



Harper Center Bulletin

September 2011 newsletter

Inside this issue:

Staying	2
Ageless grace	2
CPR Classes	2
Welcome Fall!	3
Food on Tap	3
Red Hats	3
Page 4 news and notes	4

The Williamstown Council on Aging is located in the Harper Center at 118 Church street in Williamstown. Hours of operation are Monday through Friday, 8:00 A.m. to 4:00 P.M. and Sundays at 11:00 for lunch. You can call us at 458-8250, fax to 458-5156 or email ;

bogrady@williamstown.net

We've been providing service to Williamstown seniors since 1966!

I wanted to write something funny about the onset of fall and the colors and good sleeping nights and so on-but I can't. Last Sunday I spent all day and a large chunk of the evening with our friends from the Spruces and we all know what that means. We all have grown used to pictures of hurricane flood waters and tales of people rendered homeless by unstoppable forces of nature. We see it on TV weekly from Florida too, well, anywhere there is low lying coast. We never thought that it would happen here in Williamstown. We now know that it can and did. I do not have the words to describe what I have felt through this ordeal. There are people we all know who were devastated in a single day. The following day I was over there escorting people to and from their homes to retrieve medications, clothing and other essentials left behind. In many cases they only had minutes to get their lives together and get out when we came for them, yes it did happen that fast.

I saw lines of people stretching from the entry all the way back through the gates out to the streets waiting to get in while the inspection teams verified that areas of the park were safe to enter. Some of these people we know well. Some we don't know at all. But they are in a place that we in Williamstown usually only read about. Think about that when you lie down to sleep in your own soft bed tonight.

September the Friendship Club supports...

We all know that Hurricane Irene had a very real impact upon Williamstown in the form of the devastation it left in its wake on our neighbors at the Spruces Mobile Home Park. There are a lot of very good people over there who have lost quite a bit and as this is written, none of us knows what the future will hold.

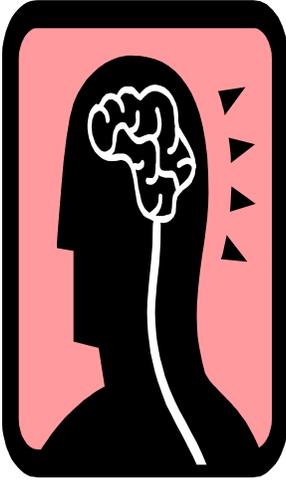
The Friendship Club is looking for donations of good, usable clothing to be donated to the disaster relief efforts. I really haven't heard anything about the need for seasonal wear and I'm sure that all good clothing is appreciated. Shelf stable food are also needed. We'll collect them here at Harper this month and pass them on for distribution. Some people have asked about furniture to replace that lost to the water; we're not collecting furniture yet, but I'm sure that it will be an issue eventually. If anyone has furniture, appliances, etc. they want to consider donating, call the Harper Center at 458-8250 and we'll begin to develop a list of potential donors, "just in case". Thank you all in advance.

Staying young...

As we age, our brain cells lose some of their connectivity which is essential to our thought processes. Imagine brain cells as having tree branch like connection and then imagine the branches which connect the cell going away. That's essentially what happens. It's a part of normal aging, it's inevitable. Aging is inevitable and actually encouraged, the alternative isn't so hot.

As a result, it's very important that we take steps to keep our brains healthy and functioning at optimum levels. There are many simple activities that one can do to accomplish this and which can, in some cases, actually restore lost brain function.

On Tuesday September 20, the good folks from Sweetbrook will be here at the Harper Center to offer a program entitled "Activities to Keep One Young". In this interactive presentation we'll explore 7 anti aging activities one can engage in to keep your all important brain young. So be prepared to laugh, move about and have some fun. They'll be here at 12:30, and yes, there will be a luncheon first at noon. The menu will follow soon so watch for the sign up. It will definitely involve chicken.



Ageless Grace

Ageless Grace is a fitness program created by an individual named Denise Medved, a resident of the Carolinas. Her program consists of 21 simple exercises, actually a form of yoga, designed toward enhancing various body systems-joints, mobility, flexibility, circulation-you would think the usual "exercise suspects". Ageless Grace appears to be much more than typical exercise however-the movements are also aimed at improving ones cognitive functions, breathing, hand and eye coordination, balance-well, you get the picture.

At 1:00 p.m. on Thursday afternoon, September 8th, Jane Rosen, a certified Kripalu yoga instructor will be here at the Harper Center to present Ageless Grace and explain the benefits of participation in the program. We have long talked about yoga as a possible addition to our health repertoire and some of you have asked about it so stop by and take a look at Ageless Grace and tell us what you think. Refreshments follow the demonstration.



