

Harper Center Bulletin

October 2011 Newsletter

Well, now we roll into October and who knows what this month will bring? We still have a bunch of friends from the Spruces who are trying to find long term accommodations and we're doing the best we can in bad circumstances to help. And thanks to all of the people out there who have contributed articles of pieces of their lives to help. The community response has been nothing short of fabulous!



So, October. Halloween is coming and with it lots of ghosts and walking skeletons and vampires looking for candy. Oh, yeah, I'll be looking for candy too. But that's a given right? And I think if I had to be one of the above I'd rather be a vampire. What's your favorite Halloween figure?

Speaking of costumes, another of our favorite October events is the annual walk through of the kids from the Elementary School in the "Words are Wonderful" parade. This year, they'll be cruising through Harper on Wednesday, October 19th at 9:00. You'll get a chance to wear a costume to greet them as they pass. Should be fun!

And then of course there will be the World Series...who do you think will win it this time around eh? Enjoy the colors of fall!



This month, we support...

In October, the Council on Aging and the Friendship Club will be teaming up to collect sundry items for Spruces residents who might have a need for them. What we're looking for are items such as toothpaste, deodorant, shampoo, tooth brushes, disposable razors, those type of articles. You all know what I mean. There was a tremendous outpouring of support during September and lots of people donated a lot of clothing and shelf stable food supplies-it was great to see. At the moment however, we've been told that the stock of clothing is adequate and other entities are routinely in the business of collecting food so...we'll collect those articles which may be falling thru the gap. We'll collect them here in October and pass them along to those who may need them. And

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The Williamstown Council on Aging rocks the neighborhood from its World Headquarters within the friendly confines of the Harper Center at 118 Church Street You can call us at 458-8250, fax to 458-5156 or email: ogrady@williamstown.net
We've been providing quality programs and services to Williamstown elders since 1966!

CPR certification class

We all think that life is important. Think about all the times during the course of a given day when the word life appears somewhere to you, either actually in print or in a conversation—"that's life" has to be one of the most overused phrases in the universe. No doubt about it, that one is a catch all for everything.

But think about it. What else do you have that's really more important? Some would say your health but you cannot have any type of health at all if you're not alive.

So what if you could give life back to someone someday? Oh, I don't mean in the raise someone from the dead sense. None of us can do that. But what about someone who has a heart attack or chokes on their food? Does it matter what age group we're looking at? No, of course not. What if it was you? Would you want help? Most do. Thanks to the generosity of the First Congregational Church of Williamstown's "Helping Hands" program, we have secured a small grant to offer adult and infant CPR classes through the Village Ambulance Company. Those completing the class will be American Heart Association certified life savers. And you'll know how to use an automated defibrillator as well. The class, at 1:00 on Thursday the 20th, will cost \$10 and we'll recycle the money into more classes. Want to be a life saver?



Mass Relay

Mass Relay is NOT a race. You might think that it is, based on title, and given the proliferation of foot races in Williamstown lately, but you'd be wrong. Massachusetts Relay is a program offered by the Massachusetts Office of Public Safety and Security. It's a free program for Massachusetts residents with all sorts of communication issues. People with hearing issues ranging from total deafness to some minor difficulty hearing, and those with speech related issues which cause telephone communication to be hard are typical of those eligible for assistance. How does it work? That depends entirely upon the condition which causes you difficulty. There are all sorts of devices and operator assisted programs which will allow you to communicate easily and completely over your telephone. I'll leave the discussion of these options to the experts from Mass Relay who will be here on Tuesday afternoon, October 25th to talk about this exciting option. They'll be talking at 12:30—we'll be eating pizza—cheese, sausage or pepperoni.



Cooking under Pressure



Who feels that they're cooking under pressure? Anyone? Ever made burgers and dogs for 40 people who happen to be your friends? OK, you get it...

Sometimes the pressures of day to day living get to you and good nutritional habits go right out the window. We try hard but, well, we all know how it is right? The best intentions of mice and men...? Yeah, well on October 18 at noon Gina Isenhardt from Home Instead Senior Care will be in the house to offer a program entitled "Cooking Under Pressure". It features nutrition tips and will include the 12 foods that seniors should not live without, and yes, you'll leave the session knowing what they are. It will be a fun, foody presentation for sure! Oh, and she's bringing lunch—Chicken Salad, Broccoli Slaw, Rice Pudding, Apple Crumble and Cider! Sign up in the usual place!

Antique Road Show!

