



North Quabbin Health Collaborative

Public Health Newsletter
COVERING: January 12th – January 18th, 2026
PUBLISHED January 23, 2026



Public Health
Prevent. Promote. Protect.

Upcoming Events:

Next Collaborative Meeting

Monday March 30th at 6pm

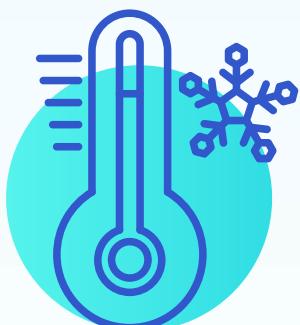
Location: Orange Town Hall

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Alerts

- **It is going to be bitterly cold this week followed by some snow. Stay safe, stay warm, and remember to check in on your friends, neighbors and the elderly!**



UPDATES:

ORANGE

The Orange Food Pantry is now open in their new location at 81 East River Street. They will be back to normal hours of 10:00a.m. - 3:00p.m. on Thursdays starting Thursday, January 8, 2026.

New Salem chorus concert

The resident chorus of New Salem's 1794 Meetinghouse will present its winter concert Sunday, February 1, at 3 p.m. Quabbin Valley Pro Musica's "Don't Be Weary" will feature a Mass in D Major by Dvorak and four spirituals. The musical director of QVPM is Geoffrey Hudson, with Judy Johnson as pianist. The concert is at the Athol Congregational Church, 1225 Chestnut St., Athol. Tickets are \$15 for adults and \$10 for students 13-17; children are free.

Reminders

- **Monday January 26th is National Green Juice Day** - Go ahead and try one!



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

WARWICK Library Lego Club returns! Sat. Jan. 24th - 10-11:30 am: Open to families with kids of all ages, including infants and toddlers! Legos are provided. Please note: This is not a drop-off program: Stay and play with your kids!

WENDELL Library Saturday January 24, 1-3 p.m.: Blood Pressure and Healthy Heart Workshop. Learn the Basics of Blood Pressure and Hearth Health with the North Quabbin Health Collaborative as they introduce their new effort "Libraries with Heart". As part of this initiative the Wendell Free Library is working with the American Heart Association to provide 3 blood pressure cuffs available to lend by the library as part of our "Library of Things" Collection.

WARWICK Library Author visit & Kid's program w/Louise Wannier - Sunday, Jan. 25th @ 1 pm: Author and environmental advocate Louise Wannier will read from her book series, Tree Spirits—an interactive picture book series for children ages 4-9. The reading will be followed by a fun, creative leave-behind activity. Louise is passionate about helping children connect with the natural world and each other. Through her engaging, hands-on presentations, she creates space for empathy, imagination, and meaningful conversations that nurture social-emotional growth.

NEW SALEM Keystone Bridge stabilization showcased - This fall marked the completion of the stabilization phase of restoration of the historic Keystone Bridge at Gate 30 in New Salem. This work marks a major step forward in preserving one of the rarest and most significant dry-stone structures in the Quabbin watershed. A virtual presentation about the project Sunday, January 25, from 2 p.m. to 3 p.m. will be led by Michael Weitzner, consultant and dry stone waller. Michael holds a master craftsman certificate from the Dry Stone Walling Association of Great Britain. Register at <https://app.smartsheet.com/b/form/019b0e9ca1a678ccb6530201c39bdf89>. For more information, contact Maria Beiter-Tucker of the Department of Conservation and Recreation at maria.beiter@mass.gov.

WENDELL Library Saturday January 31: Jigsaw Puzzle Swap. 12-2 p.m.

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WENDELL Library Tuesday February 3 at 6:30-8 pm: Community Resiliency. Please join Axis Lloyd and Clarence Richardson to talk and strategize about community resilience as a whole and what that looks like in Wendell.

Calendar of Events Continued

WENDELL Library Friday Feb. 13 at 6:30 p.m. "Deforestation, climate, and the future of the Amazon." with Chris Neill. The Amazon rainforest covers parts of nine countries in South America and is the Earth's largest tropical forest. Across these nations, Amazon loses an area of forest equivalent to more than half the area of Massachusetts each year. The majority of existing forest, and forest loss, occur in Brazil. Clearing, for both small holder and industrial-scale agriculture, is the main driver of forest loss. However, longer dry seasons, increasing droughts, and more fire now contribute to widespread degradation of forests that threaten to "savannaize" large areas of remaining forests. Chris Neill has been studying the environmental consequences of deforestation and agricultural expansion in Brazil since 1992. Chris will talk about recent changes to Amazon agriculture, deforestation and climate and some of the interesting ways in which scientists investigate the consequences of deforestation and the effects of fire and drought on remaining forest. He will discuss how these interacting forces will likely affect the future of Amazon forests and what forest protection policies could best slow deforestation and forest degradation. Chris Neill is a Senior Scientist at the Woodwell Climate Research Center in Falmouth. He studies natural and restored ecosystems around the globe. He is interested in how changes in land use affect ecosystem function, particularly water and nutrient cycling, and our ability to restore impaired systems.

