# North Quabbin Health Collaborative

Public Health Newsletter
COVERING: October 12th – October 18th, 2026
PUBLISHED October 23, 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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## UPDATES: VACCINE CLINIC

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

**PLEASE REGISTER BY 10/23/26**

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** Learn about Archaeology at Quabbin Reservoir Join the Department of Conservation and Rehabilitation Sunday, October 25, 10 a.m. to 2 p.m., as we celebrate Archaeology Month. Learn about the cycle of the seasons from the Indigenous perspective, traditional fishing methods along the Swift River, and the history of the Quabbin Reservoir, practice archaeological screening, and more! All ages welcome. Free and open to the public. No registration required. We will be set up by the Quabbin Visitor Center parking lot. (If inclement weather we will be inside.) The Visitor Center is at 100 Winsor Dam Road, Belchertown. For more information contact Interpretive Services Supervisor Maria Beiter-Tucker at (413) 323-7221 or Maria.beiter@mass.gov.

**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.

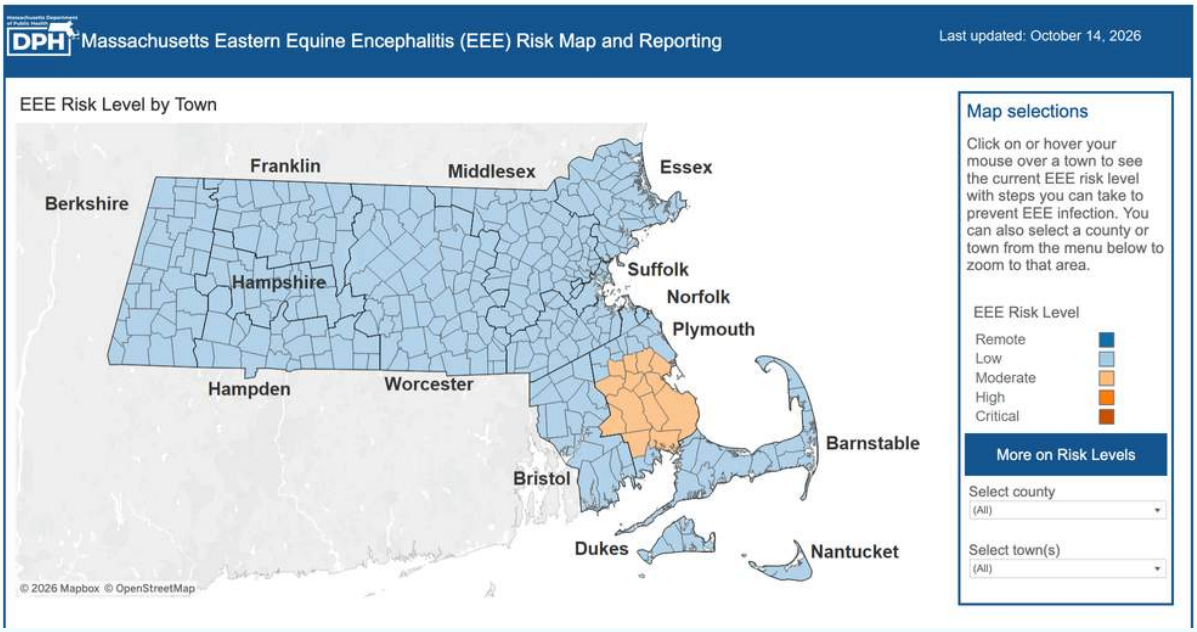
**NEW SALEM** Library Avoiding Scams and Identity Theft Thursday, November 5, 6:30 to 7:30 p.m. Anita Wilson from the Northwestern District Attorney's Office will be sharing information about how to recognize various types of scams, how to prevent identity theft, and other ways to keep safe in the computer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