Got old stuff? I know that I have some things I inherited from my parents, aunts, uncles, grandparents, OK you get it. So does my wife, just ask her about my stuff, she'll be glad to tell you what I can do with it...But I digress. I really meant to ask you if you have old stuff because on October 4th, Meg Greenawalt, currently serving as the Activities Director at Sweetbrook, and who has many years of experience dealing with old stuff-also known as antiques, will be here at Harper at 12:30 to do a real, honest to goodness Antiques Road Show!



This will be a lively and engaging “hands on” program! We’ll look at, discuss value and in some cases, identify antique and collectible items dating from the late 1800’s to the 1960’s! Meg will bring 15-20 items along for fun but we really want everyone to bring some of their own “older treasures” to share with the group. Meg will lead an interactive discussion of the history of some of the items and give you an idea of their value-both monetary and sentimental.

Should be fun eh? Of course we’ll feed the masses at noon-you have a choice of spaghetti with meatballs and sauce or spaghetti with veggies and sauce-sort of “Harper Primavera”! Yum!!!

Margie breakfast

Ah, insurance. Especially the health care kind. Wouldn’t it be so much easier if we didn’t have to worry about insurance and the bozos in Washington would recognize health care as a right and get at it? OK, I digress.

Unless you are rich, and most of us aren’t, we do have to deal with insurance issues and it’s a fact of life. We have problems with it and without. So...we frequently need to talk about insurance and figure out what to do. Fortunately for us, the SHINE program exists to provide guidance and even more fortunately, we have Margie Ware coming on the 14th at 9:00 to bring us up to date on Medicare D, supplemental insurance and everything you MUST know for 2012. The open enrollment period for the year begins on October 15 and ends on December 7th-start thinking about this now!



To entice you to come we’ll be providing breakfast starting at 8:30-eggs, bacon, toast, coffee, maybe home fries...so we expect to see you all here. Unless you’re rich, that is.

Recruiting for AARP Tax Aides

Yes, THAT season is closing in upon us, slowly and silently, but coming never the less. Our AARP Tax Aide Coordinator Pim Goodbody contacted me last week and asked me to inquire whether there are any folks out there interested in being trained to be a certified AARP Tax Aide. Typical Tax Aides are comfortable with computers and the internet, generally do their own taxes- are not afraid of numbers- and familiar with the process for filing income tax returns. You’ll need to pass a criminal background check-C.O.R.I- but otherwise the demand is light and you can really help a lot of people. You can contact Pim directly at 458-1840 or email him at: pgoodbody@alumni.williams.edu

He’ll be happy to answer questions regarding this extremely valuable program.



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As the school year has begun, so it shall be here too. Our computer guru, Elaine Keyes, will begin a new round of free computer lessons in October, dates and time to be determined between student and teacher. You need not own a computer—we have a computer lab—nor have any experience with a computer. You'll be able to learn to use a computer or enhance your skills. Interested? Call us here at Harper, 458-8250, and we'll make arrangements!

We've been talking about walking groups forever right? Well, they're officially scheduled for Thursday mornings at 9:00—get your sneakers out and get ready to hoof it!



On the web at
www.williamstown.net



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Serena Merrill, our foot care nurse will be in the house on Tuesday, October 18th. As this is written, she's booked for October and is accepting appointments for her next session in November. We all know that these appointment slots fill very quickly so if you're interested call soon—458-8250 and we'll fit you in before it's too late!

Our SHINE counselor, Peg Jenks, will be here on Wednesday October 19 at 10:30 to help anyone who has questions, concerns or issues with their health care coverage. We know that the open enrollment period for Medicare D starts on the 15th so we're anticipating a little business for her—it's best if you call and schedule an appointment just to be sure! Peg is also available for individual consultations outside of normal office hours—call us at Harper-458-8250—we'll be happy to make arrangements for you!

The monthly blood pressure clinic, sponsored by our friends at Interim Health Care, is scheduled for Tuesday October 11th at noon, right before the monthly gathering of the Friendship Club. Mark your calendars folks—these are important numbers to know right?

The monthly Brown Bag, sponsored by the Foodbank of Western Massachusetts, delivery is scheduled for FRIDAY, OCTOBER 28th! If you will be unavailable to receive your order, please let us know in advance or arrange for someone to get it for you! The Brown Bag is a monthly food supplement of shelf stable foods and fruits and veggies in season literally delivered in a brown paper sack. Interested? Call us at 458-8250 and we'll be happy to tell you all about it!