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Harper Center Bulletin

HARPER CENTER BULLETIN
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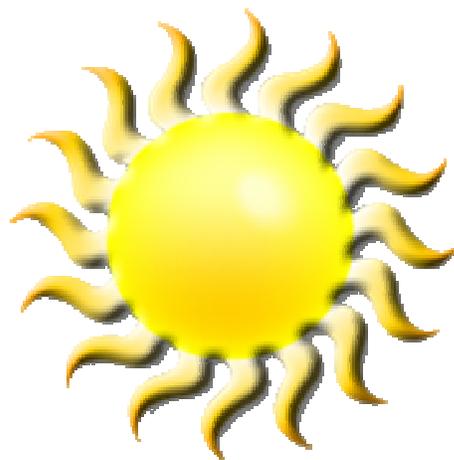
AUGUST 1ST, 2012

August 2012 Newsletter

We have once more arrived at the hottest month. I think. Giving what has happened so far with the weather, I could be wrong, so we'll take a shot at it anyway.

We're deep in the middle of the renovation process, and I might be stating the obvious here. The air conditioning portion of our adventure has been non-intrusive and they have been great people to work with. So far so good. The next part will be a little trickier as they'll actually be removing portions of the walls and the old sliders. We're going to continue to be a little soft on the scheduling so we don't have to cancel and again there will/may/could be disruptions. We apologize in advance for inconvenience-it's all for the good right? And of course, when we're all done, it will be an excuse for a **BIG** party, right?

Now a reminder to pay attention to the weather and be careful out there-it's hot, the sun is shining and all those precautions like staying out of the sun at its hottest, drinking fluids and wearing your sunscreen we discussed last month in the newsletter and with Kira are still in effect!



Special orders

Y'all remember the Burger King jingle about "special orders don't upset us"? It's true here too. On a couple of recent occasions during COA meals, we've had people with genuine food allergies served first. Here's the truth; food allergies are bad, people who eat things they should not are at risk for all sorts of nasty things, potential hospitalizations and even death. Trust me, I have food allergies myself. The reason we offer food to my fellow "allergic colleagues" is to avoid cross contamination. Thus if you're allergic to certain types of fish, as I am, and we're having fish, we don't want it touching your food. It's much easier to manage by keeping things separate. Cooked separately and served separately. We don't want anyone getting sick. And, it's easier to deal with special orders first from both a production and serving standpoint. So, if you know someone who doesn't come because the menu is unfriendly, they're welcome here- we got them safely covered! If you're coming to a COA produced meal, let us know ahead of time so we can be prepared!



Tea for two...

It's August and that always means that it's time for Karyn's Annual Tea Party! This will be tea party number ten I think. Right Karyn? And really folks, I think I remember being the official dishwasher for the first three of them. There is actually a picture of me somewhere scrubbing away. Yeah, how well I remember that! Anyway, on Tuesday afternoon, at 1:00 August 21 you'll have another opportunity to don those crazy gloves and hats and sip tea from dainty little cups while munching on cucumber sandwiches and other tea party delicacies. I know that the cucumber part is a definite, as is several different types of delicious teas. I'm sure Miss Karyn will post the menu along with the signup sheet soon so look for it.

Anyway, have fun! I'll be on vacation that week-off to parts unknown somewhere near water while you are teeing up-and no it was not a ploy to get out of washing dishes. It just worked out that way...and I hope there aren't any earthquakes in the middle of this year's event as there were last year-remember?

Aladdin's are back

It's been awhile since these guys were here to entertain us. They've been a fixture in the North County music scene for years. Many years ago I interviewed band leader Tommy Leonesio for an article in the Elder Services paper "Berkshire Senior". As he recounted their history, I realized that they had been playing together longer than most bands and by now, the same band has outlasted, with personnel changes of course, everyone except maybe the Rolling Stones...They've had a couple losses in their band during the last year but they're back and good as ever. And they're coming back to the Harper Center to play once more on Tuesday August 7th at 12:30. Prior to the return of this legendary local ensemble, we'll be grilling-Hot Dog Extravaganza #4- this time gourmet dogs off the grill and salads to boot. Noon! Sign up now!

File of Life

I was recently at the NARH with Marion meeting with some folks from the hospital discharge department and one of our colleagues, attached to the emergency room staff, told us how vitally important these have become for first responders, you know, like ambulance people... I know, you've heard it all before but we've decided that August will be File of Life month and we'll be pushing to hand these out to those who haven't gotten one yet. They're little plastic red envelopes, one magnetized to attach to your refrigerator, the other a smaller sleeve for purse, car, wallet. Inside is a form where you list your current medications, allergies, all that important medical stuff. Your doc can fill it out for you and it will be there if you need it in an emergency. All you have to do is keep it updated! And call us if you want one-458-8250.

