

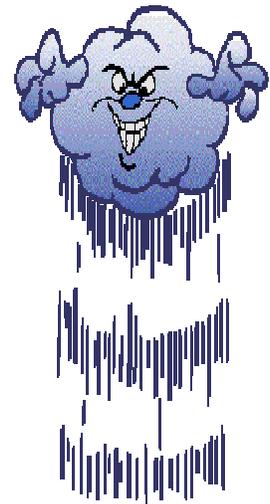


Harper Center Bulletin

Harper Center
Bulletin # 261
August 1st 2016

August 2016 newsletter

So have we arrived at the hottest month or are we just continuing along a hot path? The scary part of all this is that it's falling upon the heels of a pretend winter when we had very little snow throughout. We're experiencing our version of the drought they've been experiencing out west for awhile. Wouldn't it be nice to have a couple consecutive days of rain? The greenery all around us would really love it! And equally as important, the risk of random fire here would decline as well. You know how that works, dry weather dries things out...



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

458.8250 is the telephone, fax is 458.5156 and email to; bogrady@williamstown.net

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

Serving Town elders since 1966

That having been said there is a water use restriction in effect in Williamstown at the moment. What this means is that regular outdoor watering activities such as watering your lawns, gardens, flowers and ornamental plants may only be done after 5:00 in the evening and not after 9:00 in the morning. Oh! And only by hose or watering can, no sprinklers please! Essentially no watering during the day unless you're a business, farm or need to use water for health and safety reasons. This includes washing your car except for safety reasons.

One more thing; Wear your sunscreen!

Farmers Market Coupons

They're here and we'll hand them out to eligible persons on a first come and first serve basis until they're gone. So...eligibility is being at least 60 years of age and having an income which is below 185% of Federal poverty levels. Additionally if you're under 60, are disabled and living in predominately elder housing where they're serving congregate meals-think housing facilities with a cafeteria inside and you'll have a handle on the concept. We can only provide these coupons to Williamstown residents so if you're from someplace else, call your local COA for information.

And-a great bit of a bonus, the Williamstown Farmers Market will double coupons spent there on veggies and approved non-dairy or bakery items so a \$2.50 coupon will be worth \$5. It's a limited grant so help them help you by shopping locally right? Questions? 458.8250

Off to the Caribbean...

Ya, we'll go there for the afternoon courtesy of our friend Robin from Berkshire Housing. OK, don't get excited, we're actually not leaving the building but we'll get there courtesy of a band lead by Kate O'Connor whom we already know-she fronted the group which did the Emerald Isle concerts a couple years ago. Great voice!

This is a steel band featuring music from Jamaica, Trinidad, Puerto Rico and other warm breeze sites. I think we can assume that there will be a bit of Conga, Limbo and perhaps a chicken dance in the future.

The party will be here on the 23rd at 12:30 and yes, there will be food as well. We'll design a menu which is island-ish but without too much heat...



Annual Tea Party

Well folks, this is the big one, the tea party where you make an appearance with long white gloves and strange hats and pose for pretty pictures dressed like someone heading to a tea party. The date this year is August 16th and at the traditional time of 1:00.

The menu will include English, mint and peach tea, cucumber sandwiches, Hawaiian sandwiches, blueberry scones and assorted dessert squares.

Sound good to you? I thought so.

So join us, long frilly hoop skirts optional. I bet the silver is OK but I wonder if all that China is dishwasher friendly...?



Food days

Lets do something different just to see. We'll call it sn experiment with human subjects to try it out on. We've never done breakfast for lunch and we're just a little curious about how this would work if we did it. So...we will. Tuesday August 2nd. Eggs and sausage with toast and coffee. Noon. Let's see what happens.

We'll do ice cream on the 4th, 11th and the 25th, all Thursdays.

Of course there is the tea on the 16th, and there will be a major meal on the 23rd when y'all go off to the Caribbean.

We'll return to the regular FTF/BOT scheduling in September.



Coming Attractions

While you're enjoying the summer sun outside, here are a few programs to note on your calendar for future reference or share with others;

Moria Hennessey from Mass Relay will be here on September 22 to talk about hearing loss, communications issues and adaptive telephones.

