



North Quabbin Health Collaborative

Public Health Newsletter
COVERING: March 30th – April 5th, 2026
PUBLISHED April 10, 2026



Public Health
Prevent. Promote. Protect.

Upcoming Events:

Next Collaborative Meeting

Monday June 8th at 6pm

Location: OIC, 131 West Main St, Orange

In this issue:

- Calendar of Events (pg 2-3)
- Community Food Access Resource List (pg 4)
- Senior Dining Community Resource List (pg 5)
- Stats for Influenza and Respiratory Diseases (pg 6-7)
- Nurse Update (pg 8)
- New Salem and Orange Social Worker drop in hours (pg 9)
- Prom Dress Drive (pg 10)
- New Salem Tea and Topics (pg 11)
- Warwick Children’s Business Fair (pg 12)
- Orange Tick Talk (pg 13)



UPDATES:

New Salem News

1794 singing fundraiser

The 1794 Meetinghouse is holding a fundraiser to repair the Meetinghouse steeple. We hope you will join us for an evening of "Patriotism, Protest and Peace: Songs of Americana" Saturday, April 18, at 7 p.m. The concert, at the First Universalist Church, 31 N. Main St., Orange, will feature local artists and sing-alongs. There will be refreshments and raffles as well. Suggested donation of \$20 for adults and \$10 for youth will be taken at the door. For more information, go to <https://1794meetinghouse.org/meetinghouse-events/an-evening-of-patriotism-protest-peace-a-benefit-concert/>. Hope to see you there!



Reminders

It is River Rat Weekend!

Enjoy the 5K, Parade, Race, and other festivities. There are a lot of events happening in the area including spaghetti suppers, pancake breakfasts and more! Please enjoy and stay safe. A lot of people will be out walking around and enjoying the spring air. Be kind and careful as you maneuver this very busy weekend for our area.

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: - Sat. April 11th from 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!

WARWICK LIBRARY Author visit & Kid's program w/Louise Wannier - Sunday, April 12th @ 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 Egg Hunt - The Egg Hunt on the New Salem Common will be Saturday, April 4. Starts at 10 a.m. sharp, so bring a basket and help us find the eggs! This event is sponsored by the Recreation Committee and is open to all children who are elementary-school age or younger. There are separate categories for children older and younger than five and a golden egg with a special prize for each age group. Questions? Ask TaMara Conde, tamara@historicgravestone.com.

WARWICK Library Non-Fiction Discussion Group - Thursday, April 16th @ 7 pm: This discussion group is wide open: Could be something you're reading now or from long ago; science, history, memoirs, biographies; articles, books, newsletters, journals. It's all up for discussion at the new non-fiction discussion group. Designed for independent, asynchronous reading, we'll get together to share our favorite non-fiction reads and make recommendations. Come to share/discuss or just to listen and build your reading list.

WARWICK Join members of the Conservation Commission on Saturday, April 18th, at 1:00 pm on a walk in the Warwick woods to explore a vernal pool. Spring is the best time to observe all the "action" taking place in vernal pools and to learn about the creatures that depend on them. We will be collecting information to protect this important habitat. Meet in front of the Town Hall to carpool to the site (TBD). Wear sturdy hiking shoes or boots. It will likely be wet! Some hiking on and off trail may be required. Rain date Saturday, April 25th at 1:00 pm.

WARWICK Children's Business Fair - Saturday April 18th 10am-2pm Warwick Community School Gym 41 Winchester Rd. Warwick MA. These young business owners will be offering a variety of products including: Handmade Jewelry, Artwork, Tote Bags, Plants, Candles, Resin Art, 3-D Printed Creations, Baked Goods, Freeze Dried Candy, Original Graphic Novels, & So Much More!

