



North Quabbin Health Collaborative



Public Health Newsletter
COVERING: April 13th – April 19th, 2026
PUBLISHED April 24, 2026

Public Health
Prevent. Promote. Protect.

Upcoming Events:

Next Collaborative Meeting

Monday June 8th at 6pm

Location: OIC, 131 West Main St, Orange

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UPDATES:

Good Neighbors food pantry fundraiser

John Sheldon and his Ethereal Harp Guitar performs at the Full Moon Coffeehouse Saturday, May 2, at 7:30 p.m. at Wendell Town Hall, with the proceeds to benefit the Good Neighbors Pantry. The Good Neighbors Pantry for 40 years has served the residents of New Salem and Wendell with a weekly free food share at Wendell Town Hall every Sunday at 11 a.m. As usual, the May 2 coffeehouse will feature a delicious array of baked goods for sale -- a "Dessert O Rama" -- along with coffee and popcorn. Music starts with an open mic at 7:30 p.m. It will be a fun night and always a great vibe in Wendell. There are no advance tickets or reservations and a sliding scale donation of \$7 to \$20, cash only, at the door. For more information contact <https://www.wendellfullmoon.org>.



Reminders

Saturday April 25th is National Sense of Smell Day - Go ahead and stop and smell the roses...and all of the other scents of spring

Monday April 26th is National Pet Parents Day - Celebrate all of the pet parents in your life

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 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 Fridayof the Month, doors open at 5pm, dinner at 5:30pm (Must RSVP byTuesdayfor 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

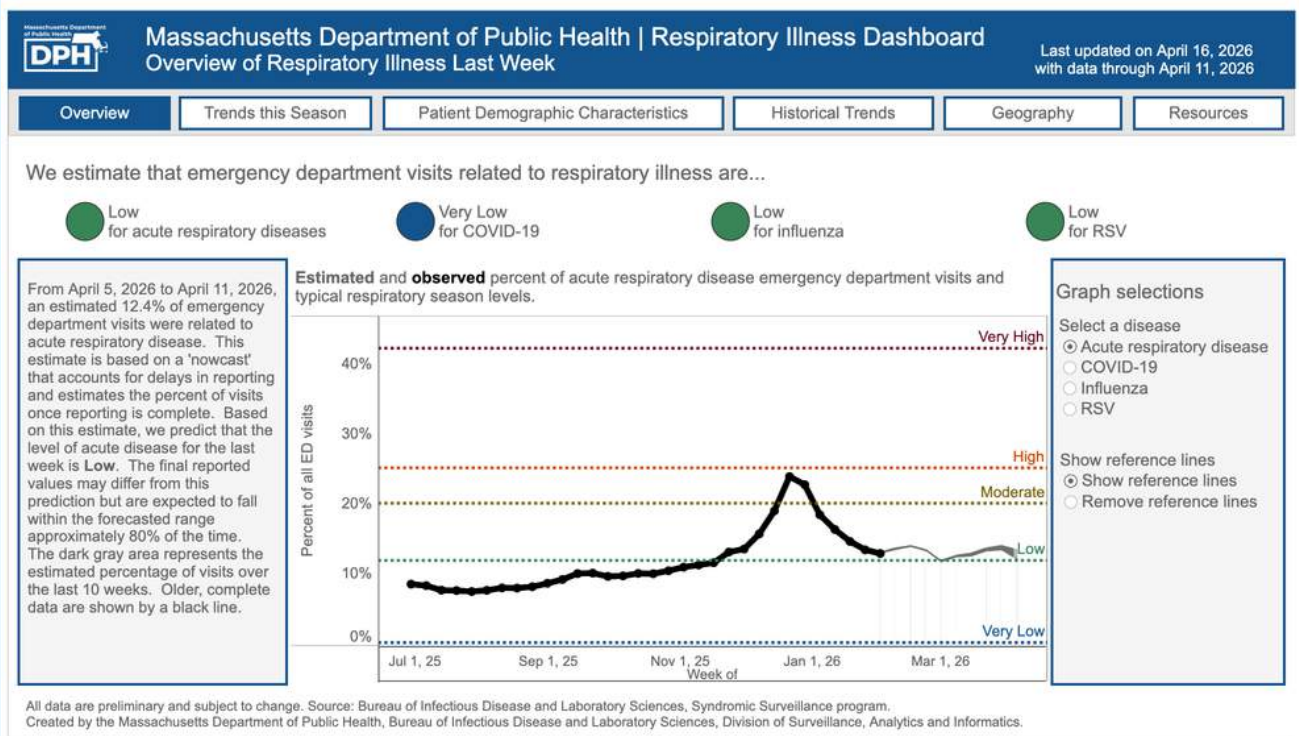
Location	Schedule	Contact
Athol Senior Center 82 Freedom St Athol, MA 01331	Tuesday and Wednesday Congregate	(978) 249-9001
New Salem Luncheon Club Central Congregational Church 22 South Main St New Salem, MA 01355	2 nd & 4 th Friday of the month Congregate Dine-in	(413) 687-8089
Petersham Luncheon Club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