WENDELL Library Tuesday February 20 at 6:30 p.m.: Smartphone Skills: Get More From Your Phone. Beginner-friendly workshop for Android and iPhone users. Learn to adjust settings, use voice typing, navigate maps, and download helpful apps. Bring your phone and questions! Please register.

WENDELL Library Saturday March 28 1-4 p.m. Silk Magic Colors & Flowers: Silk painting Workshop with Lidia of SimpleArtForms: Explore your creative side and experiment with colors without fear of making a mistake. Come join this easy, magical, and relaxing adventure into the world of freedom and creativity, after which you will get a masterpiece created by your own hands. During this master class, you will tap into your creativity and grow your unique flower. Funded by a grant from the Wendell Cultural Council. 12 spots available, please register.

Community Food Access Resource List

Resource Name	Location	Days/Times	Contact
CommunityAction 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 LadyImmaculate 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
CommunityFood 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
AtholSenior 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 grocery 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
AtholSenior 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.fcncmp.org/comm unity-meals/orange/
Trinitarian Congregational Church	147 Main St, Northfield	Fourth Thursday 4:30pm (Take out meals only. You must RSVP)	413-498-5839
AtholCongregational 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	AtholSenior 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

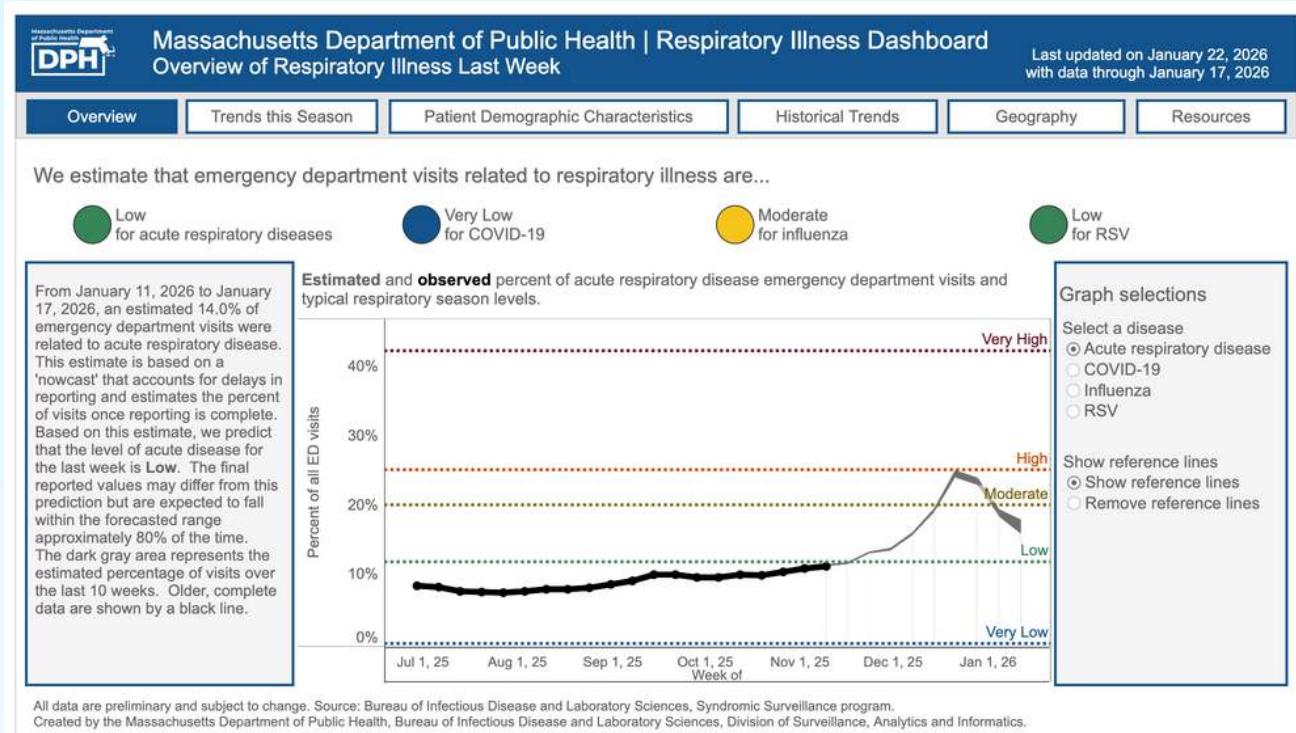
Senior Dining Center or Luncheon Club Location	Serving Days Schedule	Contact/Phone Reservations
Athol Senior Center 82 Freedom Street Athol, MA 01331	Tuesday & Wednesday Congregate	(978) 249-9001
New Salem Luncheon Club Central Congregational Church 22 South Main St. New Salem, MA 01355	2nd & 4th Friday of the month Congregate Dine-in	(978) 575-0116
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

