

# Harper Center Bulletin

Williamstown Council on Aging

October 1st, 2016

Harper Center Bulletin  
#263

## October 2016 Newsletter

So boo y'all! October has come! I have noticed the disappearance of humidity and it has stayed nice and warm out there... Say, did you ever notice how much brighter October sun seems to be, or is it just me? The nights and early morning have definitely dipped in temperature, great for a snooze but not greenery. My potted house plants have enjoyed the heat and the summer sun but are now gradually and reluctantly being brought back into the house for the next few months. Might be something for you to think about as well, we know that frost can't be too far away.

That brings us to another question; what to cover and when to let it go. I was smarter this year and planted lots of perennials so I'm not too concerned about them. But I do have Impatiens and other sensitive plantings I am loathe to lose regardless of season. Yeah I know and I realize that winter prep is a part of the seasonal cycle. Doesn't mean that I have to like it! Then again, hauling frost covering in and out is a bit of a pain isn't it? Decisions, decisions!

So...October brings one of my favorite holidays and Trick or Treat for the younger set will be from 5:00 to 7:00 on October 31 so if you're out and about on that Monday evening be careful driving!! Happy Halloween!



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## Turkey early warning

My friend Diane Bleau and her great volunteers will again be cooking and delivering Thanksgiving meals to folks who are alone for the holiday. I will guess that she's approaching fifteen years with this program and we should put her on a ballot for something. This is a BIG effort with lots of positives..

So-if you want a meal, they're starting to accept reservations on November 4th and the deadline will be November 16. You'll need to contact All Saints Episcopal Church in North Adams at 664.9656, Monday through Thursday from 10am-3pm. If there's no answer, leave a message including name, address, town (very important) and phone number. OK?

**The Williamstown  
Council on Aging,  
118 Church  
Street, Williams-  
town MA 01267.**

**We're open for  
business from  
8:00am-4:00pm  
Monday through  
Friday. You can  
reach us by tele-  
phone at  
413.458.8250 or  
email to  
bogrady@williams  
town.net**

## Registry of Motor Vehicles

Out here in the Berkshires we are definitely a car culture. It's very rural, that *may* actually be an understatement, and places we need to get are often miles away from where we live. So we drive. Most of us adhere to the codified ethics of driving, the "Rules of the Road" as it were. Some of us not as much. And like all things, we change, so do those rules.

Michele Ellicks, Community Outreach Coordinator for the Massachusetts Registry of Motor Vehicles, will be here at Harper on Tuesday October 4th to talk with us about all sorts of issues which will have an impact on senior drivers. She'll tell us about recent changes to the rules of the road, changes at the RMV itself, the requirements to apply for a Massachusetts Handicapped placard; the most recent research concerning mature drivers and alternative forms of travel. She will also talk about the warning signs of an unsafe driver and how to address the issue. Good things to know. Conversation with Michele at 12:30, pizza at noon. Sign up now!



## Mass Medicare Patrol

The Massachusetts Senior Medicare Patrol is an eastern Massachusetts based agency who work as partners with community based organizations across Massachusetts raising awareness about finding and reporting health care errors, fraud and abuse. As you can imagine, health care fraud and billing errors costs lots of money, tax payer dollars, every year. This program encourages senior consumers to keep a personal journal detailing all the details of their medical lives to help keep themselves safe from error and fraud. Medications purchased, consultations with physicians, care appointments, therapies, home care services, anything. Journals can also be a spot to record questions for health care providers and can be a valuable bit of documentation if something goes awry. Members of the "Patrol" will be here on Tuesday October 18 at 12:30 to talk with us about this idea.



How about chicken, smashed potatoes and veggie for lunch first at noon?

## Medicare open enrollment

In addition to ghosts and other assorted spirits, October brings the start of Medicare open enrollment season...Yup. Here we go.

If you're a Medicare Advantage plan subscriber, or have a Medicare Prescription Drug Plan you should have received information in the mail at least by the end of September. And we hope that you kept the information because it explains the changes in your plan for 2016. If not, let us know. . Anyway, the annual open enrollment period is October 15th to December 7th. It means that you can make changes in your personal plans. And yes, our wonderful SHINE Counselor Peg Jenks can help you sort it all out. Appointments will be necessary for this and can be had by calling us here at 458.8250. But Listen; if you get something in the mail on this subject, DON'T THROW IT OUT! It's important. Thank you!

## Halloween Ghosts, Goblins and assorted ghouls

Davis Bates has been here before and he'll be here again on October 25th at 1:00. We'll be celebrating the season with Davis, a Parents Choice Award winning performer who has been telling stories for over 37 years. His recording of Family Stories won him the parents award and that particular bit of work was named one of the years best audio recordings by Booklist Magazine.

