

Harper Center Bulletin

World Headquarters for the Williamstown Council on Aging is within the friendly confines of the Harper Center at 118 Church Street in Williamstown. We can be reached via telephone-458-8250, you can fax us at 458-5156 or you can email us too-bogrady@williamstown.net

We generally open for business from 8:00 a.m. until 4:00p.m. Monday through Friday and at 11:00 on Sunday for lunch.

We've been providing quality services to Williamstown elders since 1966!

Williamstown Council on Aging

Harper Center Bulletin # 211

June 2013 newsletter

Well, it certainly is green out there isn't it? And how about those colorful flowers? I love June! And most likely so does every kid in the universe; schools out for summer! Whoo hoo!

Speaking of green, the Garden Club of Williamstown will be meeting here at Harper on the afternoon of Monday June 4th- they'll be talking about flowers and planting and feeding and growing and all things plant. They have extended an invitation to all so stop in and listen to a great conversation with slides about plants and flowers. Always a great presentation so do stop by.

And while I'm issuing invitations, the North Adams TRIAD has extended an offer to anyone interested in attending a noon luncheon at the American Legion on American Legion Drive in North Adams on Wednesday June 27th-they'll have a speaker from the Mass Medicare patrol talking about deceptive Medicare marketing and other fraud issues. The event and luncheon are free, just let me know by the 17th if you're going so I can tell 'em to get the food ready!

Finally, about those renovations...stay tuned. We don't have a date yet so it's business as usual!



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The Friendship Club Supports...

The veterans living in the Turner House. These are men and women who served in the United States armed forces in defense of us-and now they might be a little down on their luck. They offered their lives in service for us-let's offer them a hand back. Maggie had a conversation with the facility manager recently, and they would be thankful for some sundry type items. This is the list of suggested donations-and we thank you in advance for your support!

Bar Soap-shampoo-deodorant, but no strongly scented stuff please, foot powder and non alcohol containing mouthwash.

That's it, simple and I would suggest well within the groups abilities to support!

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Northern Berkshire health care; what's up now?



A year ago or so, Northern Berkshire Healthcare and subsequently our local hospital, North Adams Regional, appeared to be teetering on the brink of disaster. They were saddled with debt, filing bankruptcy and attempting to get the ship righted and back on course. It appeared to many to be a long road toward merger with another health care entity and who knew where that would go. In the ensuing time period, the hospital embarked upon a massive recovery effort. An aggressive series of transactions including the sale of Sweetbrook and Sweetwood and the recent relocation of the VNA to the hospital campus and the closure of the local Women's Exchange among other things followed.

We read it in the paper weekly and wondered, was all this effort enough? In February 2011, Hospital Community relations spokesman Paul Hopkins came to talk with us about what was happening on the hill. Over a year later, he'll be back. On Tuesday June 19th he'll return to the Harper Center with news and updates on what has happened to one of our most valuable community resources since. Luncheon cookout at noon, conversation with Paul at 12:30. Important stuff folks!

Jewelry making



Our friend Meg Greenawalt from Sweetbrook will be here on Thursday afternoon June 14th to offer a fabulous workshop on jewelry making. This will be an excellent opportunity to let your creativity shine! You'll be able to create a bracelet or necklace of your own design to wear or perhaps give as a gift. Hey, something new to match to your favorite outfit right?

Anyway, Meg will bring all the materials, pendants, beads, string, whatever is necessary-and she'll help string beads for anyone who needs a tad bit of hands on-all you have to do is show up and let that creative inner self shine forth. It's an opportunity to design a one of a kind creation so stop in!

June 14 will probably be hot, it is June after all, so we'll be providing some ice cream for snacks!

Horns!!



The Williamstown Horn Club under the direction of Susan Matsui will hold a recital at the Harper Center on Thursday afternoon, June 7th. These are the Williamstown Elementary students who came with Susan last winter-they were great, remember? Anyway, there are four members, two 5th graders, one 4th grader and one 6th grade student. Each of them will play a solo piece, there will be duets and several ensemble pieces. They'll be performing works by George Frederic Handel and Richard Wagner among other pieces.

The performance is scheduled for 2:00 that afternoon and all are welcome. There is no signup for this event. There will be refreshments to follow the performance, but you knew that didn't you?

Reaching Higher Ground

Almost a year ago, at the tail end of August, Tropical Storm Irene raged through Williamstown and in the process, destroyed the homes of many of our friends who had lived in the Spruces Mobile Home Park out on Main Street. Some of those folks had lived there for over 20 years and the memories of that place stretch back five decades. I can personally remember getting booted out while riding my bike through the place in the early 70's by some dude who lived near the covered bridge because 'kids aren't supposed to be here'...

