

WILLIAMSTOWN  
COUNCIL ON AGING

WORLD HEAD-  
QUARTERS FOR  
THE WILLIAMS-  
TOWN COUNCIL  
ON AGING IS  
WITHIN THE  
FRIENDLY CON-  
FINES OF THE  
HARPER CENTER  
AT 118 CHURCH  
STREET IN TOWN.  
TELEPHONE TO  
458-8250, FAX  
458-5156 OR  
EMAIL;  
BOGRADY@WILLIA  
MSTOWN.NET

WE'RE OPEN  
MONDAY THRU  
FRIDAY, 8:00  
A.M. TO 4:00 P.M.  
AND SUNDAY AT  
11 FOR LUNCH.  
SERVING WIL-  
LIAMSTOWN SEN-  
IORS SINCE 1966!

INSIDE  
THIS ISSUE:

Driving 2

Garden Club 2

Welcome  
Summer 2

Digesting 3

Breakfast 3

Volunteer  
recognition 3

Page 4 notes 4

# Harper Center Bulletin

HARPER CENTER BULLETIN  
# 199

JUNE 1ST, 2011

## June 2011 Newsletter

Here we are in June, certainly one of my favorite months! No, it doesn't have anything to do with cutting the grass although the smell of cut grass certainly enhances the deal! The days are longer, it's warmer and the night breezes seem to have a voice of their own. Oh, and the peepers are back with all that racket, soon we'll see fireflies in the night sky. And school will be out for summer, now isn't that a warm memory? Now, be truthful; when you were in school, did you know, let's say, in December after the holidays, that you were aware of how many days were left until school was out? I was. The flowers will pop, the trees will fill in and cookouts will become a regular occurrence. What about the family vacation? Seems as though a lot of folks take off in June and head for parts somewhere near the ocean...



Anyway, here comes summer, get ready and enjoy! Get out and play! Just remember to bring your sunscreen with you!

## Friendship charity for June

A few months ago the Friendship Club targeted the local food pantry as the "Charity of the Month" and collected a fair amount of food for the pantry. They've decided to go back to the well in June and collect for the food pantry and why not? Food security is a big issue in our world today, just think about all the people who are struggling to make ends meet and how critical the gift of food must be to some of our neighbors. I personally believe this to be a most worthy cause and suggest thinking about a bigger strategy for giving food later in the year- how would you function without sustenance?



## Baby you can drive my car...

But only if you're able to! And sometimes we worry about those among us who don't seem to do as well anymore. What to do? Well, as part of its "Shifting Gears" program, Michelle Ellicks, community Outreach Coordinator at the Registry of Motor Vehicles will present a program entitled "the Driving Decision" here at the Harper Center on Tuesday June 28, 2011 at 12:30. This is a free workshop and is designed to provide resources to elder drivers, their caregivers and professionals who work with elders.

The program includes information on how aging affects driving, identifies the warning signs of unsafe driving and a discussion about when a transition from driver to passenger is indicated. Ellicks will also suggest ways to preserve ones independence and will provide information on safe driver assessment, a safe driver checklist and the new "Safe Driver Law" and - reporting procedures. A pizza luncheon precedes the event at noon, you know where the sign up will be!

## The Garden Club

The Garden Club of Williamstown will be at the Harper Center on Monday, June 6th at 1:00. This is an annual conversation about plants and flowers and given the season, this will certainly be a timely discussion. I have been advised that the meeting will be open to anyone who has an interest in plants and flowers, even if they're not currently members of the Garden Club. Do you like flowers and plants? Then this certainly is a June event to be at.

Now, those of you who would ordinarily be out front in the introductory Tai Chi class, take heart- you'll still meet, but in the back room. And maybe if it's nice, outside?

## Welcome summer party

Summer arrives in the world officially at 1:16 p.m. so we'll actually be partying at that time. Yeah, party. I've invited the Aladdin's to come and play some music and we'll be grilling some chickens and kielbasas on the grill and away we go. Thinking about a pasta salad and some lemonade to go along with it- a little bit of music and that's a way to enjoy the longest day of the year. I think to make it a little more special we'll ask folks to bring one of their own specialties "pot luck" style so let us know exactly what you'd like to bring. You know what "they" say-the more the merrier!

