

**Williamstown
Council on
Aging**

Harper Center Bulletin

**Harper Center
Bulletin #196**

March 1st, 2011



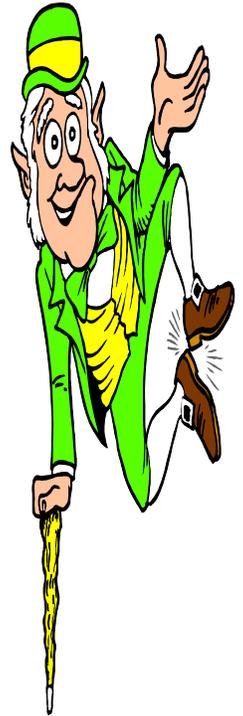
March 2011 newsletter

So, we have reached March and the winter season effectively ends on the 19th-my daughter Meghan's 20th birthday-and Spring will sprung on the 20th. OK, well, chromatically, anyway, given the temper of the snow king during this passing season, I wouldn't be surprised if winterish weather retains it's grip on us for awhile longer. Not that I'm hoping for that mind you...

Time flies eh? March already...

Speaking of which, I remember once coming here for a spaghetti dinner when Meghan was a newborn and someone took her and suddenly she was being passed from one Grandma to another. Just goes to show how long I have actually been hanging around this place. I was on the board then and Lynn Hood sat in the directors chair. A long time ago now, but I can still see the event unfolding if I think about it...This building has been so unchanged during the years that you can almost hear echoes of past people and events if you try. You all know what I mean!

Anyway, speaking of memories, some of the topics you identified as being of interest to do as group projects down the road included items of historical nature; genealogy programs and oral histories. OK, we'll try to do something with this, get your stuff together. Oh, and happy St. Pats to you all!



The Williamstown Council on Aging can be found within the friendly confines of the Harper Center at 118 Church Street. We're open for business between 8:00 a.m. and 4:00 p.m. Monday through Friday and on Sunday at 11:30 for lunch. You can call us at 458-8250, fax to 458-5156 or email us; bogrady@williamstown.net. We've been providing service, information, referral, advocacy and outreach to Williamstown elders since 1966!

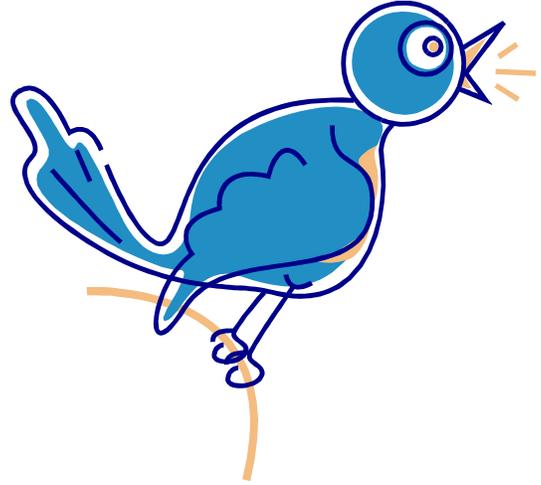
And the charity of the month is...

You remember that the Friendship Club focused on the local food pantries in February as part of a new cycle of supporting our community friends. The object of this months gift will be the Pedi bear project at the North Adams regional Hospital. The project involves numerous volunteers who are creating small cloth bears for pediatric patients-kids folks-and newborns at the facility. Now, the coordinator for this effort- Maggie Guiden- is asking for small donations from members to purchase the fill to stuff these small bears. Note that she's not asking anyone to knit, purl or any other thing. Like Uncle Sam, we want your money-but for a really good local cause!

It's for the birds...

Every time we have had a conversation with our friends about the types of programming we can offer here at the Harper Center, we always hear from numerous, and I mean numerous as in a lot of you, asking us to get “that bird lady” to come back here and talk about our feathered friends. No problem, your wish is our command. On March 22, Leslie reed Evans from the local Williamstown Rural Lands Foundation will be here to talk with you all about those birds.

We all know that there are lots of different varieties of birds inhabiting our neighborhood and many of us can identify the most prominent of the species among us. Still, there are lots of us-like me- who can't really tell the difference between a sparrow and a wren nor can I tell you much about winter birds versus summer. I do know that we have more crows than pigeons here in Williamstown. Wonder what that means...anyway, join us here at noon on March 22 for pizza and to talk about the birds with Leslie at 12:30. Sign up is needed, you know where!

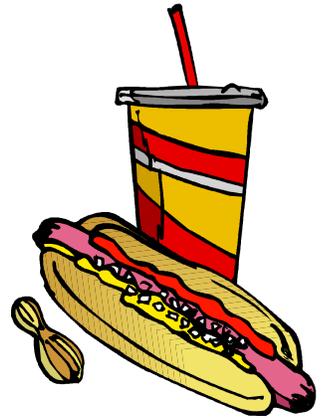


Musical dogs

We'll call this the “Last Party of Winter” party. Yeah, I know, it's redundant. Whatever. Anyway, at noon on March 1st we have us some barkers and beans-that's hot dogs and , well, beans with chips-those really good gourmet dogs we had back in January everyone loved-remember? Yeah, with all the fixings. Yum. A veggie dog option will be available too. Then we'll sing along with the Aladdin's as they appear here for the last time in the winter of 2010-2011.

We've been doing hot dogs as a snack here for a long time, especially on bingo Fridays. Seems as though everyone likes them, some people especially when they're a tad burnt, others prefer boiled. That would be an interesting survey-so here it is-tell us;

How do you like your hot dogs prepared? We'll publish the results in the April newsletter.



