

Town of Charlemont November 2025 Newsletter



News from the Board of Health

FALL 2025 VACCINE UPDATE

Stay healthy this season! Here's a quick guide to recommended vaccines and timing for infants, adults, and older adults.

FLU (INFLUENZA) VACCINE

Who: Everyone 6 months and older. Safe during pregnancy. Adults 65+ should request a high-dose or adjuvanted version.

Effectiveness: Reduces flu-related doctor visits by 30–60%.

Best time: October — protection fades over time.

RSV (RESPIRATORY SYNCYTIAL VIRUS)

Who: Infants <8 months, or 8–19 months with risk factors. Pregnant people 32–36 weeks.

Adults 75+ and 50–74 with risk factors.

Effectiveness: Prevents severe RSV in 80–96% of cases.

Options: Infants – Nirsevimab or Clesrovimab. Pregnancy – Pfizer Abrysvo. Older adults – GSK, Pfizer, or Moderna.

Timing: Infants – Oct–Mar. Pregnancy – Sept–Jan. Older adults – Now.

COVID-19 VACCINE (UPDATED 2025)

Who: Children 6–23 months, 2–17 yrs with risk factors. Pregnant people anytime. All adults 18+.

Effectiveness: Adds 30–60% protection against severe illness.

Updated for: Omicron JN.1 and LP.8.1 variants.

Options: Pfizer (5+), Moderna (6 mo+), Novavax (12+).

When: Now — wait 3–6 months after infection.

PROTECT YOURSELF & YOUR FAMILY

Vaccines are safe, effective, and prevent serious illness. Talk with your healthcare provider about which vaccines are right for you — and get protected this fall!

Hawlemont School vaccine clinic is November 17 from 4pm-6pm registration information available on the town website.

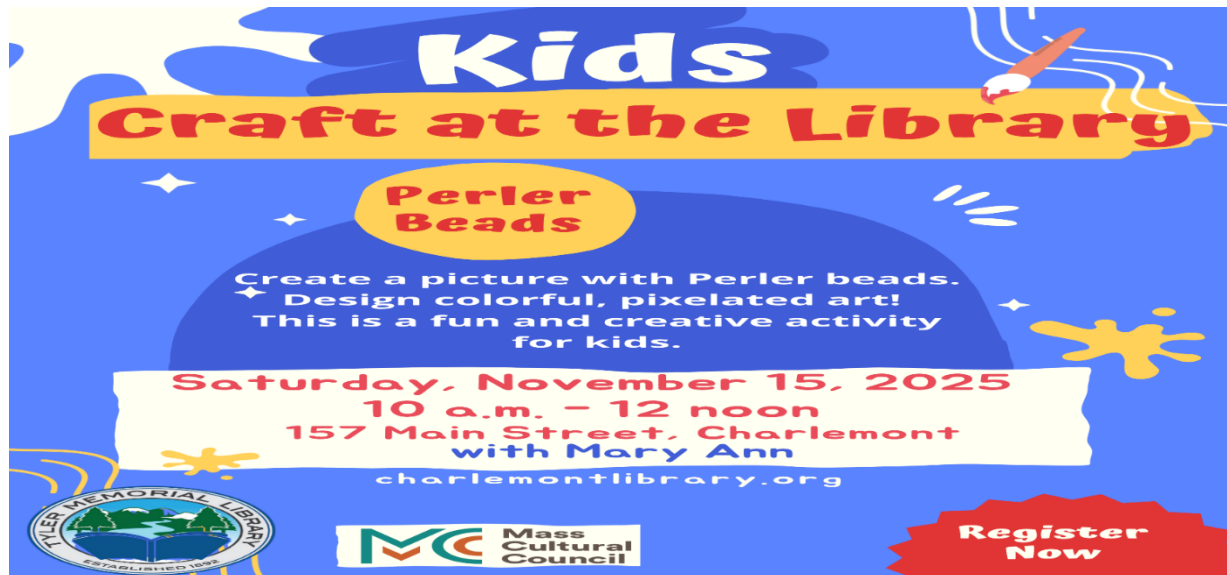
News from the Council on Aging

Seniors in Charlemont 70 or older are eligible to receive 20 free trash Stickers per year. The stickers can be picked up at the Senior Center, Transfer Station or they can be delivered, if necessary, by contacting Town Hall at 413-339-4335 ext. 7

A Foot Clinic will take place at the Charlemont Federated Church on December 2, 2025 if you are interested in participating contact Piper Sagan, certified foot care nurse, phone 413-522-8432

Greenfield Energy Fair available to all Franklin County Residents

All Franklin County residents are invited to join us for Greening Greenfield's free 2025 Energy Fair, to be held Monday, Nov 2, from 5:30 to 7:30 p.m. at the John Zon Community Center in Greenfield. After free pizza, attendees will learn about currently available programs and incentives that can help people of all income levels with making energy-efficient building upgrades and save money, as well as install solar, or find an electric vehicle and reduce their reliance on fossil fuels. Pre-register today to ensure free pizza at <https://bit.ly/4gW2nAa> or call 413-774-5667.



