



# North Quabbin Health Collaborative

Public Health Newsletter  
COVERING: April 20th – April 27th, 2026  
PUBLISHED May 1, 2026



**Public Health**  
Prevent. Promote. Protect.

## Upcoming Events:

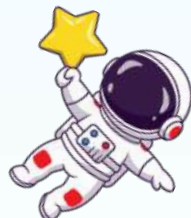
### Next Collaborative Meeting

Monday June 8<sup>th</sup> at 6pm

Location: OIC, 131 West Main St, Orange

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## UPDATES:

### ORANGE SCHOLARSHIP FOUNDATION APPLICATIONS AVAILIABLE

The Orange Scholarship Foundation, celebrating its 65<sup>th</sup> anniversary this year, has announced that scholarship applications are available and due by May 30<sup>th</sup>.

Orange Scholarship Foundation has awarded over \$1 million in scholarships to graduates of Ralph C. Mahar Regional School in Orange. Graduates of Mahar, as well students from Orange, Wendell, New Salem and Petersham attending Franklin County Technical School or Montachusets Regional Vocational School are eligible along with post graduates.

OSF is able to award scholarships from investments made by the L. S. Starrett Company, the Rodney Hunt Company, Orange Business Association, the Mahar 50+ Club, as well as several private investments. OSF welcomes donations and can be mailed to Orange Scholarship Foundation, P.O. Box 298, Orange, MA 01364.

Applications are available at the Mahar Student Services, the porch at Witty's Funeral Home or from Kathy Kilhart.



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](mailto:cpage@townoforange.org) to be included in the next newsletter.

# Calendar of Events

**NEW SALEM LIBRARY** "Shiatsu with Friends", Saturday, May 2, 1:00 p.m. to 4:00 p.m. Shell Hines is back again for her popular workshop with a variety of practices to connect, heal our bodies, soothe our spirits, and inspire our hearts. [Registration recommended - call 978-544-6334]

**NEW SALEM LIBRARY** "Rising River's Edge", Tuesday, May 5, 6:30 p.m. to 8:30 p.m. For the second in our local filmmakers series ("Stories in Motion"), we are featuring a short documentary on extreme weather, including damaging flood and early frosts, that contributed to major crop and revenue losses for local farms. Clara Witty, Project Director, LAVA Center, Greenfield will share details about the filming and answer questions after the film.

**NEW SALEM LIBRARY** "Crafternoons: Making Beeswax Flower Candles", Saturday, May 9, 1:00 p.m. to 3:00 p.m. Jennifer LeVangie (Free Spirit Farm, Wendell) will be demonstrating the process for making candles. Participants will be able to make their own unique flower candles to take home. [Registration required: call 978-544-6334].

**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](mailto: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 <a href="https://www.fc cmp.org/comm unity-meals/orange/">https://www.fc cmp.org/comm unity-meals/orange/</a>
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