NQHC COVID-19 and Other Reportable Diseases

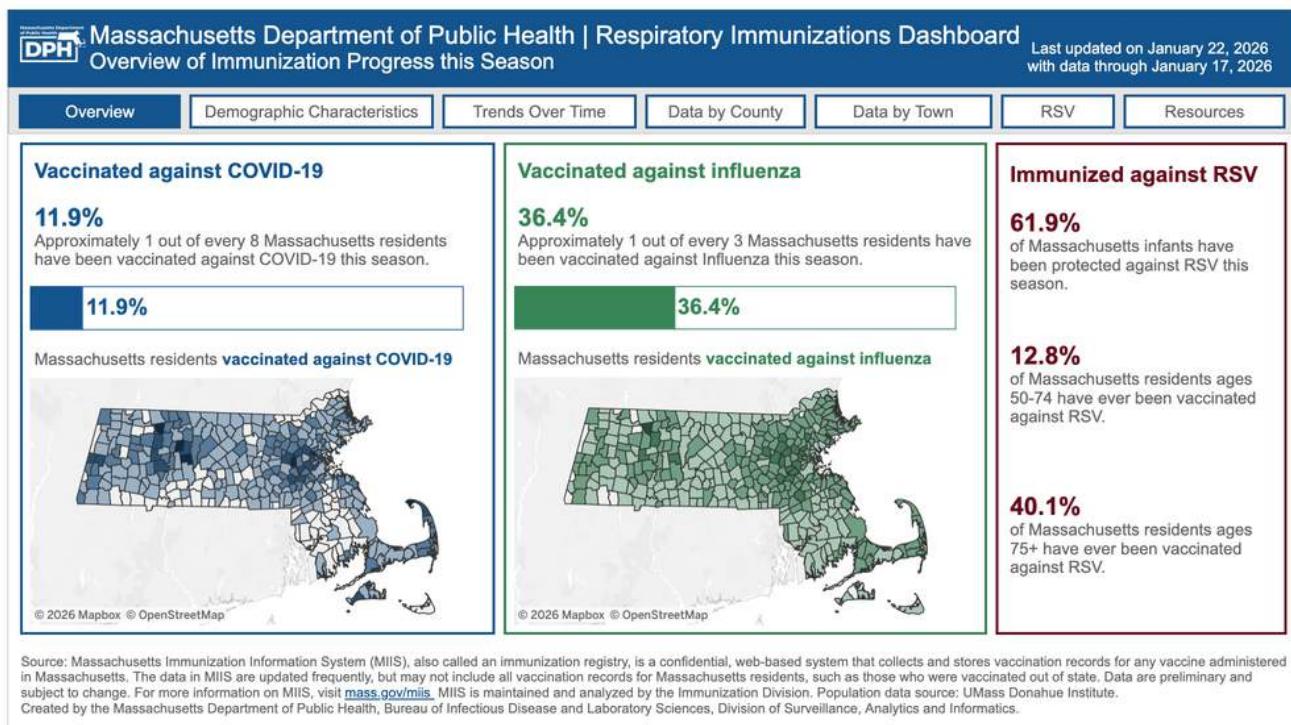
In the one-week period of January 12th through January 18th, 2025:

