

HARPER CENTER BULLETIN

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WILLIAMSTOWN COUNCIL ON
AGING

Harper Center Bulletin #259

June 2016 newsletter

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The Williamstown Council on Aging can be found in the Harper Center at 118 Church Street.

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You can also find us on the municipal website at www.williamstownma.gov or at www.facebook.com/williamstowncouncilonaging

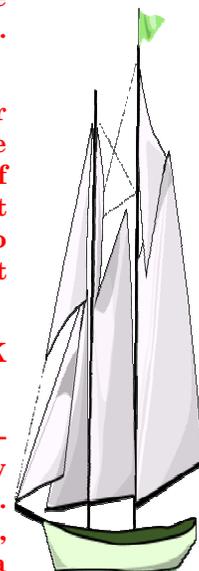
Serving Town elders since
1966!

Everybody has heard me rave about June before and this June will be no exception! I love the month of June. Of course this one may be a little different. The weather patterns of late have been a tad bit confusing and June may turn out to be another weird month weather wise. Hope not. Let's have a traditional weather pattern OK?

Anyway, as we head directly into the summer months, there are some things to remember like sunscreen, drinking lots of water, staying out of the sun at the hottest. Not not not going to repeat them but we're happy to provide a list of things to avoid in the hot months if you'd like. We can print up one of your very own wicked presto so just ask!

Did I say remember your sunscreen? Oh. I did. OK then, remember your sunscreen. Get it?

Some of you have participated in a series of workshops offered through the spring by our new friends at the Williamstown Summer Theater. Guess what? A play written by Lucy Thurber, whom you've met here and directed by Laura Savia, another new friend, will be performed at Greylock Works in North Adams July 14 through 17. It's called "Orpheus in the Berkshires" and it features people you know and see daily at Harper! Really, it's true-you won't want to miss it! We'll have more information for you soon-stay tuned!



Books!

As promised way back in non-winter of December-here's the book discussion schedule for the second half of the year; Carson McCullars makes you a "Member of the Wedding" in July, Pat Conroy tells you how the "Water is Wide" in August, Elizabeth Kolbert's "Sixth Extinction" is the book for September. In October you'll be reading Atul Gawande's "Being Mortal" followed by Richard Yates "Revolutionary Road" with James Baldwin "Go Tell it on the Mountain" wrapping up the year in December.

The book discussion group meets at 10:00 on the first Friday of the month at the Milne Library. Got questions or just curious about the group, contact facilitator Peter Mehlin via email at pmehlin@aol.com or telephone at 458.1388



John Root re-scheduled

John Root was supposed to have been here last month on the heels of the Garden Club but those plans went awry and we had to re-schedule his appearance to June. That's alright. June is a good month to talk about growing things! The particular program provides advice on growing fresh fruits, veggies, herbs and flowers organically or without garden chemicals. You all know what garden chemicals are right? And how they hurt bees and other creatures? If not, ask him!

You'll learn about growing plants from seed, succession planting, controlling weeds and pests naturally and preserving what you grow. Ever wonder what went wrong when you tried it yourself? Of course you did! John speaks at 1:00.

Bring yourselves and your questions- we'll have a slice or two of pizza around 12:00. You know where the signup sheet is! Oh-the program is sponsored by the Cultural Council of Northern Berkshire! Thanks friends!



AMP another successful series!

Repeat after me; AMP stands for Aging Mastery Program!

AMP came to us last fall via a grant from the Massachusetts COA association and we provided two original sessions under the auspices of that grant and this most recent session on our own from a bit of EOEI Formula Grant funding. Three sessions, three success stories!

AMP, you've heard us say repeatedly, operates on the premise that by making a few changes in your life-better diet, maybe sleeping more, a little exercise, can go a long way toward building a stronger healthier you. Makes sense right? But you don't have to take my word for it, ask one of the graduates of the program, there have been close to 50! The program ends in June but we'll try to reprise it next year. It has been a great experience after all!

June people

Lee Jaggi from Health New England will be here on Tuesday June 7 at 10:00 to talk with interested people about Medicare, Medicare Advantage and Medicare Supplement plans offered through HNE. He always has great snacks and toys to give away!

Aimee Boesse from Amedisys joins us for a Thursday afternoon session to lead the group in the creation of fabulous summer crafts. Nope, I don't know what she has in mind so you'll just have to come in here and see for yourself. 1:00 on the 23rd.

And...since the heat has returned we'll re-ignite that summer tradition of serving something cold so we'll start with ice cream on the 23rd before Aimee and follow it the next week with some more...



