



Harper Center Bulletin

August 1st, 2011

Harper Center
Bulletin #201

August 2011 Newsletter

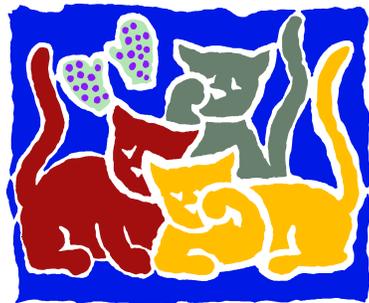
Inside this issue:	
Tea	2
Eggplant	2
The van	2
Eating yourself	3
Nature Calls	3
Hoofing it	3
Page 4 notes	4

Williamstown Council on Aging World Headquarters lies within the confines of the Harper Center at 118 Church Street in town. You can call us at 458-8250, fax to 458-5156 or email; bogrady@williamstown.net

Better yet! Stop in and visit-we're open Monday through Friday from 8:00 a.m. until 4:00 p.m. and for lunch on Sunday at noon.

We've been providing quality service, information, referral and advocacy to Williamstown elders and their families since 1966!

So here we are in August, the hottest month, the "dog days" of the year. And I'm not too sure about the dog days business, all the dogs I see out there and about with their people seem to be pretty happy creatures. My cats on the other hand are miserable, the heat has them crashed under tables and chairs sleeping. Gee, they would be too lethargic to catch a mouse if I had one for them to chase! Hey, there is a word-catatonic which describes them purrfectly at the moment. There's not a word "dogatonic"- so let's rename it to cat-days of summer, right? Yeah, yeah, I'm joking, smile will ya! It's hot out there!



I want to remind everyone that another sort of joke which is annually foisted upon us but is not really funny. Seems as though every summer- junk mail appears in our boxes telling us that we've won a prize or will be given a cash settlement-or something-by simply filling out a form and sending a check to an address-frequently overseas-to claim the prize. It's a scam folks, always. We never learn though, and subsequently they keep trying to separate us from our money. Yeah, we all have heard stories of people who sent money and never saw it again. This latest batch of junk comes out of Taiwan and requests that we send \$10 checks to another address in Australia...one of the folks living at Proprietors Field gave me three separate pieces of junk, all scams, received for three straight days. Yeah, they're out there so be careful. And remember-if it's too good to be true, it most likely is!

Finally, remember all the heat stress advice we've been talking about-drink fluids, stay out of the heat, wear light clothing, slow down, stay away from alcohol, wear a hat-REMEMBER YOUR SUNSCREEN!... We have a list of helpful heat hints if you'd like one!

The Friendship gifts of the month are going to...

Once again the Friendship Club membership is asked to bring in a shelf stable food item-or items for donation to the local food pantries. We all know that food is essential for human survival and sometimes there just isn't enough of it to go around. Entities like the local pantry exist to help those who have issues related to food security and when they're needed we're thankful that they're here. But food pantries are frequently dependent upon the generosity of those in the community who can support them in their worthy mission. Any gifts you can make will truly be appreciated and they'll be here for local folks when they're needed!

Tea anyone?

Oh yeah, I had forgotten about this particular part of August until last week when Miss Karyn asked me about the date. It's time for the Annual Tea Party, and all those crazy get ups that you women folk wear on tea Party Day. Yeah, I know, the hats, the gloves, the different dresses, all the formality of a high tea...I remember now. Oh, then again there are all the sandwiches, cucumber and otherwise, and the desserts...yummy stuff. Yeah, I have sampled them from the safety of the kitchen right before I retreat to the safety of my hiding place...you just simply do not know what to expect if you hang around in plain view. Might get stuck washing dishes or something.

Anyway, the official date for this years formal soiree is Tuesday, August 23 at 12:30. Whip out those gloves ladies. Here we go!



Just lunch folks...

Ah, you know, we all have to eat and that includes those of you on diets. There isn't anything special about Tuesday August 2 so we're going to offer a lunch and just "feed the masses".

It's eggplant season and I think we should try to do a little something with eggplant and green peppers/onions...oh and how about squash and mushrooms tossed in with it over pasta with sauce? And for those of you who don't want the eggplant there will be pasta and meatballs.

Marion and I were talking about doing a potluck in September with the theme being that all the food will come from the recipes contributed to the Harper Center cookbook...what do you think about that idea? We'd like to try it sooo-if you'd like to make your own recipe pot luck style



The skinny on the van...

OK, here's the scoop; we all know by now that Kathy van Driver [or Kathy van Gogh if you prefer] will be away from the office for a few weeks as she recovers from a surgical procedure she'll be having on Tuesday, August 2. We're sad to see her out of the mix but grateful that Dave and Alan will be able to pick up some of the slack while she recovers. So, here's the official plan. The van will run on Monday and Tuesday with Alan in charge, normal hours-that is 8:00 to 4:00 and normal scheduling will be ongoing. Dave will pick up the baton on Thursday and Friday, 8:00 to 4:00 and again normal scheduling. Wednesday? Sorry, the van will not be operating on Wednesday. So; van Monday, Tuesday, Thursday and Friday, not on Wednesday. Sorry for any inconvenience. And yes, the grocery delivery program will still operate on Wednesday, just differently. Questions?