Anyway, it's mostly gone now, those who remain represent a portion of the population from just a year ago. In the ensuing time, Higher Ground was formed as a response to the disaster and have been working with survivors of the flood on many levels since. On Tuesday June 26, Robin Lenz, the program coordinator, will come to the Harper Center to tell us what has transpired in the days since Irene came to town and Higher Ground sprang up. She came back around Thanksgiving last year, much has happened since. Food? Yeah, we'll try to do Eggplant if we can get enough. Tis that season!



Assessing nutrition

We've talked about this particular issue fairly often so it will be no surprise for those of you who are looking at this again. We all know how important food is and we are also aware that some of us do not eat correctly by choosing the right stuff. Anyway, last fall your COA successfully acquired a small grant from Elder Services- Federal Title 3 dollars- to provide the services of a registered dietician in the home-your home-and not in the clinical confines of the hospital. Our friend Kristin from the NARH will meet you in your home and talk healthy eating strategies with you, review your diet, suggest healthy options and even accompany you to the grocery to suggest food alternatives too. It's an opportunity to have a registered dietician in your home, get nutrition advice and all for free. All you have to do is call us here at the Harper Center and we'll make all the arrangements. Interested? 458-8250.

Volunteer Recognition

On Friday June 29 we'll be honoring our volunteers-those people without whom the Williamstown Council on Aging would be severely diminished. Boston Fish market will again cater the event but unlike other years, you'll have a choice of roast beef or broasted chicken, with appropriate fixins', and I can't remember off hand what they were but I got the main course straight! The important part...and chocolate pie for dessert!

Anyway, the event is for volunteers only and there will not be bingo on that date-sorry. Those of you who are volunteers here know who you are and so does everyone else-my advice for those who want to attend this dinner but who are not volunteers is always the same; sign up and we'll bring you along next year!



A driving story



On the web at
www.williamstown.net

**Williamstown Council on
Aging**

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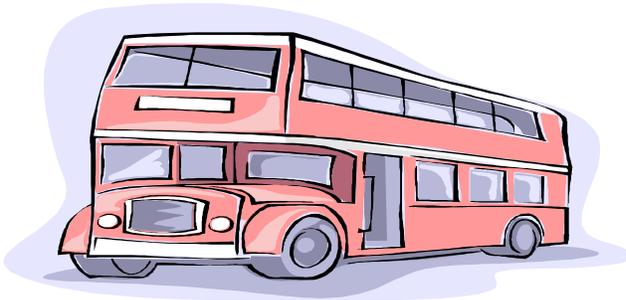
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Soooo...everyone sees our biggest , literally, asset out there rolling about Northern Berkshire. It's that big white machine we call a van, and it provides a lifeline to many of our friends who wouldn't have access to a ride without it. Every week that vehicle logs several hundred miles bringing people back and forth to the doctor, the grocer, the hairdresser, points all over the neighborhood. Don't forget our neighbors and their families who need the support of the Adult Day Center in North Adams to keep a loved one safely at home. You know this, right?

Surprise! This really isn't an advertisement for the van! Truth is that our operators, Kathy Vareschi and Dave Larabee really need a lunch break. Now some of you are wondering why I'm stating the obvious. Here's why; everyone has places to go, people to see and lives to lead. We're happy to help facilitate that goal. But just as the van needs fuel, so do our operators. Everyone knows this but sometimes people get a bit ornery when they're told to hang tight for a few minutes while someone eats lunch. Really folks, what are you thinking? You eat too, right? So here we go-a friendly reminder-if you are out somewhere at lunch time and call to be told the operator is at lunch, relax. We'll get to you, but lunch is a requirement and we will do everything possible to insure that our drivers get a needed break in the middle. We're happy to answer scheduling questions with those in need. Call us here at the COA office, 458-8250, and we'll try to sort it out with you.



Page Four news and notes

Our foot care magician, Serena Merrill, will be in the house on Tuesday June 19 to work wonders on your feet, clipping nails, reducing calluses and massaging the soreness out. She has added an 8:30 slot to her monthly visits so we have a newly created opening for anyone who is interested-otherwise you'll have to come in July. Hint; July is starting to fill up so get moving!

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 guru, SHINE Counselor Peg Jenks, will be in the house on Wednesday June 20 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 12, at noon immediately preceding the Friendship Club meeting. "Our" nurse, Sue, brought those excellent filled cookies and all of us who had our pressures checked got one as a reward. Ya, OK, I couldn't resist...! Anyway, these are important numbers to know so mark this date.

Finally, the monthly Brown Bag, sponsored by the Food Bank of Western Massachusetts will be at Harper for pick up or delivery on Friday June 22nd. That is the 4th Friday of the month folks, there are five Fridays in June so don't be fooled! Whenever possible, we deliver on the FOURTH Friday...! 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!