

# Harper Center Bulletin

Harper Center Bulletin # 169 June 1st, 2009

Williamstown Council on Aging

- The Williamstown Council on Aging lives in the Harper Center at 118 Church Street in town, you can call us at 458-8250, fax to 458-5156 or email us at ; bogrady@williamstown.net
- Our hours of operation are Monday thru Friday from 8-4 and Sundays at 11 for lunch.
- We've been providing quality services to Williamstown seniors since 1966!

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## June 2009 Newsletter

**Finally June has arrived. That last snow storm in March almost killed me, it had been warm and suddenly, bang, there it was! Again. It was so depressing. I never thought that it would ever be June but here we are! Yippee! And now we have warm weather and blue skies for at least four months. I predict decent weather with no further snow until November...**

**Last month the members of the Williamstown League of Women Voters presented me with the annual Town Employee of the Year award at Town Meeting. I had been nominated and voted the award by a whole bunch of people who kept it a big secret from me, it was a surprise when they announced me as the winner and I thank you all for your support. I look upon that award as a trophy for all of us, one cannot win that type of honor without a lot of support from a lot of people. It represents us all and what we're able to achieve here at the Harper Center. It's really a great honor for me and real strong recognition for all of us!**

## Trivia city

**Actually, when you think about it, everyone plays games of one sort or another. We'll be having a good one here on Friday afternoon June 19. "Trivia and Simons Sez with Mel Simons"—a truly hilarious version of Simons Says will be offered as a fun and entertaining way to spend the last Friday of spring. We'll be playing Simon Sez with trivia to test your brain courtesy of Ida and the TAP program from Berkshire Housing—with summer Friday fare as snacks—you know what that means...so bring your appetite and thinking caps!**



## Thank you Volunteers!

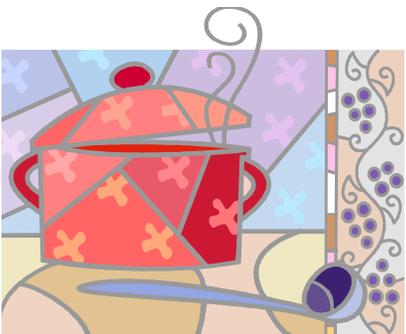
I have said it before and I will say it again, we, as an organization, would not have the same impact upon our community without all those folks who have volunteered over and over again to help us here at the Harper Center. If you look around and see all the programs we have here, and they run from lunch to reading buddies to TRS and on and on, then look more closely to see who helps out, you'll see what I mean. We would be severely diminished if these individuals did not give freely of themselves and their time. And that, as they say, are the facts ma'am. To honor these wonderful folks once again, we'll be hosting our annual Volunteer Recognition Luncheon here at the Harper Center on Friday June 26 at 12:00. It will be catered by the Boston Fish Market once more, the regular daily programming will be suspended for that period.

You know,  
computers aren't  
really that  
mysterious, you  
can't break them  
and really,  
there are lots  
of folks who can  
help you if need  
any- try it,  
they won't bite!

## Computer Lessons

Computer lessons have resumed and they're on different days and times for this round. Beginning, well, actually last week, sessions will be on Tuesday and Thursday mornings at 9:30 until about 10:30—or longer dependant upon need. We're once again focusing upon beginners and intermediate learners, folks who will need some assistance from our expert, Lennie Adelson. For the record, these sessions will run thru the summer-minus a couple weeks for vacation, and are free to interested persons. So, if you've ever wanted to learn how to operate one of these confounded machines or impress your family with surprise email, or just surf the web, stop by. We'll teach you what that phrase means!

## Pot Luck with a nutritional twist...



On Tuesday the 30th, designated chefs will be bringing a selection of goodies for lunch and after—in other words, dessert! Yup, here we go. This is for invite cooks, if you've not been solicited to make something, please **DON'T—WE WANT TO KEEP THE FUSS TO A MINIMUM THE FIRST TIME OUT.** Marilyn Wilie, Elder Services Nutritionist will be joining us for lunch and will be talking about healthy eating and good food after lunch so definitely come and do bring your appetites, this will be good!

## Birds and food

Finally, all the birds are back, including the geese who poop all over the golf course. Yup, what a drag that can be. Did you ever try to use an iron near a nest of baby geese with an angry Mother Goose spitting at you?

Anyway, we'll have a bird expert here on June 12 to address the subject. Rene Laubach from the Pleasant Valley Sanctuary will be here at noon to converse with us on the subject of "Birds of the Berkshires" and everyone knows we have birds—oh, by the way, we haven't put seeds in the bird feeders lately because we have a bear family visiting temporarily! We'll also be treated to a catered luncheon courtesy of EPOCH Assisted Living at Melbourne, a very fine facility located just south of us in Pittsfield, our event sponsor for the afternoon. Stop and visit them sometime, it's a beautiful campus! Sign up please...



We will be asking for volunteers to prepare foods for potluck picnics too—we'll try to organize these so that we don't have four of the same things-get ready!

## Picnics!

It's really hard to believe that another school year has passed and we're about to host our annual Reading Buddies End of the Year Picnic! It's true and our second grade readers and their school year buds will part with a picnic on June 10, 11:30 on the patio.

The adults will have a picnic too, the annual Welcome Summer bash on June 23rd, at noon with music from the Aladdin's following the meal. There'll be a sign-up, you know where!

## Kim's Korner

Our walking competition is beginning its second week and as soon as I get the numbers, I'll post them. Remember to give me your numbers every Monday so I can pass them along. Also note that there is a "conversion chart" on the photo board in the backroom which converts everyday activities into steps, so if you're having difficulties with your pedometer, no problem! Remember that we still "Walk Off the Pounds" every morning here at Harper at 8:30—join us in this health activity!

Kathy's recent trip to Pedrins was a big success! Other thoughts or trip ideas? Happy June!



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**We're on the web:  
[www.williamstown.net](http://www.williamstown.net)**

**Here's a couple words about our van and how to use it. There have been questions from new users lately so I guess it's time for a brief refresher. We operate from 8:00 am to 4:00 pm Monday through Friday with the first and last transports of each day reserved for travel to and from the Adult Day Center in North Adams. Our priority is life support so trips to medical events and grocery shopping are priorities. If we're not bringing folks to medical appointments or shopping, we're happy to bring you anywhere you need to go in Northern Berkshire County. Unless you're an agency with a private contract, there are no fees for this service though we do appreciate voluntary donations. Kathy, our van operator schedules all rides where there is space, call her at 458-8250 and she'll help you get there!**

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## Page Four Notes



**Kip Moeller, our Foot Care Nurse, will be back on her regular schedule for June, she'll be in the house on Tuesday June 16 early. Of course, visits with her are by appointment and she fills fast so please, ask!**

**Peg Jenks, our SHINE Counselor will be here on June 17 at 11:30 to assist anyone with health insurance questions, appointments preferred but not necessary at this time. She's also available for individual consultations through the Harper Center office as needed. Call us and we'll get you in touch with her!**

**June "Brown Bag" is Friday the 26th, if you're not going to be home, please let us know in advance so we can make appropriate arrangements!**

**Our monthly Blood Pressure Clinic with Janet from Premier will be on Wednesday June 17th at 1:00—we're trying to get it on Friendship Tuesday but couldn't quite make it this month. Let's try a Wednesday and see if it works—mark your calendars now so that you don't forget!**

**The Garden Club of Williamstown will host their annual Flower Arrangement Workshop on Thursday the 11th at 1:00—all are welcome!**