

# HARPER CENTER BULLETIN

Harper Center Bulletin #214

September 1st, 2012

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## SEPTEMBER 2012 NEWSLETTER

You know, just because September marks the arrival of the fall season doesn't mean that September isn't a summer month. I mean, think about it, most of the month lies within the summer season so just because the autumn is knocking on the door doesn't mean that we can't enjoy the rest of the summer! I know there's an emotional thing about September which goes way back in our consciousness to the days when September was the end of summer and we all had to go back to school. The weather starts to turn and so do the leaves but we also enter into some of the best weather of the year. It's still warm, sometimes downright humid, but the nights are generally cooler- actually there is some perfect weather in September, so hey, let's enjoy September as one of the best weather months shall we?

Oh! And September is also a big harvest month, right? Did somebody say apples?



Speaking of September and school, it started during the last week of August so there will be little people wandering around making noise and acting like kids. While they are always quite well supervised, strange things sometimes happen and so please be careful as you drive in here. You never know!

## IN SEPTEMBER, THE FRIENDSHIP CLUB SUPPORTS...

The local food bank. We know that some of you are asking "what, this again" but the reality is that the need is really outstanding. I find myself shocked every time I hear the statistics for the numbers of people who are suffering from what they call "food insecurity" in this area. I hope that I never have to find out what it's really like to be without enough food or unable to acquire food with some nutritional value to it. I hope that you never have to find out either. We have been consistently generous in donating to our food bank and I really hope that we'll continue that trend.

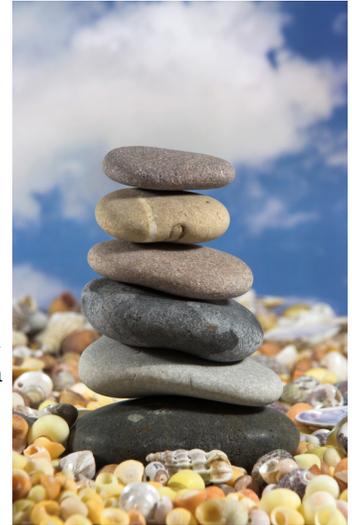
The Williamstown Council on Aging lives in the Harper Center at 118 Church Street in town and is open for fun from 8:00A.M. until 4:00 P.M. Monday through Friday and at 11:00 on Sunday for lunch. Call us at 458.8250, fax to 458.5156 or email; bogrady@williamstown.net

Serving town seniors since 1966!

## REIKI

At 1:00 on the afternoon of Tuesday September 4th, Jeff Watson will be here in the Harper Center to talk about and present a demonstration on the Japanese practice of Reiki. For those unfamiliar with the art, Reiki is a technique designed to facilitate stress reduction, encourage relaxation and has the added benefit of promoting healing for those who participate. It focuses on the belief that we all are in possession of an individual life energy which flows thru us and can be manipulated for health and healing purposes. But don't take my word for it, come and see for yourself.

Jeff recently relocated to Williamstown from California where he was a Reiki practitioner among other things-he has a Masters in Psychology and a background in social work. He came to visit us before the reconstruction began and offered to demonstrate Reiki for us and we thought that this would be a great program to have here! So...lunch at 12:15-it's a Tuesday and yes, a different time. We haven't done pizza for awhile so let's! Cheese, Sausage or Pepperoni, you know where to sign up right?



## COLD MYTHS AND TRUTHS

The common cold. For those of us who have suffered through a little cold know that there is no such thing as a "common" cold. Sneezing, sore scratchy throat, generally yicky feeling which just drags along forever...yup, we've all been there right? Colds are apparently symptoms of infection in the upper respiratory tract usually caused by something called a 'rhinovirus'. We get colds by coming into contact with an infected person, usually by touching a contaminated "something" they've touched-wash your hands and cover up- and while colds are usually deemed to be mild, they are the leading cause of sick days and doctor visits in the US! Colds also have more myths around them than anything else. Like this: catch a cold from the cold? At 1:00 on Thursday September 20, our buddy Kira from Interim Health Care will be here to talk about colds and the myths which comprise our folklore about the common cold. She has stories about colds, so do you. Join us for an interesting interactive conversation-and we'll supply plenty of afternoon treats as a snack!



## RENOVATION UPDATES...

I guess the mystery of when we are going to get the work underway has been solved. In case you hadn't noticed, it's more than half way to being finished.

Of course there are all sorts of things which still need to be finished off-the location of additional electrical outlets, outside power hookups, inspections by all sorts of inspector people, and so on. So, yeah, we're done but not done, there are massive numbers of details to attend to. In any case, we're almost there and the process has been mostly painless with little disruption. Thanks to everyone for their patience while this gets done. Pretty soon we'll have a pretty new-ish building. Won't that be cool?