- 3 official cases of COVID-19 within the district
- 8 cases of influenza

Respiratory Illness Reporting

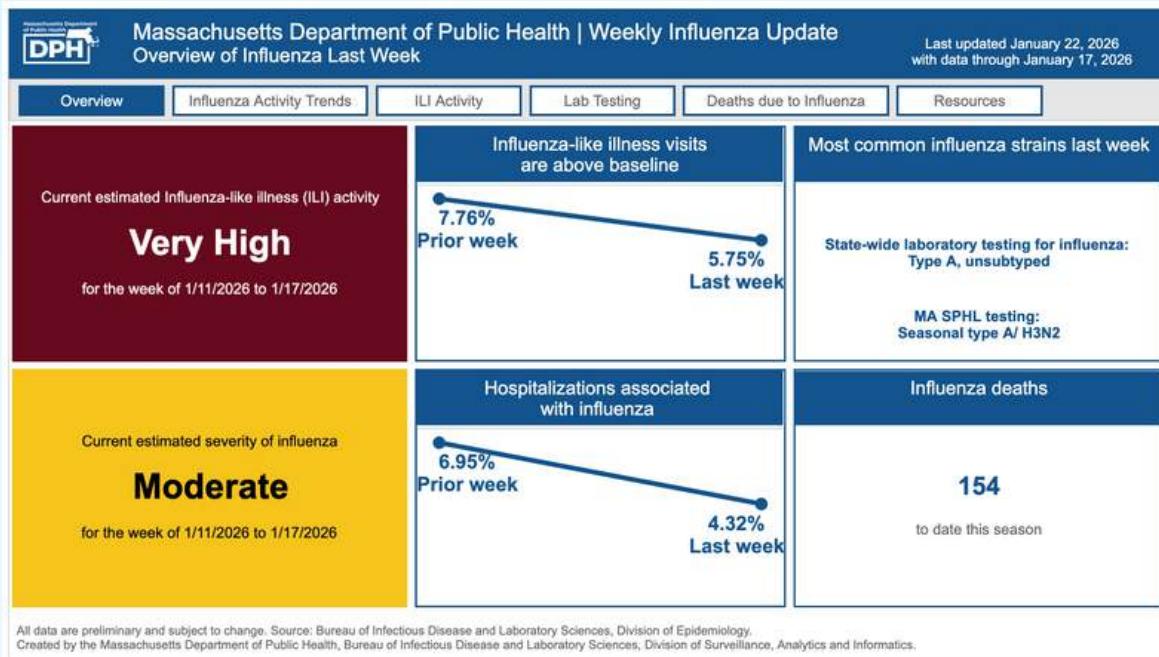


Here is the overall percentages if individuals in Massachusetts immunized against Covid-19 and Influenza

