

# Harper Center Bulletin

Harper Center Bulletin #197 April 1st, 2011

Williamstown Council on Aging

The Williamstown Council on Aging lives within the friendly confines of the Harper Center at 118 Church Street in town. You can call us at 458-8250, fax to us at 458-8250 or email to: [bogrady@williamstown.net](mailto:bogrady@williamstown.net) We've open for business from 8:00a.m. until 4:00 p.m. Monday thru Friday and at 11:00 on Sunday for lunch. We've been providing services, information, referral, and advocacy to Williamstown elders since 1966!

## Inside this issue:

The Birds	2
	2
Skin Care	2
LWV	3
Osteoporosis	3
Tax endgame	3
April movie	4
News and Notes	

## April 2011 Newsletter

Welcome to spring! The grass is getting there, not quite green yet but definitely has a particular hue to it... and it ain't white! Yeah, it was a heck of a winter, just like it used to be when I was a kid. That was just a couple of years ago though, some of you older folks remember bigger snowstorms than I for sure!

April brings lots of things out including baseball and the Yankees march toward fall glory. Do you think all the hype about the Red Sox being the best team in Major League Baseball is true? We all know what happens when someone predicts the Red Sox will win, right? Do I have to say any more?



I've been asked when we're going to start the morning coffee group-what do you call it, a klatch? Anyway, a good day to do this type of thing is any day, right- but we've settled on Monday because it will give everyone an opportunity to talk [or is gossip the correct word?] about local current events as well as international news. We'll provide the coffee and light fare-you provide yourselves. So-how about Monday the 11th at 9:00 to start? Wonder what type of word klatch is ?

## Gift of the month club

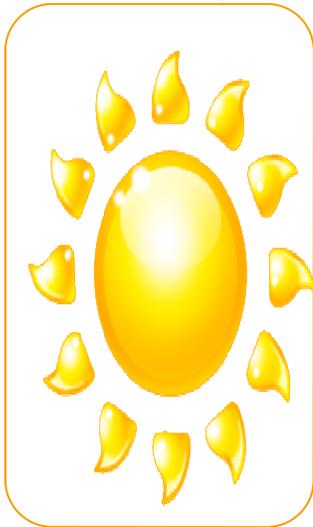
I guess everyone knows that we have been pretty successful in the collections department during the preceding couple of months. Everyone is generous and we truly appreciate how much you have stepped up to help our friends here in Williamstown. I have been asked to remind everyone that the charity of the month for the Friendship Club is the Friendship Club. You'll remember that you were all asked to bring a simple new gift for the clubs table at the April 30th Bazaar...oh, yeah, you remembered that too, right? Anyway, please bring a new gift and drop it here at Harper-club events do not come for free and underwriting costs money-and we all know where that comes from. If you bake- please bring goodies too!!!



## The birds

Are unpredictable animals aren't they? Wait-are they actually animals? That's a good question, are they animals or are they some other classification? Some peeps think that they are the last and most direct descendant of the dinosaurs. Did you know that?

Anyway, Leslie Reed Evans from the Williamstown Rural Lands Foundation was supposed to have come in here last month to talk about our feathered friends- our year round companions and the snow birds too-hey has anyone noticed the big flocks of geese heading north? A true sign of spring! I digress as usual-she'll be here on Tuesday April 5 to talk at 12:30 and our conversation with her will be preceded by the first Pizza Tuesday of the spring- cheese, pepperoni or sausage. If you had previously signed up, we'll carry you forward. If not, the sign up sheet is out-you know where!



## Skincare

Another true sign of spring is coming along- a speaker reminding us to take care of our skin when out in the sun! [yup, it will be warm soon, I promise] Kira Breard, director of the local branch of Interim Health Care will be coming up once a month to host a series of presentations on a whole bunch of interesting topics including the aforementioned skin care, brain fitness, good food, meds management, sexuality.... The series, we'll call it "Here's to Your Health" will be a monthly gathering of the clan on a Thursday afternoon to talk and snack. We'll publish the schedule, don't worry. Interested? Or just curious? Good! The first session will be on Thursday afternoon, April 28th at 12:30. We'll have sunscreen and really good snacks! See you then!



## The League of Women Voters

Every year, we vote, or at least YOU should be voting! Anyway, as you leave the polls, what happens? Someone presents you with an "I voted today" sticker from the local League of Women Voters. What do you know about them? They're not just the "sticker people". The league actually is a totally grassroots entity, absolutely non partisan, wanting to get us involved with public policy thru education and advocacy. Our Williamstown group is the only active group in the northern Berkshire neighborhood, and quite active to boot. They'll be here at 12:30 on April 26, to talk a bit about local politics and a lot about what they do in the community. They're a great organization and we think you'll enjoy talking with them! Chicken dinner first, menu to follow...

## Osteoporosis

Back in early February when we had our annual conversation around what y'all wanted for speakers during the year, we heard rather loudly that the topic of "Osteoporosis" was on many people's minds. We know that many of you have had bone scans and others have had different types of joint replacements or may be considering those. In any case, your wish is our command. On Tuesday April 19, orthopedic surgeon Dr. James Whittum of the Orthopedic Associates and registered dietician Rita Longworth from NARH will be here to talk about bone health, obviously a concern to a lot of you. They'll address the nutritional habits and food you can add to your daily regime to assist maintaining bone health and treatment options available to us such as surgery-when it's needed to help us get along in life.