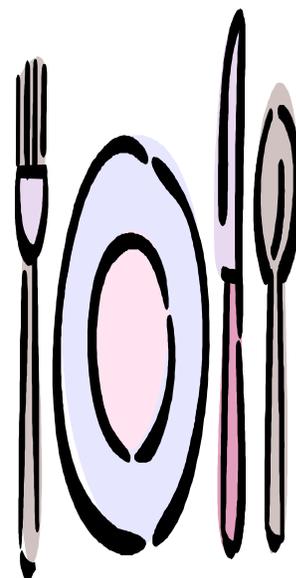


Eating yourself

Ha! Made you read this one! No, really, someone actually said this to me when I was talking about the program so I thought it would be a good lead in...

One time or another we all do it-cook alone for ourselves that is. Unfortunately, some of us are regular singular cooks and eaters most of the time... Some of us are “single chefs” and whip out all sorts of nutritious foods on a regular basis. And others of us are not- we cook out of boxes and eat pre-cooked meals on a regular schedule. Others don’t cook, lose their appetites or simply don’t eat well.

On Tuesday August 16, Luigi Petraccione from Williamstown Commons will be here talking about how to make good nutritious meals economically when you’re eating alone. He has all sorts of wonderful information ranging from diet suggestions to portions to prepping food ahead to share. So, if you frequently eat alone, or don’t but are interested in food, mark the date. And, yes, there will be a meal before hand-Luigi and old friend Judy Bombardier will bring cold cuts , rolls, salad, a fruit platter- food! So, yeah, remember to sign up for this one or you’ll wish that you did! Lunch at noon, conversation at 12:30.



Nature calls

Berkshire Treasures is a brief, enjoyable program of photographs taken by the late Warren Abele, a Richmond Massachusetts resident whose passion for nature and photography lead him to create many beautiful photos of plants and animals, familiar to us all. He worked his photos into slide shows which are shown to all sorts of groups everywhere. On Tuesday August 30, Ruth Abele will travel to the Harper Center to share Mr. Abele’s wonderful photos [several of which won prizes and were on the covers of national magazines] and slides with us, a progression of beautiful photos from all of our seasons, the flowers and creatures in our neighborhood in all their glory. The presentation will last about an hour and promises to be both entertaining and relaxing. She will present at 12:30-Pizza first, sausage, plain old cheese or black olive/green pepper. You know where the sign up will be!



Hoofing it

So...during August, Marion and I will be out and about Williamstown with pedometers and maps preparing a simple series of road courses for walkers we plan on recruiting in the fall. The idea is to have a pre-measured series of courses-along Williamstown streets with sidewalks mind you-which will enable members of our walking group to track their progress without the need for a personal pedometer-no worries about it breaking or the batteries going down! [oh yeah-I remember that part of it...] For example, if you complete route number one, you will have done one mile, etc. It will make it much easier to track. Truthfully, we don’t have an identified competition at the moment-we’re just in the mapping stage. We hope to challenge the other senior centers at some point-we beat them all before...but for the moment, fall is a good time to walk right?



Williamstown Council on Aging

The Harper Center
118 Church Street
Williamstown Massachusetts, 01267

Phone: 413-458-8250
Fax: 413-458-5156
E-mail: bogrady@williamstown.net



On the web at
www.williamstown.net

By now many of you have met Marion, our new outreach person. She's been actively out there greeting folks, making new acquaintances and generally getting a feel for the rhythms of life here at the Harper Center. She's been talking with you about programs and what sorts of things you'd like to see us do here at Harper and has come back with some pretty good ideas, and we thank you for the suggestions. As the days go by she'll be visiting people throughout our community and seeking program input and additionally folks, she's a veteran elder care social worker so if you have issues with anything-talk to her. She can help!

Now a reminder from the housekeeping department; seating is first come-first serve and no-one owns a particular seat. What does this mean? If you arrive here and discover that someone has already landed where you would like to be-you're out of luck so please don't try to tell them to move!

Page 4 news and notes...

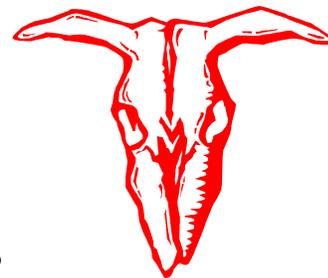
Our foot care nurse Serena Merrill will be here on the 23rd to trim toenails and massage those tired feet. As usual, she's booked for August and September and is taking appointments for October. BUT...she has three folks who would like to have some footwork done in August and she says that she will come back on the 30th IF there are more than 5 people interested. There's a chance for a second August visit so if you need to see her-let us know quickly!

Our SHINE Counselor Peg Jenks will be here at 10:30 on Wednesday August 17th to help those who need assistance or advice on issues pertaining to their health insurance. Peg is also available for individual consultation by appointment through the office here at the senior center-call us and we'll arrange some contact!

The monthly blood pressure clinic, hosted by our friends at Interim Health Care will be held here at Harper at noon on Tuesday August 9th-Stephanie and Kira will be here to check those all important numbers and it's right before the Friendship Club meets so no excuses, right?

The monthly Brown Bag offering from the Foodbank of Western Massachusetts will be delivered on Friday August 26th. For those who are unfamiliar with Brown Bag, it's a monthly provision of fresh fruits and veggies in season as well as shelf stable foods delivered in a brown paper sack. Interested?

There is a brief application and some eligibility criteria but they're not too burdensome. We can help with it! A housekeeping note; if you can't be here to accept delivery, please find someone who will hold it for you! We have been stuck holding dairy products in our refrigerator for several people and as you can imagine-taking up space we need for other stuff! Thanks!



This guy forgot his
sunscreen!!!