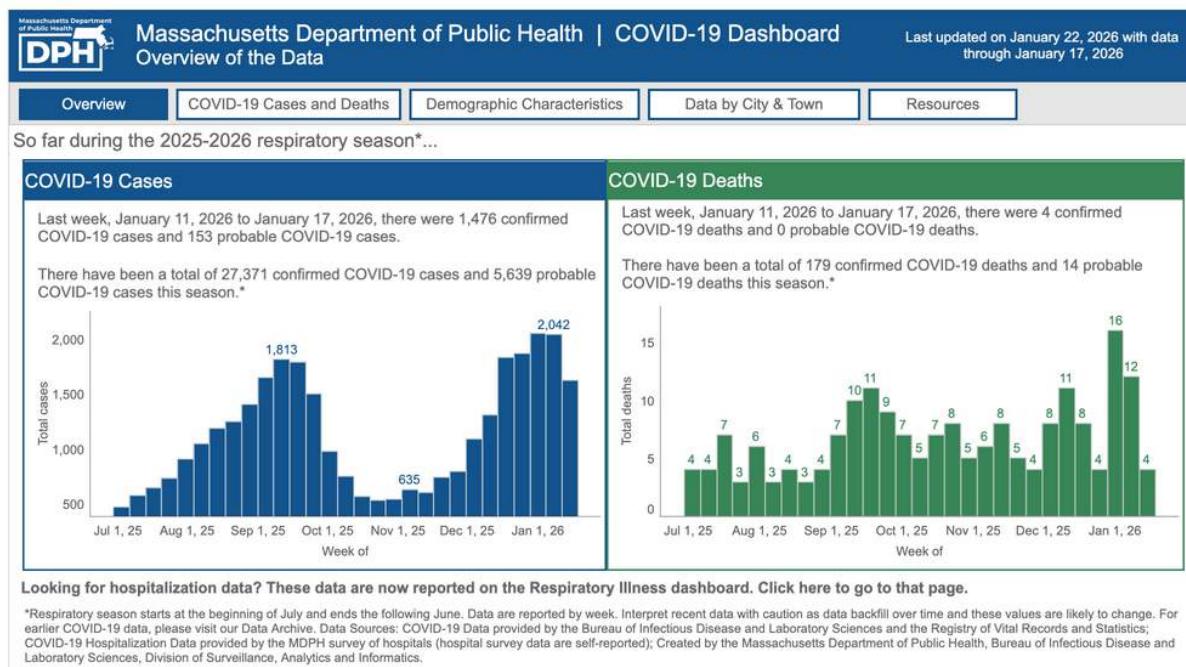


The Massachusetts Department of Public Health

Influenza Reporting – Influenza rate is at Very High and Severity is at Moderate



COVID-19 Reporting – Number of cases are on the rise again



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 January 30th, 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.

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

Upcoming events:

- January 10th - New Salem Library - Healthy Living Series Part 2 of 2 - 1pm
- January 14th at Senior Wednesdays at the New Salem Library during their tea and topics we will be discussing How to Stay Safe in Severe cold Weather 2pm
- January 20th- Wellness Clinic at the Senior Lunch in Warwick 12pm
- January 20th - Warwick Library Presentation on Heart Health and Blood Pressure to launch the Libraries with Heart Initiative 7pm
- January 24th - Wendell Library - Presentation on Heart Health and Blood Pressure to launch their Libraries with Heart Initiative 1pm

Coming Soon:

BLS Certifications and Renewals
Heartsaver courses

CALL US: 413-500-6414

EMAIL: SPIRAGIS@TOWNOFORANGE.ORG

VISIT US AT: [HTTPS://WWW.NORTHQUABBINHC.ORG/NQHCPVP](https://www.northquabbinhc.org/nqhcpvp)

2026

Beyond Trauma: A Healing Journey

A Collaboration
Between the Brick
House & the
Salasin Project

Wednesdays 1-2:30 starting
January 14th & running
through March 4th

Hybrid group, live at
The Salasin Project
33 Riddell St #1, Greenfield, MA
Zoom option available

A Healing Journey is a confidential support and discussion group that explores the impact of interpersonal violence and trauma on individuals. The group will explore ideas for creating safety and developing healthy relationships while sharing healing activities for the mind, body, and spirit. This group is open to people who identify as female, femme, or non-binary/trans and relate to aspects of womanhood, and are age 18 or older.

Registration Required.

To register, please call either **Stacey** (413-800-2496) or **Lynn** (413-575-0042)

For more information, please email
slangknecht@brickhousecommunity.org, or
lynn-salasin@wmtcinfo.org



SERVING ORANGE, NEW SALEM, WENDELL, WARWICK, & PETERSHAM



**DROP-IN HOURS
AT
NEW SALEM
PUBLIC LIBRARY**

**EVERY FOURTH
TUESDAY OF THE
MONTH FROM
3:00-5:00PM**

DROP IN & MEET YOUR COMMUNITY SOCIAL WORKER

DO YOU HAVE QUESTIONS AROUND ACCESSING HELP?

NORTH QUABBIN HEALTH COLLABORATIVE'S SOCIAL WORKER CAN ANSWER QUESTIONS AND CONNECT YOU TO AVAILABLE RESOURCES & BENEFITS TO MEET YOUR NEEDS INCLUDING BUT NOT LIMITED TO:

FOOD

HOUSING & HOME REPAIR

TRANSPORTATION

HEALTHCARE & MENTAL HEALTH

SUPPORT FOR ELDERS OR FAMILIES WITH CHILDREN

SUPPORT GROUPS

& MORE

FREE &
CONFIDENTIAL
SUPPORT

RACHEL PURINTON, MSW

413-500-6414

RPURINTON@TOWNOFORANGE.ORG

NQHC

COMING SOON:

CPR TRAININGS



(both renewals and
certifications)



New Salem Public Library

Senior Drop-In Hours

Wednesdays, 1:00 - 4:00 pm

Tea & Topics:

“Fall Prevention & Recovery”

February 11, 2:00-3:00 pm

“Tea & Topics” is a special program series during “Senior Drop-In Hours” on Wednesdays.

Once a month, Samantha Piragis (Public Health Nurse for the North Quabbin Health Collaborative) will be joining us to share some health information in an informal setting with light refreshments.

Seniors are still welcome to spend time working on the ongoing jigsaw puzzle, looking for books, using the computers and printers, or just visiting with friends in the YA area of the library