## THE THINGS WHICH HAPPEN AS WE AGE...

Lots of adventures come our way as we travel the living path. Some are truly good, creating the memories which will last an entire lifetime. Some, well, not so good but regardless, everything we do and say and experience has an impact upon us and reaches out to touch our friends and neighbors. Eventually all moments will stop and that becomes another matter all together.

As we approach the end to our days, there can be confusion, stress and of course sadness related to the final ultimate event in our lives. Given that we will all travel down this road, it is important that we give some thought to what we want to happen at this juncture. There may be medical issues we need to address, and my experience through 27 years as an elder care worker is that this is frequently a MAJOR part of the planning process. Or at least it should be. On Tuesday September 18, Dr. Mary King, a gerontologist at Williamstown Medical Associates will be here at Harper to address the subject of making care decisions at the end of life. It's a vitally important topic and if you haven't given thought to it, perhaps you should. Dr. King's 12:30 conversation will be preceded by a pasta based luncheon-spaghetti with meatballs or pasta primavera at noon, sign up and join us!



## ADIOS SUMMER WELCOME FALL!

On Friday September 21st we'll celebrate the end of summer with an old fashioned "Adios Summer/Welcome Fall" party. We'll definitely be cooking out, off the grill, probably BBQ chicken-the Elder Services meal selection for the day included a whole bunch of sides we'll keep-peas with mushrooms, summer squash and the desert to go along. Our good friend Ida from Berkshire Housing has gotten musician David Malachino to perform that afternoon-remember him? He was here earlier in the year and we had a great time with him. He does music from all eras and gets people moving. Maybe he's got some Stones in his repertoire...Get ready to party!

So-we'll be eating at noon, as usual and Mr. Malachino will be playing at 12:30. of course all times are approximate right? The sign up sheet will appear in the right spot at the right time so watch for it!



## THE PLAYS OF OUR LIVES

Earlier this summer several of our friends got together with Linda White and Ed Sedarbaum to write a play loosely based upon bits of the writers "real life" experiences. Well, the work is done and almost ready for presentation. The writing group will be meeting here at Harper in early September to review the production and ultimately decide what form it will take, whether it actually will be publicly presented and how for that matter. This was the first time we've tried to create something like this in probably 20 or more years. I have heard and seen photos of writing groups from sometime in the 1980's with folk from the WTF; we haven't done this since then. It's a lot of work and we will hopefully get to hear a reading of the produce sometime soon, probably next month. And then perhaps we can talk about another production. In the meantime, thanks to all who participated. It's not easy is it?



**WILLIAMSTOWN COUNCIL ON AGING**

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Some interesting local events for September include a conversation with writer Craig Brandon whose book “Goodnight Irene” chronicles the disastrous storm a year ago and her impact upon our region. He’ll be at the Williams Inn on Sunday September 16 at 1:00. The event is free, open to all and is sponsored by the Milne Library and Higher Ground.

In the “Important Information to Know” category, Dr’s Cynthia Murphy and Diana Michalczuk from the Bennington Memory Clinic will talk about “Emerging Treatments in Alzheimer’s Care” at Congregation Beth Israel on Lois Street in North Adams on Tuesday September 11 at 6:30. There are lots of families who have been affected by Alzheimer’s in one way or another and this conversation may very well present information to know folks, so pass it along wherever you think it will help.

## PAGE FOUR NEWS AND NOTES

Read this carefully OK, it relates to a one time change in schedule;

Our foot caretaker, Serena Merrill, will be in the house on WEDNESDAY SEPTEMBER 12TH—yes, I said Wednesday. She’ll return to her usual Tuesday slot in October. Anyway, the change in date has created a couple openings in September. And there are three slots open in October for anyone interested. Act quickly or we’re talking about November!

For those of you who have found yourselves to be challenged by the very technical stuff which comprises our health care insurance paperwork, our health care insurance guru, SHINE Counselor Peg Jenks, will be in the house on Wednesday September 19th 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, sponsored by our friends from Sweetbrook, will take place on Tuesday September 11th at noon immediately preceding the Friendship Club meeting. “Our” nurse Sue will be here at noon and will likely bring those sweet cookies as a check up reward. What do you think? Good deal or what?

The monthly Brown Bag, sponsored by the Food Bank of Western Massachusetts will be at Harper for pick up or delivery on Friday September 28th. 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 application process. And please people, if you cannot be here on delivery day, make arrangements for someone else to hold them! We have limited space in our refrigerators and just can’t accommodate a lot of food needing to be kept cold!