



# Harper Center Bulletin

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Harper Center Bulletin # 225

## August 2013 Newsletter

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Who thinks the year is flying by? That seems to be the general opinion this time out. Suddenly, here we are in the month of August...I don't know, to me it seems as if the days are slowly sliding away. Regardless, slowly or not, we have arrived in August. They say it's the hottest month. After July's bake fest, we'll see. Still, all those onerous summer drills are still in place, ya know, drink plenty of fluids, stay out of the sun during the hottest part of the day, wear sunscreen. In other words, and simply be careful. The sun is fun but fickle! And remember, the Harper Center is an official cooling station. That means we have air conditioning. Comes in handy when it's really hot.

Speaking of which...there have already been sharp exchanges between the air people and the no air people. The point behind this is to get the humidity out of the air to make it comfortable. It seems to have worked for the majority of people. Some people would prefer not to have it on. We're sorry, but the heat we had in mid-late July is potentially hazardous and the air will be on during times like those. That's why we put it in!

Moving on... new computers are being installed here at Harper as this is being written. In addition to greater speed and better programs, they also have new operating systems so things will change. That includes this newsletter. The new format will be rather different than this one in obvious ways and we hope that you enjoy the changes. Now, as we learn to use the new "stuff", we might be a bit slow getting projects, like the September newsletter for example, away on time. Not saying that we will, just forewarned is a good thing sometimes right?

Anyway, this will likely be a month of ice cream. And hot dogs. It's summer and well, why not? So keep your eyes open, there may be a burst of ice cream sandwiches just around the corner! And a dog with mustard and onions and relish in your near future!



The Williamstown Council on Aging was established in 1966 and has been providing quality services to Williamstown seniors ever since.

World Headquarters for the COA are in the Harper Center at 118 Church Street in town.

We're open for fun every Monday through Friday from 8:00 A.M. until 4:00 P.M. and Sunday at 11:00 for lunch. It's hot out, we're air conditioned; join us!

### Friendship Club news August

Maggie told me that she hopes the club can make about 60 quilts for the Linus program in the fall. She asks that people interested in sewing or assembling the new series contact her directly. You'll begin the work sometime in September.

While on the subject of interest, she told me that she's in the market for new members. Annual dues are only \$10 at the moment-though personally I think you should increase them to subsidize activities... but that's another story for another day. So...a recruitment drive folks?

## Surviving loss



We've had a few inquiries about bereavement groups and end of life support lately. The schedules we've received from both HospiceCare out of Pittsfield and VNA/Hospice of Northern Berkshire are on the back entry bulletin board. But sometimes posted notes aren't quite enough.

We've all been thru loss and we know that the old saying that you just never know is correct. Sometimes you have lunch with a person today and they're gone tomorrow. Our little community took a hit last month when Ann Luczynski left us. Who saw that coming?

At 12:30 on August 6, Corrine Case and Barbara Cariddi from the VNA and Hospice of Northern Berkshire will offer a conversation on the topic of "Surviving Loss" as well as a brief description of services offered by VNA/Hospice. It's an important conversation and while the subject matter can be touchy; we all know someone who, as they say, "never got over it". These folks can be very helpful in times of need and we all know someone who might need a helping hand. Pizza at noon anyone?

## New computers abound!!!



Yeah, we have heard it all. Complaints ranged from the actual speed of the computer to boot up and find programs to the lack of up to date programming. I've actually been literally yelled at by folks who were unhappy with the operational systems.

Whatever. I have news for you; no more! At the end of June 2013 we were able to replace the Harper Center computer stock- and this does mean the units in the public rooms. So the machines in the public area are smaller, faster and have a host of new options. Some will indeed be strange to the casual user and will require a bit of tutoring to use but man, these are an improvement. Even the monitors are larger! As the operational systems are different we'll be offering new classes with Elaine to teach 21st century computer operations. The schedule will appear in September. Watch for it!

## Karyn's Summer Tea



Ah, this is the Annual High Tea. Not the December Nutcracker one, this is the real deal. Cucumber sandwiches, crazy hats and long white gloves, dainty little tiny cups and saucers. A real August event for sure!

This has to be about the 10th annual event, right Miss Karyn? The date for this seasons High Tea [and crumpets no doubt] is Tuesday August 20, at 1:00 P.M. There will be plenty of food, varieties of tea and good company to boot. Of course Miss Karyn will have her fellow dancer volunteers to help out, and yeah, I think they have a great time too.

