



Williamstown Council  
on Aging

# Harper Center Bulletin

Harper Center bulletin # 177

December 1st, 2009

## December 2009 newsletter

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So, tell me, who has their holiday shopping done, eh? As this is written, I haven't started, surprise, surprise. It's all about figuring out what other people want and for this I need my spies, I'm not good at this shopping stuff. Of course, I hear this from others too, I guess the holiday shopping gene skipped us. Or perhaps the crowds and commercialism is too daunting. This year, I'm worrying about others who have bigger problems. I was just talking to a friend who works in Connecticut but maintains a residence locally. He was telling me that his neighbor, a guy I know and have played golf with, is "turning his home over to the bank" because he lost his job and can't keep up with the mortgage any longer. When you hear these stories and they are personal because it's not a stranger but a person you know, it's particularly hard, especially at this time of year. It definitely causes one to pause and be aware of what you do have and be thankful for that, right? Let's think on that for a few minutes and while we're out there shopping, remember those people who've been bitten by our national fiscal woes and hope that we all have a better time of it in the year to come.



The Williamstown Council on Aging is located within the friendly confines of the Harper Center at 118 Church street. We're here on Monday thru Friday from 8AM until at least 4PM and on Sunday at 11 for lunch. Call us at 458-8250, email to [bogrady@williamstown.net](mailto:bogrady@williamstown.net) or better yet, stop by! We've been providing quality services to Williamstown elders since 1966! See you soon!

## December SHINE

Well, our SHINE counselor, Peg Jenks has certainly been busy lately. It's open enrollment season for Prescription Advantage, through December 31st anyway and I know that there have been major changes impacting the program and subsequently its' users. We know that some of you have gotten dismal notes from the Commonwealth and I'm sorry about that. Peg will be here on Wednesday December 16 at 11:30 and can meet with folks who have questions about their health care coverage. She's also available for individual consults by appointment, contact the COA office at 458-8250 and we'll make arrangements!

## MGRHS Chorus means music!

On Friday December 11th, the chorus from the Mount Greylock Regional High School will be back at Harper for the 9th year, OK not consecutively, there was a year when we had a real blizzard, but here again in an annual tradition which brings a tremendous amount of enthusiasm and joy to

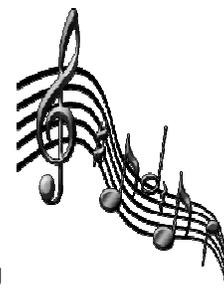


us each holiday season. There's something about traditional carols sung in season that's special and brings all sorts of memories to the fore. How often do you hear something which reminds you of years gone by-events, special days or people? It's always at this time of year that I become most aware of yesterday, and memories are frequently triggered by carols. I can almost smell the snow, even if it's warm out...

OK, so, the chorus will come and sing and continuing another tradition, we'll have pizza after the concert, and as it's a Friday, we'll play bingo from 2-4, no breaks and straight thru. So, plan on being here at noon for a truly enjoyable afternoon. There is a sign up and please tell us what flavor pizza you want!

## Ruth Harcovitz

The wonderful Boston based soprano Ruth Harcovitz is returning to Williamstown in December! We know Ruth, she's been here a couple times before and we remember the real professional quality that comes along with a Ruth Harcovitz performance. And what a voice! She's a true talent and we're thrilled to have her coming back here to perform for us. She has a vast catalog of selections to draw from, and really, has prompted sing along and dancing in the aisles. She'll be here on December 4th at 12:30 and as usual, all are welcome! Ruth's appearance is sponsored jointly by the Williamstown Council on Aging and the Berkshire Housing Corporation. Oh, and yes, we'll have refreshments after the show so stick around!



## Caregiver support

We really had a good response to the caregiver support group launch last month and the folks who came indicated quite clearly that the need was present in our community and that this group would really be an important addition to our program array. So, let's meet again. As the time for this group, the third Thursday in the month at 1:00 seems to work, we'll stick with it for now and review as the days pass. Oh, we know about the big event at the Williams Inn and that it may affect some folks but not all. We really want to establish a consistent time and location for this and have pretty much settled on this time frame. I guess the message is that we'll be here so look for us and tell anyone you think could need this support.



