



# Harper Center Bulletin

## June 2019 Calendar

June! For the umpteenth time I have to tell you that June is my favorite month. Warm, green, sun, water, everything is green...what more can I say! Summer officially begins on Friday the 21st and just about everyone will be thinking about a summer holiday and getting out of town for awhile. As schools let out for the summer, kids will be everywhere and the noise of outdoor activity will be dominant all summer long!

Anyway, as we head directly into the summer months, there are some things to remember like sunscreen, drinking lots of water, staying out of the sun at the hottest. The annual drill, you know how it goes. I'm not going to repeat the litany here but we're happy to provide a list of things to avoid in the hot months if you'd like. We can print up one of your very own so just ask!

Oh, and don't forget to check for ticks! Tick borne illness is no joke! I had Anaplasmosis from a tick bite two years ago. It wastes your red blood count, creates mental fog, leaves you weak like dish water. There are horse pills to swallow and weekly blood count checks. To go along with it. Did I say that there's a 105-ish fever which accompanies it? Do that tick check, trust me it's worth it. Have fun outside but be careful!

## Farmers Market Coupons

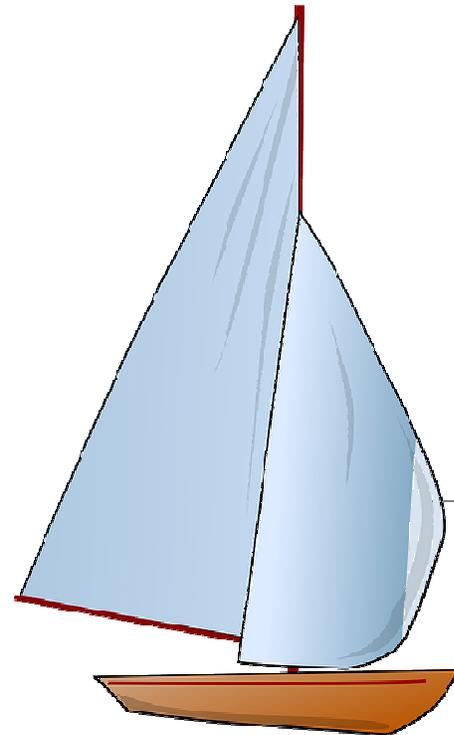
I really do not have any information about the Farmer Market Coupons arrival in Williamstown this summer yet though it will be in July. I do know that the same rules as were in place last year are still in place. Let's review...

Farmer Market coupons will be distributed on a first come first serve basis. Sorry, you can't call and reserve one. Last year they went quickly so a quick response is prudent. They will be available to Williamstown residents aged 60 and older who meet the income criteria. I suspect that these have been revised upward with the new year. They will be one to a household. In the past we've been able to do a couple sets for a two person family but no longer. Sorry about that, then again, it's only fair right?

That's all I know at the minute.

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## The Fire Dept is coming

And there will be smoke but just from our grill...

Really folks, fire safety is a huge concern as we head into a warm, no, actually hot, season. Summer heat brings dry weather and sun, we go outside and build fires in our pits and grills to cook over and, well, just because. Warm summer breezes can blow sparks about. Then there are the usual issues of home fire safety, one I encounter frequently revolves around electrical cords plugged into cords and more cords. You get the idea. We could add accidental fire into the mix, but we'll let our guest for the day address the issue.

It has been awhile since Fire Chief Craig Pedercini has been in the house to talk with us about fire safety and all those prevention activities we have in common. He'll be here on Friday June 7th at 1:00 to talk with us about all sorts of public safety fire concerns. I strongly encourage you to come, listen and learn. Additionally, we'll definitely be grilling out that day at noon so sign up!

## Pickleball

Perhaps you've noticed that the good voters of Williamstown approved funding for the creation of a pickle ball court over in Linear Park near where the tennis court is now. Give the rise in popularity, especially among folks of a certain age group, this is a very welcome development indeed!