Irish music

This little event will come just a bit after Paddy's day but who cares- we're Irish every day of the year, right? So, on the later afternoon-and I mean at 3:30-a group called “A Beautiful Future” will be here at the Harper Center courtesy of Ida Patella and the TAP fund, to perform a series of Irish tunes and melodies guaranteed to get you toe tapping and clapping along with the music. Some of the tunes mentioned as being featured by the band are “Black Velvet Band” and “Wild Rover”, they're guaranteed to toss in a couple jigs and reels too!

So join us on March 29 at 3:30 for an “Emerald Isle” celebration. A lot of you will be here already-this is really a double header day because we'll be hosting Friendship Club Bingo before the concert. What a day this will be!



Memories and dreams-the survey results...

On February 1st, the COA hosted a luncheon designed to solicit feed back on programs and services we offered in 2010 and what we could do in the future. Eleven people actually braved the elements-and it was a truly nasty snowy day- to come in for sandwiches and to talk. Here's where we arrived- on the guest speaker front, you were interested in "osteoporosis" as a topic, genealogy, many people asked for Paul Marino, Leslie Reed Evans and more medical pros to talk about current hot topics. You wanted to have programs with the House of local history, biographical scrap booking programs, and to participate in an oral history project. You told us that you wanted more Pot Luck luncheons, a fashion show, a revisit of the steam engine guys and their big toys. You said that you wanted more active games-croquet was mentioned, Wii bowling later in the spring and were interested in a walking group on a more formal level "later on" when the snow melts. You asked to be considered for short road trips-such as to the Lee outlet malls and local restaurants. Programs in conjunction with the Milne Library and perhaps someone to teach quilting-a project featuring activities at the Harper Center was mentioned as a possibility. You asked for more musical excursions too. You also asked for a current events coffee "klatch". Anytime! The coffee is waiting!



Sweetbrook comes along

We have all know about Sweetbrook for many years and came to regard it as the best facility around. We all know that recent days saw Sweetbrook sold to a new entity as part of the hospitals restructure scheme-Paul Hopkins told us that story last month. I recently received an email from Ambur at Sweetbrook detailing their strong programs in post-acute care, rehabilitation and actual long term living scenarios. They want you to know that they customize each persons plan to the individual's treatment needs and really care about you. They've listed allsorts of care options including orthopedic rehabilitation, respite and memory care among their standard offerings. I find the respite piece intriguing meself.

On March 15, Linda Card along with a dietician will be here to talk-a little bit about the facility and the what's new there-and a little bit about good nutrition. We simply can't talk enough about food. They'll be here at 12:30 to speak but we'll have spaghetti and meatballs with warm, fresh bread at noon. Bring your appetites!



The BINGO story...

We're all aware that our friends at the Spruces have run into a bit of an issue with their popular monthly bingo game. It was pretty well supported and a lot of peeps from all over Williamstown attended. I just want to make it clear to everyone that the bingo game sponsored by the Williamstown Council on Aging here at the Harper Center is meant for the entertainment of all Williamstown seniors, and we certainly have a fair share of friends attending from neighboring towns too. There seems to be an undying rumor that bingo here at the Harper Center, and indeed COA programming here is meant for the residents at Proprietors field alone. That's not close to being true. All seniors are welcome here, for bingo or for any other thing we do too. And to my senior friends at the Spruces-you're welcome to come and play here whenever we have a game on. Questions? Call and ask. 458-8250





On the web at
williamstown.net!

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**WILLIAMSTOWN
COUNCIL ON AGING**

Help when you need it- the
Williamstown COA!

As we roll into March, the days get longer and the number of days left until our taxes for 2010 are due shrink. The additional reality is, that the number of open dates we have remaining for you to take advantage of our FREE AARP tax assistance program are shrinking too...for those not in the know, this program is designed to provide assistance to anyone of any age with the completion and filing of their state and federal income taxes. Our wonderful volunteer, Pim Goodbody and his band of AARP trained and certified volunteers are ready to help. Appointments are requested, each session should take about an hour and participants should bring their 2009 tax returns and any pertinent paperwork for 2010 with them. Any questions? Call us at 458-8250. There is still time to take advantage of this great program but don't wait too long time is marching on!

Page four news and notes

Our new friend Serena Merrill, our foot care nurse, will be in the house on Tuesday March 22 to clip toenails and take care of those sore feet. She has openings for that date but you know how long those last. Call us and reserve your spot quickly to avoid being disappointed!

SHINE Counselor Peg Jenks will be here at the Harper Center on Wednesday March 16 at 10:30 to help anyone who has issues and questions about their health care insurance. She is, as usual, available for individual consultations by making an appointment thru the COA office-call us at 458-8250 and we'll be happy to set you up!

Our friend Janet Richardson will be here on Tuesday March 8 to check those vitally important numbers during our monthly blood pressure clinic. Janet, as you know, works for Premier Health Care, the sponsor of this monthly event. Her visit is right before the Friendship Club meets-no excuses!

The Brown Bag delivery for March will be on the afternoon of Friday March 25th. For those unfamiliar with Brown Bag, it's a monthly offering of shelf stable foods as well as fresh fruits and veggies in season. Brown Bag is sponsored by the Food Bank of Western Massachusetts. Interested? Contact us here at Harper and we'll be happy to help you with the minimal application process.

Interested in receiving this newsletter electronically? Call us and we'll arrange it. It's much greener you know!

