

Harper Center Bulletin

Williamstown Council on Aging

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Harper Center Bulletin # 245

April 2015 Newsletter

Well, the snow has melted from most of the low land sunny areas and shortly the grass will turn green. Don't be out there walking on it! Not yet anyway. The Daffodils are sure to pop soon but Tulips...? How does June sound to you?

It was a very looong winter! Unless of course you are a skier!

A bit ahead of things, we've teamed up with Elder Services to offer a special program commencing in May. It's a participant driven, interactive four week long Financial Literacy series sponsored by the Massachusetts AARP Foundation for folks fifty and older. The series will cover debt management, credit analysis and overall financial literacy conversations to help people navigate the money maze we all face. The qualifications for participation? Just be fifty or older and interested in your financial future. The series will run 2:30 to 4:30 on Monday afternoons beginning May 4th, skipping Memorial Day and finishing up June 1st. For information or to sign up, you can contact Bonny DiTomasso at Elder Services, 499.0524, or ask us here at Harper, 458.8250. Sounds interesting, eh?



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Caregiver notebook

On Thursday April 30, Bev Favreau from Adams will come to the Harper Center to talk with us about a caregiver notebook program she developed and shared with the North Berkshire community for awhile now. Bev's caregiver's notebooks are literally that; an actual notebook designed for folks to keep all of those important bits and pieces of information we collect together in one spot. Did you ever have to look for something, a number perhaps, and were unable to find it? That's what this is about; a notebook with handy sections prepared to gather and keep all that important stuff in one place. She will have prepared notebooks for sale at a reasonable cost for those who are interested-might make a good present!

In any case, an interesting idea and relevant topic. 1:00 Thursday, and of course there will be snacks!

World Headquarters for the Williamstown Council on Aging are in the Harper Center at 118 Church Street. 458.8250 is the telephone, fax is 458.5156 and email to; bogrady@williamstown.net You can also find us on the municipal website at www.williamstown.net or at www.facebook.com/williamstowncouncilonaging Serving Town elders since 1966!

Bullies

I think we all have an idea what a bully is. Some of us envision the guy who stole our lunch at school, or the group of meanies who taunted less fortunates on the street. Can you see them? Of course you can! Bullies come in all shapes and sizes and the act of bullying can be overt harassment or way more subtle. They don't need to be school aged children either. There are all sorts of stories of people from all walks of life –and age group-being targeted for harassment.

A few questions arise including what a bully is, what are examples of bullying behavior and what can be done about bullies...

The truth is that there are answers out there. On Tuesday April 21st, Mark Amero from Elder Services of Berkshire County, will come to the Harper Center and talk with us about bullies and what we can do about them. Mark is the Ombudsman Program Supervisor at Elder Services and he's looking forward to meeting with you all! So, how about a chicken dinner for this event? Chicken, veggie, smashed potatoes at noon and Mark at 12:30!



Tax wind down...

Our friends from the AARP will be making two final appearances here in the Harper Center this year-April 7th and 14th, both Tuesday evenings. As this note is written, there are still opportunities to acquire valuable assistance from a trained and certified AARP volunteer to complete and filing your 2014 taxes. There are available openings at 7:00 and 8:00 on the 7th and openings at 6:00, 7:00 and 8:00 on the 14th. Time is slipping away quickly.

Our tax aide program is open to individuals of any age and moderate income. Special attention is paid to the returns of senior filers. Participants are asked to bring any documentation relevant to the 2014 return, as well as a copy of their 2013 return. Easy right?

Sessions take an hour and appointments are required-you can call the Harper Center at 458.8250 and we'll make all the arrangements. The next available appointment after April 14 will be in February 2016...



Crafty Day...

A couple of our allies will be passing thru Harper in April offering some craft oriented programs involving flowers, surprise! On Thursday April 2nd, Ann Shartrand from Sugar Hill Assisted Living in Dalton will be here at 1:00 to assist a few people in the creation of a spring themed flower pot, bright spring flowers. This event is limited to 12 people!

On Thursday April 23rd, our friend Melissa Morrison from Legacy Home Senior Care will be here at 1:00 to do some crafts with us too. Is "do some crafts" the correct verbiage? Anyway, they are the folks who did the pumpkins last fall and the Valentines Day flowers with us. Remember?

