

HARPER CENTER BULLETIN

April 1st, 2016

WILLIAMSTOWN COUNCIL ON
AGING

Harper Center Bulletin #257

April 2016 newsletter

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I think I can honestly say that if we get snow now I will scream. What a weird year! Just last week Boston, Connecticut and points east got pounded again. How strange. They gave the snow to people without hills. Oh well, moving on...

April will bring clean up as we remove the detritus of seasons passed from our yards. There are dead yet probably slimy refugee leaves from the fall nestling in corners and against fences, twigs and branches out there on the ground and, fortunately only a little, sand to be raked from the parameters where our yards touch street or sidewalk. Greenery is popping up all over my yard and I'm seriously hoping that my perennials will not be fooled into blooming early and fading before it's time. It may be a good year for annual flower space fillers...

Golf season begins again, more opportunities to lose balls and baseball rivalries are renewed. Hopefully it will be sunny during the day and only rain at night between the hours of oh-3a.m. and 5 a.m. Have a great month!



2016 Massachusetts Tax Amnesty

Oh yes, I can hear it now-we all pay our taxes every year as required. I got news, not everyone does and there are some of us walking about in here who simply have not paid in awhile...

Here's a chance to get off the hook in Massachusetts anyway. There is a tax amnesty program being offered for a limited time to people who have underreported or not paid taxes in awhile.

So folks, now is the time to get amnesty for the past, pay up and avoid serious penalties. The amnesty webpage will be available as of April 1st and you can find more information at; mass.gov/TaxAmnesty. You have to take advantage of this program by May 31st this year so if you're an eligible tax payer, think about it!



MOLST with food

I think we can all say that we know control freaks out there. We might even be one ourselves! I don't know if there is a formal definition for this personality type, if in fact it really is a formal type, but my definition would be, oh, I don't know, someone who wants to control all the details in either life or work. Obvious right? Those peeps who are yet to learn that random things happen to break the center of control all the time! Ha!

Anyway, MOLST is an effort to gain some control over a bit of life at the end of time. MOLST is a medical order form relaying instructions between health care pros and is based on YOUR right to accept or refuse treatments including those which may extend life. It is NOT a health care proxy, it's not for everyone but it is for folks with serious illness and while it may not be us, we all know someone who has health issues. It's a good form of control!

On April 5th we'll cook out at noon and our friend Colleen Nurney from Williamstown Commons will tell us about MOLST at 12:30.

Tax assist? It's April!



I hate to tell you this but time's up people. The final two dates for the AARP tax aide program for the 2016 tax season are filled. We will not be taking any more reservations.

If you're a tax filer and have made an appointment with us we'll complete and file your 2015 state and federal taxes right here at the Harper Center. You'll need to bring a copy of your 2014 tax returns and any pertinent paperwork relative to your 2015 filing. You should be prepared to spend at least an hour while you're here.

We wish to thank all the folks who volunteered to make this program a success. You folks are wonderful! I cannot tell you how lucky we are to have you here with us each winter! Thank you so very much for being a part of our extended family!

The colors of the Rainbow



Also known as "Straight Answers to Gay Questions". On Tuesday April 26, Ed Sedarbaum, coordinator of the Rainbow Seniors of Berkshire County program will be here at the Harper Center to talk about the rainbow organization and answer any questions you might have about the topic. He assures us that he's happy to answer questions you may have thought too rude to ask. You want to know what to say to someone who tells you they're gay? Who's the bride and who's the groom at a gay wedding? Other things? Bring your questions and Ed will answer them-and tell us more about the rainbow Seniors program. He'll speak at 1:00. Prior to his conversation, we'll have a meal catered by Sweetwood. Yup, catered. Watch for the menu! RSVP here, 458.8250

A Good death in a Death Phobic Culture

Deborah Golden Alecson is a “Thanatologist” . Thanatology is the scientific study of death and dying and the psychological mechanisms people have to approach and deal with the subject. She teaches “Ethics of Health care” and “Death, Dying and bereavement” at excelsior College and “Thanatology 101” at Williams. She’s also the author of several books on the subject including one entitled “We Are So Lightly Here; A Story About Conscious Dying” and a collection of poetry “Complicated Grief: A Collection of Poems” and she writes the monthly column “Musings on Mortality” for the Berkshire Eagle.

Alecson will be here in the Harper Center on Wednesday April 20 from 5:00 to 7:00 P.M. to converse with us on the topic of “ A Good Death in a Death -Phobic Culture”. This topic covers the one thing we all share and choose not to think about. Right? It will be an interesting presentation. You can RSVP be calling 413.881.4065 or we can do it for you from here. Light refreshments will be provided.



