



Harper Center Bulletin

Williamstown Council
on Aging

Harper Center Bulletin # 166

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February 2009 Newsletter

Happy Heart Month! Yeah, I know all about the Valentine stuff, believe me But this, my friends, is also time for the annual American Heart Association “Wear Red Day”. It’s an event designed to call awareness to the number 1 killer of American women– cardiovascular disease. This killer causes the demise of one in four women and that is a big number. Think about it, 25%. Fortunately the number is in decline as more and more people become aware of the issue and treat it as the threat it is. What can you do for yourself? Get active, 30 minutes of physical activity daily, eat a healthy diet, get to a healthy body weight, treatment of depression issues are key and QUIT SMOKING! The good news is that we are raising awareness, the bad is that many still don’t recognize it as a major health threat. So pay attention to your heart, it might be telling you something and we’d hate for you to become a statistic.



By the way, 2009 “Wear Red” day is February 6. Bright colors rule!

Oh, speaking of hearts, we’re teaming with the Village Ambulance to offer another round of FREE CPR certification classes, February 9th and 27th, from 9-11. It’s easy, you can be a lifesaver and the life you save might be someone you know!

February SHINE

We’re not actually scheduling an in-house presentation because we did it last month, I am aware that there are numerous folks with concerns around their Prescription Advantage and the details Margie Ware laid out for you at breakfast last week. Our SHINE counselor, Peg Jenks will keep normal office hours here at the Center and will be available here without appointment on Wednesday, February 18, from 11:30 on. She is also available for individual consultation through the office here at Harper, you call us at 458-8250 and we’ll take all your pertinent information and she’ll call you to make an appointment. Easy, right?

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The Williamstown Council on Aging lives in the Harper Center at 118 Church Street in Williamstown. We’re open for business Monday thru Friday from 8:00-4:00 and Sunday for lunch at 11:00. You can call us at 458-8250, fax to 458-5156 or email us at bogrady@williamstown.net We’ve been providing services, information, referral and advocacy for Williamstown seniors since 1966!



Can you hear me now?

One of the complaints I hear most frequently are from people who simply cannot hear as well as they used to and this applies most especially on the telephone. I can tell you personally, from the viewpoint of someone who frequently speaks with individuals who have hearing deficits that it's frustrating on this end too! Anyway, Dawn Perotti from the United Cerebral Palsy organization—you remember her, she came up and gave us those great magnifying glasses—will be here at the Center on Tuesday February 3 at 1:00 to talk about hearing loss and offer some simple solutions in the form of affordable tools to make hearing, and life, easier. Now, she won't be conducting hearing tests formally as an audiologist would however this could be a helpful place to get some ideas which might actually help. Dawn talks at 1:00, we're having hot Turkey sandwiches at noon.

Computer Lessons

Dr Adelson has been away for a couple months. School has been out and he took a couple trips, once to Israel and again to Florida. He'll be back in the middle of the month and we'll renew our computer classes with a fresh round of offerings for beginners and those with moderate skills. So far, I have been approached by three different and new individuals who are interested in learning what it's all about. We haven't set any formal dates yet, we're leaning towards Monday and Wednesday mornings but we need to know about preferences. If you've always wanted to learn or are curious about these infernal machines, please let us know. The more the merrier, right?



Tax Aide appointments.

OK, we're on! The first couple of dates for February are already filled by early birds hoping to get their taxes completed, filed and out of the way, halleluiah! There is still plenty of time to think about it however, the tax season is a couple of months long and we're all waiting for some piece of paperwork or another. True, right? Anyway, our tax aides are available on Tuesday evenings from 6-9 and on Saturday morning from 9-noon from now until April 14, and we all know what that date is! So, we're here and ready to serve, call us and we'll certainly help you get it in on time!

The Garbage Queen

Actually she has many titles, one of which is “Goddess of Garbage” so I really demoted her in my article title. I hope she doesn’t turn me into a recyclable plastic bottle or something. I’m sorry your holiness!

Sandy Totter of Savoy is the Director of the Northern Berkshire Solid Waste District. She has been a community activist for awhile and you’ve seen her at paint can recycle days at the landfill [known to some of us as the dump]. She’ll be here on February 24 to talk about recycling, why it’s important from an ecological perspective and why we need those big blue bins out in back. Did you know that the Northern Berkshire District, which was actually created in 1988 has been responsible for 64 million tons of material recycled since then, some of which has actually been reformed into those big orange pots we grow flowers and veggies in...Oh, she’ll have more to say on the 24th at 1:00, but first we’ll eat pizza at noon. Sign up please!



Berkshire Dance Theater

This year’s dance extravaganza will actually happen on St Valentines day, can you imagine! We usually manage to miss that day somehow but not this year! How appropriate! On Saturday February 14, the young ballet artists will descend upon the Harper Center at 1:00 to twirl and whirl their way right into your hearts once more. They come in all shapes, sizes and ages but boy, are they good! Classical ballet, tap, modern jazz, it’s all here on one afternoon once a year so don’t miss it! They’re led, by the way, by our own exercise instructor extraordinaire, Karyn O’Toole. But you already knew that, didn’t you?



Assessing needs with burgers and dogs.

Every year we gather the clan and ask everyone about ourselves; what are we doing right, wrong and what sorts of programs and services can we offer in the coming year to help and maybe make your lives happier and healthier. We try to implement everyone’s thoughts into some cohesive plan, we’ve created a whole lot of programming from your ideas, some lasting, some short term, but many related to our collective brain storm. Yeah, we usually do it in January with pasta but not this year. This year, we’re going to cook out for the first time in 2009, burgers, dogs and chicken off the barbie in February. Ah, the smell of burgers on the grill to blow away the winter blues and get your brain working! So join us on February 17 at noon for a summer-ish lunch and bring your thinking caps!

