

WILLIAMSTOWN
COUNCIL ON AGING
THE HARPER CENTER
118 CHURCH STREET
WILLIAMSTOWN MA
01267

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8A.M. TO 4 P.M.
FROM MONDAY
THROUGH FRIDAY
AND SUNDAY AT 11
FOR LUNCH.
YOU CAN CALL US AT
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Harper Center Bulletin

HARPER CENTER
BULLETIN # 187

AUGUST 1ST, 2010

August 2010 Newsletter

So we're in August, the hottest month. Did you get enough of the heat in July? It was great wasn't it? Oh yeah, I heard the complaints and you know what? I'll hear them in August too. But, as I did in last month I'll use a little math and point out one irrefutable fact and remind everyone that while you're complaining about the heat, six months from now is February. Then you'll wish it was hot! In any case, the same rules for dealing with the heat apply in August too; drink before you're thirsty, use sunscreen, stay out of the hottest part of the day and so on. We need you all to stay cool!

Been hearing stories recently from people who have been off to the beach at Margaret Lindley or Fish Pond to get in the water and swim around. It will not only cool you down, it'll get some exercise in too. Personally, I don't beach it too much; the sun and I don't get along too well but I do like occasional forays to the beach. We're hearing that the Wednesday evening concert series at Fish Pond has been good. Check it out if you get a chance!



Yoga-size it on August 4th

Judy Fitzgerald will be here on Tuesday August 4th at 9:00 for another session of Yoga-size, brought to you by our friends at REACH. Yoga-size is actually chair yoga, and again I want to point out that it's a really easy way to loosen joints and improve circulation. It's appropriate for all levels of ability and trust me, you do not have to be the most nimble of individuals to participate in this class. You might be surprised at how easy it is. Sometimes I think people are afraid of yoga because there's a sense that you might have to stand on your head or bend into a pretzel. Fear not, that won't happen. And you don't have to be a yogi or even Yogi Bear to try it. Hope to see you Wednesday morning!



Telling Stories

Alan O'Hare is coming here on Tuesday August 3rd. He's a professional therapist from Eastern Massachusetts who uses his talents to tell all sorts of stories on all kinds of subjects and encourages his audiences to participate and contribute tales from their own lives. O'Hare uses the approach of an Irish "seanchie"- a story teller who tells tales and gathers stories from other folks to share in the future as he goes along the way. So, join us for a good meal and an entertaining afternoon with a true storyteller in the old tradition who celebrates the lives of everyday people from all over. Of course there will be food before the event: open faced hot sandwiches [roast beef or Turkey]. We haven't had these for awhile, so sign up now and be ready for a great afternoon!

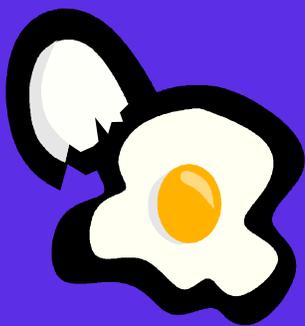
Alan comes courtesy of our friend Ida and the Berkshire Housing TAP Program. Thanks Ida!!!

Don't fall, you could get hurt!

It's true isn't it? Everyone knows someone who fell and was injured and maybe needed a little medical care-maybe even spent a little time in a rehab facility. Nasty business these falls. The last time we had a session on falls my mother was still with us. She was a member of the frequent fliers club, she cracked ribs, her pelvis twice, a knee. Never would acknowledge that she needed to be more careful though. There are tricks to the careful business and sometimes a refresher on those little things to be aware of are important. On August 17 at 1:00, the Alzheimer's Association of Western Mass will be sending us a speaker to talk about avoiding falls so join us for the refresher and a grill out: burgers, dogs or chicken with sautéed peppers and onions. Yum!

Breakfast on the Terrace

Well, sort of...We've been trying to get out on the terrace for three weeks now. The first week it rained and rained and rained. The next two weeks we had those guys working on the outside of the Harper Center, replacing worn boards and painting-didn't they do a good job? Anyway, they were using the patio as a staging area and we couldn't get out there...but we'll keep trying! The skinny; we want to offer a breakfast to interested people on Wednesday mornings in August at 8:30-nothing really fancy-coffee, eggs, toast, cereal, baked goods-that kind of simple stuff. Just let us know that you're coming and we'll do this as long as we're able-eventually we'll make it outside!