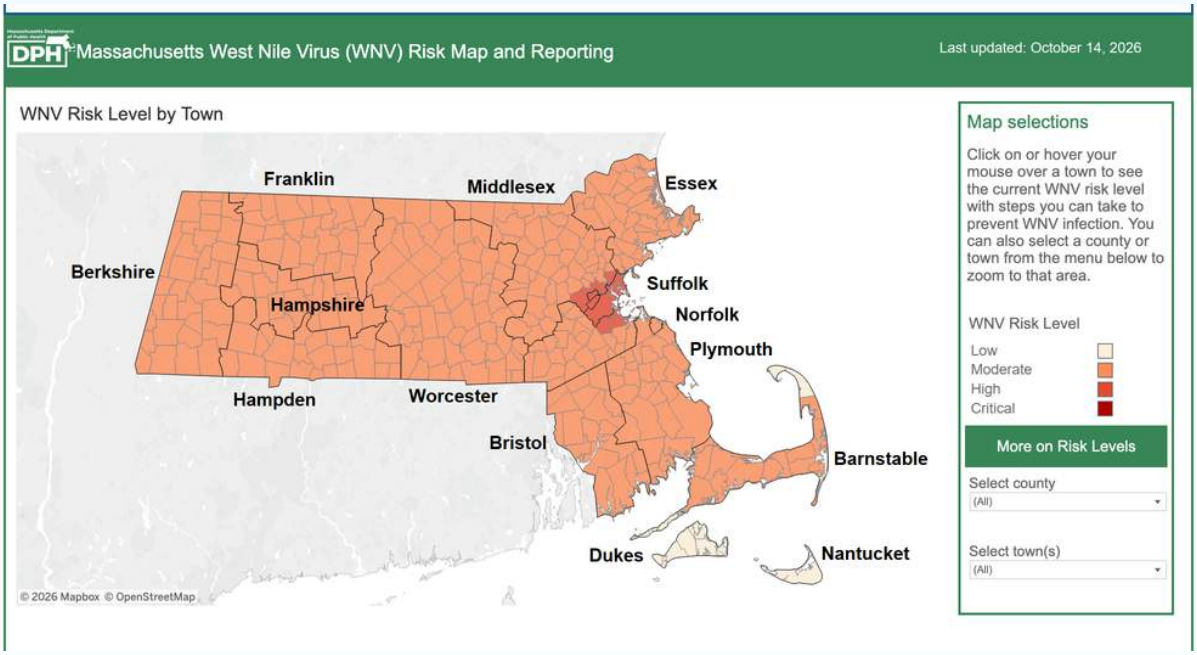
**Community Sing-Along**
Join Anne Louise White and the Caravan Chorus for their monthly sing-along! Open to all, and dementia-friendly. Come sing, listen, and enjoy refreshments from 2 p.m. to 3 p.m. on Wednesday, November 11, at the Shutesbury Town Hall. Sponsored by the four-town Neighborhood and 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

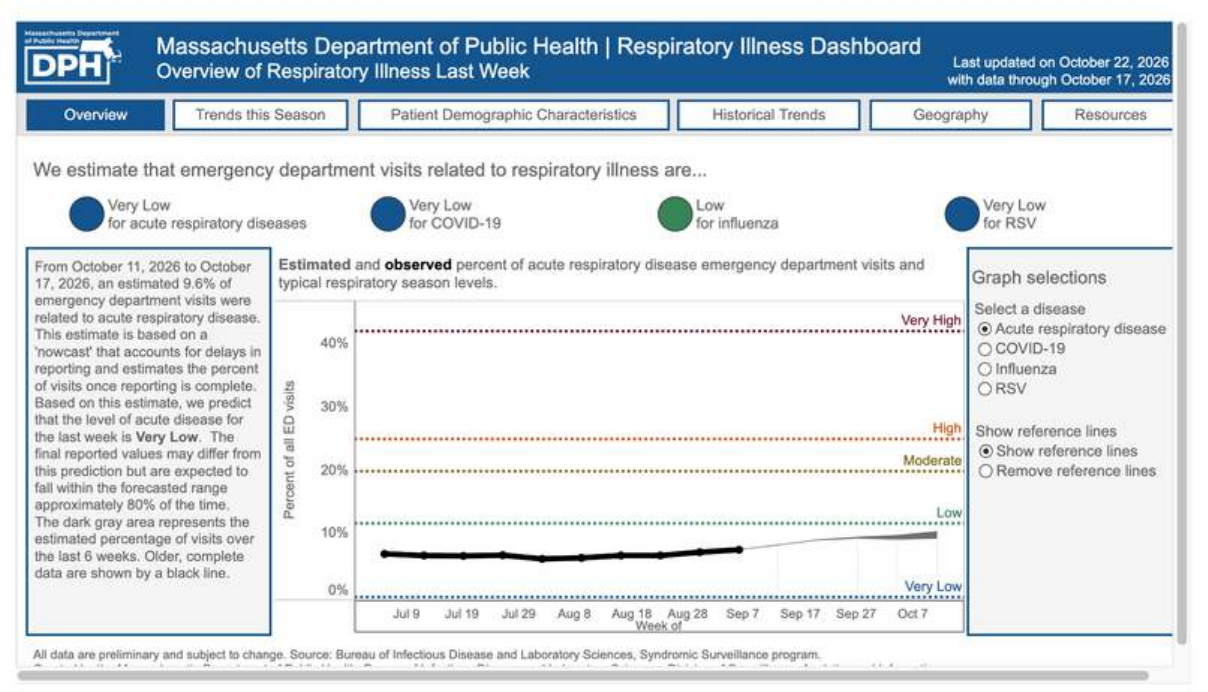
| Location | Schedule | Contact |
|---|---|---|
| Athol Senior Center<br>82 Freedom St<br>Athol, MA 01331 | Tuesday and Wednesday<br>Congregate | (978) 249-9001 |
| New Salem Luncheon Club<br>Central Congregational Church<br>22 South Main St<br>New Salem, MA 01355 | 2nd & 4th Friday of the month<br>Congregate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