Calendar of Events continued

WARWICK April Hike Sunday April 19th at 1pm - Where to meet: Park along the side of the road at the SECOND trail sign on Gale Road, about 1 mile from the intersection of Gale Road and Athol Road. The Hike: This approximately 2.4 mile loop hike has a change in elevation of about + 280 feet. We will follow the Washbowl Trail, with several water crossings and a nice spring waterfall midway, and then return on Gale Road to where we parked. For those who want to do a longer hike, we will then hike back-and-forth on the Rum Brook Trail (about 1.2 miles roundtrip). Wear tall waterproof boots, bring hiking poles if you have them, and a water bottle. We will have maps and a trail description available.

WARWICK Library Monthly Short Story Hour - a selection from The New Yorker magazine, April 23rd @ 7:30 pm: Each week The New Yorker publishes some of the best fiction and non-fiction around, This month we'll read the highlighted fiction piece from a recent issue of the magazine. Come to read or just to listen.

WARWICK Library A Revolutionary War Interpretive program for kids and adults - Sunday, April 26th @ 1 pm: 1776 was a pivotal year in American History, and Warwick Library is pleased to host Thomas Quirk, a historical interpreter based in central Mass. When he was seven years old, Thomas attended a reenactment of the Boston Massacre and was immediately bitten by the eighteenth-century bug. Thomas is a current member of the Berkshire Fife and Drum Corps and Grand Republic Fife and Drum Corps, and is also a marching instructor. He provides an interactive experience with period clothing, goods, weapons, tools, and instruments - including a fife and drum demo!

NEW SALEM Library Sourdough Starter Class Tuesday, April 28, 6:30 p.m. to 8 p.m. Nicholas D'Alessandro (Hearthstone Artisan Bakery) will be demonstrating how to make your own sourdough starter. Join us and take home a healthy sourdough starter!

WARWICK May 9 10am-1pm Plant Swap at Warwick Library - Join us on the front lawn to swap plants!

NEW SALEM Old Home Day September 12 is looking to be better than ever this year. Music! Food cooked by firefighters! Crafts! A town-wide tag sale on the Common -- declutter your house or find a treasure! Win a cash prize for your excellent cake, or maybe even better, win a cake! March in a parade, play minigolf, volleyball, or kickball, take a tree tour. The focus this year is history -- learn about New Salem at the time of the Declaration of Independence, and learn about the people who lived here a thousand years ago. You can help organize any of these events -- sign up at Jeanneclayton27@gmail.com -- but whatever you do, open up your calendar now to September and mark Old Home Day September 12.

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 HallWendell, 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	Tuesday9am-noon, Everyother Tuesday delivery	978-249-8111
The Salvation Army	72 Chapman St, Greenfield	Monday9am-11am, Closed on Holidays	413-773-3154
Our LadyImmaculate Church	192 SchoolSt, 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 Pantryat AtholHigh School	2363 Main St, Athol(Located in the back of AHS)	Wednesdays, Summer hours 11am-1pm, Schoolyear 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 Fridayfor 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-Friday8:30am-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 gorcerybags 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 daybefore). For individuals 60 and over and/or disabled. Senior Dining at Lynn's Luncheonette. Enjoylunch with others. A \$3.50 donation is welcome	978-249-8986 Reserve your mealby9am the daybefore 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 pantrybags by applications)	413-772-1033 https://www.fc cmp.org/comm unity-meals/orange/
Trinitarian Congregational Church	147 Main St, Northfield	Fourth Thursday4:30pm (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 Tuesdayfor 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

