

Harper Center Bulletin

Inside this issue:

Infection control	2
Taxes	2
Java Judy	2
Passing the cane	3
Kira	3
Party!	3
Page 4 news	4

The Williamstown
Council on Aging

The Harper Center

118 Church Street

Telephone 458.8250

Fax 458.5156

We're open Monday
through Friday 8Am-
4Pm and Sunday at
11:30 for Lunch.

March 2014 Newsletter

March comes in like a lion and goes out with the promise of spring. Do we think that the guy who coined this really lived in New England?

Lately it's been all coming like a lamb and then getting torn up by bad weather. Who knows?

At least spring training has begun eh? Who do we think will knock the crown off the Red Sox heads this year? I can guess but I won't and you know what I'm going to say anyhow...

So I had an interesting experience recently-I finally carried thru and went up the hill to NARH and had a colonoscopy. Nothing to it. Everyone told me that the preparation was bad and nobody actually remembered the scope itself because, well, as one person put it "the drugs are good". I found the preparation to be less than onerous-I mixed the stuff with ice cold Lemon-Lime Gatorade and it was inconvenient but not unbearable. As for the procedure itself, it was fascinating! Dr. Zhang gives you the choice to watch or be knocked out-I recommend that you watch it! You're a first hand witness to a procedure, actually a journey, into the depths of yourself without all that meditation stuff...But really, when do you get to look around inside yerself like that? So I saw some of my innermost workings and they also removed three polyps which were found to be pre-cancerous. Colon cancer-which by the way is the third biggest killer in America among cancers--usually comes from these polyps-so I'm safe for now. If you haven't had yours, look out-I can now officially preach from the choir!

And while I'm at it, Happy Pat's to all you Irish and our "Irish for a Day" friends!



The last cook out of winter...

OK, let's do a cook out! It's still winter and what brings memories of warm weather to the front faster than the scent of burgers and dogs grilling on the barbie! So we'll do it straight off in March, on the first Tuesday which is the 4th. No problem right?

So we'll have dogs and burgers from the grill along with the usual sides- a salad and maybe some slaw with soda. Oh, of course there will be chips. Sound OK? So please scribble on the sign up sheet and be sure to tell us what your preference is. It really comes in handy when we're ordering food.



Infection control

This is a serious subject. Mike Raczynski is the Infection Control Officer at the NARH. His job is to protect you from healthcare associated infections. It's kind of a behind the scenes job, part of a large effort to keep you safe when you go to the hospital or doctors office for whatever reason. Oh, everyone has heard horror stories about people going off to the hospital for a routine something and then getting sick from a preventable something else. I just told you about my colonoscopy. Do you think that I would have gone there for that if I was worried about something? Nah...

I digress. Healthcare related infections can occur when a patient receives care or treatment and are often preventable. Infection Control Officers work with the other members of the healthcare team to ensure that you stay safe during your visit. I'm sure that you've seen the "cover your cough" signs, hand sanitizers, peeps wearing gloves and cleaning staff everywhere. All part of the effort my friends.

Mike will be here at Harper on Tuesday March 18th to talk about this behind the scenes war on infectious invaders. And he'll tell you what to look for when you're receiving treatment any place out there. Got questions? Bring them! He's at 12:30, lunch at noon, menu TBA.

Taxes

Those distant footfalls you hear are the sound of the tax man getting ever so near as the days wear away. April 15 creeps closer with each passing second and for those who need to file their 2013 state and federal income taxes the days are growing shorter. Our FREE AARP tax aide program is available every Tuesday evening from 6:00 to 9:00 and on Saturday morning from 9:00 to noon. Appointments for each session, which, by the way, take about an hour, are available by calling the office here at the Harper Center[458-8250] and simply asking for a slot to call your own. Trust me when I tell you that as this is written we're starting to fill March slots...but there is still time and we'd hate to see anyone left out. If you're coming, be sure to bring all your 2012 tax returns and any pertinent paperwork you'll need for this year!



Java Judy in the House!

Ms. Java will be in the house on Wednesday morning, March 19th at 8:30 for the March edition of Java with Judy. This time, a special treat is in order-she's bringing the Executive Chef from the Commons, Steve Betti, as the guest presenter. This folks, will be a cooking demonstration of extraordinary quality and keeping with the time of day, we'll do breakfast. Chef Betti will be talking about omelets, all kind of omelets and preparing food as a rather edible demonstration indeed. So, this will be a one of a kind edible event! Find the sign up sheet and scribble your name if you're coming!