# NQHC COVID-19 and Other Reportable Diseases

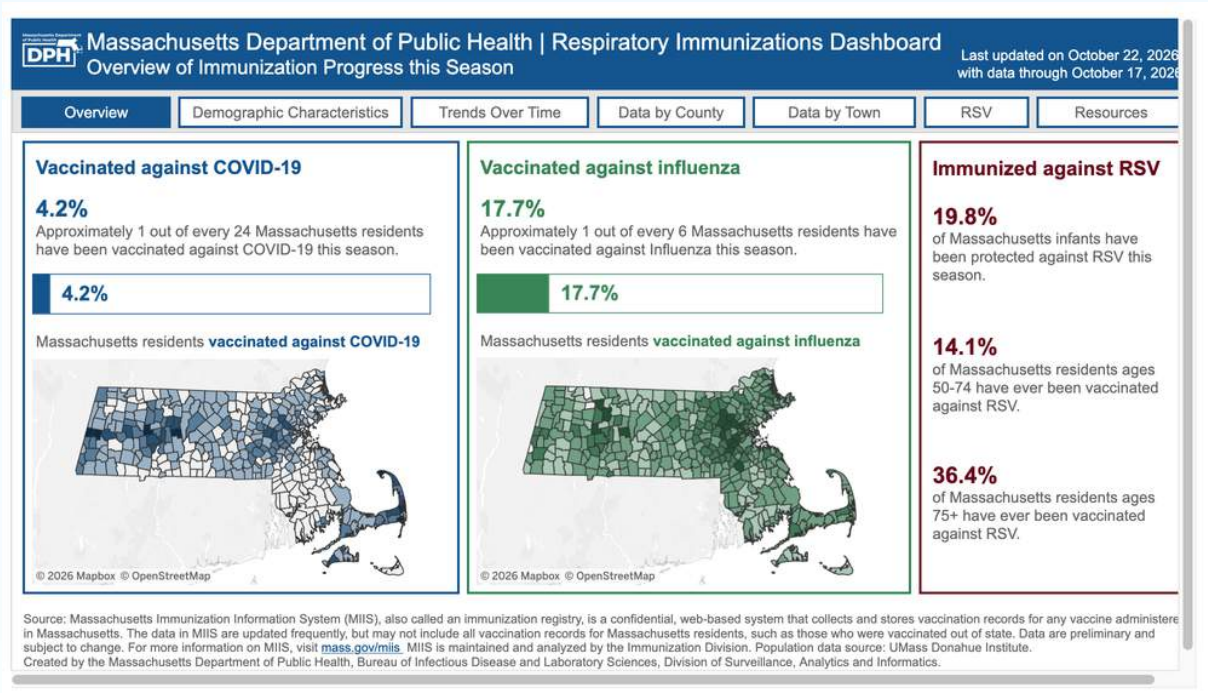
In the the one-week period of October 12th through October 18th, 2026:

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

Respiratory Illness Reporting

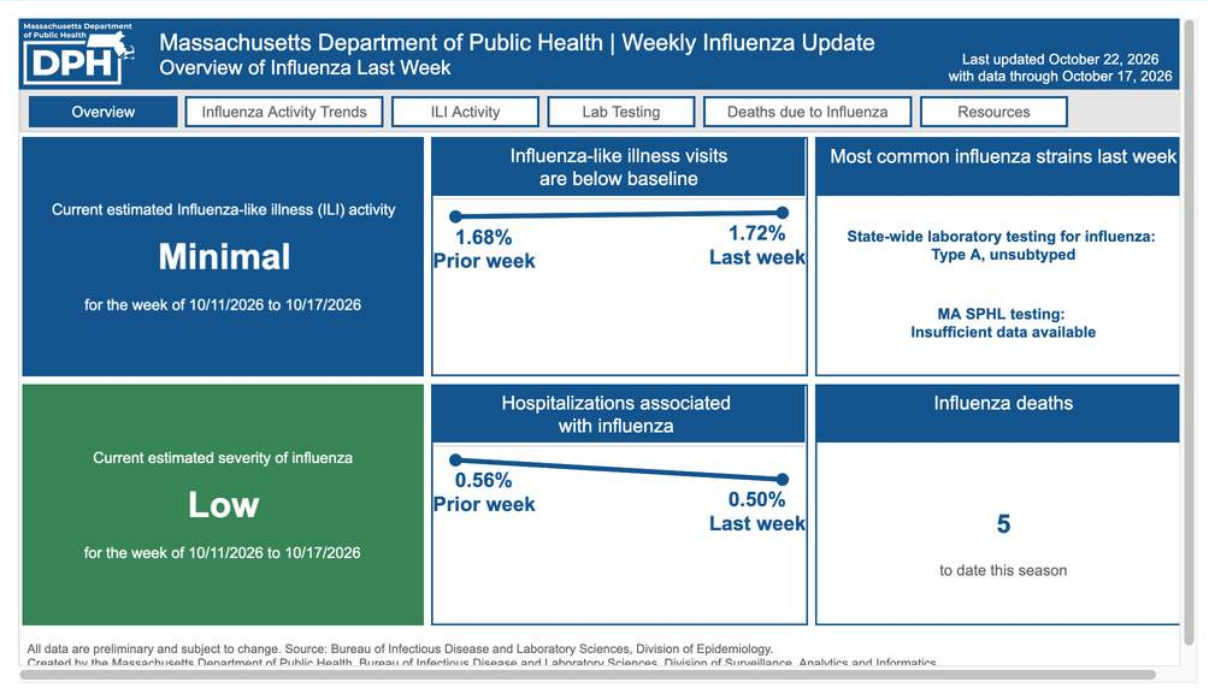



Here is the overall percentages if individuals in Massachusetts immunized against Covid-19 and Influenza