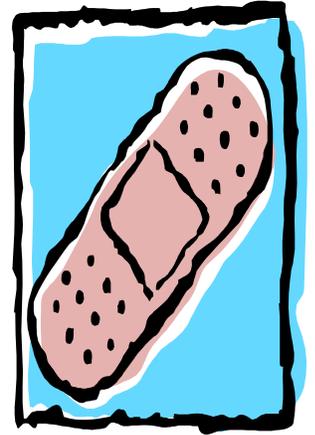


The wound clinic

OK, last month we were prepared to host the folks from the wound clinic but alas, they had to be out of town on that date and we enjoyed a pizza luncheon without them instead. No loss, it was good food right?

Anyway, as we discussed last month, the wound clinic is a place where the technology of modern medicine is able to help grievous body wounds, sores, nasty holes in legs arms, feet, all over the body to heal. They've not been in business very long, only a couple years, but the success stories we've heard here at Harper are many, Most impressive are the before and after pictures of some ugly wounds. Viewer discretion advised!

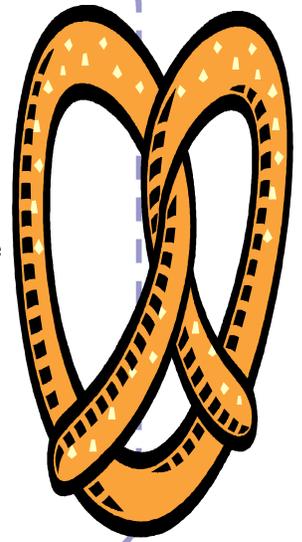
But none the less, an impressive and valuable service we are very lucky to have in our community! They'll be coming to tell their story on Tuesday August 28th at 12:30. Now, there will be food but as this is written, we haven't settled on a menu quite yet. It will be coming out soon so look for the sign up sheet. This date is late in the month so we should be safe...



In August, the Friendship Club supports...

This month the Friendship Club supports the day care center at the former Methodist Church on Main Street also known formally as the Williamstown Community Preschool, or WCP for short. They've been around in Williamstown since 1972 and have nurtured scores of Williamstown kids since then. Now we all know the story of how the WCP wanted to acquire the old church building, the creative plan they devised to use the space and the magnificent community support they had from us all when they came out with the plan to save this great old building . Well guess what folks, on June 29th, the deal was done, the papers signed, and the WCP officially owns the church! A success story, and congrats to them!

Anyway, we're looking to collect typical kid finger foods– crackers, pretzels, cookies, you know, the stuff kids snack on! We'll be collecting here at Harper in August and will drop it off at the beginning of September just in time for after school programs to start!



Trips and such...

Some folks have asked about trips and fondly remember the old days when there were many of them and the Friendship Club went off en masse to somewhere and wonder why we can't do it again. Well...the price for an average bus ride has gone up with the price of gas, and the Friendship Club can't afford to subsidize half of a journey anymore-the half would be equal to the old price! There are trip options out there however, and one of them would be to work with our sister senior centers to arrange something to fill a bus-you know how that works. There are plenty of trip offerings out there, and organizations such as King Ward, who many of you know, are willing to customize trips and discount seniors journeys thru the Berkshire Seniors Club. There are applications in the entry foyer for this program. There are also open trips with different local entities like our friends at the Bennington COA, currently posted on the bulletin board . Perhaps we should talk about this at the next meeting? I'm happy to bring it up





On the web at
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Williamstown Council on Aging

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There are a few events of note happening in August you might be interested in. On August 16, the Hubbard Hall Opera Theatre are offering a performance with lunch at Sweetwood at noon-there is still room for about 15 more guests, we have a sign up in the main hall.

The Williamstown Theatre Festival, in addition to the menu of excellent plays offered on the Main and Nikos stages, are offering new play readings on Friday afternoons at 3:00 at the Paresky Center thru August 17-you never know who will show up!

The Farmer's Market on Spring Street continues to offer fresh local produce and craft items thru August-check them out. My wife bought some fresh beets there last week, they were good-and I don't usually eat beets! Pepper enjoyed the greens as well...

And watch for Spruces remembrance events, the one year anniversary of the flood approaches quickly...



Page four news and notes

Our foot caretaker, Serena Merrill, will be in the house on Tuesday August 21st to work on your feet, clipping nails, reducing calluses and massaging the soreness out. She has added an 8:30 slot to her monthly visits so we have a newly created opening for anyone who is interested so keep that in mind. Anyway, August is booked and she has three open slots for September. Act quickly or we're talking about October!

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 15th 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 14, at noon immediately preceding the Friendship Club meeting. They missed last month because they were getting audited by the Feds out there at Sweetbrook....good reason eh? Anyway, "our" nurse Sue will be here at noon and maybe will bring those sweet cookies as a check up reward. What do you think?

The monthly Brown Bag, sponsored by the Food Bank of Western Massachusetts will be at Harper for pick up or delivery on Friday August 24th. 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!