

Harper Center Bulletin

Williamstown Council on Aging

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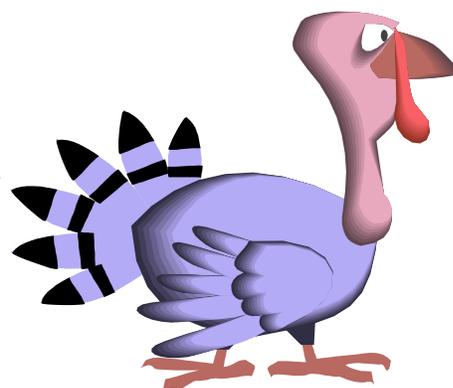
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NOVEMBER 2011 NEWSLETTER

November? Really? So, like where did the rest of the year go? Suddenly the leaves are gone-alright, they're not gone, they're actually all over my yard and on the way to the compost pile, but you get it. No colors, no leaves, just November and the hint of what comes next. Everything in season, right?

Anyway, we have two important holidays in November, Veteran's Day and Thanksgiving, a time to remember those who sacrificed to build this country and a day to give thanks for everything we do have. And gather with friends and family in a true celebration of life. How many of you will watch the Macy's parade? The floats are really spectacular and they take a lot of people to maneuver them around...my favorite? Snoopy!!!



So from us here at Harper, to everyone out there, have a great Thanksgiving!

WILLIAMSTOWN
COUNCIL ON AGING

THE HARPER CENTER

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HOURS: MONDAY
THROUGH FRIDAY,
8:00 A.M. TO 4:00 P.M.
AND SUNDAY AT 11
FOR LUNCH!

HOME DELIVERED TURKEYS

November also means home delivered Turkey dinners from the good folks at All Saints Episcopal Church, formerly St. John's, in North Adams. They'll once again shoulder the burden and prepare a great home cooked Turkey dinner with all the fixings! The target group, as usual, are folks 55 and older who are home bound and have no other means of getting a meal on Thanksgiving. As usual, you'll need to call the church at 664-9656 and place an order but oh man, is it worth it. There is no cost associated with the meal but those interested in volunteering for this most worthy program should contact Diane Bleau who is once again coordinating the effort. She and her volunteers do a spectacular job don't they?

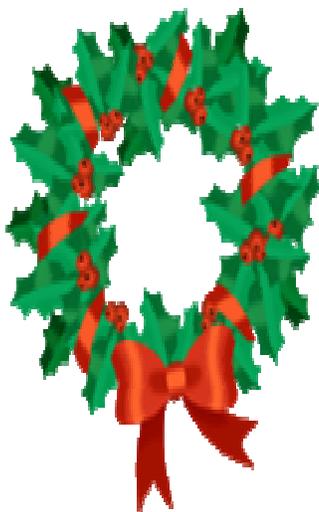




COLLECTING COATS WITH SHRIMP

It's getting cold out there and pretty soon the snow will fly, yeah, it is inevitable for sure. And there are folks out there in Northern Berkshire without warm coats to ward off the wind and weather-some of those people are our friends from the Spruces. Can you imagine what it would be like to have to go outside in the cold without a warm coat? On November 1st we'll be teaming up with the Village Ambulance and collecting coats for distribution throughout Northern Berkshire. We're looking for new or gently used fall and winter coats-seasonable wear I guess you could say. There are people in need folks. Last year we collected 300 coats and jackets. Can we do better this year?

Of course, it's Tuesday and we just have to provide some food, you know how it is...So how about pasta with shrimp at noon? Does that work? And warm bread? While we're at it, Shaun Godfrey from Village will talk a bit about the CPR program we're offering and other "appropriate" related topics. Bring your questions and sign up!



GARDEN CLUB GREEN

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 28th, 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!