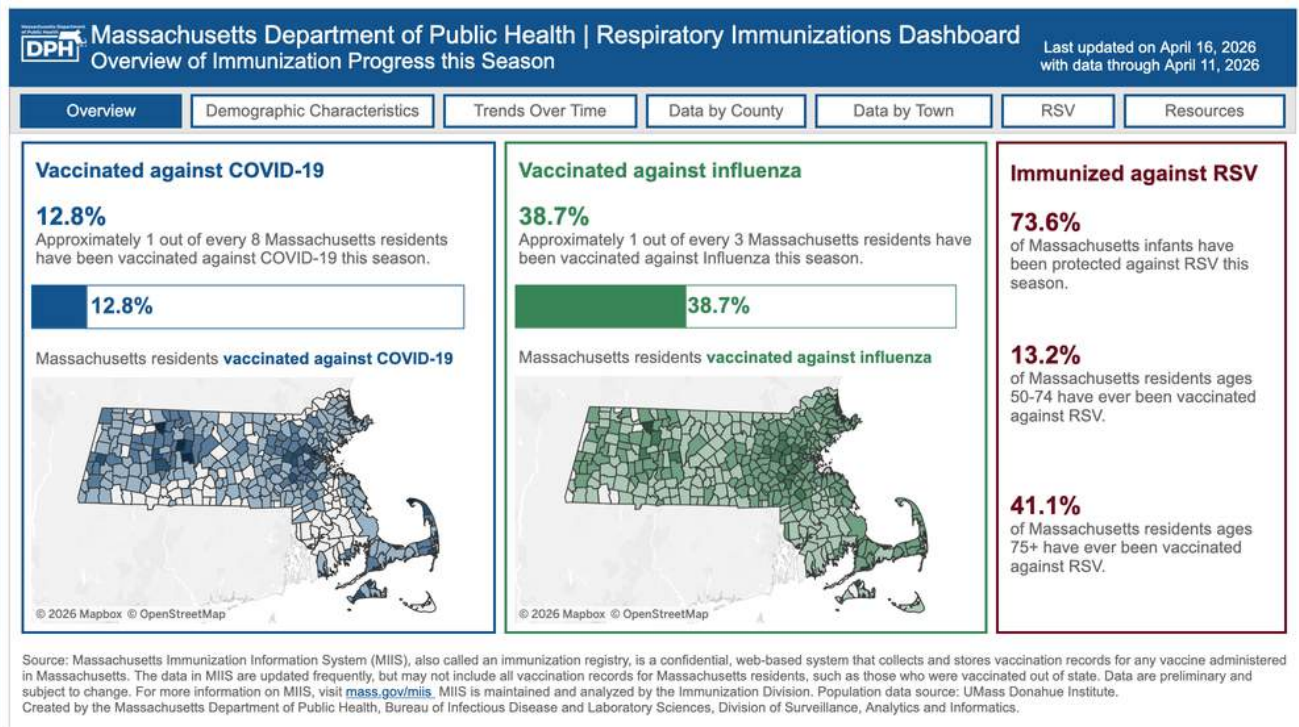
In the the one-week period of April 13th through April 19th, 2026:

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

Respiratory Illness Reporting

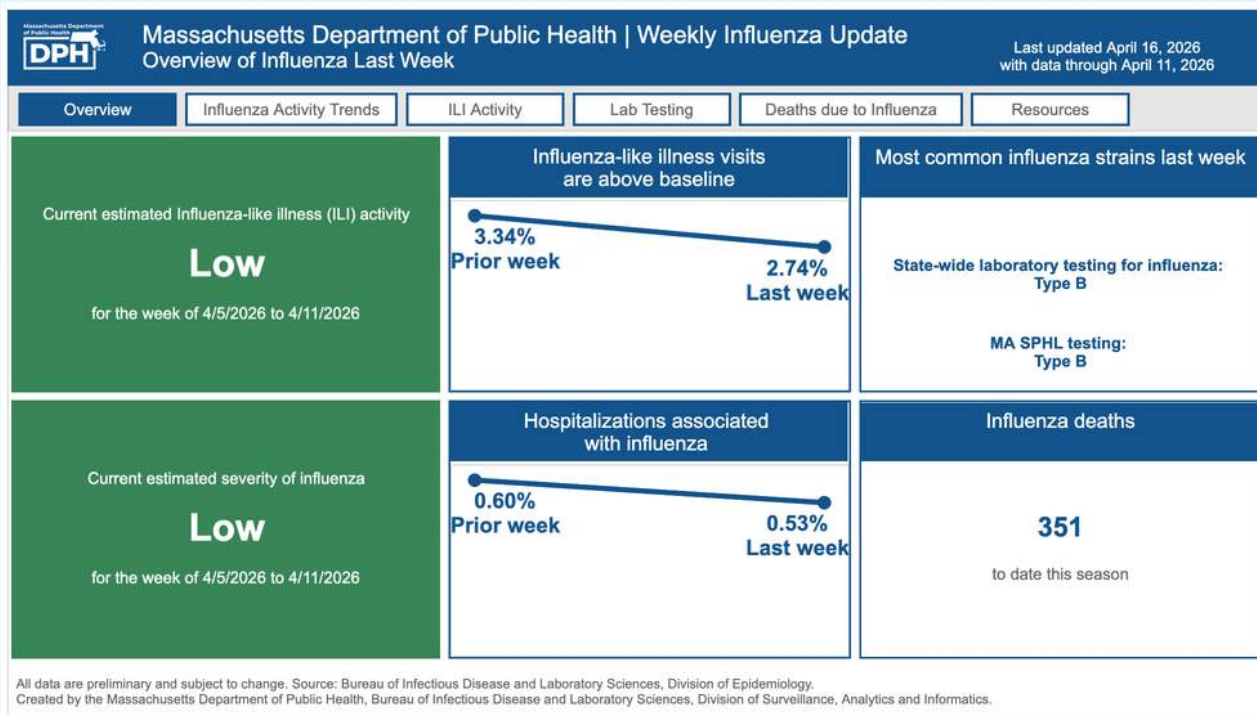


Here is the overall percentages if individuals in Massachusetts immunized against Covid-19 and Influenza

