

Harper Center Bulletin

Williamstown Council on Aging

DECEMBER 2012 NEWSLETTER

So, will there be a white Christmas or will it all fade to green? Or drab brown and shades of bleached yellow? I have a set of new skis, my daughter got new skis for Christmas last year so...it better snow!

I have decided to forgo our annual discussion on the topic of who has started their holiday shopping already-I know the answer, and no, I have not.

There are a couple Friendship Club announcements of note which I should put out before I forget. The first is that there is no meeting scheduled for the second Tuesday as it has been moved officially to December 13th –the date of the annual Holiday Party at the fabulous Williams Inn. On Tuesday the 11th-a whole group of Friendship Club people are off on a bus trip to the Pioneer Valley and lunch somewhere over there. Sounds like fun!

As usual there will be a whole bunch of musically related events in December, of course a couple of informative ones but hey, it's the end of the year. Let's party! So as we wrap up 2012 and head toward next year, we wish one and all a joyous holiday season and many good times to come!



WILLIAMSTOWN COUNCIL ON AGING-WE'RE OPEN FOR BUSINESS MONDAY THROUGH FRIDAY, 8:00A.M. TO 4:00P.M. AND SUNDAY AY 11:00 FOR LUNCH. YOU CAN FIND US IN THE HARPER CENTER AT 118 CHURCH STREET, CALL US AT 458-8250 , FAX TO 458-5156 OR EMAIL; BOGRADY@WILLIAMSTOWN.NET WE'VE BEEN PROVIDING QUALITY SERVICES TO WILLIAMSTOWN SENIORS SINCE 1966!

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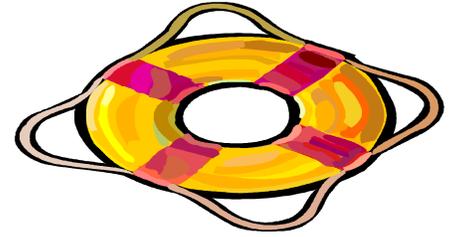
NUTCRACKER TEA

No, it's not August but we're going to have a Tea Party anyway. And yes, it's our friend Karyn O'Toole's idea for a fun afternoon and you all know what that means! This party will be a bit different-oh, it will be built around the tea and special holiday goodies-probably not the summer cucumber sandwiches but winter holiday treats-no, I can't tell you about the food but the signup sheet will talk about the menu. We'll also do a big screen viewing of the Nutcracker Ballet as interpreted by the Cecchetti Ballet Theatre-the company Karyn now works for...not the same show as last year but this one will star Karyn herself...Should be a fun afternoon. So get ready for a post Christmas gift- we'll have tea on Thursday afternoon, December 27 at 1:00. See you then!

EMERGENCY PREPAREDNESS

Well we have certainly seen our share of foul, nasty and unusual weather in the last couple of years- and I'm talking about hurricanes Irene and Sandy here folks. We certainly dodged the bullet with Sandy but Irene was a different story all together. The truth of this is that there is absolutely no way of knowing when the next bit of bad weather will hit but given the very real climate change, we know that it will. Just a matter of time. Having been through the evacuation process several times already, we have learned that preparation is key, not only for emergency planners but for you as well.

At 12:30 on Tuesday December 18, Jeff Kennedy, a significant contributor to Williamstown's emergency management program will be here to talk with us about what we should do to prepare for a quick exit. Escape routes, prepared bags with all those important things and a host of others we haven't thought of. Of course we'll provide some pizza for lunch at noon...



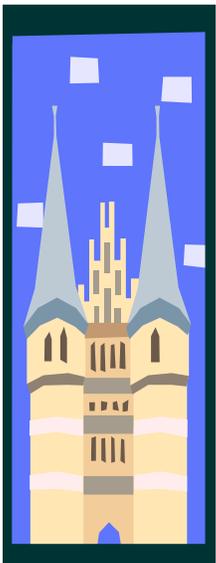
{ Emergencies do not have to be hurricanes and it is very wise to be prepared. }

WILLIAMSTOWN HORN GROUP

You're all in for a real treat on the afternoon of Thursday, December 20th!

At 2:00, instructor Susan Matsui, three students from the Williamstown Elementary School and one from Mt Greylock, will be here at Harper to perform a set of holiday and classical pieces guaranteed to please! This group has been here at Harper twice before and boy are they good! Susan contacted me recently and have offered to come across the street to share some music with us. Who could refuse!

We'll be providing a bit of a snack-cider, cheeses, crackers, maybe veggies and dips after the performance. Stop by and share a bit of holiday cheer with some pretty good kids. I'm sure that you'll be glad that you did!



SAFETY IN THE HOME

Our home is our castle and should be a refuge from the outside world, a safe and secure place where we can hang our hats and relax from the cares of the world outside. Sometimes it is not and it can become a minefield of our own creation if we're not careful.. There are all sorts of "things" we acquire and have in our home which can turn into dangerous and potentially deadly trip traps if we're not careful. I guess my message here is that we need to be mindful of where we leave or place things. Falls are one of the leading cause of injury and institutional placement-but you knew that.