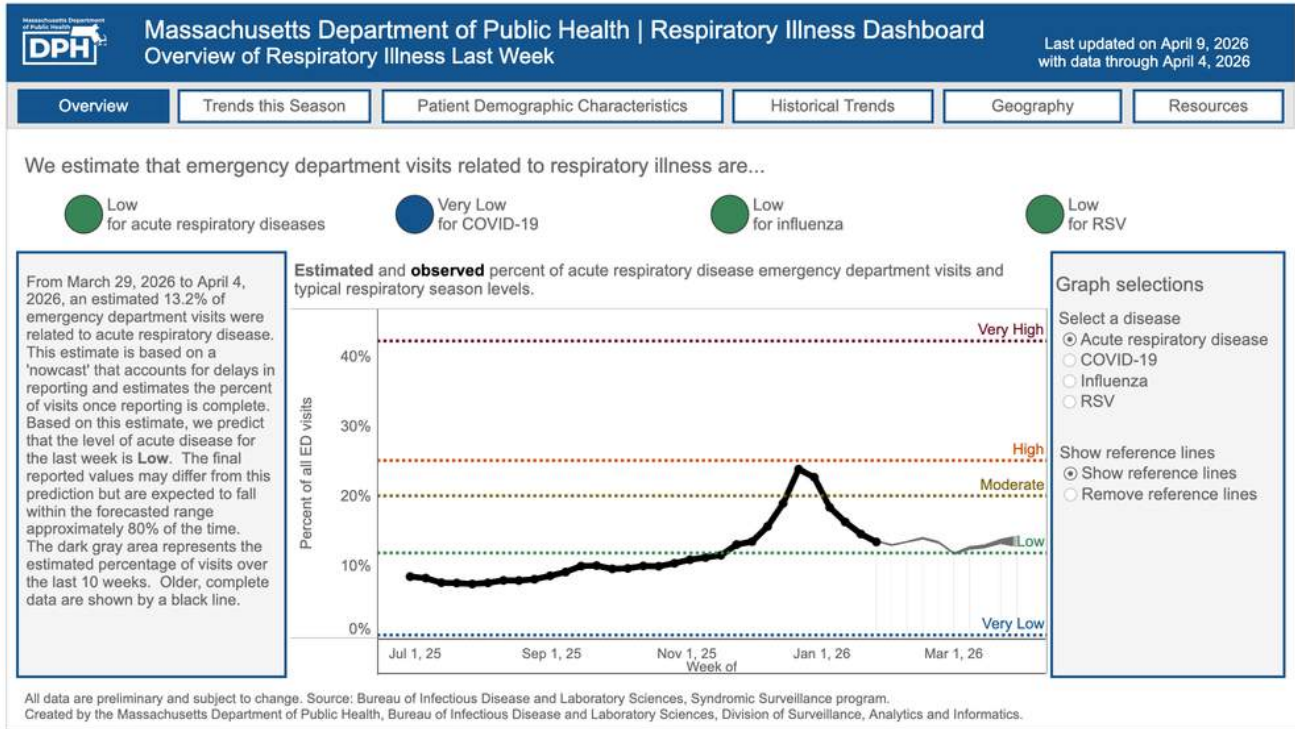
Location	Schedule	Contact
<p>Athol Senior Center 82 Freedom St Athol, MA 01331</p>	<p>Tuesday and Wednesday Congregate</p>	<p>(978) 249-9001</p>
<p>New Salem Luncheon Club Central Congregational Church 22 South Main St New Salem, MA 01355</p>	<p>2nd & 4th Friday of the month Congregate Dine-in</p>	<p>(413)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