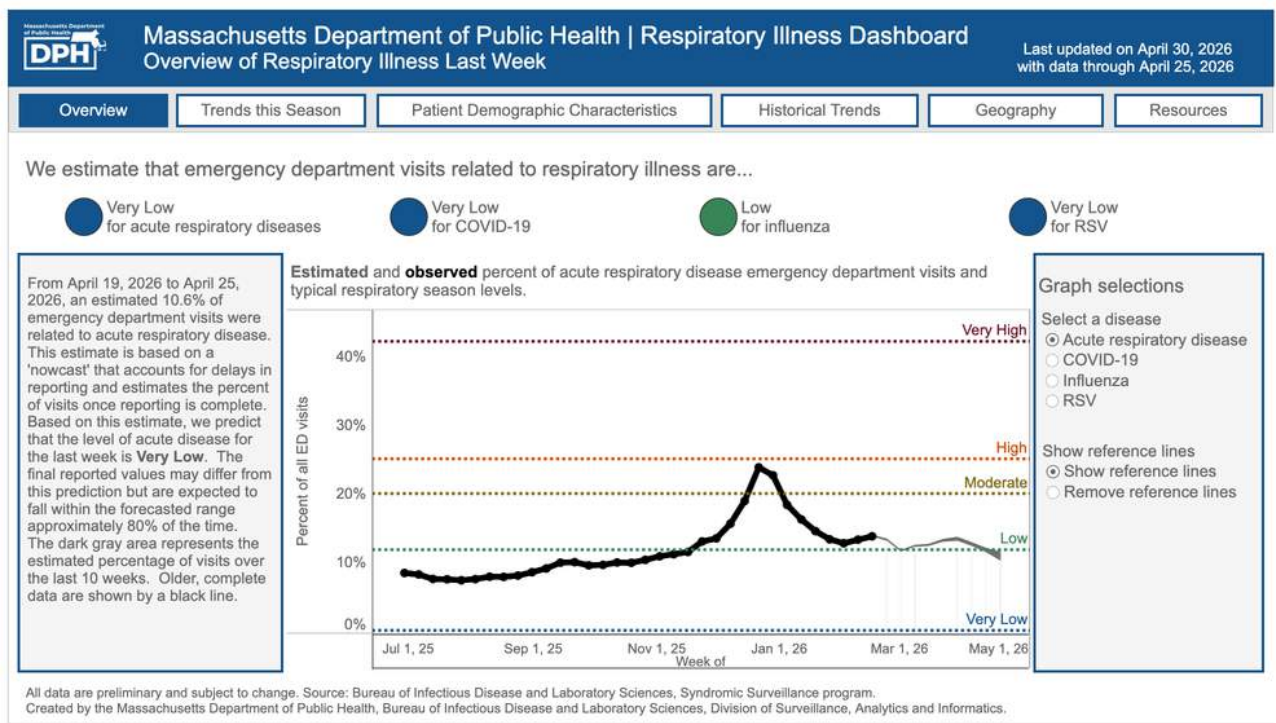
Location	Schedule	Contact
<p>Athol Senior Center 82 Freedom St Athol, MA 01331</p>	<p>Tuesday and Wednesday Congregate</p>	<p>(978) 249-9001</p>
<p>New Salem Luncheon Club Central Congregational Church 22 South Main St New Salem, MA 01355</p>	<p>2<sup>nd</sup> &amp; 4<sup>th</sup> Friday of the month 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 1<sup>st</sup> Congregational Church The Common Phillipston, MA 01331</p>	<p>1<sup>st</sup> &amp; 3<sup>rd</sup> 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