AARP Home Fit Program

All right folks, this is a BIG deal! A recent survey of Berkshire Elders by the Age Friendly Berkshire coalition came back with the discovery that an overwhelming majority of folks want to stay in their own homes as long as humanly possible. Surprised? Neither was I. A great goal indeed. But what if your home becomes unsuitable as it is? Move away? Not necessarily. On Tuesday June 28th, AARP will be here at the Harper Center to present a program called "Home Fit". This program was created to help people stay in their homes as they age and create lifelong homes for themselves and anyone in their household. The program offers solutions ranging from very simple "do it yourself" to fixes that are more involved and require skilled expertise but are really worth the cost. Home Fit addresses a home in total and addresses all sorts of issues from faucets to cabinets and stairs-and more. They will come armed with helpful hints and suggestions to keep your abode livable for your lifetime. This is a morning program and will run from 10:30 to noon. Bring yourselves and your questions!



Richard Meyer rocks the house!

Richard the Drummer will return to the Harper Center for another music filled trip down the road through the Purple Valley on June 21st-officially the first day of summer! Richard has been here on many previous occasions and has never failed to entertain. They bring a mixture of old songs and newer tunes and send the house of on a party! He was last here with his band back in March to celebrate St. Pat's with us-now he's coming to usher in the summer. Yup, it's summer, the first day is Tuesday the 21st and everybody knows that a season can't start until we say it can. So we'll do a little cooking out, cruise to a little music and enjoy the longest day of the year. So let the Summer season begin again! Ya baby!

And-lest I forget, Richard and his colleagues come to us courtesy of our good friend Robin from Berkshire Housing-thanks buddy!



Volunteer recognition

There aren't enough words to say about the folks who have come in to this place and lent a hand to the programs we produce daily, weekly, hourly. You breathe life into our efforts and make them fly and for the most of what we do, we wouldn't be able to do without you! You are some of the most committed, supportive, caring people on the face of the planet. It's an honor to work with you all!

That having been said, we'll host our annual catered volunteer luncheon on Friday June 10 at noon. This event is by invite only and this year we are inviting everyone in person, much more personal dontcha think?

And for those of you who were looking for bingo on the 10th, sorry, we hear you. Sorry!



Williamstown Council on Aging

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Marion and I will be setting up the outside terrace for the summer shortly- cleaning the tables, hosing down the chairs and ridding ourselves of the winter debris which won't go away and keeps sneaking back into the corners every time the wind blows. Actually, it's probably the detritus from last fall as we didn't really have a winter did we? We'll also be finishing the garden planting-there will be no frost and we can look to replace the supposed perennials who failed to make it through the extended fall season.

We'll be doing BOT on the Terrace later in the summer, probably July, but hey, a coming attraction right? Early morning air, outside in the sun morning before the bugs wake up and the sun scorches everything...a great time of day isn't it?

Lest I forget, our friend Kira has an event happening at Sweetbrook on Thursday June 2nd, a day long opportunity for folks out in the community to become certified in CPR and AED (automated defibrillators like the one we have here) for the small cost of \$20 for both certifications. So-if you're interested in becoming a lifesaver, call Kira at 458.8127 and reserve a spot. There are sessions available from 7:00 a.m. to 4:00 p.m.-each slated to last about an hour.

Page four news and notes

Serena Merrill, will be in the house on Tuesday June 21st to work on your feet, clipping nails, reducing calluses and massaging the soreness out. June is currently booked solid and she is currently booking appointments for July.

For those of you who have found yourselves to be challenged by the very technical stuff which comprises our health care insurance paperwork, our health care insurance guru, SHINE Counselor Peg Jenks, will be in the house on Wednesday June 15th at 10:30 to help. Appointments are not necessary but appreciated; Peg is also available for individual consultation outside of normal hours by contacting us in the COA office at 458-8250.

The monthly Blood Pressure Clinic, sponsored by our friends from Sweetbrook, will take place on Tuesday June 14th at noon immediately preceding the Friendship Club meeting. Our friend Jessica most likely will bring those warm, sweet, raspberry filled cookies as treats for those who get their BP checked! Anyway, these are important numbers to know, cookie or not, so mark this date.

The monthly Brown Bag, sponsored by the Food Bank of Western Massachusetts will be at Harper for pick up or delivery on Friday June 24th. Brown Bag is literally a brown paper sack filled with shelf stable foods and fresh fruits and veggies in season. Interested? Contact us here at Harper at 458-8250, and we'll help you thru the minimal application process. And please people, if you cannot be here on delivery day, make arrangements for someone else to hold them! We have limited space in our refrigerators and just can't accommodate a lot