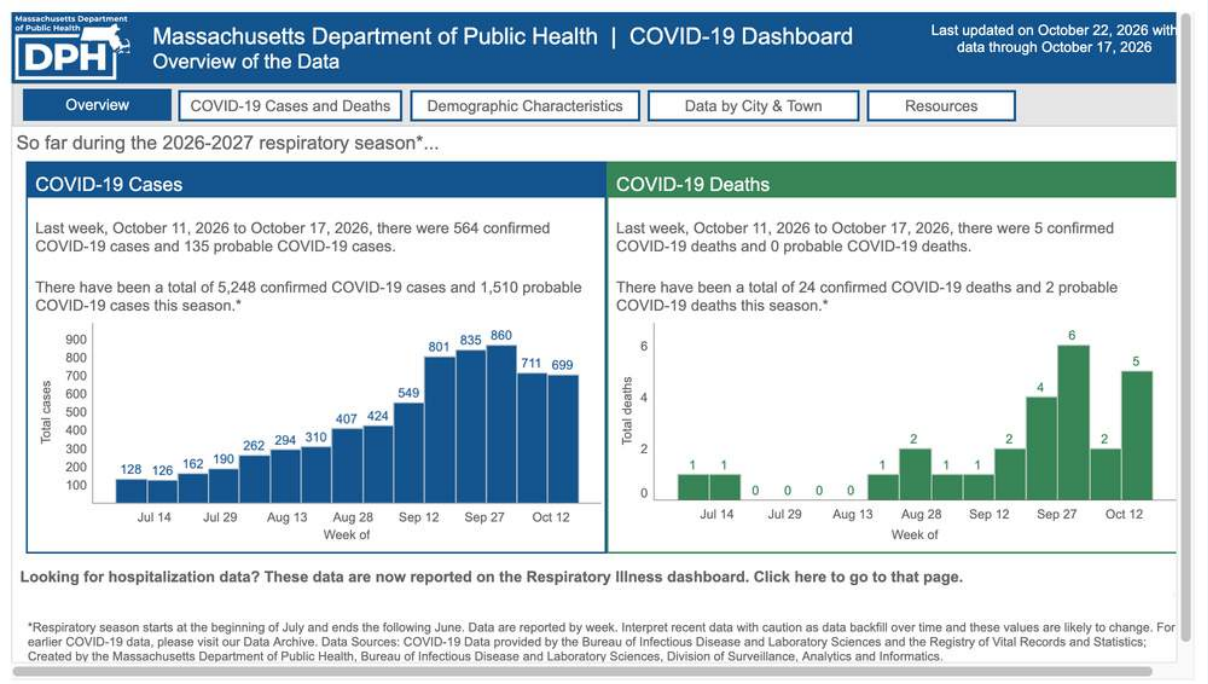


# The Massachusetts Department of Public Health

**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 October 30, 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:**

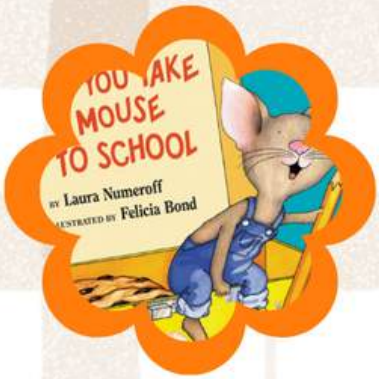
**978-985-9709**

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

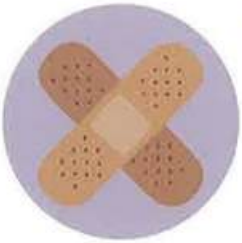
# MEDICAL SERVICES

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



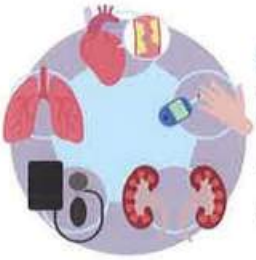
### DIAGNOSTIC SERVICES

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.

# NORTH QUABBIN HEALTH COLLABORATIVE

Public Health
Prevent. Promote. Protect.

# Vaccine Clinic

We're going to offer a **Flu Vaccine Clinic**
**Friday October 30, 2026 from 4-6pm**
**at the Orange Town Hall**
**REGISTER BY 10/23/26**

https://home.color.com/vaccine/walk-up/orange/nqhc-homebound-walk-in

**or by using QR code:**

If you have any questions please contact as at:
**413-500-6414** or **spiragis@townoforange.org**



2ND ANNUAL

# PETERSHAM CENTER SCHOOL

# CRAFT FAIR

**ALL FUNDS RAISED WILL BENEFIT PCS GR 5/6 FIELD TRIPS**

50/50 RAFFLE - AUCTION - FOOD - FUN

## Saturday, October 24th 2026

## 9:00am-2:00pm

**A few outside vendor spots are still left!**

for more information,
or to obtain a vendor registration form, please email
nichole.ruggles@petershamcenterschool.org

**All proceeds will help fund a "Walk Into History" field trip to the Plimoth Patuxet Museum for students in Grades 5 & 6**

# New Salem Public Library

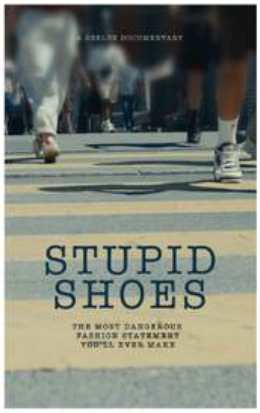
# "Stupid Shoes"

# a film screening and Q&A with

## Nan Mead, RN, BSN, CFCN

## Foundational Footcare

## Saturday, October 24, 1:00-2:30 pm




What's wrong with shoes? Well... quite a lot it turns out. **"Stupid Shoes" is an investigative documentary about foot health, 245 years of mostly ignored science, a global industry that hasn't really changed, and a healthcare system that has somehow missed a problem impacting millions of people around the planet.**

**We will be screening the documentary film, "Stupid Shoes" and footcare nurse, Nan Mead will have a Q&A after the film. She will also discuss some related footwear issues not covered in the film, and she will have a table with some samples of "good" shoes for happier and healthier feet.**

Nan Mead has been a certified footcare nurse for four and a half years. Her work includes monthly foot clinics in Wendell and New Salem plus home visits throughout Franklin and Hampshire Counties. She is also avid runner with a deep appreciation for good shoes.



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

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!