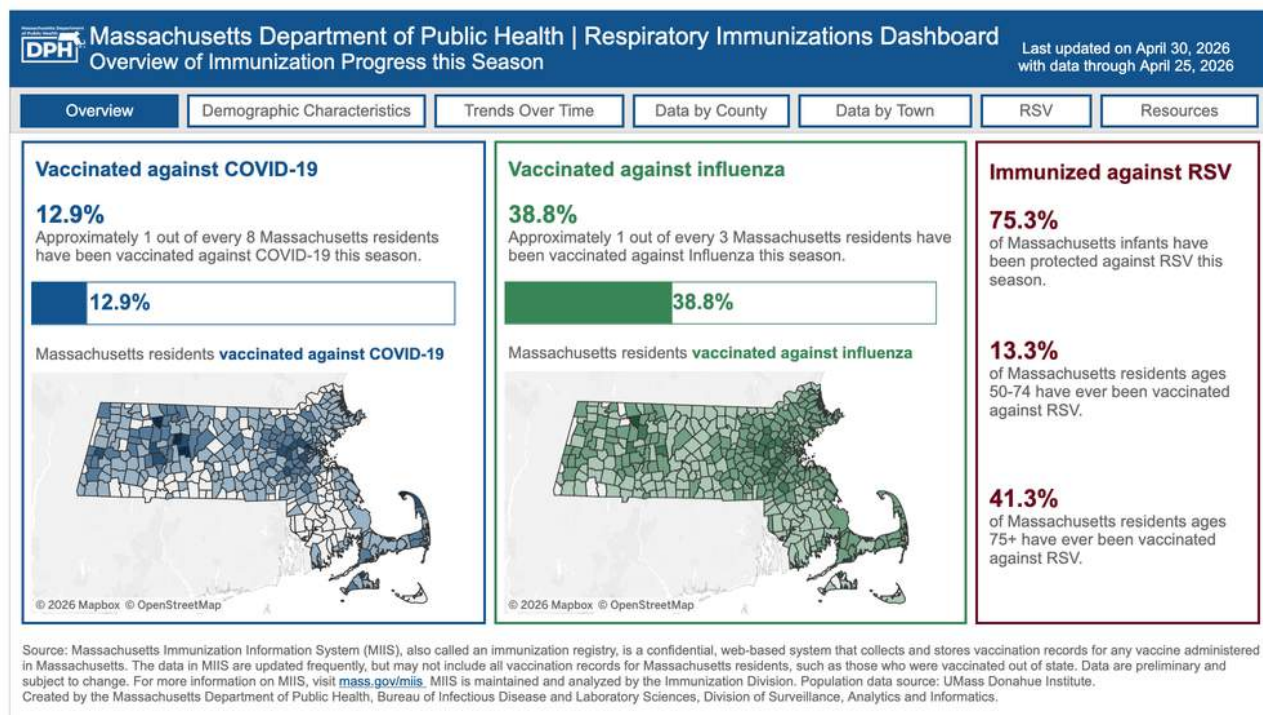
In the the one-week period of April 20th through April 27th, 2026:

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

## Respiratory Illness Reporting

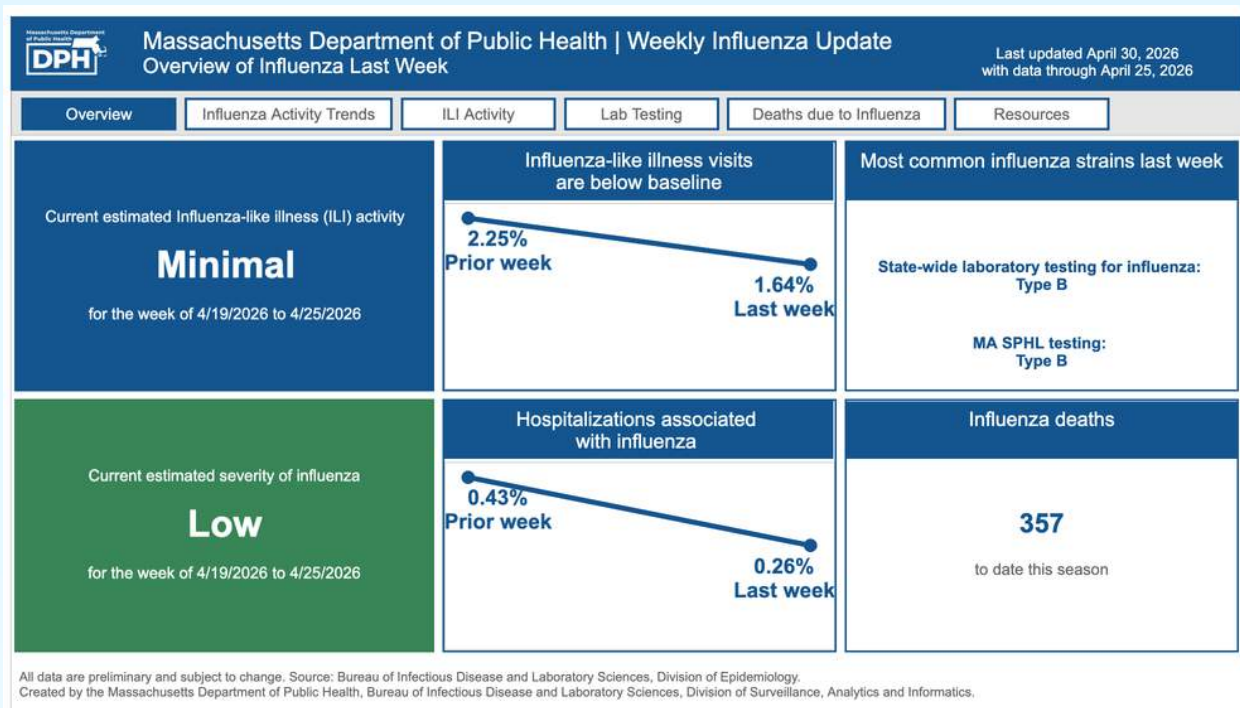


Here is the overall percentages if individuals in Massachusetts immunized against Covid-19 and Influenza

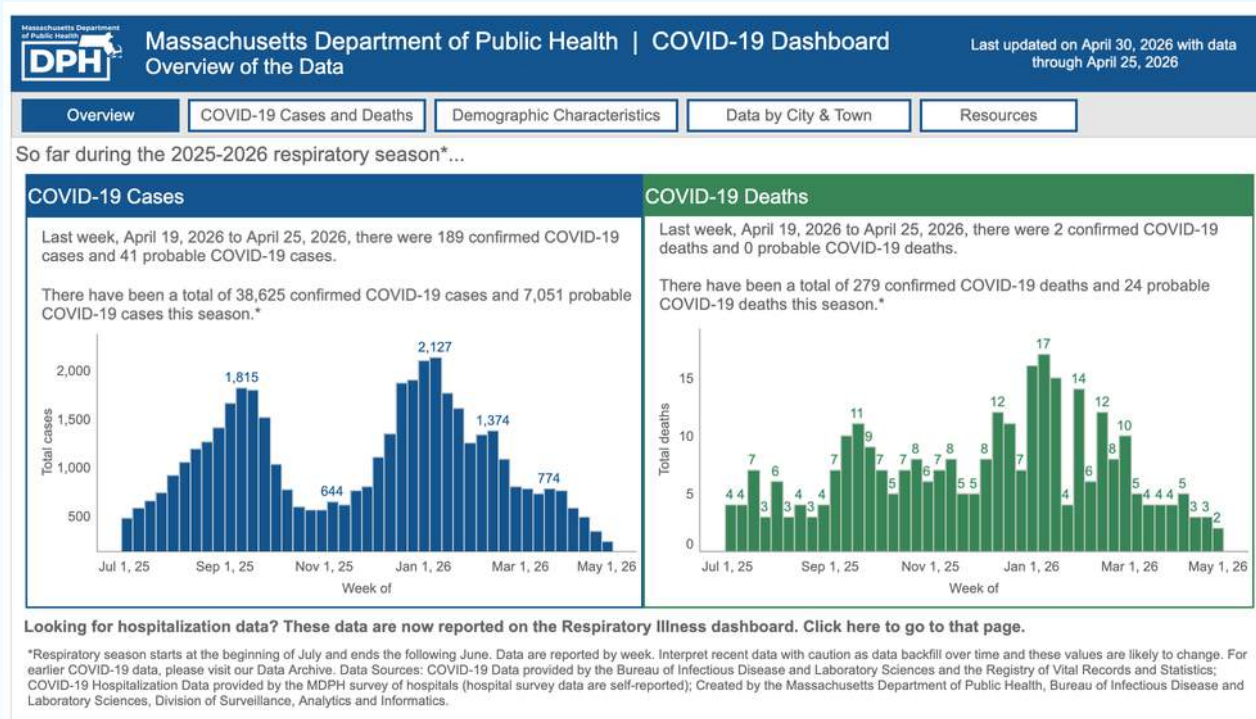


# The Massachusetts Department of Public Health

## Influenza Reporting – Influenza rate is at Minimal 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>



# 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:

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

**5/20/26** - 1-4pm - Tea and Topics in New Salem

**5/21/26** - Recovery Cafe at MWCC Presentation

**5/28/26** - 10am-2pm - Blood Pressure and Wellness clinic at Orange Food Pantry

## 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](mailto: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 21<sup>st</sup>