Our guests will speak at 12:20- it will be preceded by a luncheon-menu will include our home made soup, salad and a special pasta dish at noon.

## The end of taxes!!

Well...not really but I bet I made you look!

If you haven't had your taxes done yet, you are rapidly running out of time and our available slots are dwindling to a mere handful. It has been a very successful season and the word about this program has spread magnificently thru the years-everyone knows about it and thus if you're not signed up yet-HURRY! The meter is running down! Tick, tick, tick baby!

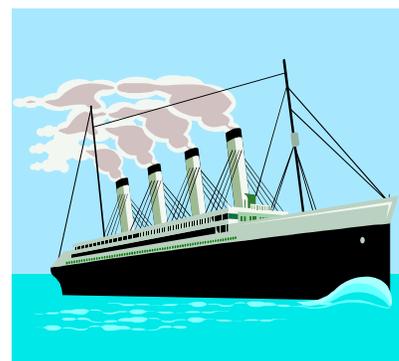
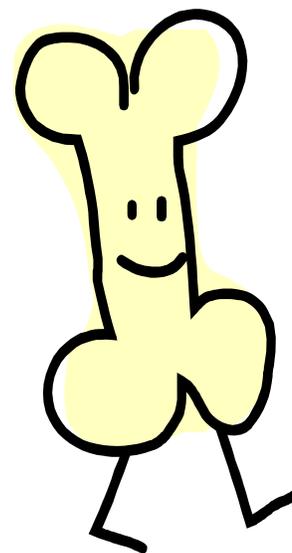
And once more, thanks to Pim Goodbody and his volunteers for coming here in all sorts of weather to help people get Caesar his due!

See you in January!

## April's movie theme...

It seems as though our Thursday afternoon movie series has been a success! They've been pretty well attended and actually, some of the "flicks" have been chosen in a straw poll to see who wants what!

The movie for April will be the original "A Night to Remember", the 1958 vision of the sinking of the Titanic. We'll show the film on April 14, a really fitting date- it will be the 99th Anniversary of the big ship hitting the iceberg and sinking to a watery grave along with over 1500 people. It's really a good movie, captured a lot of attention-certainly mine- and documents one of the greatest tragedies of all time. We think you'll enjoy it! And special treats for snack will be served too!



The Harper Center  
118 Church Street  
Williamstown Massachusetts,  
01267  
Phone: 413-458-8250  
Fax: 413-458-5156  
E-mail: [bogrady@williamstown.net](mailto:bogrady@williamstown.net)

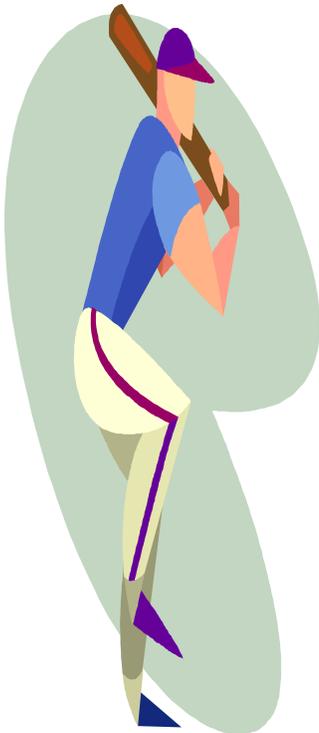


**We're on the web at  
[www.williamstown.net!](http://www.williamstown.net)**

The Friendship Club will be hosting a spring Bazaar here at the Harper Center on April 30 from 9:00 to 3:00. Many of you know this and a lot of you have been asked to contribute toward the success of this venture. I know that the event organizers are planning a bake sale, a special table for new "dollar" items and that there will be vendors here selling their wares as well. All for a good cause my friends! All for a good cause. We know that the good folks who have volunteered time and effort will come thru-anyone interested in helping can contact the COA office [458-8250]and we'll get a message to the appropriate event personnel!

---

## Page Four News and Notes



Our foot care nurse Serena Merrill will be here at Harper on Tuesday afternoon April 19 to clip those toenails and massage those sore feet. As usual, the months clinic is booked for April but there are still a couple slots left for May-they fill up fast so act accordingly!

SHINE Counselor Peg Jenks will be here at Harper on the morning of April 20th at 10:30 to help anyone needing assistance or advice around the all important issue of health care insurance. As usual, Peg will be available by appointment outside of regular business hours thru the COA office at 458-8250.

The monthly Blood Pressure clinic, sponsored by our friends at Premier Health Care will be held at noon on April 12th, right before the friendship Club meeting. Janet Richardson, nurse extraordinaire will check that all important number for you and help track your vital stats. Stop by!

Finally, the monthly Brown Bag offering from the Food Bank of Western Massachusetts is scheduled for distribution on the afternoon of April 22nd, the fourth Friday of the month. For those not familiar with the Brown Bag Program, it's a monthly offering of fresh fruits and veggies in season as well as a decent selection of shelf stable foods for a minimal donation. Interested? Call us at 458-8250 and we'll be happy to talk about it!