

Harper Center Bulletin

September 2017 Newsletter

The last month of summer has arrived. Or is it the first month of fall? Isn't it funny how something can actually be two things at the same time. That could very well be a long topic for discussion however let's not go there right? Or wrong...never mind!

It's September and there is no way around it. If you're a student, it's time to renew acquaintances and crack those books open. Man, I used to dread the last days of August, summer was too short and I just knew that some teacher somewhere was going to ask me what I had done all summer. Put pressure on me to remember or in many cases-misremember-the happenings under the glorious sunshine of summer! As I got older, I didn't fear September as much and a return meant new opportunities. There was an occasional discordant note from the random professor who believed that we should fetch our books in the spring and be ready for the fall classes. True scholars and gentlemen! Me, not so much...

It will still be warm in September but the days will shorten and the nights will be, hopefully, crisp and clear! Who knows?

Speaking of scholars and schools, the Williamstown Historical Museum, now residing at the former Little Red Schoolhouse in South Williamstown, have invited you to join them on Friday September 1st for an afternoon of Williamstown, trivia, fun and refreshments. Limited rides out are available so let us know here at Harper if you need a ride! The event begins at 1:00, FYI.

Flu Shot Clinic

I don't know whether this is early or not, seems like it has always depended on the availability of the vaccine. Anyway, the annual flu shot clinic for Williamstown will be held here at Harper on Tuesday September 19th from 9:00 to 11:00. the same rules that were in place last year will apply again-there will be no cost to Masshealth or Medicare participants and a \$25 co-pay for all other forms of insurance. I haven't seen any forecasts on the flu season this year but an ounce of prevention might be prudent in some cases dontcha think?



Matter of Balance

The return of this award winning program for another round beginning on Thursday September 7 and will run for eight weeks culminating on October 26th. I'm pretty sure that we won't have to set a snow date!

Our friends Amanda and Bret from the Northern Berkshire Community Coalition will once again be our facilitators, and what a great job they did the last time! . MOB is an "evidence based" program where you compare what you know about yourself at the beginning versus what you know at the end and evaluate your progress. There are no tests, no structured surveys, it's all about you evaluating your own progress. These classes focus on developing personal routines aimed at the goal of helping you stay on your feet and avoid falls. . Participants will learn balance enhancing exercises to improve balance and flexibility. You'll have helpful discussion on strategy to avoid falls and to reduce fear of falling among participants which can be a challenge on it's own. Ever hear anyone say that they don't go out much because they don't want to fall? That can't be a good feeling! Each class is 2 hours long and runs from 1:00 to 3:00. Materials, refreshments and good conversation will be provided. You bring yourself , just let us know you're coming so we can plan accordingly! Did I tell you that it's FREE? Call us here at Harper for information, 458.8250. Oh. And tell all your friends too! The MOB is back!



Balance Classes resume

Wasn't the last article just a wonderful segway into this one...?yes, it will be back. On September 11, Jane will resume this critically important and well supported class. The days will be the same as before with just a minor change in schedule, actually time, on Thursday when the class will meet at 11:15 instead of 11:00. Monday will remain in the same time slot at 2:30.

You all know that falls are a primary cause of injury and institutional placement. As you might have guessed, these two offerings are designed to help keep you on your feet. Think about joining us!

Don't ignore your Medicare mail!

Here we go again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you will receive information from your plan by the end of September. Don't throw it out! It contains information regarding changes in your plan for 2018!

Medicare Open Enrollment is October 15-December 7. During this time you may change your insurance plan for next year. Our SHINE counselor can help you understand your personal plan changes as well as other options you may have. You can secure an appointment by calling the COA office here at the Harper Center at 458.8250. we're happy to help!

Call early folks, don't wait until it's too late!



Welcome Fall party!

Allrighty then, we've said before that seasons can't formally begin until we let them so let's get moving into the fall and let summer rest for awhile! The Autumnal Equinox is on a Friday this year- September 22nd to be precise, and at 4:02 p.m. we begin fall. So this is actually two bangs for the buck- the days events will actually be in the summer so I guess we'll send summer out in style and bring fall along too!

Of course we'll do a cookout to celebrate the solstice. Burgers, brats and a few dogs off the barbie, green salad, maybe a few other sides we'll come up with as the days before pass. As for entertainment, we'll be hosting Champagne Jam that afternoon at 1:00. You know them right?

A real send off and welcome party indeed. We will need you to sign up if you're coming for food, we want to make sure that there is enough to go around for everybody. We've been having a few small issues with last minute reservations and folks coming without telling us, so please folks, sign up!



Code Red

Just a brief reminder about Code Red, a program we highlighted a few months back. It's a free emergency service for all Williamstown residents which will notify you of an emergency through phone calls, texts, social media, mobile alerts. The system is designed to let you know of local events which may have an impact upon your safety. Missing children, emergency evacuations, wildfires, public health crises, criminal activity are all the types of information Code Red will share with you. Enrolling in the program is easy- just go to the towns website-www.williamstownma.gov and click on the Code red icon on the left side of the page. Follow the directions, it's simple and free! Think about it!



The Traveling Secretary

Professional sports teams have them. Government leaders have them. And now, so do we.

There has been a lot of talk from people who think that day trips are a great option to have. The primary problem has been finding someone willing and able to make arrangements and convey information regarding day long adventures and managing these efforts. Now we have just such a person. Linnea Nelson, an individual who likes to go off on adventures has volunteered to be the official WCOA Traveling Secretary. She'll be in touch with Peter Velez and will be posting local trips, making arrangements and generally be in charge. She's here most days, or you can contact us and we'll ask her to call you. 458.8250. Get ready to roll!



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We are really hoping to add a third yoga class in September, on Friday morning, as a complement to the Monday and Wednesday classes. We're hoping to make an announcement soon but...this class is funded by a grant furnished by the Executive Office of Elder Affairs and we haven't been given the authorization to actually apply for the funds yet. Well, at least as this newsletter is written. The existing classes, yoga and Tai Chi, are covered so no worries there. We just don't know what the final allocation will look like and Massachusetts had a bit of a bump with the state budget last year and we've had a reduction in available funds. We're hoping that this will become clearer very soon and we can proceed along our way. In the meanwhile, start anticipating. Activity is good, eh? Oh. Speaking of which, Karyn will be back from her summer at school and traveling in Italy and her Monday exercise class will resume September 11 at 10:30. Welcome Fall indeed!

Page Four Notes...

Our foot care Nurse, Serena Merrill, will be back at Harper on Tuesday September 19th to work on those toenails and work the kinks out of your feet. Her September visit here is totally booked and October is starting to attract attention as well. These slots are popular and fill quickly so please act quickly if you need to.

Open enrollment season is upon us and our SHINE counselor Peg Jenks is able to help individuals who need to change their coverage or perhaps actually add some. As we don't know what the demand on her will be, please call us and ask for an appointment to meet with her individually. You can reach her via the COA office here at Harper, 458.8250.

Septembers Brown Bag delivery, courtesy of the Food Bank of Western Massachusetts, will be on Friday September 22nd, at about 1:30 or so. If you're a Brown Bag participant and aren't able to come to Harper and retrieve your Brown Bag when it's delivered, please make arrangements for someone else to pick it up for you. Thanks! The monthly Blood Pressure Clinic with our friends from Williamstown Commons will be at 2:00 on the afternoon of the 26th, right around break time for Bingo. Good timing eh?

