Bernardston Senior Center

Coronavirus Info Sheet: March 18, 2020

The Bernardston Senior is closed to the public until further notice. However, we are working behind the scenes to stay connected to seniors in the community via telephone outreach, a pick up meal service, service referrals, and van service. If you or a loved need anything during this stressful time, please reach out. The senior center is here for you!

Need a meal?

Through LifePath, we’re offering a “to go” meal Monday through Friday. These meals follow the same menu as our congregate meal program. Meal pick up will be Monday—Friday at noon. Meals are microwaveable and oven safe (NO toaster ovens). Suggested donation of $3. Please call (413) 325-3582 by 3pm the day before. Some local stores are offering senior only hours. Call them directly to find out.

Concerned about medical needs:

Pharmacies are working to ensure you have all the meds you need!

Call in your refills earlier, to allow for delays.

Some pharmacies are offering next day fedex refills for patients. Call your pharmacist for more info.

If you are unsure about any of these questions, please call the senior center for help!

Who to call:

Van Service: (413) 834-4084
Outreach: (413) 522-8245
All other calls:
(413) 325-3582
Or email:
coa@townofbernardston.org

Van service

Van service is limited to medical appointments and grocery shopping. If you need a ride, please call: (413) 834-4084. If you are new to van service, please fill out one of our “new rider forms”. Please note: if you have any flu like symptoms, please call your doctor. If you are feeling ill going to the doctor for diagnosis, you will be asked to wear a mask before getting on the van.

Town of Bernardston Code Red Alert System

If you would like to receive telephone alerts from the town Emergency Management team please visit: http://townofbernardston.org/index.php/8-uncategorised/22-emergency-management and click on the Code Red link. You will be asked to create account in order to receive updates on your phone.
SNAP/Fuel Assistance

Bills don’t follow quarantine, however Lifepath can help connect to you benefits like SNAP and Fuel Assistance. It’s a great resource to help lessen heating and food costs. Call (413) 773-5555 to speak with a rep from LifePath.

Walgreens

If you’re a Walgreens shopper, they’ve posted new hours: 9am –9pm. All shopping is available for drive through pick up (health, household, grocery, items, etc...) Free prescription delivery is available. Call the store for more info.

Coronavirus Testing Scam

Be aware that there a Coronavirus Testing Scam going on. Only accept a testing kit from your doctor!! Be suspicious of anyone offering a test kit in exchange for money, your Medicare number, or your Social Security Number. Testing is not being door to door. If someone comes to your home offering a test kit do not allow them access. Be careful and report any scam activity to your local police.

STOP THE SPREAD OF GERMS!

Remember what your mother told you:

1. Wash your hands often with soap and warm water. If possible, follow w/ alcohol-based sanitizer

2. Clean frequently used objects and surfaces (door knobs, counter tops, etc...) with household cleaning spray/wipes

3. Cover your mouth when you cough or sneeze. Use a tissue or your inner elbows, do not use your hands!

4. Avoid touching your face, eyes, nose, and mouth

5. Stay at home if you are sick and avoid close contact with others

6. Practice social distancing (stay at least 6 feet away from others)

7. Know the symptoms: Fever, cough, shortness of breath. Call your doctor if you believe you have symptoms.