

# Harper Center Bulletin

October 1st, 2010

Harper Center Bulletin # 189

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The Williamstown Council on Aging lives in the Harper Center at 118 Church Street in Williamstown. We've been providing quality services to Williamstown elders since 1966! Come and join us!

The Harper center is open for business from 8:00 a.m. to 4:00p.m from Monday thru Friday and at 11:00 on Sunday for lunch! You can call us for information at 458-8250 or fax to 458-5156-email? Sure!

bogrady@williamstown.net

See you soon!

## October 2010 Newsletter

Here we are in October, one of the prettiest months of the year. Lots of people are going around mourning the end of the summer and the retreat of the sunlight but this time is absolutely glorious, especially from a decrease in heat and humidity and color point of view for sure. You're all sleeping better now, right?

Speaking of color, this year, October 3rd will mark the 55th Annual Northern Berkshire Fall Foliage Parade, always a fun event and I'll guess that there's a lot of you who remember the year it started...was a little bit before I arrived...and I don't mean in Williamstown either.

Another event of note-Friday October 1st is the United Nations "International Day of Older Persons", so designated by the UN back in 1990. Did you know that? Wish I knew this ahead of time, we could have had a party! Anyway I'm glad that an organization as large as the UN has a designated day for seniors. That's a good thing, right?

Finally, it is October, the month when the Yankees traditionally win the World Series. Enough said here... Trick or Treating this year is October 31st-[6:00 to 7:30] so be ready and be careful!!! Happy Halloween y'all!

### A curveball or two for Maggie

Maggie Guiden does a wonderful job coordinating callers for Friday afternoon bingo. Remember when Pat and Franz got stuck with it all those weeks in a row a couple years ago and how hard it was to find a regular caller? We really would have been in trouble if they hadn't helped a lot ...Maggie solved that with the guest caller program. Now we have different folks calling most Fridays. except in October. On the 5th, a Tuesday, we'll play bingo -NOT FRIDAY! And again, not on the 22nd-we have music and refreshments instead. There's more on this inside the newsletter. Should be fun.



# The Winter Blues...

Nah, it's not a collection of smokin' tunes but I bet a lot of us wish that it were! This song is related to the retreat of the summer sun into fall and ultimately winter as the darkness comes earlier each day...I think that we all know someone who suffers thru the so called "winter blues". Maybe even ourselves, eh? I know that the short days of the season can weigh heavily upon people who have what they call "Seasonal Affective Disorder" [SAD] as the winter drags on...The good news is that there really is help for this condition and relief might not be very far away. On Tuesday October 19th Debra Lucey, Director of Psychiatric Services at the North Adams Regional Hospital will address the issue right here at the Harper Center. She'll tell you about the symptoms, potential interventions and where to find help. She'll be ready to speak as soon as we finish lunch-around 12:30-lunch, oh yes, how about the monthly pizza???



## Yoga size

The final installation of yoga size with Judy Fitzgerald in this series will be on Thursday afternoon, October 7th at 1:00. Yoga size, as participants know, is an excellent way to loosen those joints and improve circulation. It's done from a chair and is really appropriate for all levels of experience. Yoga size has been brought to us these last few months by our friends at NB Health's REACH program thru the "New Horizons" grant from Tufts. We're thrilled, as usual, with their contribution to our program efforts.

So what will the future hold for yoga at Harper? Honestly, I don't know yet. We've been approached by someone who would potentially offer classes and by individual seniors who would be interested in traditional yoga. At the moment, everything is open for discussion. Thoughts? Let us know...

## Paul Marino

Paul Marino, local historian extraordinaire from neighboring North Adams will be here on the afternoon of Thursday, October 21 to talk history, something he does quite well. He's being sponsored by the New Horizon's program from REACH and as usual, Paul is full of surprises. This month is October, so what do you think the odds are that he will mention our local ghostly heritage? We'll see...Anyway, he's at One o'clock that afternoon and lunch-well, Elder Services is providing veal parmesan for lunch that day and we'll supplement it here with additional fixins' so c'mon in!



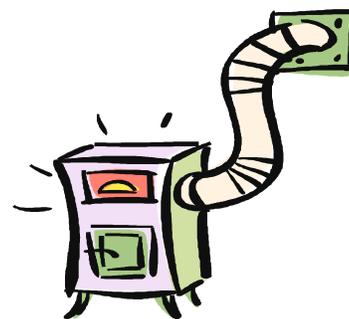
# Changes...

