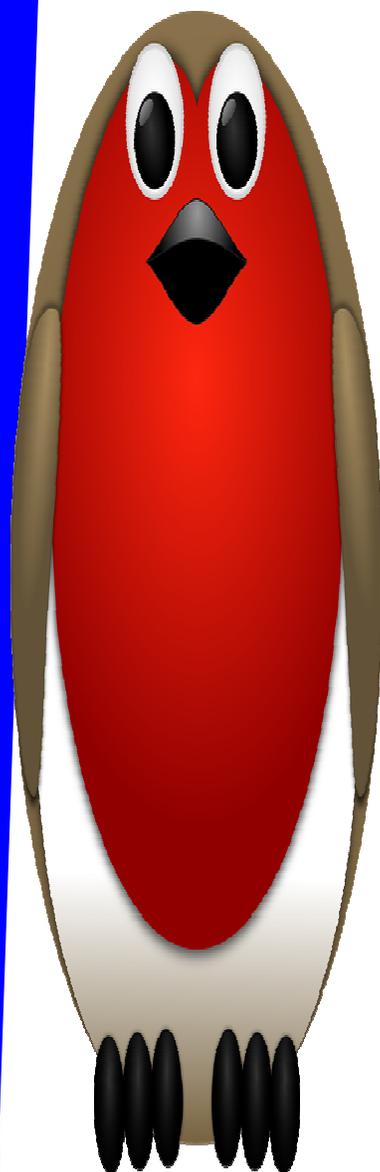


# Harper Center Bulletin

## April 2019 newsletter



Now we'll begin to hear the "thwack" of clubs launching golf balls into the air and the crack of the bat as hitters pop baseballs about. Orbs will be flying, the temperature will warm, the mud will go away and everything will dry up and we can play outside again, I think...Nevertheless, it's April, spring is really here so let's begin outdoor activity!

The best part of April, and sorry everyone, I have always found it to be a treacherous month and usually wet, is that the ground will thaw and assorted greenery will begin to pop out. By the end of the month the grass will green out and we will have likely raked the detritus from the winter away for composting. I have heard the theories about how bad it is to rake out your leaves. I use mine to cover the gardens in the winter and in the spring they go to my compost pile to recycle for future use. My yard is gravel, I make my own soil and supplement this from elsewhere.

In the back of my mind I'm thinking less of Earthworm habitat, and I have lots of those, but of ticks hiding under dead leaves. Having been derailed for a time by Anaplasmosis, I want to evict them from my garden. Sorry, chickens aren't an option, I live in the woods. There be foxes there!

Speaking of ticks, that will be coming around again. I hate to see anyone pick up a tick borne disease so find your tick repellent or revise/reactivate your anti tick strategies. It's time...

### The last days of taxes are here...

I guess this is an April Fool joke! You still have to pay taxes but the end of our annual free AARP tax aide program is upon us. It has been an excellent season so far, we've met and helped a whole group of people, some regular customers and others new faces. But as with all good things, this will soon end for the year. There are only five sessions remaining for us to help file your 2018 state and federal taxes—the last day is April 16th and we all know what that means. So, if you need a little help, gather you pertinent paperwork for 2018, your 2017 returns and call us to reserve a spot -458.8250. This program is open to folks of any age and moderate means. Time is flying so don't miss your chance to get your taxes done for free.

## Medical pot

Who would have thought that we'd be having a conversation about getting access to marijuana right here in the Harper Center?

Not me, that's for sure.

In the wake of changed laws, codes and all sorts societal attitude changes we have legalized pot in the Commonwealth for medicinal and recreational reasons. OK, we're going to be talking about medical cannabis, not the recreational kind. Many people have spoken of it's effects on glaucoma, pain relief, nausea post chemotherapy and many other issues. On April 9th Canna Care Docs, an entity dedicated to bringing cannabinoid therapies into mainstream medicine. They're committed to medical value cannabis, bringing holistic healthcare treatment while promoting safe, compliant access to medical marijuana programs. They'll be speaking with us at 1:00, hot dogs at noon. There will be a sign up...



## WTF here Wednesday April 3

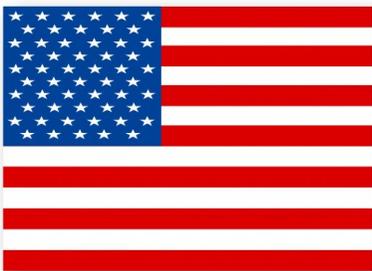


Our friends from the Williamstown Theatre Festival will be back here at Harper on Wednesday evening, April 3rd from 6:00 to 7:30 p.m.

WTF artists will lead the group in a workshop inspired by themes and ideas in this year's Community Works world premier production by Boo Killebrew. Through simple and fun group exercises you can step inside the creative process-NO prior experience is necessary!