We hope that you have a peaceful, stress free holiday season!

## Vinnie Brandi

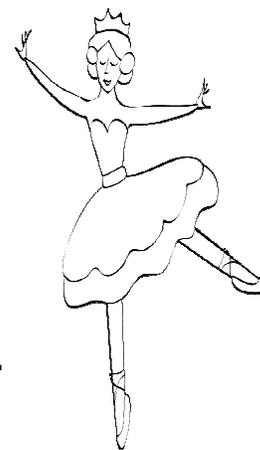
On December 15, Vinnie Brandi comes to the Harper Center care of the TAP program thru Berkshire Housing and our good friend Ida Patella. Hi Ida! He's an entertainer with a whole bunch of years experience with seniors and he comes highly recommended. He plays a lot of traditional standards, country tunes and gets people up and singing along. This is going to be good! I'm not sure where he actually comes from but I know he performs in New York State and Massachusetts a lot. We'll ask him when he gets here.

Now, I know that you're all used to food at these events and yes, there will be food. Because the Friendship Club is going off on Thursday to go to the Williams Inn for their annual , Christmas Luncheon, we will offer their Tuesday meal here and some "enhancing" thru our own kitchen. The menu will be on the sign in sheet which will be posted for all to see later this week. Stay tuned!



## Berkshire Dance Theatre here on December 20

Yup, it's a Sunday and the BDT will be here to present a Holiday Extravaganza here at the Harper Center on Sunday December 20th . Artistic Director Karyn O'Toole, yes, our Karyn, tells us that the program will feature a seasonal selection of dances performed by "intermediate" level dancers. Intermediate level means the bigger kids will be here to dance and not the little mice...Anyway, we'll provide some refreshments after the dance, maybe some holiday cookies and beverages but not the big party we have on Valentines Day, Pat will be serving lunch prior to the dance so come in early and eat with us! The program will begin at 12:30 and is scheduled to last for half an hour to forty-five minutes. A great way to say hello to winter don't you think?



## Welcome Winter Potluck and bingo

Yeah, no sense fighting it, winter will arrive shortly and we can't hide. December 22 is a Tuesday and the first whole official day of winter. Maybe if we welcome old man winter with food he'll be kind to us. So, let's do a potluck luncheon and feast! We've had some pretty good food brought in here during the last couple events and everyone had a good time. I think this time, I'll concentrate on some kind of specialty sandwich, maybe a veggie melt, we have the griddle, we should put it to good use, eh? After we've cleaned up, we can play bingo for one of the last times in 2009. Maybe we should let those who don't usually win get the glory! What do you think?



**Williamstown Council on  
Aging**

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A couple more news and noteworthy items!  
**Friendship Christmas.** The annual Boars Head luncheon will be on December 1st at the Williams inn and seems as though everyone is going. Should be good! The Friendship annual Holiday Party is December 17, a Thursday, also at the Williams Inn and I hope that you've reserved your spot! While we're talking food, the Red Hats are NOT meeting in December but will resume next year! Finally, we'll be collecting non perishable items for Operation Troop Support at least until December 3, the Red Cross needs our gifts by Friday the 4th- don't forget!

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## Page 4 news and notes

**Kip Moeller, our foot care nurse, will be in the house on December 15th at 9:00. As usual, appointments are really necessary and available spaces fill up fast so if you need a little foot work done, please call the office at 458-8250 and ask us to save a slot for you!**

**December Brown Bag food delivery, sponsored by the Food Bank of Western Massachusetts will be on December 28th, a Monday, another change of date pretty much indicated by the holidays. Don't forget! Brown Bag is a monthly delivery of shelf stable food and seasonal veggies and fruits delivered in an actual Brown Bag. Call us here at Harper if you're interested. There's no charge but donations are sought and gladly accepted.**

**The monthly Blood Pressure Clinic, sponsored by our friends at Premier Home care will be on Tuesday December 8th, right before the Friendship Club meeting. We all know that BP is one of those essential numbers to know, right? OK, enough said!**



Huh...do you think we're conserving heat again?

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