Anyway, there will be a sign up, as usual, and it's important to get those names on it-the food here is bought to attendance...so, whip out those long gloves and sign up!

# Attorney Paula Almgren

Whenever we schedule a program and begin the process of describing the content for our readers to learn about it, we usually have conversations about content, specifically what to put into an article. I was talking to our friend Louise Kodela [who also works for attorney Almgren] about this process, and the words to use in this conversation. I told her that I thought the most important words to use in this case are “Elder Law Attorney”. She agreed.

Paula Almgren is an Elder Law Attorney based in Lenox but who practices throughout the Berkshires. She will be here at Harper on Tuesday afternoon, August 27 at 12:30. She'll cover various topics including these;

Why it's important to create an estate plan, and how to use trusts for asset protection, estate tax savings and avoiding probate. Life care management of legal, financial and care issues including Medicare, Masshealth and veterans benefits.

She'll address recent changes in the Medicare law and new MOLST rules for Advanced Directives. In short, an important session and one not to be missed. Of course there will be question and answer time and lunch. How about pasta and sautéed shrimp?



## Kira

What do we think would be a good topic in hot weather? Something cool or something hot. Perhaps literally?

OK, the topic of this month's discussion will be “Sex and Intimacy after 75”. Really? Yes. You know, a recent survey says that 4 out of 10 men aged over 75 say that they are still sexually active while only 2 of 10 women make that report. Why do you think that is? Are the guys lying, is it really the age of Viagra or is it because guys have generally died earlier leaving more women out there alone? Or something else?

Kira Breard from Interim Healthcare will be in the house on Thursday afternoon August 8th at 1:00 and we'll converse on this interesting topic.

We'll come up with some appropriate snacks in the meanwhile. See you here!



## Breakfast on the Terrace

We've become sort of used to having a Wednesday breakfast monthly eh? We have that nice terrace outside and just looking at it we started thinking that it might be fun to have an outside breakfast some morning while it's nice and before the heat sets upon us. So let's do that!

On August 7 at 8:30 we'll have breakfast on the outside terrace, let's say French toast-hey, it's easy to cook and serve in hot weather-with fruit and coffee. Sound Ok? Good.

If it rains we'll be doing this inside but hope for the best and plan for a good breakfast on the terrace. There's a sign up coming, look for it.



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Council on Aging



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The Aladdin's will be here on Thursday August 1st to kick off the month. They haven't been here for awhile and I'm not sure that they have been here since we had the A/C installed. They've always been fun to party with and really are a Berkshire County legend. I don't know how many years ago Tommy started the band but I bet it was more than 40 years ago! Remind me to ask him. And while I'm at it, did you know that Marion's cousin once played drums for them? True! But that was awhile ago too.

Thursday August 15 and 22 will be ice cream socials and perhaps one of them will feature hot fudge. Yum!

## Page four news and notes.

Our foot care genius Serena Merrill comes to Harper once monthly to clip toe nails, trim calluses and does a wonderful job massaging tired achy feet back to life. She's always here on the third Tuesday of the month and sees a whole bunch of people by advanced appointment. She'll be here again very soon but alas, her next open appointment is in October. Sorry folks. That date would be October 15th. We'll sign you up now if you like, and remember, it REALLY IS first come first served!

**For those of you who have found yourselves to be challenged by the very technical stuff which comprises our health care insurance paperwork, our health care insurance guru, SHINE Counselor Peg Jenks, will be in the house on Wednesday August 21st at 10:30 to help. Appointments are not necessary but appreciated; Peg is also available for individual consultation outside of normal hours by contacting us in the COA office at 458-8250.**

**The monthly Blood Pressure Clinic, sponsored by our friends from Sweetbrook, will take place on Tuesday, August 13th, at noon immediately preceding the Friendship Club meeting. Our friend Sue brought those magic cookies with her last month. They went rather quickly so I guess that means business is up. Or your BP is good and you picked off a reward. Or both!**

**The monthly Brown Bag, sponsored by the Food Bank of Western Massachusetts will be at Harper for pick up or delivery on Friday August 23rd. Brown Bag is literally a brown paper sack filled with shelf stable foods and fresh fruits and veggies in season. Interested? Contact us here at Harper at 458-8250, and we'll help you thru the minimal application process. And please people, if you cannot be here on delivery day, make arrangements for someone else to hold them! We have limited space in our refrigerators and just can't accommodate a lot of food needing to be kept cold!**