NQHC COVID-19 and Other Reportable Diseases

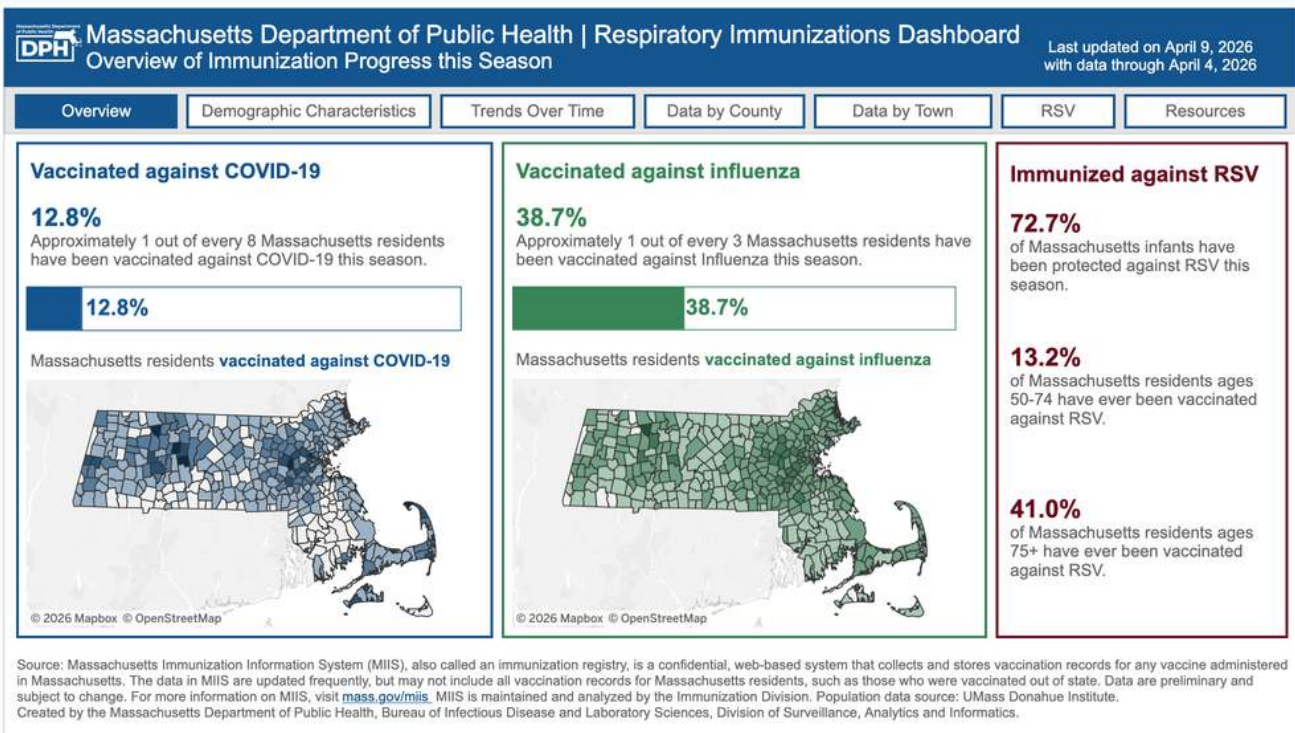
In the the one-week period of March 30th through April 5th, 2026:

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

Respiratory Illness Reporting

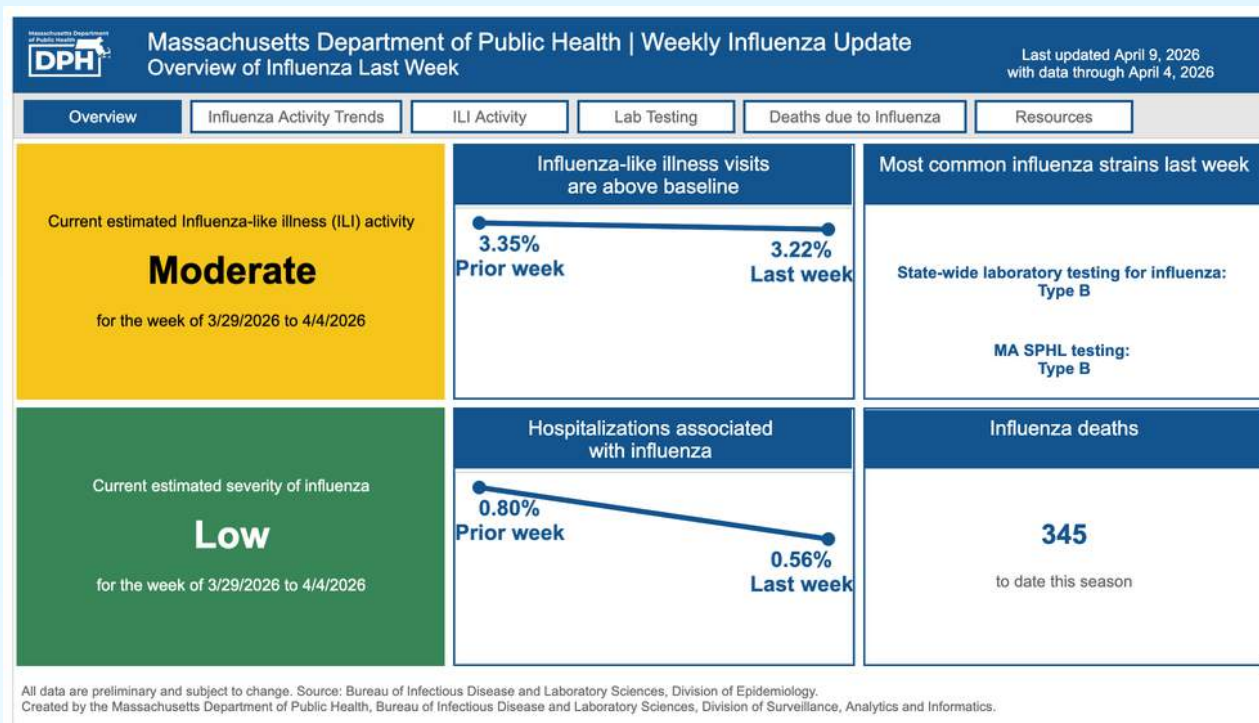


Here is the overall percentages if individuals in Massachusetts immunized against Covid-19 and Influenza

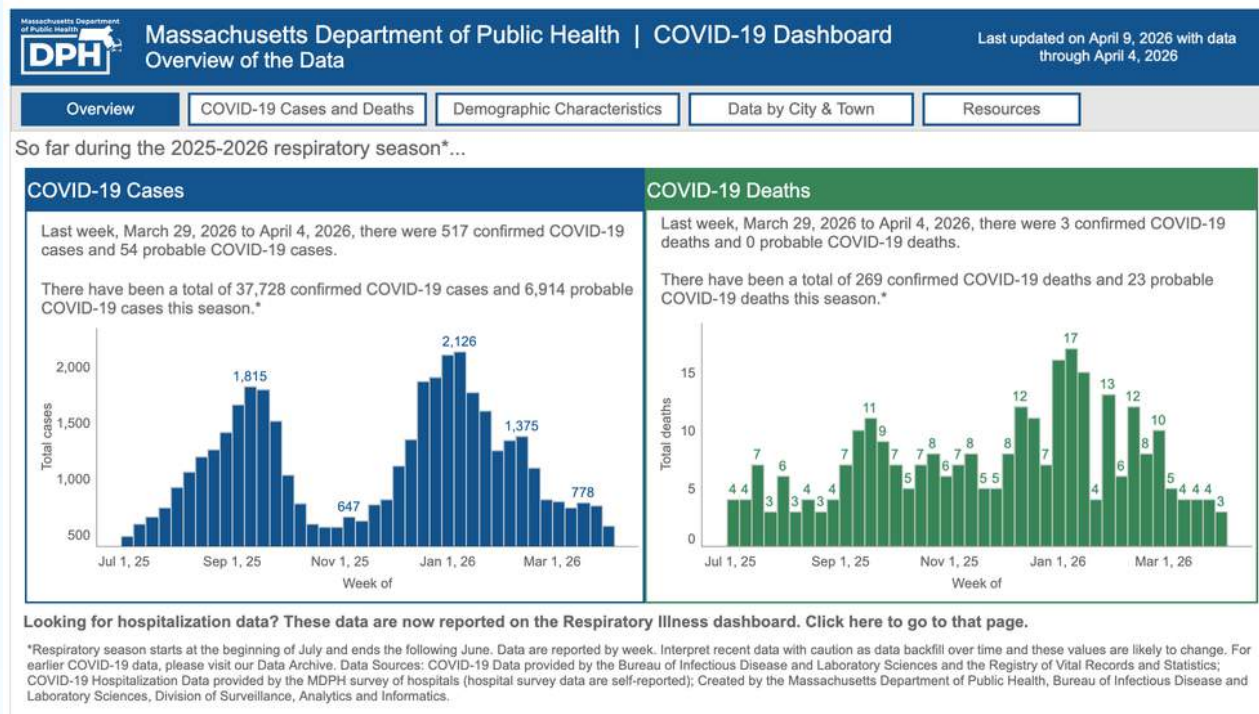


The Massachusetts Department of Public Health

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



COVID-19 Reporting – Number of cases are fluctuating



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 April 17th, 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:

- 4/14/26** - Blood Pressure and Wellness Clinics 11:30-1 at Warwick Town Hall during senior lunch
- 4/22/26** - ALL DAY - Earth Day Challenge and Raffle
- 4/23/26** - 10am-2pm Blood Pressure and Wellness Clinic at Orange food Pantry
- 4/27/26** - 4-6pm - Let's Talk Ticks at Wheeler Memorial Library

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](https://www.northquabbinhc.org/nqhcpvp)



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

Public Health
Prevent. Promote. Protect.



MEET YOUR COMMUNITY SOCIAL WORKER

DURING DROP-IN HOURS AT:

**WHEELER MEMORIAL
LIBRARY, ORANGE**

**NEW SALEM PUBLIC
LIBRARY**

**EVERY SECOND TUESDAY
OF THE MONTH FROM
2:30-4:30PM**

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

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
- & MUCH MORE

FREE &
CONFIDENTIAL
SUPPORT

RACHEL PURINTON, MSW

413-500-6414

RPURINTON@TOWNOFORANGE.ORG

Hearts & Threads –
Prom Dress Drive

We're excited to launch Hearts & Threads, a community initiative supporting students in Orange, New Salem, Petersham, Wendell and Warwick by providing prom dresses and accessories to those who may not otherwise be able to afford them.

Let's come together as a community to make prom night magical for every student

Questions? Contact: Tracy @786-269-4801

Hearts & Threads is proudly collaborating with the Town of Orange and the North Quabbin Health Collaborative to help make this initiative possible



New Salem Public Library
New Salem Council on Aging

Senior Drop-In Hours

Wednesdays, 1:00 - 4:00 pm

Tea & Topics:

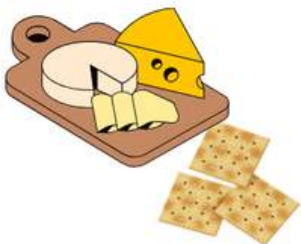
“Social Connection & Mental Health”

May 20, 2:00-3:00 pm

**For this program, Rachel Purinton
(Community Social Worker) will be joining us.**

“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



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





WARWICK

CHILDREN'S BUSINESS FAIR

Saturday April 18, 2026

10am-2pm

Warwick Community School Gym

41 Winchester Rd. Warwick MA

***Come on out to shop and support these amazing young
Entrepreneurs from around New England!***

***These young business owners will be offering a variety of
products including: Handmade Jewelry, Artwork, Tote Bags,
Plants, Candles, Resin Art, 3-D Printed Creations, Baked
Goods, Freeze Dried Candy, Original Graphic Novels,
& So Much More!***

**For more details find us on Facebook,
[Childrensbusinessfair.org/warwick-massachusetts](https://www.childrensbusinessfair.org/warwick-massachusetts)
or email us at: Warwickchildrensbusinessfair@gmail.com**

This Event is brought to you by Amber Holloway of Wild Willow Holities & Wild Willow Kidz



Public Health
Prevent. Promote. Protect.



Let's Talk **TICKS**

Join our local Public Health Nurse for a free presentation about ticks, tickborne illnesses and tick bite prevention.



April 27, 2026

4:00 pm - 5:45 pm

**Wheeler Memorial Library
49 E. Main St. Orange, MA**



**We will be offering free Permethrin spraying to hiking/outdoor boots and shoes at these events
(Please bring a spare pair to wear)**



**The Orange
Public
Libraries**