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](mailto: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](mailto:AVIOLETTE@ORANGELIB.ORG)**

**PHONE: 978-544-2495 X104**



New Salem Public Library  
New Salem Council on Aging

# Senior Drop-In Hours

**Wednesdays, 1:00 - 4:00 pm**

**Tea & Topics:**

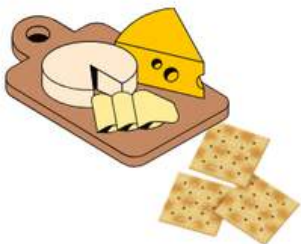
**“Social Connection & Mental Health”**

**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



**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  
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978-544-6334 /n\_salem@cwmar.org**



**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** 

**New Salem Public Library**

**Stories in Motion:**

**Creative Local Filmmakers Series**

# **“Rising River’s Edge”**

**Tuesday, May 5, 6:30–8:30 pm**

For our second local filmmakers presentation, we are featuring a short documentary on extreme weather, including damaging floods and early frosts, that contributed to major crop and revenue losses for local farms. This film documents three local farms as they navigate difficult weather patterns and try to survive.

Clara Witty, Project Director, LAVA Center, Greenfield will share details of the filming and answer questions after the film.



**For more information on the film, visit the LAVA Center website at <https://thelavacenter.org/risingriversedge/>**



This program is supported by the  
**Friends of the New Salem Public Library**



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





New Salem Public Library



# Crafternoons

## Making beeswax flower candles

**Saturday, May 9, 1:00-3:00 pm**

Presented by Jennifer LeVangie

Free Spirit Farm, Wendell



We will be making our own flower candles using eco-friendly colored beeswax (a variety of colors will be available), flower molds, and wicks. The process involves heating and cooling phases and can also be done at home.

*Jennifer is the owner and creator of Free Spirit Farm, and she has been making candles for more than 20 years*

Jennifer will also have a variety of her handcrafted beeswax candles and goat milk soap products for sale.

This program is geared for adults and teens.

**Space is limited - registration required:  
sign up at the library or call 978-544-6334**



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978-544-6334 /n\_salem@cwmar.org

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978-544-6334 /n\_salem@cwmar.org**

# DO YOU WANT TO BE AN ASTRONAUT?

**WHEELER MEMORIAL LIBRARY  
49 EAST MAIN ST. ORANGE, MA**

**THURSDAY, MAY 7TH - 3:30-5:00PM**

**PLEASE JOIN US FOR A SPECIAL  
OUT-OF-THIS-WORLD PROGRAM**

**COME SEE A REAL-LIFE SPACESUIT, COURTESY OF THE DAVID CLARK COMPANY, THE SAME COMPANY THAT DESIGNED THE SPACE SUITS FOR THE ARTEMIS II ASTRONAUTS: REID WISEMAN, VICTOR GLOVER, CHRISTINA KOCH, AND JEREMY HANSEN!**

**IN ADDITION TO THIS INCREDIBLE OPPORTUNITY TO EXPLORE A REAL SPACE SUIT UP CLOSE, ENJOY A SPACE STORYTIME & CRAFT.**

**REGISTRATION IS NOT REQUIRED - ALL AGES WELCOME**

**THIS PROGRAM IS A COLLABORATION BETWEEN  
OES ART TEACHER, CATHERINE LEE  
AND CHILDREN'S LIBRARIAN, APRIL VIOLETTE.**