Passing the Cane

I had been working at Harper only about 3 months when Hazel Burdick asked “where that cane was”. I happened to be cleaning out the front closet at the time and we had lots of abandoned canes in there but of course not the right one and thus the search for The Cane began . It seems only fitting that the person who sent us on the hunt for the Boston Post Cane would eventually be the towns eldest and holder of the Cane in her own right. Sadly, Hazel passed away recently and we offer condolences to her family.

So now we move on.

The process for determining the eldest resident is rather simple. We consult with Town Clerk Mary Kennedy who will furnish the names of the Town residents who are the oldest. Obviously, the eldest gets the cane but you never know-in other communities people have declined the honor for one reason or another. Once an elder has been identified as our eldest, we contact the appropriate persons; the elder themselves and possibly caregivers, family and possibly though not always the media. On Monday March 3rd we'll be passing the Boston Post Cane to Pauline Piper who at 105 is now Williamstown's eldest. Congratulations to her!



Kira

When Kira told us that she wanted to talk about cellulitis I had a brain burp and thought she said that she as going to talk about cellulite-you know what that is right? Moving on, I soon realized my error ! Here is the true topic. Cellulitis is a rather common skin and soft tissue infection which occurs when bacteria invade thru cuts in the skin. It manifests itself through redness and swelling and I'm told can be pretty painful. Treatment generally involves antibiotics though occasionally a hospital stay is warranted. There's more to this and there are folks who can come and talk about the issue from their end as a victim. She'll be here on Thursday March 27th at 1:00 and by then it will be Spring!

Welcome Spring Party

Alright, we all know that the official start of any season doesn't actually happen until we party it in...so on Monday March 31st we'll officially welcome the arrival of spring with a cookout and music from the Irish band Emerald Isle. You guys remember them right? They were here at Harper a year ago and rocked the house with a bevy of Irish tunes , classic standards and some newer materials, including if memory serves me, a couple of original pieces from the artists themselves.

So bring your dancing shoes, wear some green and bring a healthy appetite- this will be the first cookout of the spring!

The food will be flying off the grill at noon-and the menu will be announced later-and the band will play at 1:00. We'd like to acknowledge our friend Ida from Berkshire housing for arranging the band!



**WILLIAMSTOWN
COUNCIL ON AGING**

The Harper Center
118 Church Street
Williamstown, MA 01267

Phone: 413.458.8250
Fax: 413.458.5156
Email:
bogrady@williamstown.net

You can also find us on the
net at the Williamstown
Municipal government site
at
www.williamstown.net
And we're on Facebook at
www.facebook.com/
williamstowncouncilonaging

Steve Damon was here in January and he played a pretty mean sax didn't he? There were a bunch of people in the building when he came and I think the game you were playing was a take off on "Name that Tune". Right? Ok, I don't personally remember the original version of the game but folks seemed to have fun so— join us on Thursday afternoon, March 13th at 1:00 for another appearance by Mr. Damon. He'll be doing a sing along from the great Americana sing-along, tunes everyone knows, and we may very well have a special guest pianist to play along!

You see a table in the main room with teddy bears all dressed up and looking for somewhere to go...they're hoping to go home with you!

They're for sale and all the proceeds will go towards Friendship Club activities. So pick one up, they don't bite and they're good company!

They're only seven dollars each and would make a wonderful present for someone don't you think?

While I'm at it, the bear builders will meet as the craft group on Thursday March 6th and 20th. New members are welcome!

Finally the Harper Center will be closed on Tuesday March 25th—it's our annual floor strip and wax day. Those floors will be nice and shiny the next day so no chair scraping!

Page four news and notes

Serena Merrill, our foot care provider will be here at the Harper Center on Tuesday, March 18th to clip those toenails and rub those aching feet. She has a couple openings available as this is written so act soon if you want to see her. Serena's next trip through town will be on April 15th 2014. We're starting to schedule people for that day too.

SHINE Counselor Peg Jenks will be here at the Harper Center on Wednesday, March 19th at 10:30 to help anyone who has issues with their health care insurance. Appointments are appreciated. Peg is also available for individual consultations at other times by scheduling her through the COA office at 458-8250.

The monthly Blood Pressure for March is scheduled for the 11th immediately preceding the Friendship Club meeting at noon. As you all know, Christina has left Sweetbrook and while there will be a new person, we don't know who it is...stay tuned!

Finally, the December Brown Bag offering—sponsored by our friends from the Foodbank of Western Massachusetts—will be on Friday March 28th. Brown Bag is a monthly offering of shelf stable foods and fruits and veggies in season. Interested in the details? Call us here at Harper, 458-8250 and we'll be happy to help!