

Harper Center Bulletin

Williamstown Council on Aging

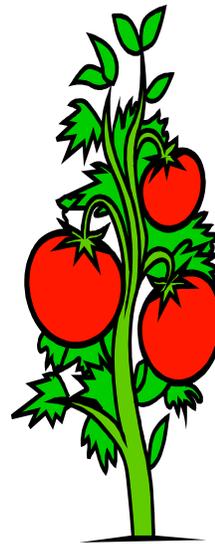
June 2014 Newsletter

June! We have arrived in my favorite month! Don't know why, just is! I think that I have told you I believe it to be a psychological hold over from my youth when June represented the end of school and the beginning of vacation. Whatever! By June we are at the end of Spring, Summer is around the corner and the flowers and trees are out in all their wonderful greenery and color. Warm air has crept into the mix, the days are getting longer and ...well, it's just a great time of year!

Anyway, lots of things will happen in June and not the least outside events. Marion and I were talking the other day about the breakfast events we had out on the back terrace last summer and we'll be doing them again starting in June. We've actually just invented something we're going to call "French Toast Friday" and I guess that we don't have to tell you what that is about. We'll have our inaugural toasting on Friday June 27 and then about every couple weeks there after.

In addition to toast, we'll be offering ice cream sundaes here and there through the coming weeks-our first Ice Cream Sunday will be Thursday June 19th at 12:30- sherbet or cream...?

Finally a note that we did plant our summer garden out in the back-usual planting. Tomatoes, cukes, squash, peppers and a bunch of herbs. They'll be growing quickly now and we'll be having fresh veggies with our food in here by the end of the summer. Tomato on grilled cheese anyone?



Transportation to Pittsfield

I think we told you last month that the folks at Berkshire Community Action were going to operate a shuttle from North Adams to Pittsfield during the week. Here's the schedule; Our van can collect individuals who need to go to BMC for non-emergency medical appointments and drop you off at a collection site in North Adams by 9:00 Monday thru Friday. At that time, BCAC vans will travel to BMC arriving there at 10:00. They'll return to North Adams-the site of the former Nsassif pharmacy is the collection point-by 2:15. If you want a ride to and back from N. Adams, we can help within the parameters above. Please call a couple days ahead to schedule, OK?

Harper Center
Bulletin #235
June 1st 2014

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Bone Density



Bone density refers to the actual amount of mineral matter per centimeter of bone. It's used by medical professionals as a clinical measure to assess for Osteoporosis and fracture risk. We know that there is a risk between poor bone density and a higher possibility that something will fracture. And we all know individuals who have had bones just "break" right?

From 10:00 to 2:00, on Tuesday June 17, Lee Jaggi from Health New England will be here at Harper to perform bone density screenings for FREE. Lee will bring a hospital grade machine, will explain your results and give you a print out you can keep to bring to your doctor. He won't keep any information, it's all yours and the process is confidential, of course. And he'll be bringing snacks-as well as presenting some cool information on the process and what it means for you. The process takes about 5 minutes to complete. So join us for the information or Lee's great snacks!

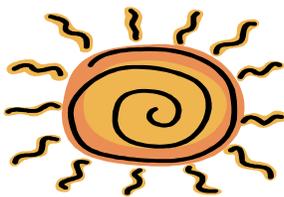
SNAP means Supplemental Nutrition Assistance Program



Food sustains us and without it, we would not get very far at all. The truth is that there are many Massachusetts families who are not secure in their food supply and some of us, including senior citizens, go to bed hungry at night. In this country at this time that is absolutely unconscionable. I could toss stats at you but I won't, not here. From 1:00 to 3:00 on Thursday afternoon June 12, a SNAP-that's food stamps folks-Coordinator from the Foodbank of Western Mass-the people who bring us Brown Bag-will be in the Harper Center to talk with anyone about the program. Lots of times people don't apply because they don't realize that they could be eligible. You might be eligible, even if you have an income from wages, pensions, own a home or car. You won't know unless you ask-it's a benefit so why not know about it?

Think about it. Let us know if you're coming!

KIRA



Kira was supposed to have joined us for treats and to talk about the importance of sunscreen last month but she couldn't make it. She told us that she didn't feel well and couldn't come. Bugs are hard to shake this time of year and particularly onerous when the weather has turned great and you want to be out in the sun but ...we hope you feel better and we were thinking of you!

Anyway, she'll be in the house on Thursday June 5th to talk about protecting yourself from the effects of too much sun, using sunscreen regularly and she'll bring sunscreen samples. We'll bring the treats. See you at 1:00!

