

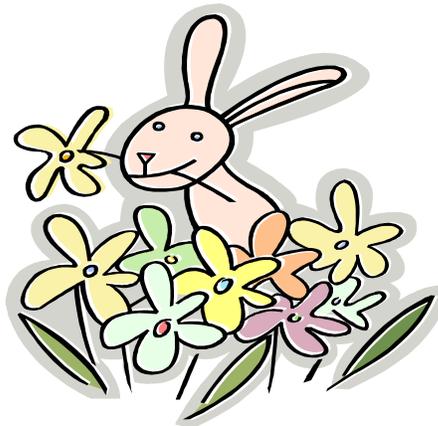
Harper Center Bulletin

Williamstown Council on Aging World Headquarters is within the friendly confines of the Harper Center at 118 Church Street. We're open for business Monday through Friday from 8:00 a.m. until 4:00 p.m. unless we stay later, and on Sunday at 11:00 for lunch Sunday.

You can call us at 458-8250, fax to 458-5156 or email; bogrady@williamstown.net

We've been providing quality service to Williamstown elders since 1966!

April 2012 Newsletter



The news that spring has sprung should take nobody by surprise, it actually arrived here in the Northeast about last January 1st...what a ridiculous excuse for a winter that was! Who would have thought that we would have virtually nothing in the snow department after last years deluge! As Phil Rizzuto would have said, "Holy Cow"!

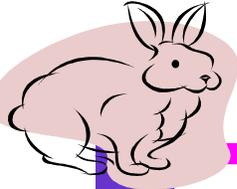
Anyway, I have discovered that we cannot make ravioli for forty people at the same time, so we won't do that again. I know that it tastes the same, and the sauce and mushrooms were good, but if we had wanted pasty cheese balls, we could have arranged it, right? The problem is that too many in a pot are hard to do, they break up. We will have ravioli, but it will be for smaller groups. Like the Thursday afternoon series. We're thinking that these programs will have a limited lunch option for, oh, fifteen people? First come, first serve? Will give us the opportunity to experiment on y'all with different types of food. What do you think?

Before I forget, Tuesday April 3rd will be our annual "Strip and Wax" day so the building will be closed while we get a new shiny coat of polish on the old floors. We'll be around, as usual, just no activities at Harper on that day...

Friendship Club Bazaar

The charity for the month of April will be the Friendship Club itself. Everyone should now be aware that the bazaar is scheduled for Harper on Saturday April 21 from 9:00 to 2:00. we spoke with Maggie Guiden, the event coordinator who tells us that members should be prepared to help with items for the bake sale and to c'mon in on the day of the event and spend some money! Funds mostly go back into Friendship Club coffers to help defray the cost of operation and events so help yourselves!





One big community picnic

On Friday April 20, several communities will gather at the Eagles home on the Curran Highway in North Adams to, well, have a fun spring gathering. A PARTY! How simple is that? Your Williamstown COA , along with our sister organizations in North Adams, Adams and Clarksburg have organized a rather large event with food and entertainment...

We're planning on serving Hot Dogs- those big ones Elder Services provides, with fixings, salads, beans, and signature Sweetbrook cookies. And Richard Fabozzi, a local entertainer who specializes in Rat Pack era music, Sinatra tunes for example, yeah, will sing in the afternoon.

Of course, all good things have limits and so we're offering tickets for the first 200 people at \$5.00 donation-which will go to charities in Adams, North Adams and Williamstown. We haven't done a group gathering in years, should be fun! Get your ticket before it's too late! Need a ride? Ask!

Taxes no more...



Well, the season has just about run its' course. The last official day of FREE income tax preparation by our wonderfully talented AARP Tax Aides will be Tuesday evening, April 10, and as this is written, there are a few spaces open on Tuesday evenings April 3rd and 10th. Sorry folks, that's all, and the Saturday slots are filled. Appointments are required, you can call us here at Harper, 458-8250 to schedule yourself. Bring your 2010 tax returns and any pertinent paperwork for your 2011 filing. Note that while special attention is paid to senior filers, the program is open to individuals of any age with moderate to low income. See you soon!

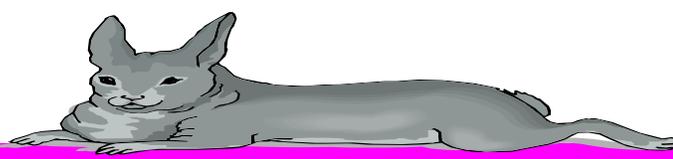
Arthritis...



Chances are that you or someone you know has arthritis. A diagnosis of arthritis can change your life but doesn't have to wreck it. Actually, the number of people with arthritis is rising; in 1995 there were 35 million people with the disease and in 2006, that number had risen to 46 million. The dramatic surge in arthritis numbers is expected to continue as the Baby Boomer generation's increased awareness of the disease leads to the greater likelihood of diagnosis.