Java Judy returns with an interactive breakfast series starting in September, the first session will be on the 16th and the subject is on the topic of CHF. How about FTF people?

September 29th will be the annual Flu Shot clinic. That's right folks, early this year...

Elaine Keyes will offer a program in the classroom for folks interested in Google earth September 15th

Michele Ellicks from the registry of Motor vehicles will journey to the Shire October 4th to talk all things cars, registrations, licenses, handicap placards.



Grief group

We've been talking about the name for this group and the scope of what to include since we learned that there was grant funding available to continue the group. We've decided that grief and sadness following loss doesn't discriminate and people feel just as yucky when a beloved Aunt or pet passes. So I think that we're just going to call it the "Loss Group" and support everyone who has suffered a significant loss during the year regardless of whether its human, animal or, as we have experienced on a very large scale here in Williamstown, home. Grief is grief, hurt is hurt,

Another thought we've had is that a weekly meeting is likely a better support vehicle for a support group of this nature than an every other week effort. So we'll be meeting weekly beginning later in August, date/day TBD.



File of Life

This is the annual summer reminder to stop in and pick up a File of Life, grab some new documenting forms to go with it, or ask your physician to update yours.

File of Life is a great tool to have if life takes a wrong turn and you're unable to speak for yourself. The File of Life is a magnetized bright red plastic sheath meant to be attached to your refrigerator door. Included are documents to be completed (preferably by your doctor) listing pertinent medical conditions, medications, next of kin...information an emergency responder should know if the need arises. Included is a smaller wallet/purse sized one to carry along because you never know... Free. All you have to do is ask and keep them updated! Not labor intensive at all!



Williamstown Council on Aging

**The Harper Center
118 Church Street
Williamstown, MA 01267**

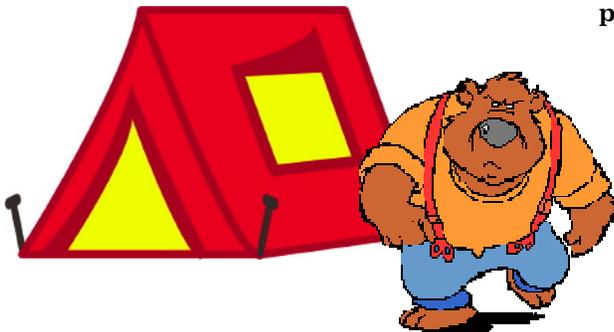
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Amy Boesse from Amedisys will be here on Thursday August 18 at 1:00 to do a summer crafts show. Refreshments will be served.

Our Balance Class will return for a fall session beginning in September, date DTB and running through December when the snow will fly. Count on it. The balance class, led by our own Jane Jezouit, works with participants to help strengthen those core muscles necessary to keep yourselves in line and upright-falls are dangerous and potentially deadly and we don't want to go there right? This will be our second trip through the balance class, funded by a grant from the Massachusetts COA Association. That class, in addition to our other physically active regimens (also grant supported by the way) three classes muscle and stamina building straight exercise classes, two balance enhancing tai Chi sessions and two limbering Yoga classes will set you straight and can keep you on your feet. Check the schedule for dates and times and join us!



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Serena Merrill will be here on Church Street on Tuesday August 16th to operate on your feet. Well, sort of. Actually she clips toe nails, reduces calluses and massages the soreness out. But...I hate to tell you that unless you have an August appointment scheduled, you're out of luck- she is rather booked for the month. September is close too so unless you can wait till October-call soon. Filling fast...

Last month we met Kristin Carlson, a nurse who is the new Director of Admissions at Sweetbrook. She came to meet folks and actually she will be "our" BP nurse from now on so stop by and meet her. Remember, a BP check is a good thing, gives you numbers that you should really be aware of and a BP check here will get you a Magic Cookie too...August 9th.

Peg Jenks, our SHINE Counselor, has office hours on Wednesday August 17th at 10:30. stop by with your health insurance questions. You can also arrange to meet with her by appointment, call us here at Harper, our number is 458.8250, and we'll arrange a meeting.

Brown Bag, our monthly delivery of shelf stable food and seasonal fruits and veggies, will arrive from the Foodbank of Western Mass to us here in Williamstown on Friday August 26th.