# June 7 will be digestible...

On Tuesday June 7th we'll talk about a very common issue which can partially arise as a result of our favorite National Pastime. No, not watching the Yankees win the World Series. I'm referring to eating and digestion in general. We all know the summer brings great food opportunities and with it, equally great opportunities for summer distress. I guess we can call them digestive issues.

Yeah, we know the drill, drink plenty, eat smaller portions slower. We know that food can spoil in the heat of summer too-what did our mothers tell us about mayonnaise? Still, all digestive issues are not caused by food, there can be some underlying issues like Celiac Disease, Colitis and so on which can affect your digestion. As with other issues, there are "things" you can do to aid digestion. So, on June 7, Kira and Darlene from Interim will be here to talk about digestion and what we can do to make life easier -after we grill out. Yeah, burgers, dogs, chicken, maybe some green and potato salads...things that digest. First cook out of the season. Food at noon, talk later. Sign up now-you know where.



## Breakfast with Margie

Sooo...we all knew that there may be issues in the Medicare system and each of us has a story about something we heard somewhere when we became involved with Medicare. With this in mind, Margie Ware from the SHINE program at Elder Services will present a program on the Senior Medicare Project at breakfast here at the Harper Center on Friday June 3rd. The Senior Medicare Patrol is a group of volunteers who educate consumers on waste, fraud and abuse in the Medicare system. You'll want to be here and hear about how all of us can be smart about saving the Medicare system money-and that will benefit us all. There will be an opportunity for questions and answers and everyone will go away armed with new knowledge-and hopefully full. Just in time for exercise class...

So it's breakfast at 9:00, though 8:30 might not be too early for some, and talk at 9:30.



## Volunteer recognition

Don't know how many times I can say for the record that our programs would be greatly diminished without those who volunteer here at the Harper Center and give freely of their time to make things run. And for the three hundredth time in my eleven and one half years here in Williamstown, thank you very much, all of you. In what's become a tradition, our volunteers, those of you who are around that week, will be treated to a catered lunch here at the Harper Center on Friday June 24 at 1:00, invitations will follow shortly. For those of you who do not volunteer, the regular lunch will be served at 11:30. There will not be bingo that afternoon. So if you're interested in having lunch with us next year-it's easy-volunteer!





On the web at  
[www.williamstown.net](http://www.williamstown.net)

### Williamstown Council on Aging

The Harper Center  
118 Church Street  
Williamstown Massachusetts,  
01267

Phone: 413-458-8250

Fax: 413-458-5156

E-mail: [bogrady@williamstown.net](mailto:bogrady@williamstown.net)



We've lost a couple real good volunteers for the lunch program to retirement recently- Rose Rondeau and Loretta Smith, both have been invested in the lunch program here at the Harper Center since time began. Well, not really, but they were here for many years and their presence in the kitchen and food line will be missed. Some of this has created a dilemma of sorts in that the Sunday meal program now needs some volunteer support to survive. Obviously Pat can't manage the whole show on her own and a couple good people who will be reliable in coming Sundays, or split some Sundays, would really be appreciated. Anyone interested can ask Pat or I for details, and thanks so much in advance!  
Brian O'Grady

## Page 4 News and notes



Our foot care nurse, Serena Merrill, will be here at the Harper Center on June 21st to trim those toenails and massage those aching feet. She's booked for June as this is written, but there is still time to reserve a slot in July so call soon if interested-you know that those foot spaces fill fast!

Our SHINE Counselor, Peg Jenks will be here at 10:30 on Wednesday June 15th to speak with anyone who has issues regarding the state of their health care insurance. She's really adept at troubleshooting problems and steering people in the right direction for insurance issues. She's also available for individual consultations by appointment so call us if you need to, 458-8250, and we'll arrange a meeting.

The monthly Brown Bag offering from the Food Bank of Western Massachusetts will be delivered to Williamstown on Friday afternoon, June 24th. For those unfamiliar with the Brown Bag, it's a monthly offering of shelf stable foods and fruits and veggies in season. The package is available for a minimum donation and there is a short application process which we can help with. Let us know if you're interested.

Finally, the monthly Blood Pressure Clinic, hosted by our new friends at Interim Health Care will be on Tuesday, June 14 at noon, right before the Friendship Club meeting. Important numbers to know folks!