CPR classes

Thanks to the generosity of the First Congregational Church we will offer a second round of community CPR training for community residents in October. In August, your COA applied for funding from the churches "Helping Hands" funds to offer these classes and were successful in our application. We haven't set a date yet, Irene has made routine scheduling a little hard, but we'll let you know with plenty of advanced warning. As we did the last time, each participant will come away from the training as a certified American Heart Association life saver, trained in adult and infant CPR. As a bonus, we'll be showing everyone how to use an automated defibrillator machine, you know what those are. This years classes will be mostly supported by the grant however we will be asking for a \$10 donation from participants which will allow us to stretch the available slots. Stay tuned!



Welcome Fall Party

On Friday September 23, we'll have us a little party to say good bye to summer and greet the arrival of fall-we all know that there cannot be a change of season unless we celebrate it right?

Anyway, on the first day of what we all hope will be a glorious Autumn, our friend Ida Patella from Berkshire housing has arranged a little entertainment for us in a program entitled "Hat's off to America" featuring an entertainer named Carol Pedigree. We know her, she has been here before and we really enjoyed her performance. Some of you will remember her.

Carol's program is a historical and musical comedy using vintage clothing and hats from the 1920's through the 1950's hats such as Parasols which capture the spirit of those by gone days in music and song. This promises to be a fun occasion and you shouldn't miss it!

Yeah, there will be food first and since we haven't actually cooked out in awhile, we'll do that. It will be a bright sunny warm day and we'll set the patio up for those who want, the rest of y'all can eat inside. Carol's program is at 12:30-lunch first, menu TBA. You know where to sign up.



Food on Tap

At noon on Tuesday September 6-the day after Labor Day, we'll have another of our "food for the sake of food' days- in other words, we're gonna experiment on you. You will remember that we did this back in early August with the eggplant and pasta meal-it was a success so this month we're going to do it again. This time around we're going to try to experiment with steak-actually open faced sandwiches with sautéed mushrooms and gravy, potatoes and a veggie. Yum. And if for some reason, we can't get steak-it will be open faced roast beef and we'll do steak in October...

After the meal, Marion and I will do a brief presentation around the walking group we're trying to get rolling- and tell you about the routes we've mapped out-it's a good time of year for a walk!

Then maybe we'll play a little game of bingo just because we can...if there's interest that is!



Red Hats

The Red Hats monthly luncheon series resumes on Wednesday September 21 with a noon time trip to the Chefs Hat on Simonds Road. There are a couple other dates scheduled as well -October 19 and November 16-but the actual luncheon venues have changed from when the schedule was originally posted way back in the depths of last winter and the new locales have not been determined as of yet. So stay tuned for that announcement.

Anyway, the Williamstown chapter of the Red Hat organization- also known as the "Hot Harper Hatters' are a cool group of ladies who venture out into the wilds at least once monthly to eat at some local establishment and generally have fun. You can reach their representatives for information or other interest by calling the office here at the Harper Center at 458-8250.



Williamstown Council on Aging

The Harper Center
118 Church Street
Williamstown Massachusetts,
01267

Phone: 413-458-8250
Fax: 413-458-5156
E-mail:
bogrady@williamstown.net



On the web at
www.williamstown.net

I hate to say this, but the weather will inevitably turn on us at some point in the probably not too distant future. Not that I want it to, it's just the course of nature. And we'd actually miss those wonderfully crisp days and beautiful foliage if it didn't. Still, the arrival of fall brings with it other issues, and thus we'll have to have some conversations about it...On Thursday afternoon September 22, Alida from Northern Berkshire Community Action will be here at the Harper Center at 1:00 to talk about the 2011-2012 heating season, and this means fuel assistance, for those of you who are interested. She has warned me that the amount of funding available for this seasons assistance program is reduced from last year-surprise-and thus they want to get as many people in as possible as soon as possible. So take heed and get in here to get your sign up going!

Page four news and notes

In the wake of the devastation inflicted on our friends at the Spruces by Hurricane Irene, many people have asked if they could make donations to help out. The answer is yes, and here is where you can send them;

MEMA Disaster relief Fund

Spruces Tenants Association
c/o South Adams Savings Bank
273 Main Street
Williamstown, MA 01267

Our Foot care Nurse Serena Merrill will be here at the Harper center on Tuesday September 20 to clip toenails and massage those aching feet. As this is written, she's accepting appointments for her November session. We all know that she fills up fast!

Our SHINE Counselor Peg Jenks will be in the house on Wednesday morning, September 21 to assist anyone who has concerns around their health care coverage. She is also available for individual consultations by contacting the office here at the Harper Center, 458-8250, and we'll ask her to call you.

The monthly Blood Pressure Clinic sponsored by our friends at Interim Health Care will be here at noon on Tuesday, September 13, right before the Friendship Club meeting. Important numbers to know, right?

The monthly Brown Bag, sponsored by the Foodbank of Western Massachusetts will be delivered on Friday afternoon, September 23rd. For those unfamiliar with brown Bag, it is a monthly food supplement of shelf stable foods and vegetables and fruits in season literally delivered in a brown paper sack. Interested? There is a brief application process, contact us here at the Harper Center and we'll help with the process. Please note that if you will not be available to receive the Brown Bag, we would really appreciate your finding someone to pick it up for you!