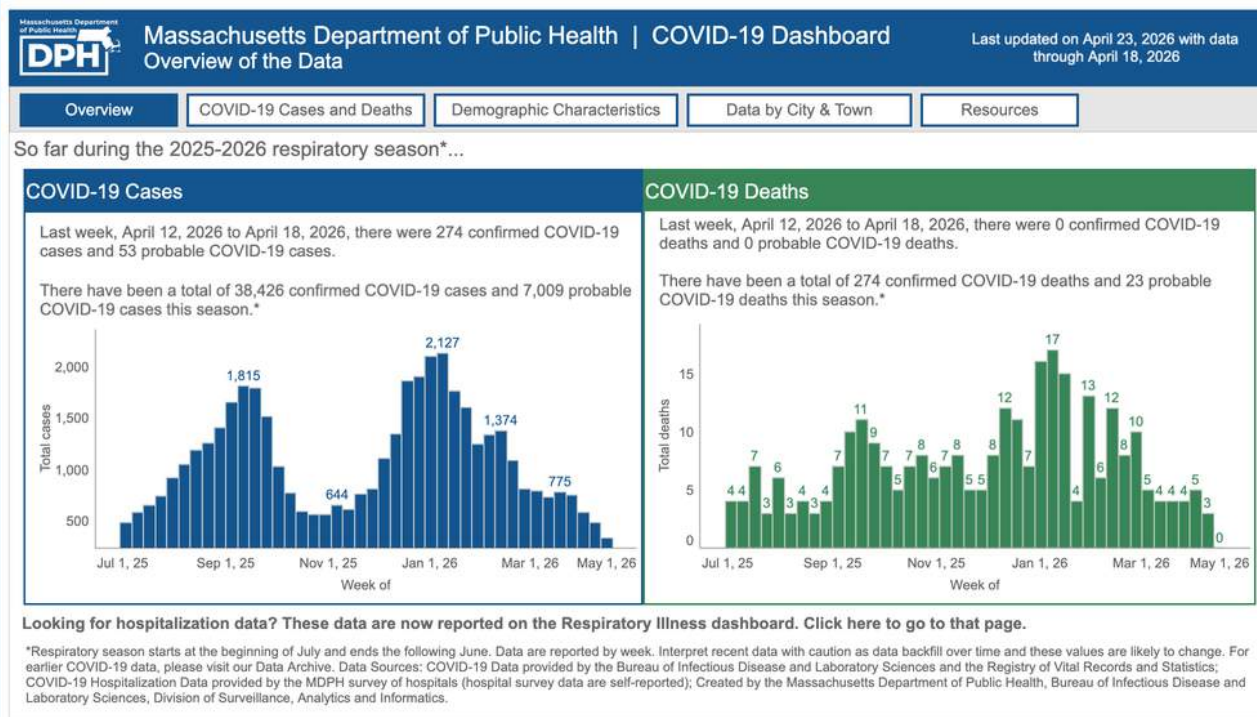


The Massachusetts Department of Public Health

Influenza Reporting – Influenza rate is at Low 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 May 1st, 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:

4/27/26 - 4-6pm - Let's Talk Ticks at Wheeler Memorial Library

5/12/26 - 11:30-1pm Blood Pressure and Wellness Clinic at Warwick Town Hall

5/20/36 - 1-4pm - Tea and Topics in New Salem

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

LITTLE BOOKWORMS STORYTIME

JOIN MS. APRIL FOR
A FUN-FILLED STORYTIME!
BEST FOR AGES 3-5

Wheeler Memorial Library: Community Room
49 East Main St. Orange MA
10:30 am – 11:15 am
EVERY WEDNESDAY!

Questions?

email: aviolette@orangelib.org

Phone: 978-544-2495 x104



FAMILY MOVIE NIGHT: STAR WARS

EPISODE IV: A NEW HOPE

Wheeler Memorial Library,
Community Room.

Thursday, May 21st

5:00–7:30pm

Registration not required.

Everyone welcome!



MINI-MAKERS FAMILY CRAFTING STARWARS

Tickets may be picked up in the children's room starting one hour before the program. Each crafter may take one ticket, valid for one session only. Tickets are distributed first come, first served.

Best for ages 3–7. The age range is a guideline based on the skill level needed for the crafts; all ages are welcome! Family engagement is encouraged. Children under 8 must have a grown-up present.

MAY FEATURED CRAFTS:

MONDAY 5/4 – 2:00PM–2:45PM

> CHEWBACCA PUPPET

TUESDAY 5/5 – 4:00PM–4:45PM

> DEATH STAR ART

THURSDAY 5/7 – 6:00PM–6:45PM

> TISSUE PAPER BABY YODA





LEGO CLUB



Wednesdays, 4:00-5:00pm
Wheeler Memorial Library
49 East Main St. Orange, MA



Questions??
Please call (978)-544-2495 X104
email aviolette@orangelib.org



BABY & TODDLER STORYTIME AND PLAYGROUP

AT WHEELER MEMORIAL LIBRARY:

49 EAST MAIN ST. ORANGE, MA 01364

COMMUNITY ROOM



10:30 AM - 1:15 AM EVERY TUESDAY!