Our friend Kira from Interim Health Care will be here to discuss ways to manage and live with arthritis. We know some of you can add to the discussion so join us Thursday April 12 at 1:00. And yup, there will be refreshments!





Brain Boosters

Who doesn't want to have a healthy brain? Anybody want an unhealthy brain? I didn't think so. And don't we all know that brain fitness goes hand in hand with physical fitness as part of the "total fitness" package? Of course we do.

Today we know that diminished mental acuity-literally that mental sharpness most of us have-is simply NOT a necessary part of the aging process. We've heard that the brain is an organ which can also benefit from being exercised and that you can actually grow new synapses and dendrites if you exercise your grey matter.

At 12:30 on Tuesday April 17, Maria Metts, Activities Director at Epoch at Melbourne, a marvelous assisted living facility in Pittsfield, will be here to lead us thru some brain calisthenics designed to exercise each specific area in the brain-essentially a "brain workout". She'll teach you some simple exercises you can do on your own to maintain a healthy brain. First-lunch at noon, some delicious sandwiches with salads catered by Melbourne. So stop in for lunch and walk your brain thru some great exercises!



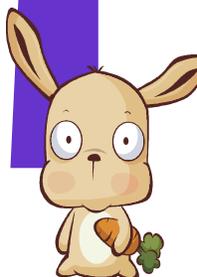
"Today's Care for Alzheimer's"

On Tuesday April 24, Kathleen Herman, R.N., from the Pinehill Assisted Living Facility at Kimball Farms in Lenox will be here to talk about the spectrum of care for our neighbors and friends who have been diagnosed with Alzheimer's Disease. Every year there are new advances in this arena, as well as greater service enhancements for community residents as well. She'll be covering these options, and they'll be bringing food as well. The menu will include some serious gourmet sandwiches, tomato pesto tortellini salad and raspberry and stuffed chocolate chip cookies. I wonder what a stuffed chocolate chip is? I'll find out. Sign up, you know where.

Inpatient vs. observation patient rescheduled...

So you go to the emergency room and then you find yourself in a hospital bed attended to by a host of hospital type people, nurses, orderlies, physician and so on. You stay all night being monitored, The following morning you are discharged home and shortly after you get a bill for all sorts of things because Medicare won't pay if you are an "observation patient" versus "inpatient".

At 1:00 on Thursday April 19, Cindy Rennell, Stacia Gentile and Laurie Therrien from the NARH will be here to talk about this issue and explain the inpatient versus observation patient distinction and Medicare regulations governing the issue. They'll also talk about what's being done to address the issue. This is an important conversation rescheduled from March.



Williamstown Council on Aging

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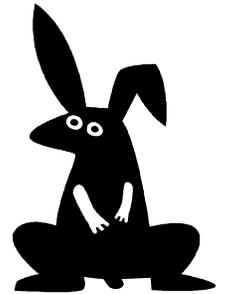
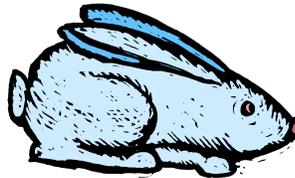
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**On the web at
www.williamstown.net**

Coffee hour, Monday, April 23 @ 9:00. What's this? It's a new offering. Ok, a renewed offering. Some folks have suggested that we offer an opportunity for locals to get together over a coffee and a donut, or better, just talk and share some time. We'll be here with coffee and a suitable breakfast snack—mark your calendars!

Given the warm weather, we thought that we'd treat people to a "Make Your Own Sundae" afternoon here at Harper so on Thursday afternoon, April 26 at 1:00 we'll be doing hot fudge sundaes with all the fixings and maybe even Vichy Water if I can find it. That was good stuff before the days of tonic water! We may also be hiding eggs with chocolate about the building so if you find one...enjoy!



Page four news and notes

Our foot care magician, Serena Merrill, will be in the house on Tuesday April 17th to work wonders on your feet, clipping nails, reducing calluses and massaging the soreness out. Unfortunately, the April dates are filled and she's currently accepting appointments for May and June.

For those of you who have found yourselves to be challenged by the very technical stuff which comprises our health care insurance paperwork system, our health care insurance guru, SHINE Counselor Peg Jenks, will be in the house on Wednesday April 18 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, now officially sponsored by our friends from Sweetbrook, will take place on Tuesday April 10th, at noon immediately preceding the Friendship Club meeting. "Our" nurse, Lisa Renell, came to see us for the first time in March and is looking forward to meeting all of you. Stop by, say hi and get those numbers read!

Finally, the monthly Brown Bag, sponsored by the Food Bank of Western Massachusetts will be at Harper for pick up or delivery on Friday April 27th. 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 applications process!