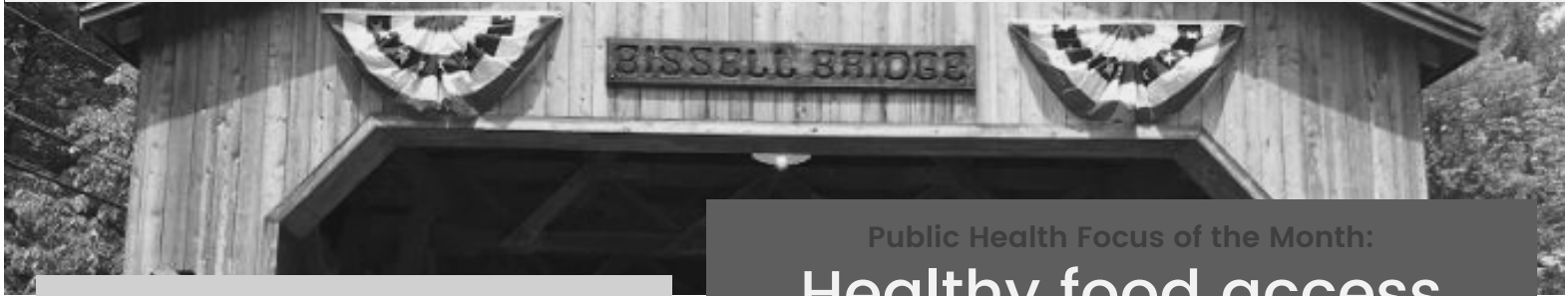


# healthconnect

AUGUST 2022



Public Health Focus of the Month:

## Healthy food access

Summer food access can be difficult for families whose children eat regularly at school cafeterias or simply because fresh produce can be pricey. Local options for meals for those under 18 are on Project Bread's website: [projectbread.org](http://projectbread.org).



**SUMMER EATS**, run in partnership with the Massachusetts Department of Elementary and Secondary Education, is a totally free meal program providing meals to children and teens 0-18 years. Breakfast and lunch can be picked up M-F at Hawlemont School in Charlemont. Call 413-339-8316 to participate.

The ability to get healthy food is often blocked by barriers such as price, physical distance to stores, or a lack of nutrient-rich food at stores close to home. In the summer months, however, the convenience of farm stands and farmers' markets can offer increased access to fresh produce. A map of local farm stands can be found on the website of the nonprofit Community Involved in Sustaining Agriculture (CISA) [buylocalfood.org](http://buylocalfood.org).

Additionally, Massachusetts developed a creative solution to increasing food access and helping strengthen local farms: the Healthy Incentives Program (HIP). The program works alongside SNAP benefits (formerly food stamp dollars): anyone who is eligible for any amount these benefits has at least "an extra" \$40 dollars a month (as an instant, automatic refund) that can be used on produce and other food items without preservatives. HIP dollars are widely used year-round at farmers markets and benefit local farmers!

Only certain retailers accept HIP, so check out CISA's website [buylocalfood.org](http://buylocalfood.org) for information on where to redeem HIP. Or, chat up your local farmer at the market!

*from the FRCOG Public Health Team*

Questions about HIP? Or want to sign up? Check online at [mass.gov](http://mass.gov); call the Food Bank of Western MA (413-992-6204—English and Spanish), Project Bread (800-645-8333—a variety of languages), or call Community Action Pioneer Valley (413-475-1570).

We want to hear from you! Have a question? Want to know more about a particular topic? Let us know!  
Email: [boh@townofcharlemont.org](mailto:boh@townofcharlemont.org) Telephone: 413-339-4335 (Opt 6, 2).

# WEST COUNTY WALK-IN WELLNESS CLINIC

Confidential services include blood pressure and blood glucose checks, support with managing chronic health conditions and self-management of medications, sharps disposal and container exchange.

This nursing service is provided each month by the Cooperative Public Health Service of the Franklin Regional Council of Governments. For more information, contact Meg Ryan, RN at [mryan@frcog.org](mailto:mryan@frcog.org), 413 774-3167 x 158, or Lisa White, RN, [lwhite@frcog.org](mailto:lwhite@frcog.org), 413 665-1400 x 114.

**Everyone is welcome! No appointment needed.**

## DAYS & HOURS

### Charlemont @ Federated Church

2nd Tuesday 10:30am – 12:00pm

3rd Tuesday 4:00-5:30pm

### Shelburne Falls @ Senior Center

4th Tuesday 10:00am-12noon

### Ashfield @ 1st Congregational

8/9, 9/6, & 10/4: 3:00-5:00pm

### Colrain @ Griswold Library

3rd Wednesday 4:00-6:00pm

## COVID-19 Vaccination & Booster Clinics



Thurs. 8/4	4-7pm	Mohawk Trail Regional School
Tues. 8/24	9am-12pm	Federal Street Elementary, Gfld
Tues. 8/24	3-6pm	Sheffield Elementary, Turners Fls
Thurs. 8/25	3-6pm	Gill Elementary
Fri. 8/26	3:30-6:30pm	Deerfield Elementary

#### Register online at: [frcog.org/vaccine](https://frcog.org/vaccine)

Walk-ins welcome. All vaccines are at no cost to you. Please bring a valid ID and, if you have them, a vaccination and insurance card.



#### Age eligibility:

- 6 months & up for vaccination
- 5 years & up for boosters

More info: [mass.gov/covid-19-vaccine](https://mass.gov/covid-19-vaccine)

Franklin Regional Council of Governments

## COVID-19 Vaccine and Booster Clinics this summer

There are five, no-cost COVID-19 vaccination and booster clinics scheduled across Franklin County in August. Vaccines will be available for those aged 6 months and older and boosters are available for those aged 5 years and older, including 2nd boosters. All vaccine types (Moderna, Pfizer, J&J) will be available. Eligibility information can be found at [mass.gov/covid-19-vaccine](https://mass.gov/covid-19-vaccine).

For all clinics: Register online via [frcog.org/covid](https://frcog.org/covid) under the "vaccination" tab. Walk-ins welcome. Please bring an ID, as well as an insurance card or vaccination card, if you have them.

**Through a state-wide program, anyone aged 12 and older will be given a \$25 gift card for their first COVID-19 vaccination!**

## We still have at-home COVID-19 Tests Available!

Positive COVID cases are still being reported for the town of Charlemont, which means that COVID-19 is out there. In the case that you're exposed, the Board of Health has a **limited number** of at-home test kits (2 tests per kit) available **at no cost to you!**

If you're in need of tests, let us know **via email at [BOH@townofcharlemont.org](mailto:BOH@townofcharlemont.org)**, or call **413-339-4335 (Opt 6, 2)**.  
*Please, one kit per household member. First come, first served.*

The FRCOG website has up-to-date information on what to do, along with county-wide testing options, treatments for COVID, vaccines, and booster shots. Visit <https://frcog.org/covid> to learn more.

**No internet? Give us a call: 413-774-3167 ext. 206**