Community Works is a year round community engaged theatre program creating theatre by Berkshire residents. The workshop is open to participants aged 18 and older. Join us!

## Veterans Agent Steve Roy



Williamstown, actually he covers North Berkshire, Veterans Agent Stephen Roy will be here at Harper on Friday April 26th at 1:00. We run into questions from folks asking about services available through the Veterans Administration from time to time. It would be cool to invite someone who actually works with the programs and benefits available to Veterans or their spouses to come and talk. We've gotten Stephen to come and meet with us and offer a few words on what he does, what's available and who might be eligible. I'm sure that he'll be more than willing to answer questions and help figuring out whether you're eligible for benefits or what kind you can receive. Questions are welcomed!

## Cooking for one

We've heard many comments from folks who say that they don't make certain foods any longer as they live alone. This first came to the front during a pasta luncheon a little while ago and has been appearing ever since. Yes, I know, lots of people live alone and preparing a large meal, especially if you don't really care for leftovers, can be a burden. Still, one should not have to give up on a favorite food in order to prepare smaller portions. It can be done!

On Friday April 19th, Amber Letourneau from the Food Bank of Western Massachusetts will be her at 1:00 to talk about cooking for one. The idea is to provide hints and ideas about preparing your favorite courses on a more limited scale. We picked this program out of a list of available offerings from the Food Bank based on what we heard here. Should be good.

Now, we won't be cooking for one here but we'll certainly provide a dish folks have identified as a favorite; Spaghetti, this time with sautéed veggies and we'll likely do shrimp, there will be a sign up with an end date. Watch for it.



## Elder Law Attorney Barbara Markessinis

Barbara Markessinis is an Elder Law attorney from nearby Hancock. She's officially certified by the Massachusetts chapter of the National Academy of Elder Law Attorneys, or NAELA. It means that an attorney is a specialist in laws pertinent to elders. She'll be coming to see us on Tuesday April 16th at 1:00.

There are all sorts of issues and questions people have which really should be answered by a professional who knows the business. Wills, power of attorney, gifting, asset management are all issues which arise routinely and it helps to have a knowledgeable attorney who specializes in this area on your side. Barbara will be here to answer question and share important information with us.



## Unexpected and expected hospitalizations...

Denise Vigna from Bane Care will be visiting us on Tuesday April 30th to talk about unexpected and expected hospitalizations and everything impacted by these events. If we say unexpected, that likely means a person will be unprepared for the event. Precipitating causes aside, it may very well be a great idea to be organized in advance. Think about all of the people you know who had a sudden event, including a fall, which has lead to a hospitalization. Then think of all the questions you'll be asked, who needs to know what, etc. (Shall I put in a plug for our File of Life document...nah.) Of course, if you know you need to be hospitalized, there are still issues to think about. Confused? Come in at 1:00 on the 30th and Denise will clear it up for you. She's bringing dessert...

**Williamstown Council on Aging**

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## Page four notes

Serena Merrill, will be in the neighborhood on Tuesday April 16th to work wonders on your feet, clipping nails, reducing calluses and massaging the soreness out. As this is written there are a couple slots available to see her in April and in May as well. Call sooner rather than later. Hint? June is also filling fast...

For those of you who have found yourselves to be challenged by the very technical stuff which comprises our health care insurance paperwork system, we can arrange an individual consultation with a SHINE volunteer by contacting us in the COA office at 458-8250. We're happy to make these connections, they're so important!

The monthly Blood Pressure clinic-officially sponsored by our friends from Williamstown Commons will take place on Wednesday April 24th at 2:00 during the coloring group meeting. Important numbers and fun group to look in on!

Finally, the monthly Brown Bag, sponsored by the Food Bank of Western Massachusetts will be at Harper for pick up or delivery on Friday April 26th. Brown Bag is literally a brown paper sack filled with shelf stable foods and fresh fruits and veggies in season. Interested? Contact us here at Harper at 458-8250, and we'll help you thru the minimal applications process!

Happy April everybody!

Bev Favreau is offering a second workshop, this one about de-cluttering your lives of a lifetime of "stuff" while preserving your memories. Her session is at the Adams COA on April 10 from 1:00 to 2:30 and reservations are requested to insure adequate handouts. The number to call is 743.8333.

We've recently discovered that an anti fraud tool being utilized by BHS at the former hospital in North Adams is to require everyone to show photo ID. There apparently hasn't been any publicity around this, we just found out about it from a consumer and were able to verify it independently. So, if you're going to see someone up there, bring a photo ID with you.

And lastly, a shout out to our friend Reiko who's away visiting family in Japan. We all hope that you're having a great time!