Volunteer Recognition

There are 4 paid staff comprising the entire personnel of the Williamstown Council on Aging. One of us is a van operator who, because of her work activity, is rarely in the building. That leaves three people, one of whom is half time to administer and operate all of the programs we offer here in Williamstown. Oh yeah, we have some grant driven programs, and a contractor, but who do you think arranges all those options..? So, as I have said repeatedly, volunteers are literally the lifeblood of this agency and we cannot survive with out them. It's true. Look around when you come in here and you'll see all sorts of people bustling around serving food, cleaning tables, playing music, calling bingo, managing bridge and other games, running errands and on and on. These are our volunteers. They make the world of the Williamstown COA go around. We cannot thank them enough. At noon on Friday the 13th of June we'll be hosting them in our annual recognition luncheon. There will be no other programming scheduled that afternoon.

Musical events

The Aladdin's will be here at Harper at 12:30 on Thursday June 26th to entertain and lead a sing along So come in and join Tommy and friends for an afternoon of fun and ice cream sandwiches!

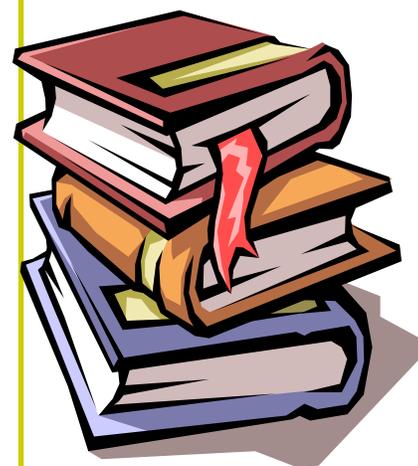
On June 3rd-a cookout! We'll be grilling burgers and dogs for lunch at noon and at 12:30 musician Don Bettis will be strumming his guitar and playing old favorites. Marion has copied a bunch of lyrics just in case you want to sing along with him. We know Don, he's been here a couple times before and we've received lots of great commentary about him!

Don will be here courtesy of our good friend Ida Patella from Berkshire Housing.

Books

Who likes to read? I think that it's about all of us. Ever thought of joining a book discussion group? If you have, you're in luck because we have one. Our good friend Peter Mehlin hosts the book discussion group at the Milne Library each month-did you know that? Anyway, they meet at 10:00 on the first Friday and share impressions of the monthly book. You don't have to buy the book, the library will get it for you-all you have to do is tell Peter that you're joining the group-458.1388

That said, here are the selections for the next few months; In July, you'll be reading Madeline miller's "Song of Achilles" followed by "Plainsong" by Kent Haruf in August and P.D.James "Children of Men" in September. We'll roll into Fall with Barbara Kingsolver's "Flight Behavior" in October, Jane Austin's Mansfield Park in November and ring in the Holiday season with the "Immortal Life of Henrietta Lacks" by Rebecca Skloot in December. See a title you like? Join us!





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A poem by...Roma Nichols

January 25, 2014

There's something about holding a hand

That lends one to understand

That someone is there to offer support.

Being a friend and being a sport

It is something special to behold and not just words to
be told.

Nothing is expected to be said

Just taking a hand instead leads one to lessen the
fears

Thankful when the hand appears.

Page Four news and notes

Our foot caretaker, Serena Merrill, will be in the house on Tuesday June 17th to work on your feet, clipping nails, reducing calluses and massaging the soreness out. She has 2 openings for anyone who is interested...Hint; this may very well fill up so get moving! Additionally we're scheduling for July so think about it!

For those of you who have found yourselves to be challenged by the very technical stuff which comprises our health care insurance paperwork, our health care insurance expert, SHINE Counselor Peg Jenks, will be in the house on Wednesday June 18th at 10:30 to help. Appointments are not necessary but appreciated; Peg is also available for individual consultation outside of normal hours by contacting us in the COA office at 458-8250.

The monthly Blood Pressure Clinic, sponsored by our friends from Sweetbrook, will take place on Tuesday June 10th at noon immediately preceding the Friendship Club meeting. Our friend Jessica should be bringing those warm, sweet, raspberry filled cookies as treats for those who get their BP checked! Anyway, these are important numbers to know, cookie or not, so mark this date.

The monthly Brown Bag, sponsored by the Food Bank of Western Massachusetts will be at Harper for pick up or delivery on Friday June 27th. Brown Bag is literally a brown paper sack filled with shelf stable foods and fresh fruits and veggies in season. Interested? Contact us here at Harper at 458-8250, and we'll help you thru the minimal application process. And please people, if you cannot be here on delivery day, make arrangements for someone else to hold them! We have limited space in our refrigerators and just can't accommodate a lot of food needing to be kept cold!

We already talked about "French Toast Friday" and that will be a different cluster of events all together. In the meanwhile we'd like to have a breakfast on the terrace, nothing elaborate, eggs and toast-maybe potatoes and some of this little breakfast sausages? What does everyone think? I would suggest that a good day for this would be Tuesday morning the 10th at 8:30. We know that it won't rain that day-it simply wouldn't dare rain on us-and by then we'll have the patio tables out and ready to roll into the summer! So lets do it! The sign up sheet will be in its usual location!