Stay Healthy and Get Healthy

Herbal and Common Sense Tips For this Flu Season

- Getting over a cold, but the nagging cough won't quit?
- Struggling to keep the flu at bay?
- Do chicken soup, crackers, ginger ale, vapo-rub and a good movie really work?
- What do you do when you sprain an ankle, but have to go to work tomorrow anyway?
- How do you take an infection out of a wound, . . . painlessly?

Join **Clare Pearson, Herbalist and Owner of Wilder Brook Botanicals** and get tips to keep healthy this coming sneezy, slippery season!

We'll cover Cold and Flu symptoms and First Aid. Learn about Nutritional, Herbal and Common Sense ideas that support rapid healing.

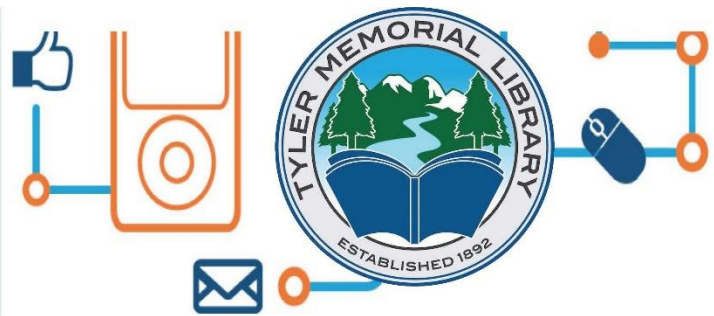
When: Saturday, November 1
Time: 2-4pm
Where: Tyler Memorial Library



Device Distribution Program

The town of Charlemont is launching a device distribution program to give away new laptop computers, chromebooks, or tablets to qualified residents; those with low-income, a disability, veteran status, or are elderly. For more information, please visit the broadband committee page on the town website or stop by the town hall for more information.

This project was funded by the Massachusetts Broadband Institute at the MassTech Collaborative under the Municipal Digital Equity Implementation Program. Funding was provided by Massachusetts ARPA State Fiscal Recovery Funds.



*Get support tailored
for your needs!*

Free Tech Support

What We Offer:

- Basic Computer Skills
- Using the Internet
- Email Support
- Setting up New Devices
- Accessing Services:

Thursdays

4:00pm - 6:00pm

No appointment necessary

Tyler Memorial Library

Located in the Charlemont Town Hall

157 Main St, Charlemont, MA

This program is a partnership with the towns of Northfield, Charlemont, Colrain, Leyden, Wendell, and New Salem, and is funded by the Massachusetts Broadband Institute at the MassTech Collaborative under the Municipal Digital Equity Implementation Program. Funding was provided by Massachusetts ARPA State Fiscal Recovery Funds.

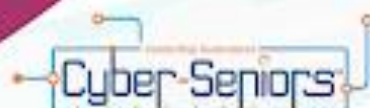


**GREENFIELD
COMMUNITY
COLLEGE**

NOVEMBER 19, 2025

Google Drive

In this beginner-friendly workshop, participants will learn how to upload and organize files, create folders, and share documents, photos, and other content with others. We'll also cover setting permissions, accessing files from different devices, and using Drive to collaborate in real time. Learn to upload and organize files and folders in Google Drive; share files with individuals or groups; adjust sharing permissions for view, comment, or edit access; access files from smartphones, tablets and computers; and collaborate on shared files in real time.



Steph Stoudenmire

Codeforce Consulting



Date
Wednesday Nov. 19, 2025



Time
2-4 p.m.



Address
Tyler Memorial Library
157 Main St, Charlemont, MA

This program is a partnership with the towns of Northfield, Charlemont, Colrain, Leyden, Wendell, and New Salem, and is funded by the Massachusetts Broadband Institute at the MassTech Collaborative under the Municipal Digital Equity Implementation Program. Funding was provided by Massachusetts ARPA State Fiscal Recovery Funds.



*Learn more &
apply here*



<https://rebrand.ly/CLAppColChar>

Make Community Connections for Climate Resilience

paid public service opportunity

Help the **Towns of Colrain & Charlemont** figure out which community members are most at risk of harm from **climate change** and what can be done to help them.

We are seeking **six Community Liaisons** to participate in a state-funded climate resilience planning project. You will do **outreach to community members** and work with Town Staff to **guide the project**.

Timeframe: December 2025-July 2026

Pay: Stipend of up to \$320 per month, \$3,300 total

Commitment: 1-2 meetings plus 5-10 hours work per month

Who Should Apply? Residents of Colrain or Charlemont who are interested in working with their neighbors to strengthen their community.