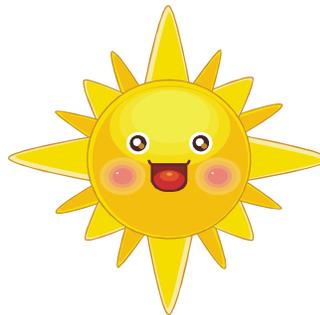


Harper Center Bulletin

June 2010 Newsletter

Ah, June. Another of my favorite months. Never too hot, never too cold. Sometimes it gets pretty steamy and sometimes it pours but mostly June is just right and carries warm memories of the end of the school year and the beginning of actual summer. It's the month when a lot of our flowers bloom in brilliance and sweet smells. Away goes fear of killing frost and away we go to the beach. Ball games begin in earnest, playgrounds get crowded and vacations loom and it stays lighter longer, ever longer...ah June. Wish every month could be like June!



Of course the arrival of hot weather brings with it dangers from the warmth and the ole soleil specifically heatstroke, sunburn, dehydration, skin cancers...yeah, we have this talk every year and y'all know the drill by now right? Stay out of the hottest part of the day, drink plenty of fluids, wear your sunscreen, etc, etc...just a reminder to be careful while enjoying the summer sun!

In an emergency...

While some of us have been formally trained in CPR and first aid techniques, most have not and while there appears to be a rudimentary knowledge of what to do when a sudden emergency strikes, there is also a lot of folklore out there about how to handle everything from choking to a bad cut. You all know what I mean. My question, directed to those of you who have little in the way of specific training-what would you do to help yourself or another if something were to happen before help arrived? A fall, a cut, a bump on the head, a stroke? What would you do? On Tuesday, June 1, Shawn Godfrey from the Village Ambulance will tell you what to do with common injury scenarios when alone or away from immediate help. We'll do pizza at 12:30. Don't forget your pizza preference!

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Williamstown Council on Aging World Headquarters is located within the friendly confines of the Harper Center at 118 Church Street. We're open for business from Monday thru Friday , 8-4 and at Sunday , 11:00 for lunch. We've been providing service to Williamstown elders since 1966!

Welcome Summer Party

Summer actually begins on Monday June 21 at 7:28 in the morning. Some of us will wake up in the spring and eat breakfast in the summer. Funny how that works, eh? Now, ordinarily we do our celebrating on Tuesdays, right? But how can you celebrate something as important as the advent of summer a different day? You can't! So we won't! The normal lunch entree for that day would be Mac and Cheese but we're going to use it as a side to go along with grilled sausage, peppers, mushrooms, hot dogs and chicken. We'll add salad sides and take it from here. Following the meal, music from the Aladdin's to round out the day. So here we go, into another summer adventure! Because of the food types and different sources, we'll need you to sign up for this event and that sheet will be located in the usual spot!!!



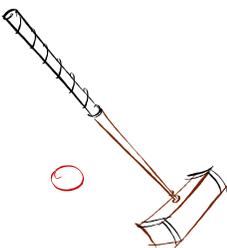
Family Feud

Richard Dawson once hosted a TV show entitled "Family Feud" on one of the big three television channels and I don't remember which it was but I do remember the show, don't you? It pitted a couple families playing a question and answer game with the winner tallying the most points. "Survey Says" he'd shout...remember?



A couple months ago a man named Gary Card, a latter day host of the Family Feud game was to come to the Harper Center courtesy of Ida at BHS but was unable to make it. Guess what? He's back on the schedule and will be right here to host our own version of the Feud on Tuesday the 22nd at 1:00. We'll potluck at 12:00 and then play at 1-tell us what you'll bring so we can figure out our portion of the feast! The list is on the table and feel free to suggest what you'd like COA to contribute!

Croquet



It's really getting too nice out there to be spending too much of our recreation time inside the building on Thursday afternoon so a few of our friends out there asked if we'd be willing to get some outdoor games together. The primary suggestion was croquet and so we've purchased a croquet set and we'll set up a couple matches out on the lawn on Thursday afternoons beginning this month. We'll mothball bowling until the fall and go outside on Thursday-unless it's too hot or rains-then we'll bowl...Ice cream and lemonade and croquet. Sounds like fun-seems to resemble golf too...

By the way, there has also been a request for Bocce, you know the game which resembles lawn bowling? Anyone interested in this? So, croquet starting June 3rd at 1-knitters, bring your stuff outside and watch between games!!!

