

WILLIAMSTOWN  
COUNCIL ON AGING

# Harper Center Bulletin

HARPER CENTER  
BULLETIN # 216

NOVEMBER 1ST 2012

THE WILLIAMSTOWN COUNCIL ON AGING WAS ESTABLISHED IN 1966 AND HAS BEEN PROVIDING SERVICES TO LOCAL ELDERS EVER SINCE. WE'RE LOCATED WITHIN THE NEWLY RENOVATED HARPER CENTER AT 118 CHURCH STREET, COME AND VISIT US! WE'RE HERE FROM 8:00 A.M. TO 4:00 P.M. MONDAY THROUGH FRIDAY AND SUNDAY AT 11:00 FOR LUNCH! CALL US AT 458-8250 FOR INFORMATION!

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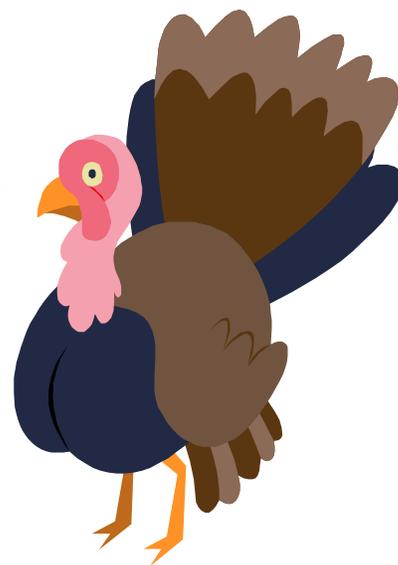
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## November 2012 Newsletter

Welcome to November! Who would have thought that the year would have flown by so quickly? Seems like yesterday it was the beginning of May and now look at us! Wow. The light is fading quickly and it will be colder out there. There will be frost all over so we'll be scraping our cars too. Do you know where your scraper is?

Anyway, the arrival of fall means that we'll be joining forces with the Village Ambulance Company [on Friday November 2nd from 8:00 A.M. until 4:00 P.M.] again to collect coats for those of our neighbors who are less fortunate. There really are people out there who could use a warm coat so please be generous. And while we're at it, if you don't have a coat to donate, bring us a canned good. There are hungry people out there too!

As we enter the 2012 holiday season, from all of us here at the Harper Center to you and yours; we hope you all have a happy and safe Thanksgiving!



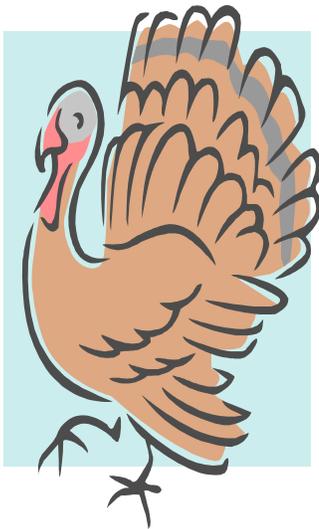
## An interesting smell...

At 1:00 on Thursday November 1st, Luis Machado, a nursing student at BCC will be here at the Harper Center to present a program entitled "Diagnosing Breath Odors" -what medical conditions cause what odors and a possible explanation of the cause. Some odors exhaled from your mouth can be an indicator of something happening inside you- and not just in your mouth. While smells should never be used for an emergency diagnosis, they can sometimes point toward serious and sometimes life threatening conditions. Bet you didn't know this, did you? This will be an interesting exchange-join us!

## Holiday grief

And I do not mean the kind that comes in January when our credit card statements come due. We spend years being tuned into the holiday experience; the joys, the songs, getting presents. Mistletoe. Santa Claus. How many romantic love songs are built around holiday joy? Sometimes we suffer losses and enter this emotionally charged season hurting. Holidays can be tough for people who have suffered from losses during the year and that does not necessarily mean loss resultant from the death of a loved one. People lose jobs. And we all know that people can lose their worldly goods and homes when disaster strikes.

On Tuesday November 20, some folks from Hospice Care in the Berkshires will be here at 12:30 to talk about all kinds of holiday grief. Hospice doesn't just comfort the dying. They can help with many loss issues. They're a great resource that maybe you or someone you know can use. Join us! Pasta with sides at noon.



## Turkey dinner; the tradition continues

My old friend Diane Bleau in North Adams recently contacted me to let us know that the All Saints Episcopal Church in North Adams and The Northern Berkshire United Way will again sponsor the "Thanksgiving Meals for Seniors" event this year. As you will remember, the meal is for individuals aged 55 and older who have no other means of getting a meal this Thanksgiving Day. Interested individuals should contact All Saints church between Monday and Friday, from 1:30-5:30 p.m. at 664-9656. They'll begin accepting reservations on November 1st and the deadline will be Saturday November 17th. You're welcome to call the church with questions or for information. This is a wonderful program and thanks so much to those who offer it!