Tea Time!

Guess what time it is? It's time for Miss Karyn's annual tea party. Yup, whip out those weird hats and long white gloves ladies, the 8th annual Tea Party and Social is right around the corner! That's right, one of the highlights of August is Karyn's annual soiree wherein guys are banished to the dish room while all the women folk eat delicious finger sandwiches made from things like cucumbers and all those delicious desserts to go with it...

This years event will be held on Thursday August 24th at high noon, and once again, Karyn will be assisted by members of her classes, equally resplendent in formal wear and gloves. I think they have as much fun as you do!



Annual business

You might've heard about the emergency list we've maintained for the last 11 years. It's a listing of individuals who would require assistance to get out of their homes in the event of an actual disaster. The list was originally created in response to the phantom menace we called Y2K back in 1999. We asked community members and housing complex officials to help us create it, just in case...Ultimately we kept the list for emergency purposes and have updated it from time to time-it actually came in handy back in October 2005 when we evacuated the Spruces during the flood. Remember? Emergency responders got the folks on the list out without difficulty. We're revising that list now so if you believe that you could use help getting away safely, let us know. The answer to the most important question- it's totally confidential. The police will have a copy and the COA will have a copy and nobody else has access-and won't use it unless there's a reason- which we hope never appears. It's an additional layer of safety. Call us if you're interested. 458-8250.

Croquet

Yeah, I know, we haven't done much practicing. The weather has been brutal! Anyway, it's official, the Florida COA newsletter for August lists their seniors as coming down here to play us in a friendly match on August 30. So, as the TV commercial says, "The game is on"! Here we go again-I'm not sure how many folks they're bringing but I'll find out. I do know that they want to come for lunch so we'll be enhancing the daily meal-slated to be goulash- with something but we've time to figure that out. Too early to sign up yet anyway but stay tuned!



In the meanwhile, I need to see the interested players...how about Thursday afternoon???

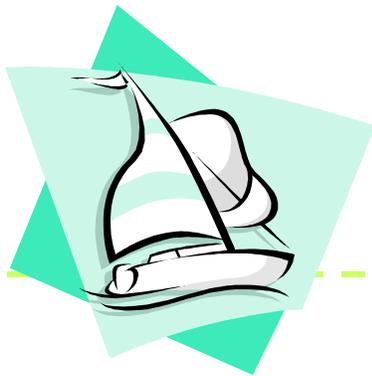
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You can also find us on the net-
www.williamstown.net-look under
Council on Aging!



So...as we approach the Fall we're looking for a few people who can help us offer different programs. For instance, is there someone out there who would be willing to do a poetry workshop? How about someone who can teach Mah Jong? Got any skills that you want to share with us? Play a musical instrument and want to form a band? We're open to new ideas so don't be shy-speak up!

Speaking of talented people, the Tamari group will be meeting again at noon on Wednesdays-if you haven't seen these decorative Japanese balls, stop in and look. You might find that you'll want to make one of your own!

One more thing; Our cook book, proceeds which will benefit the Friends of the COA, is now on sale at Papyrus Books in North Adams! Got your copy?

Page four news and notes

Kip Moeller, our foot care nurse, will be here and the August clinic underway on Tuesday August 17th at 9:00. As we write this edition of the Bulletin, she's accepting appointments for the SECOND September clinic on the 21st. They fill up fast so act soon!

The monthly Brown Bag offering of shelf stable foods and seasonal fresh fruits and veggies will be distributed on Friday August 27th. Brown Bag is a program of the Food Bank of Western Massachusetts and is available to seniors who meet their eligibility criteria as well; contact us for information and we'll be glad to get the very simple one page application process started!

Our SHINE counselor, Peg Jenks will be in the house on Wednesday August 18 at 10:30 to meet with anyone who has questions about their health insurance. Appointments are suggested so call us ahead please! She is also available for individual consultations as well-call the office here at Harper and we'll make arrangements!

Finally, the monthly Blood Pressure Clinic brought to us by our friends at Premier Health Care will be here at noon on Tuesday August 10th. Stop by and check these important numbers!

Finally, if you'd like to receive this newsletter via email, get us your address and we're happy to oblige! Less paper, more green, right?