



In continued response to Governor Baker's Stay at Home Advisory through May 4, 2020, the Northbridge Council on Aging/Senior Center will remain closed. Staff continue to respond to all messages. Please call 508-234-2002, leave a detailed message and a staff person will call you back or email Director Kelly Bol:

[kbol@northbridgemass.org](mailto:kbol@northbridgemass.org)

**\*As always, in case of an emergency please call 911\***

- ❖ With the COA transportation services on hold, staff and volunteers are available to help with home delivery of food and medication from local stores, pharmacies and the NAC Food Pantry, please call 508-234-2002 to request assistance.
- ❖ Staff and volunteers are making calls to many older adults in the Northbridge community. We encourage all residents to check on elderly neighbors, offer to help with errands and if there are any concerns, reach out to the Senior Center for further assistance.
- ❖ Tri Valley Nutrition Program will continue to deliver Meals on Wheels (MOW) to homebound clients. If you are interested in learning more about MOW's, please contact Tri Valley @ 508-949-6640 or <https://www.trivalleyinc.org/nutrition-services/meals-on-wheels/>
- ❖ Additional resources for support at home:
  - **Alzheimer Association**-great resource for caregivers caring for a loved one with Alzheimer's disease or a related dementia  
<https://www.alz.org/help-support/resources/helpline>
  - **Tri Valley Inc** -in addition to the nutrition program (MOW), case management, home services and other supports available  
<https://www.trivalleyinc.org/>
  - **SNAP** (formally known as Food Stamps)  
<http://www.gettingsnap.org/helpforeldersdisabled.html/>
  - **SHINE**-Serving Health Insurance Needs of Elders FREE unbiased health insurance counseling information and assistance to Massachusetts residents  
<https://shinema.org/>

**Be well, be safe and we hope to see you soon!**