

Harper Center Bulletin

Williamstown Council on Aging

April 1, 2009

Harper Center Bulletin #
168

April 2009 Newsletter

Well, the first movie day was a success, everyone enjoyed the program and, by popular demand, we'll do it monthly. We actually did have popcorn and old fashioned "movie candy" for the event but unfortunately someone forgot to put it out because he was playing with the flowers on his coworkers desks...at least the chicken wings and fixing's were good though!

The second movie day? It's April 21, and the flick of the month will be "Cocoon", you know the one about the aliens and kids? Now, here's the question; how often do we want to do the movie thing? We can do it weekly, monthly, twice a month, whatever, Kim and I can block off the front room after lunch on Thursdays a couple time a month or more, right after lunch and before the Weight Watchers group arrives here. We thought that we'd do it once a month during the warmer weather and more often in the colder days, the front room is usually unoccupied during that time on Thursday and it's a good way to spend a little time. We're looking for movie suggestions too...

Blood Pressure Clinics

Some of you are familiar with Premier Home Health Care. They're frequent visitors here at Proprietors Field and in homes here in the community, providing care and a personal touch to many local seniors. As a matter of fact, I used Premier people to provide part of my mothers care a couple years ago. Good organization! Anyway, a couple months ago when the VNA had to stop managing our monthly Blood Pressure clinic, we set out to find someone to do it. Premier stepped forward and they'll be our BP screener starting on Monday April 13 at 9:30, and we'll devise a permanent schedule thereafter!

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The Williamstown Council on Aging lives in the Harper Center at 118 Church Street in town. We're open for business Monday thru Friday from 8:00 to 4:00 and on Sunday at 11 for lunch. Contact us via telephone at 413-458-8250, fax at 458-5156 or email: bogrady@williamstown.net

We've been providing services, information, referral and advocacy for Williamstown seniors and their families since 1966!

Save your back...

On Tuesday afternoon April 28 we'll be eating pizza and talking about backs and lifting and all sorts of things like that. I guess my question for the gallery is to ask who among us has not suffered from back pain at some point in our lives? Where would we be without one eh?

OK, point made. The reality is that many of us do have back issues and they do impact upon our daily lives in ways too numerous to mention. It's really important to save your back, to bend right, lift correctly, maybe exercise in a way to strengthen the muscles in your back to help it stay strong. Thus we'll do an informal seminar on avoiding back injuries by using good mechanics, strengthening tips. For those who have already been down the road to a sore back, perhaps some suggestions to help. Our friends from Williamstown Commons will be presenting at 1:00, you know what at noon. We recommend this particular seminar to anyone who has and uses a back.



Friendship Club leadership up for grabs...

Alright y'all, who's gonna be the next Presidente? Sorry for getting my two cents in but I overheard the conversation at the last gathering of the clan about succession and all those things. Seems a shame that nobody wants to step up and do the job, the club has been around for about 40 years and to think of it disappearing because nobody cared about the officers enough to volunteer! Hey, there's a minimum of work involved, the event committees are really helpful and Kim and I help too. It's not as difficult as you think, ask Pat if you're thinking that I'm being untruthful. The bottom line is that someone or a collection of folks need to step in and lead, it's fine to enjoy the events but someone has to pay the fiddler, right? Or, in this case, be the fiddler...

Sometimes it's a real good idea to sit on the fence and be quiet. Unfortunately, this is not one of those times...

Volunteers needed

As usual, we're trying to do something for everybody with limited resources, hence this note. There are always a bunch of folks out there who need food, can't live without it, or with it sometimes. We'd like to establish a volunteer based grocery shop program, you know, folks who are willing to take someone to the store or maybe do some shopping for another when they go themselves—real easy stuff. Everyone goes shopping and there's not much to getting a few things for another person. Or doing simple errands. You won't have to drive anyone if you don't want to, you can take a list or go with someone. Either. We will need to do a background check—it's the law—that's easy. Call us if you can help. Thanks!



Social Security recovery payments

Lots of folks have asked about this one and now I have the scoop for you. I got an email from our colleagues at Mass Councils on Aging passing along an email from the social security administration on the subject. So, here's the scoop;

All Social Security and SSI beneficiaries are eligible for this years recovery payment and it will be issued in May. This is not like last year, we will NOT be holding special filing sessions, payment will be AUTOMATIC, you won't have to do anything. The payment will be a one time amount equaling \$250.

As usual with this type of thing, there are apparently idiots out there trying to cash in on your money. Anyone asking you to fill out forms or trying to get you to divulge information are to be regarded skeptically! You'll get your \$250 directly from the government in the same fashion you receive your regular check, directly deposited or in the mail and again, you don't have to do anything to get it, it's AUTOMATIC! OK, now, anyone got any questions?



April tax assistance

OK all, this is the end of the line. There are exactly four AARP Tax Aide sessions left in the 2009 season to get your taxes done for free by our trained and certified tax aides and then it's over till next February. Actually, some of those slots are filling up as this is written so, if you haven't had your taxes done yet, or are in need of advice on this subject, act fast. Appointments are being offered on Tuesday evening from 6:00 to 9:00 and on Saturday mornings from 9:00 until noon. They're free, anyone of any age is welcome, be sure to bring last years paperwork with you and additionally, anything you need for this year. Our folks will complete the paperwork for you and file them too. All you have to do is stop by!

Tic, tic, tic, time is running out and the taxman waits for you in 15 days!

Kim's Korner

Our walking group is still walking and we have gone approximately 68 miles since the last week in Jan. Any one interested can join us. M-F at 8:30 a.m. Thanks to all the people who joined us for our first Tuesday Movie. Based on the laughter, fun was had by all. We are still interested in your input regarding activities and events so please tell us what you want for programs. I need to remind everyone to SIGN-UP for our weekly events. We need to know who is coming to ensure we buy enough food. I recently had to turn someone away because they hadn't signed up . We can provide for everybody but we need to know you are coming ahead of time. SOOOO please SIGN-UP. Thanks Kim



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**We're on the web!
www.williamstown.net**

Think this newsletter looks different? It does! We're actually trying to expand our monthly offering, adding news and events to keep everyone informed. Our old format worked pretty well for a number of years but now, well, change is good, and since we're now on the web at www.williamstown.net under Council on Aging, we thought expanded content would be nice, helpful, so on. Check us out!

Future editions can include contributions from readers and if we get too big, well, maybe even a newsletter crew to put it together. We're always looking for suggestions so, please let us know what you're thinking!

General events and happenings...

FOOTCARE NURSE KIP MOELLER will be here on April 21 to clip toenails, massage sore feet, get your stompers in shape for another month. She starts at 9:00, the good news is that this clinic is affordable, the bad news is that she's booked solid until June. Want a foot care visit? Call us now, we'll advance book or put you on the call list for cancellations.

SHINE [SERVING HEALTH INFORMATION NEEDS OF ELDERERS] Counselor Peg Jenks will be here at 11:30 on Wednesday April 15 to assist anyone who requires assistance with or who has questions about health insurance. She's also available for individual consultation thru the CoA office, call us and we'll make arrangements.

COMPUTER CLASSES for beginners and intermediate users will resume in mid-May and run thru the summer months. Dr. Adelson will be available on Wednesday and Friday mornings at 9:00, please call us and let us know where your interest lies.

BROWN BAG monthly food deliveries will happen on Friday afternoon, April 24, \$3.00 donation, pre-registration with the Foodbank of Western Massachusetts is required, call us and we'll help to get you set up.