**JOIN MS. APRIL FOR A GROUP
BOARD BOOK READING, SONGS,
MOVEMENT, AND PLAYTIME!
BEST FOR AGES 0-3**

QUESTIONS?

EMAIL: AVIOLETTE@ORANGELIB.ORG

PHONE: 978-544-2495 X104



New Salem Public Library

Creative Art Exploration Workshop

Saturday, April 25, 1:00-2:30 pm

*Presented by Amy Shamansky
Pioneer Valley Creative Arts*



**No art experience is necessary.
All materials are provided.
Just come with curiosity and an
openness to explore your
creativity.**

***Amy Shamansky is an artist and a creativity coach
with more than 20 years of art experience.***

The workshop will start with some time just playing and exploring the art materials without expectations – just enjoying the process and move into an abstract exploration of line to create pure abstracts or familiar images. Participants will finish with some brief writing to see if their art creation has also created a story.



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

New Salem Public Library
New Salem Council on Aging

Senior Drop-In Hours

Wednesdays, 1:00 - 4:00 pm

Tea & Topics:

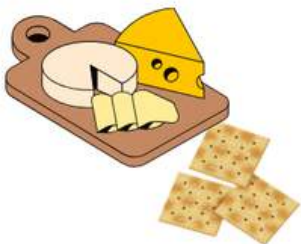
“Social Connection & Mental Health”

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



FREE SOURDOUGH CLASS

HOW TO MAINTAIN A HEALTHY SOURDOUGH STARTER IN YOUR HOME KITCHEN



Courtesy of: Hearthstone Artisan Bakery



What is that?



YOUR RECIPE CALLS FOR "SOURDOUGH STARTER", BUT WHAT IS THAT?

You can't buy it in a store or keep it in your pantry.

Join Nicholas D'Alessandro from the Hearthstone Artisan Bakery as he brings decades of sourdough baking experience to this program which will explain exactly what a sourdough culture is, how to maintain one in a home kitchen, the common errors people make, and how to incorporate it into your favorite recipe.

AND, take home a healthy sourdough starter for yourself!

This class is best suited for those with previous bread baking experience who are new to sourdough or seeking to perfect their sourdough skills.



6:30PM – 8:00PM

TUESDAY, APRIL 28TH

AT NEW SALEM PUBLIC LIBRARY, 23 SOUTH MAIN STREET, NEW SALEM, MA

QUESTIONS? Contact: nicholas@hearthstoneartisanbakery.org or Linda, nsdirector@cwmar.org
hearthstoneartisanbakery.org 413-256-6203

New Salem Public Library

presents

Identifying & Managing Invasive Plants

Presented by Brian Colleran

Ecological Land Management, Deerfield

Thursday, April 30, 6:30–7:30 pm

Are you wondering how many invasive plants are taking over your property? Brian will discuss a variety of invasive plants (including Japanese knotweed) to help us identify and manage these problem plants.



Japanese Knotweed

Brian Colleran is a restoration ecologist & wetland scientist and has been studying the negative effects of Japanese Knotweed for 10+ years.



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

New Salem Public Library

presents

Shiatsu with Friends 2026

Saturday, May 2, 1-4 pm

with Wholistic Practitioner Shell Hines



This workshop offers a variety of practices to connect, heal our bodies, soothe our spirits, and inspire our hearts.

Shell Hines has been empowering others to improve their health & well-being for over 25 years.

In the spring season, energies change and a new element arises. We will explore more deeply as we refresh our healing practices and continue to play with our Qi and gather more tools for vibrant health & wellbeing.

We will review some of the practices from the previous workshops and then move beyond to learn additional healing practices, including more qigong and visualization, working with energy flows and blockages, and using different acupoints for relieving specific physical discomforts that are issues for the participants.



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



Public Health
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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**





Public Health
Prevent. Promote. Protect.

INTRO TO HEALTHY LIVING

Date: May 21, 2026

Time: 3:00 pm - 4:00 pm

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

Join the North Quabbin Health Collaborative's Public Health Nurse for a free workshop and presentation.

An introduction to healthy living where topics will include stress management, importance of sleep, impacts of social connection, and cognitive health.

**The Orange
Public
Libraries** 