For the last 19 years, Karyn O'Toole has been a fixture here at the Harper Center. Her most visible role has been as our exercise program leader, but she's also acquired some notoriety as the coordinator of our annual Tea Socials in August and that wonderful Valentine event with the kids from the Berkshire Dance Theatre coming in to entertain. For those who don't know, Karyn has left most of her Berkshire life to return to her native Connecticut to assist in the running of a dance school down there. She'll still be here on Monday for awhile but her regular presence will be missed by her many fans. Interestingly enough, the individual who will now continue the program as our primary exercise person danced and helped to coordinate some of those same Valentines shows. Ashley Duquette comes to us from the BDT where she is a dance teacher/choreographer. She has experience in senior care having run similar groups in nursing homes in Brooklyn and Chicago. She's currently completing her Masters work for a degree in dance and movement therapy from Columbia University in Chicago but will be with us for a little while. So hello Ashley! And Karyn, you've been so much a part of the fabric of this place, we're really, really going to miss you when you're actually gone. We're all glad that you'll be here for a little while longer!



## Fuel Assistance

Every year Mimi Harpin from Northern Berkshire Community Action comes here for an afternoon to talk with people about changes in fuel assistance and to give technical assistance to those in need of a little help to apply. She has come in for a breakfast and usually spends the afternoon sitting in the backroom with a helper or two filling out forms. This year we're gonna do it a little different and invite her to talk about fuel assistance, weatherization program, their food pantry, the Christmas kids programs and all the other fine offerings BCAC has made thru the years. Maybe she'll even talk about their potential move to a new office in N Adams, who knows? Anyway, we'll be offering pasta with sauce, chicken or meatballs for lunch, Mimi at 1:00 on October 26...



## Ready for a memorable Friday afternoon?

The Ladies Auxiliary Ukulele Orchestra is a rare treat for music fans. Formed in 1994 the members include songwriter/educator Bernice Lewis, composer/arranger Cathy Schane-Lydon and artist Sarah McNair. Close cropped harmonies and unrestrained ukulele strumming produce a highly original sound as the ladies play a set of familiar classics and little known gems. Their set boasts music from every era and is lavished with attention to harmony, humor and originality! This promises to be a memorable afternoon! They'll be here to play on Friday October 22 at 1:00, and of course there will be gourmet snacks! And of course, thanks to Ida for co sponsoring this event thru the BHC Taps Program!



## **Williamstown Council on Aging**

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The Friendship Club is adding a new twist to its usual routine and holding a meeting here at Harper in the evening on Tuesday October 12, the “real” Columbus Day folks, and will have the added bonus of a caterer— Lou Lescaubeau—who’ll be providing the vittles that evening. Business meeting first, of course, then chow. A good idea, eh? At least something different for the group!

On Friday morning, October 22, our own Margie Ware, Director of the SHINE program at Elder Services will be here in the house at 9:00 to talk about the annual things happening to insurance –you know, like open enrollment for Medicare D, the decrease in part D plans, donut hole coverage, changes in Prescription Advantage-all those things you really NEED to know about if you’re involved with these plans...while she’s here, we’ll be serving breakfast to those who come— how about French Toast?

## **Page four news and notes**

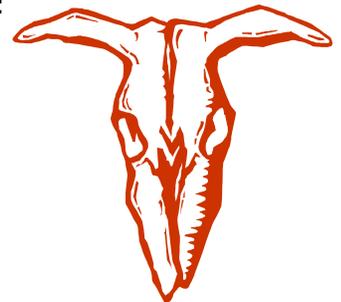
Kip Moeller, our foot care nurse, will be here on October 19 to trim those toenails and massage those aching feet. She’s currently scheduling for the second November visit but there are only a couple slots left. Hurry if you need some attention to those feet!

Speaking of the 19th, the monthly Blood Care Clinic, hosted by our friends at Premier Health Care will be on Tuesday the 19th this month-the third Tuesday and NOT the usual date-our friend Janet, the nurse, can’t come on that date. So please note this very important date!!!

Our most able SHINE Counselor Peg Jenks will be in the house on Wednesday morning October 20th at 10:30 to talk with those who have issues and need support service for their health care insurances. She is also available to meet with those who need assistance individually-just contact the office here at Harper and we’ll connect you with her!

The monthly Brown Bag offering from the Food Bank of Western Massachusetts will be on Friday afternoon, October 22nd. For those unfamiliar with the program, Brown Bag is literally a brown paper sack filled with shelf staple food and fruits and veggies in season. There is a very slight program eligibility application-interested people should contact us and we’ll be happy to help you get the ball rolling!

Finally, on the afternoon of Thursday October 28, a member of the Physical Therapy staff from NARH will be here to lead a discussion on the topic of “Bone Health”-diet, exercise, medications-all those intangibles which affect the health of your bones-can’t get around without them, right? Yes, healthy snacks will follow...



Halloween horror: have you started your u-know-what shopping yet???