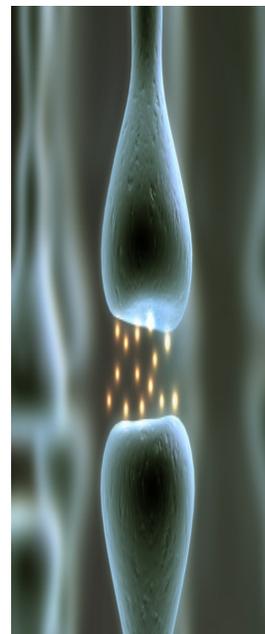


SENIOR FITNESS DEMONSTRATION

It's an exercise class actually, and it's offered weekly at the Spitzer Center in North Adams. We were thinking about offering it here starting late winter and we'd like to know what everyone thinks. The instructors, Diane Elias and Jane Bryce, both retired teachers, will be here on the afternoon of November 17 at 1:00 to offer a demonstration of this senior fitness program. I have never actually seen this program, it has come to us based upon the recommendation of a number of individuals who have both seen and participated. We'll try it and see what we think, eh? Of course we'll provide appropriate warm snacks after the session. It will be November after all!

MEDICAL IMAGING

Bone density and mammography are two tests most of us are familiar with. Mammography –well, I won't go into the technicalities on the actual testing process– but mammograms are principally used to detect breast cancer and the technology has advanced to the point where it can identify cancers too small to be detected manually. Lots of women have this test annually. Bone density tests are a different story and lots of people haven't gotten one...they're used to predict the future and like a crystal ball can tell you whether you have a potential fracture risk or not. And, like every other medically oriented test, they have had technological advances in recent years and the benefits of testing have been greatly enhanced. Anyway, on Tuesday November 15th at 12:30, Deb Corkins and Linda Bailot from the imaging department at the NARH will be in the house to talk about these and other subjects related to those techniques which allow medical people to see the hidden but vital body parts. Pizza first, sign up-you know where!



AARP TAX AIDES NEEDED.

As we begin to approach a new year, we face the unpleasant reminder that Uncle Sam will be looking to correspond with us about taxes and whether or not we owe him money-or whether the opposite is true. Some of us are able to figure out what to do about our taxes without too much difficulty and others find another person to help. Here at the Harper Center, we have been very fortunate to have a series of really good volunteers thru the AARP Tax Aide Program to help folks get their tax paperwork in order. It's a free program for moderate income folk of any age, and a great resource indeed. Typical Tax Aide volunteers have computer skills and aren't afraid of numbers-they usually file their own tax returns. The commitment is a few hours a week for three months and the reward is great-people really need this service. If you're interested in helping-contact Program Coordinator Pim Goodbody at 458-1840 or email him – pgoodbody@williams.alumni.edu. He'll guide you from there.



HIGHER GROUND

As the community responded to the effects of Tropical Storm Irene and began to develop strategies devised to assist our friends from the Spruces, the Pastors of the First Congregational Church and St. John's, Carrie Bail and Peter Elvin respectively, created the Interfaith Shelter-now known as Higher Ground - to help with the process. Since those early hectic days, Higher Ground has become an agency with a dynamic group of dedicated volunteers sharing a hopeful vision for recovery from disaster. On Tuesday November 29th, at 12:30, Robin Lenz, the coordinator of this project, will be here at Harper to talk about this most amazing effort. Of course we'll provide food-the menu isn't planned yet, our guest speaker is also a chef-remember Robin's Restaurant on Spring Street? Yeah, THAT Robin -so we'll be careful with our selections!



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For the month of November, your COA and the Friendship Club will continue to focus on collecting sundry items- deodorant, toilet paper, tooth paste, disposable razors, those types of items. We still have a great need for this type of article, many of our Spruces friends are using their available resources to pay for other types of “things’-motel rent for instance-and find this type of gift helpful relief in times of stressed personal economy. The items we have delivered to the Higher Ground office have disappeared quickly and I know that they’re appreciated so keep it coming folks!



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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 28. 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 and 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 22nd to trim those toe nails and massage those aching feet. As this is written, she still has a couple openings in November but be aware folks-that’s it for this year as December is booked and we’re looking at January 2012 for foot care so act soon if you need to!

SHINE Counselor Peg Jenks will be here on Wednesday morning, November 16th at 10:30 to assist anyone with health insurance related issues. She is 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’s been rather busy of late- 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 Interim Health Care will be Tuesday November 8th at high noon-right before the Friendship Club meeting. These are important numbers to know right? So don’t miss this valuable clinic!