Anyway, on Thursday December 6 at 1:00, our friends from Sweet Brook will be here to talk about fall prevention home safety and things we can do to avoid breaking a hip. Or worse. This is our annual reminder session-we always think that we don't need this conversation but every year someone falls and is hurt. We find ourselves surprised, but not as surprised as the "fallee". Anyway, a little reminder session helps to keep us aware as we head into the slippery season. Of course we'll have refreshments!

JOHN ROOT

At 1:00 on Friday December 7th, John Root, an Amherst based musician will be here at the Harper Center to entertain us. We've never been visited by John before so this will be a new experience for us and a delightful one I'm sure. He was originally slated to play for us back in October but that performance was derailed when Hurricane Sandy approached. But now we've rescheduled and this will be fun! My colleagues out in COA land have been really enthusiastic about him and I'll take them at their word. John sings, plays the piano, flute, clarinet and sax-his repertoire includes songs we all know and he encourages sing -a longs. It will be a great way to celebrate the beginning of the winter holiday season! Elder Services will be providing the luncheon first-for that day-it's a regularly scheduled weekday meal. John comes our way thru a partial sponsorship from the Cultural Council of Northern Berkshire in the form of a grant. I have already mentioned that they are a local agency receiving support from the Massachusetts Cultural Council, which is a state agency. Trust me when I tell you that we really appreciate their support!



STEVE DAMON-MUSIC AT LUNCH

Steve Damon is the founder, director and lead educator at "A Natural Music Studio". He's been here at the Harper Center to entertain us once before, he came in one day and asked if he could perform a few tunes at lunch and of course we agreed it was a good idea. He played a selection of tunes, I personally remember "Stormy Weather"- it was raining like crazy that day. Anyway, everyone enjoyed his surprise visit. So...guess what? Steve has acquired a Cultural Commission grant and will be coming once a month to entertain us at lunch. He has a whole array of program options he can choose from and may actually be able to engage some of our more talented people to play along if interested. Anyway, the agenda is open and we'll talk to him more about what he'll do for us when he comes-his first luncheon "gig" here will be at 11:30 on December 17 so come in and enjoy!

It's funny, we all know about vitamins and minerals but do we really know how they work?



KIRA IN THE HOUSE

We've spent a lot of time this year talking about all the "things" which keep us healthy and have wandered a path leading through all sorts of issues to be aware of and back again. On Tuesday December 4 at 12:30 we'll be talking about "Vitamins and Minerals" and their impact upon our health and lives. How often do we go to the doctor and find ourselves being told to take a supplement of one type or another? In my case it is Vitamin D. There are a whole list of them out there too, all the vitamin spectrum, and then there's iron, salt, phosphorus, selenium and so on. They're helpful in a lot of ways but can be hurtful in others...Anyway, Kira Breard from Interim Health care will be here to lead our conversation on vitamins and minerals-after we enjoy some open face sandwiches at noon!



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It's been a pretty decent year on most accounts, don't you think? We got a big renovation at Harper, new walls, air conditioning, heat and have you noticed—the place holds heat much better than ever. [Ya, I know, the thermostat has been goofy. It will be fixed...bugs.] We didn't get hit by the big hurricane either, and that was a HUGE blessing. The weather? Some would say that it was superb! A tad dry but, whatever. We missed all the flu epidemics, the economy was sound, we met a whole bunch of new people and had some really great programs. So here we go into a new year. Lots of things will happen. Some things will remain the same. The Yankees will make the playoffs, the Red Sox won't. Some things won't change. Maybe my golf game will come out of hibernation. That would be good! No great!

Anyway, as we head into the new year, the tax man will be holding his cup out asking for our mandatory donation. Yes, we'll be sponsoring the AARP Tax Aide program here again in 2013, we'll be accepting reservations next month. First come, first serve. Stay tuned for the details. Oh—if you're interested in volunteering to be a Tax Aide, contact Pim Goodbody at 458-1804 and he'll be happy to help.



PAGE FOUR NEWS AND NOTES

Serena Merrill, our foot care provider will be here at the Harper Center on Tuesday, December 18th to clip those toenails and rub those aching feet. That's the good news. The bad news is that she's totally booked for the month. She is making appointments for her next trip through town on January 1, 2013. Want to see her? Schedule now folks, her spaces fill fast!

SHINE Counselor Peg Jenks will be here at the Harper Center on Wednesday, December 19th at 10:30 to help anyone who has issues with their health care insurance. Appointments are appreciated. Peg is also available for individual consultations at other times by scheduling her through the COA office at 458-8250.

The monthly Blood Pressure Clinic has been postponed for the month of December. It will resume in January on the second Tuesday each month, immediately preceding the Friendship Club meeting at noon back there in clinic central!...

Finally, the December Brown Bag offering—sponsored by our friends from the Foodbank of Western Massachusetts—will be on Friday December 28th. Brown Bag is a monthly offering of shelf stable foods and fruits and veggies in season. Interested in the details? Call us here at Harper, 458-8250 and we'll be happy to help!