Master Gardener Margy Gwozdz Tuesday June 15@1:00



So, who wants to know what a master gardener is? Ok, I can give you a very brief nutshell but you'll have to come and hear Margy talk to get the rest of the picture. Master Gardeners are folks who have a serious interest in gardening and horticultural issues-so much so that they enroll in very intense seminars for many hours of education on the subject. When they're done they're literally walking garden resources with all sorts of information to share with their home communities and others. Master Gardeners assist with gardening shows, provide hands on assistance in community gardens and offer some great gardening lectures-which is why Margy is coming here. She can tell you a little more about herself and the program when she comes! Anyway, many of us love plants but haven't the space for a garden-she'll be talking about gardening and growing for folks who have little space to do it in. Those of you who live in apartments or have small spaces will be interested in this! Lunch first at noon-chicken and dirty rice and salad. Sign

June odds and ends...

The movie for the month will be "A League of their Own", the story of 1940's women's professional baseball featuring Geena Davis playing the role of "Dotty", loosely based upon real women's league star Dotty Kamenshek who starred for the real Rockford Peaches in the 40's and 50's and was named by Sports Illustrated as one of the most influential athletes of the 20th century. Kamenshek died at 84 last Monday in California. We'll show the movie on Monday the 7th and have some mini hot dogs and popcorn as snacks between innings... We'll do ice cream on the afternoon of Monday the 14th and I've been asked to have a bowling match on that day so we'll do that too. One more thing-can someone tell me what's the knitting group doing at the moment?



Volunteer Recognition Friday June 25, at 1:00

On Friday afternoon June 25th there will be no bingo as we pause for a moment to honor all those who volunteered in this place during the year to help and make all of our lives better and mine infinitely easier. Without our volunteers our programs would be severely diminished or non-existent. There are not enough words to offer in this space to adequately express our gratitude to you all so for the moment, it will have to suffice to say "Thank You"! At 1:00 that Friday afternoon we will sponsor a luncheon catered by the Boston Fish Market for volunteers only. The regular Elder Services luncheon will be offered for congregant lunch participants as usual at 11:30.



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I hear a lot of noise coming out of the Friendship Club these days about members and events and what to do next. Now I know that it's not really my role to comment upon the doings of a private senior citizens club but heck, we're all friends here right? OK, so here goes nothing; Has anyone actually contacted the members who have stopped coming to your events and asked them why? I know of one who has tried to but what about everyone else? Have you shared your conversations with the rest of the group? Have you actually devised a strategy to address what you know to be problems in the club membership? Another thought; it appears that you're sitting upon a pretty good pot of money in your treasury-why don't you use it to offer cost reduced trips and events? Use it to bring in caterers to do meals occasionally and spare the monthly hunt for volunteers to "bring". You have to do newer and different things to attract people. Want a couple ideas?

Ask us.

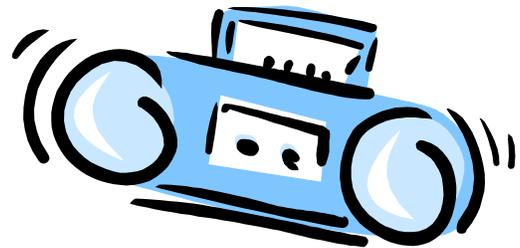
Page four news and notes...

Our SHINE Counselor, Peg Jenks tells me that she'll be coming to Harper at 10:30 on the third Wednesday—an earlier time—from now on. So look for her on Wednesday June 16 at 10:30 in the back room as usual and bring your questions!

Kip Moeller, our foot care nurse will be here on Tuesday June 15th at 9:00 to clip those nails and massage those feet. Appointments are required and she'll be doing TWO sessions in July, which are filling fast. Better make that appointment call today!

The monthly blood pressure clinic, brought to us by our friends at Premier Health Care will be on Tuesday June 8th at noon. Important numbers to know, right?

Finally, the monthly Brown bag food delivery will be on Friday afternoon, June 25th. For those of you who aren't familiar with it, Brown Bag is a monthly food supplement of shelf stable items as well as fresh fruits and veggies in season delivered to you in a brown paper bag, courtesy of the Foodbank of Western Massachusetts. Interested? Contact us and we'll get you in touch with the people who can help!



Hey! Listen up!!!