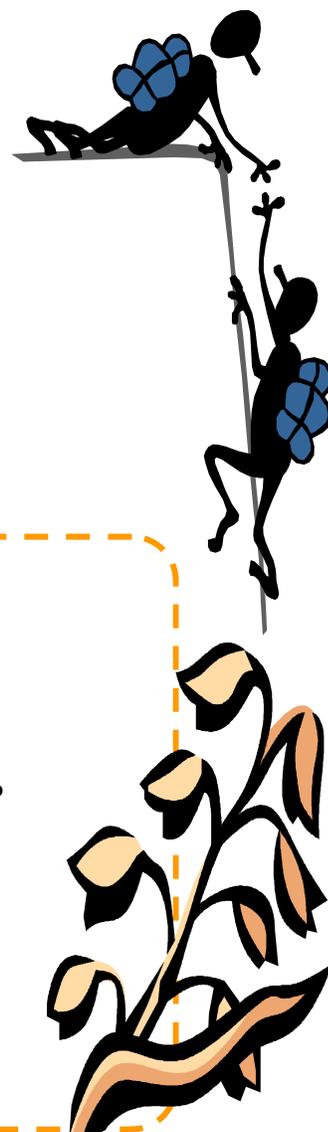


## Garden Club "Green" workshop

No, it's not too early to be thinking about the upcoming holiday season and the decorations we'll be needing to create that festive look for home and hearth. On Monday afternoon, November 26th, the Garden Club of Williamstown will be here at the Harper Center at 1:00 to host their annual "Holiday Green Workshop". It's an excellent opportunity to work with freshly cut greens and create a real work of art as a holiday decoration. A true New England holiday decoration! There is something magical about these types of displays, they evoke so many memories and smell soooo good! Whenever I see these or make them at home, I wonder why anyone would want to buy one of those plastic fake look alike ones. Know what I mean? Anyway, the event is free and open to all. You'll be sorry if you miss it!

## SAD

Nah, it's not a collection of smokin' tunes but I bet a lot of us wish that it were! This song is related to the retreat of the summer sun into fall and ultimately winter as the darkness comes earlier each day...I think that we all know someone who suffers thru the so called "winter blues". Maybe even ourselves, eh? I know that the short days of the season can weigh heavily upon people who have what they call "Seasonal Affective Disorder" [SAD] as the winter drags on...The good news is that there really is help for this condition and relief might not be very far away. On Tuesday November 6th, Margaret Gongoleski, Director of Psychiatric Services at the North Adams Regional Hospital will address the issue right here at the Harper Center. She'll tell you about the symptoms, potential interventions and where to find help. She'll be ready to speak as soon as we finish lunch-around 12:30- lunch, oh yes, how about the monthly pizza???



## Wild Oats

At 1:00 on Thursday November 8th, David Durfee, the General Manager of the Wild Oats Community Market on Main Street will be here at Harper Center to talk about the market and their community programming. I find it interesting that Wild Oats is a cooperative market wholly owned by membership-which means that once you join as a member, you're an owner! The market provides an alternative to a larger grocery store and features lots of organic food and more. They'll talk about membership benefits including income related options. Someone recently asked me what organic food was. Now is your chance to find out! So come and join us and hear about one of our neighbors. By the way, our van stops there on Tuesdays too...Snacks? Yes!

## The Price is Right!

On November 15th at 1:00 our friend, Meg Greenawalt from Sweet Brook, will be here at the Harper Center to play a game with us. You all know "The Price is Right", right? That's the game show where contestants look at various bits of merchandise and try to guess the price, he or she who is closest wins. The show started way back in 1956 and was then hosted by the legendary Bob Barker, and now by Drew Carey. The show remains massively popular and actually has gone international with versions across the globe...Anyway, come and test your shopping knowledge and intuition with Sweet Brook's version of the game. Guess the price, gain points and win prizes! Of course there will be refreshments!





On the web at  
[www.williamstown.net](http://www.williamstown.net)

### **Williamstown Council on Aging**

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We're approaching the end of the year and supposedly the end of the Mayan Cycle...actually, I have heard that they have found additional Mayan calendars predicting another 30,000 years. Or was that a Rolling Stones tune? Anyway if the world ends on December 21st we don't have to worry but if it doesn't we'll have to pay taxes again come January. With that thought in mind, and yes we will host the AARP Tax Aide program here again this year, individuals interested in becoming certified AARP Tax Aides can contact Tax Aide Coordinator Pim Goodbody at 458-1840 or look on line at [www.aarp.org](http://www.aarp.org)— someone will contact you.

## **Page four news and notes**

Hey! The official delivery date for the Brown Bag program in November is different because of the holiday! So-November Brown Bag day is MONDAY November 19. Write that down. OK? And remember-if you're not going to be available to receive your Brown Bag please let us know or arrange for someone else to pick it up for you! Thanks in advance!

Brown Bag is a monthly food supplement consisting of shelf stable foods and fruits and veggies in season sponsored by the Foodbank of Western Massachusetts It's literally delivered in a brown paper sack. Interested? Call us at 458-8250 and we'll help you with the process- and note that there is a short eligibility application process which needs to be completed first.

Our foot care nurse Serena Merrill will be here at the Harper Center on Tuesday November 20th to trim those toe nails and massage those aching feet.

SHINE Counselor Peg Jenks will be here on Wednesday morning, November 21st at 10:30 to assist anyone with health insurance related issues. She is also available through the office here at Harper for individual consultations- just call us at 458-8250 and we'll arrange a meeting. It's Medicare D enrollment season folks and she can get rather busy- if you need to speak to her, let us know as soon as you can.

The monthly blood pressure clinic, sponsored by our friends at Sweet Brook will be Tuesday November 13th at high noon-right before the Friendship Club meeting. These are important numbers to know right? So don't miss this valuable clinic!