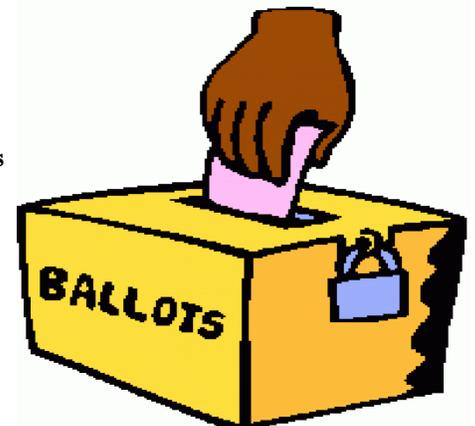
Bates program at Harper will be entitled "Halloween Harvest; Seasonal Songs and Stories". The program will include stories and songs from the past and present, Native American stories, ghost stories and family tales. He will also offer a short seminar- a lesson in how to play music with spoons from the kitchen drawer.

Davis will talk with us at 1:00, preceded by a cookout starting around noon. His program comes courtesy of a grant from the Cultural Council of Northern Berkshire. Thanks friends!



## Elect the Prez from the Harper Center!

Yes, for the first time in history, you'll be able to vote your choice for the Office of the President of the United States and others offices right here at the Harper Center on Wednesday October 26th. Massachusetts has instituted early voting for Federal elections starting this year and as a result early can be the word for you. If you have problems getting to the polls on big election days-this is a big one-or can't really stand in line, this is for you. Mary Kennedy, our own fantastic Town Clerk will be here from 5:00 to 7:00 that evening so people can actually vote in person. It will be a traditional election-ballots and ballot boxes, no fancy machines to deal with and then she'll take the ballots back and enter the results in the computer. How about that? So mark your calendars now and don't forget to vote!



## Memory Café.

Memory Café is a relatively new concept. It's not exactly what you think it is-it's a place where people with memory issues can go with their care people to socialize and have some fun. It's a place where folks can relax in the company of others who are going through the same things they're experiencing. Cafes are serious efforts to connect the person with memory issues and their caregivers with a fun experience. Bfair, a local sister agency serving folks with disabilities, secured a grant to offer these cafes in the Berkshires and have asked if we want to partner with them. We think this is a great program and we're happy to be a part! So we'll be offering a Memory Café activity here for at least 3 dates, the first being Tuesday October 18th from 9-11. This is an excellent opportunity to share with others having the same experience so mark your calendars. Yes, there will be coffee!



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The Clark Art Institute on South Street are again offering their "Meet Me at the Clark" series for people with dementia and their caregivers on select Mondays at 2pm when the museum is closed to the general public. The program allows folks to tour the collections and participate in open guided conversations about art. The next session is on October 24 and registration to participate is required. Their telephone number is 458.1873

The Annual WES "Words are Wonderful" parade will be marching through the Harper Center on Wednesday October 26 at 9:00. Ghosts, Superheroes and athletes on the move! Bring your costumes and masks and wave!

The Multiple Sclerosis Support Foundation are offering a day long program of speakers offering some very helpful information and ideas to help people living with MS. The event is at Sweetwood and is scheduled for Thursday October 27th starting at 8:30 with bagels and coffee. 447.2417 is the number to call to register for this program. It's free for the general public!

## Page four news and notes

Serena Merrill, our wonderful foot care nurse, will be in the house on Tuesday October 18th to clip nails, massage aching feet and work on those calluses. Sorry, she's totally booked. We're taking appointments for her next trip through, November 15. Remember folks, it's first come, first serve so time is of the essence!

SHINE Counselor Peg Jenks will be here on Wednesday morning October 19th at 10:30 to answer any of those tricky insurance questions you may have. Medicare, Mass health, one insurance versus the other, the whole alphabet soup of the insurance business— she can help. Appointments are not required but suggested and Peg is available at other times as well—call the office at Harper, 458.8250, and we'll make arrangements. Remember that this is the season of open enrollment for all those Medicare plans and supplements. It's liable to get busy in here. So start thinking about what you want to do with this, if anything.

The monthly blood pressure clinic sponsored by our friends at Sweetbrook will be on Tuesday October 11th at noon, right before the Harper Club meeting. Magic Cookie day. How about that! We won't talk about what my dentist said...

October's Brown Bag will arrive here at the Harper Center on Friday afternoon, October 28th around 2:00-ish. Brown Bag is a monthly offering of shelf stable goods and fruits and veggies in season delivered to you quite literally in a brown paper sack. There is a minimal application process but we can help you navigate that bit. Interested? Contact us at 458.8250 and we'll talk!

If you're good with numbers and know something about computers, we want you! We're approaching TAX SEASON again and the AARP are looking for a few good people interested in being volunteer Tax Aides. AARP tax counselors receive training and mentoring by experienced peers as you learn everything necessary to help others file their taxes. If you're interested in participating in this very worthy program let us know