Aging Mastery

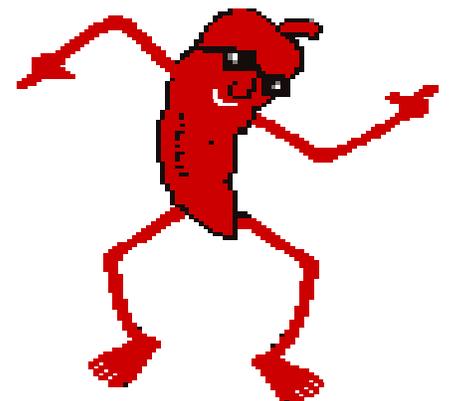
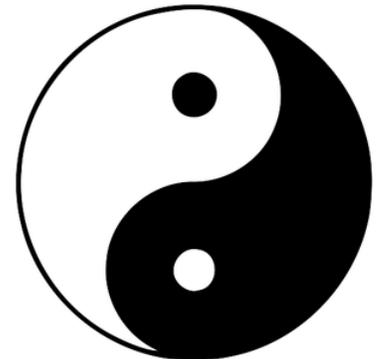
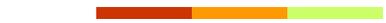
We’re doing it again, this time on Thursday afternoons at one right here at the Harper Center. Aging Mastery is an award winning program There are multiple programs with helpful subject matter including sessions on sleep, nutrition, mental health and legal issues among others. We will be working with our friend Jennifer Munoz again -she’ll be facilitating the programs-many of you already know her from other events. She’ll be introducing speakers whose object is to challenge conventional ideas of aging including societal expectations and life roles. These days our life expectancy is longer and getting longer all the time. Still many of us spend more time in leisure activity than involvement in other areas. Paying a little more attention to and caring for yourself and becoming a more engaged person will transform some of us. The sessions for this program are about 90 minutes long so it’s a small commitment for a big payoff.

So-sessions will run from 1-2:30, April 14 through June 16, 10 weeks . Reservations are required, call us here at 458.8250. Anyone aged 50+ is welcome!

Random Tuesday...?

Maybe we should call it “Random Tuesday”?

In each of the last three months we’ve prepared food-spaghetti and shrimp was one, a couple cook outs-just for fun on otherwise quiet days. The response has been really good. And folks have told us that they would love to carry on with more dates like this. So we will. So-in the fine tradition of FTF and BOT, look for Random Tuesday on the schedule-and note that it doesn’t HAVE to be a Tuesday event. We’ve had FTF on Monday right? Ok, the first Random Tuesday will be on April 19 and we’ll have vegetarian and beef chili. Ya, corn bread and all that, and no, not from a can. Work for you?



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Our friend and resident Yoga instructor Mary Edgerton has created a DVD based on her teaching here at Harper so you can practice at home or when you can't make it into class. She has it broken into three segments-seated, standing behind the chair or lying down.

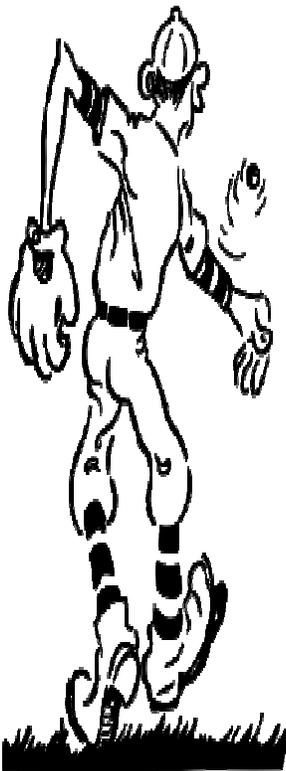
It's called "Yoga for Seniors" and we have them for sale here in the office, or better yet, come to class and speak to Mary about one!

The Annual Friends of the Milne Library Book Sale is upon us as well! This year it will be held in the WES gymnasium on Friday April 22 and Saturday April 23rd, 9:00 A.M. until 6:00 P.M on Friday and 9:00 to 4:00 on Saturday. A great opportunity to acquire new reading matter at really good prices! Check it out. They'll have food for sale as well.

A final note for the month of April and this one goes to all of our new neighbors at Highland Woods; welcome to the neighborhood! We can't wait to meet you all! If we don't get to you first, stop over and see us. We have lots of programs, activities and food to offer and share. The weather will be getting nicer and we'll be going outside to play.

Come and join us, the more the merrier!

Page Four News and Notes



Serena returned to us from her adventures out west and resumed right where she left off. She will be back here at Harper on April 19 and as this is written, the good and bad news is that there are only two early morning slots left in April for those who wish to have their feet attended to. Additionally, there is only one slot available for foot care on May 17 so if you need her, act quickly. If not, we're taking June appointments...

SHINE Counselor Peg Jenks will be present at Harper on Wednesday April 20 at 10:30 to speak with folks who might have issues navigating around the world of health insurance and the many options hanging out there. Appointments for her visit here aren't necessary but are appreciated. Now, Peg is also available to meet with individuals on other days as well-by appointment. And you can make one of those by calling us here at 458.8250.

Blood Pressure Clinic day is Tuesday April 12th at noon. Get your BP checked, get yerself a Magic Cookie from our friends at Sweetbrook.

Finally Brown Bag Day for April is Friday the 22nd-brown paper sacks with shelf stable food and fruits and veggies in season from the Foodbank of Western Massachusetts will be here at Harper around 2:00. Interested in this offering? Ask us-458.8250 and we'll be happy to fill you in.