your first call/point of contact when you have urgent health needs.
Services are available for individuals age 13 and up.



MINOR ILLNESS

Coughs, Cold, Flu, Ear and Eye pain, Sore throat, Rash, UTI, etc.



MINOR INJURY

Burns, Sprains, Cuts, Bumps and Bruises



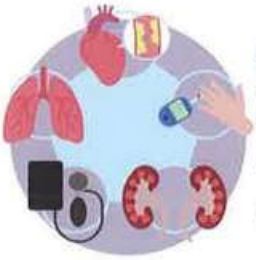
DIAGNOSTIC SERVICES

On-site rapid testing, Orders for off-site Lab and Radiology available



REFERRALS, LETTERS, AND RX

Work or Day Program Notes, Referral to Specialists, Bridge Treatments and Medication Refills



CHRONIC DISEASE MANAGEMENT

Asthma, Diabetes, COPD and High Blood Pressure



We accept most insurances.
Please call to verify that your plan is accepted.

65 Union Street, Easthampton
(413) 529-1764

30 East Main Street, Orange
(978) 544-2148

246 Park Street, West Springfield
(413) 737-4718

CHD
CARE FINDS A WAY.

Questions Regarding Children's Services and Programming?

Contact:
Children's Librarian,
April Violette

Email: aviolette@orangelib.org
Phone: (978)-544-2495 x104



CHILDREN'S PROGRAMS

LITTLE BOOKWORMS STORYTIME

Wheeler Memorial Library,
Community Room.
Every Monday
10:30 am - 11:15 am
Join Ms. April for fun filled Storytime!
Registration is not required!
Best for Ages 3-6.

BABY AND TODDLER STORYTIME &PLAYGROUP

Wheeler Memorial Library,
Community Room.
every Tuesday!
10:30 am - 11:15 am
Join Ms. April for a group board book reading, songs, movement, and playtime!
Registration is not required!
Best for Ages 0-3.

LEGO CLUB

Wheeler Memorial Library,
Community Room.
every Wednesday!
4:00-5:00pm
registration is not required
Best for ages 5 and up.





MINI-MAKERS

Wheeler Memorial Library,
Community Room.
Thursday, October 29th
5:30pm-7:30pm
best for ages 5+
Limited Space & Supplies
First-Come-First Serve

Fairy House Pumpkins!





SNACKS&GAMES



Wheeler Memorial Library,
Community Room.
Thursday, November 5th
3:30pm-5:30pm

Kids are invited to play a wide selection of board and card games, both new favorites and classic picks while enjoying light snacks.
Ideal for kids ages 6-12.

Registration is not required!





TRICK-OR-TREAT AND CRAFT

Wheeler Memorial Library,
Children's Room
Thursday, October 29th
All Day! - 1:00pm - 8:00pm

Join us for trick or treating and crafts in the Children's Room!
Come in costume to get a Halloween Sticker!



Tea & Topics

Come together to chat about important health topicsand enjoy a cozy beverage with NQHC Public Health Nurse, Samantha Piragis!

All programs run from 2-3 pm on Mondays at the Warwick Library.

Nov. 9: Managing Stress During the Holiday Season

Dec. 7: Fall Safety, Prevention and Recovery

Jan 18: Loneliness, Isolation, and Building Connection at Any Age

Feb 15: Small Daily Habits that Improve Quality of Life

March 15: Nutrition for the Brain and Body

April 12: Staying Active at Any Age



Everyone is welcome!



New Salem Public Library
presents



Avoiding Scams & Identity Theft

Thursday, November 5, 6:30-7:30 pm

Presented by Anita Wilson
Northwestern District Attorney's Office

Are you concerned about issues of privacy and security when using the internet? Do you receive confusing phone calls or mail? Unfortunately, there are many ways that our security and privacy can be compromised in today's world. This program will bring some clarity to these issues as we learn more about the various problems and how we can stay safe and not be taken in by scams and identity theft.

The presentation will cover the following topics:

- **Recognizing phone, text, and online scams**
- **Examples of scams and fraud in Massachusetts**
- **How to recognize and prevent identity theft**
- **Tips to keep your money safe**
- **Where to report fraud and identity theft**

Anita Wilson is the Director of the Consumer Protection Unit





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978-544-6334 /n_salem@cwmars.org