In case you missed our introductory Pickle ball events last fall, you'll have another opportunity to learn a bit about the game and how it's played on two consecutive Tuesday afternoons in June, the 11th and 18th. Pickle ball resembles tennis and table tennis: the game is played with paddles instead of rackets on a smaller court but a ball is whacked back and forth over a net very much like tennis. Not as exhausting and lots of fun as well.

Our introductory matches will be at 1:00 each day, given the fact that these are activities involving some movement, we will not be providing edibles during the activity, but we will have beverages available!

## Mary Menatti

Mary Menatti was last here on the first day of winter, remember? Marion, Robin and Carmel created a piano bar atmosphere complete with beverages and piano bar hors d'ouvres. That was her second trip through here and after she had gone, everyone told us how much fun they had and asked if we could get her back again. Of course!

Mary will be back here at Harper on Tuesday afternoon, June 25th. The weather this time though will be slightly better, summer will have officially arrived. That's at 1:00 and the signup sheet will be found in it's usual spot in the piano bar area!



## Walking with poles

Also known as Nordic walking, the point of this exercise is to engage your total body while walking –when you include the walking poles you engage your upper body in a manner which is different that just walking. Nordic walking activates about 90% of body muscles, burns many more calories than plain old walking, reduces load and strain on your lower back, tones muscles, improves lateral spinal mobility, improves balance and strengthens core muscles.

How's that for a description of a new, active aging program?

Starting on June 19th, our friends Bret and Amanda from the Coalition will be offering trekking pole use demonstrations and guided walks about the Williamstown community. The initial session will be here at Harper, then places like Hopkins Forest and the river walk from Linear Park. This walk about activity will take place between 9:00 and 11:00, one session weekly through early July. There will be a 20 person limit, there will be a sign up.

## Loss support

The Northern Berkshire Loss Support group will resume activities at Harper on Friday June 7. This will be the latest addition of six week group meetings designed to assist those who have suffered loss. Losses can be about death, but can also include separation from loved ones, loss of health and other later life crisis. The series will investigate the thoughts and feelings associated with grieving, life changes that can be expected as result of loss self care and making meaningful decisions.

Hospice research shows that dealing with grief is most effective when working with a group. The Loss Support Group will meet each Friday afternoon from 3:00 until 4:30 from June 7th until July 12th. Support group facilitator Corrine Case has worked as a Spiritual Counselor for Hospice agencies and has facilitated groups since 2008. This series is supported in part by the Williamstown Community Chest. Thanks friends!

## Volunteer Recognition

There aren't enough words to say about the folks who have come in to this place and lent a hand to the programs we produce daily, weekly, hourly. You breathe life into our efforts and make them fly and for most of what we do, we wouldn't be able to do without you! You are some of the most committed, supportive, caring people on the face of the planet. It's an honor to work with you all!

That having been said, we'll host our annual catered volunteer luncheon on Friday June 28th at 1:00. This event is by invite only and this year we are inviting everyone in person, much more personal dontcha think?

And for those of you who were looking for bingo on the 28th, we hear you. Sorry!



**Williamstown Council on Aging**

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Marion and I will be setting up the outside terrace for the summer shortly- cleaning the tables, hosing down the chairs and ridding ourselves of the winter debris which won't go away and keeps sneaking back into the corners every time the wind blows. It's probably the detritus from last fall as we didn't really have a winter did we? We'll also be finishing the garden planting-there will be no frost and we can look to replace the supposed perennials who failed to make it through the extended fall season.

Remember folks, we have an agreement with our friend Adam at Sand Springs to bring eight people to the pool every Monday and Wednesday during June for free. This offering is available from 10:00 to noon on each of those days but you have to ride in with us to use it. First come and first serve, sign up please.

Incidentally, the MS Support Foundation is offering a free music therapy program, and dinner, for folks with MS or their supports. It's Thursday evening, June 20 at the Orchards. Contact MS resources at 844.280.7292 for information

Finally, a shout out from us to our friend Reiko in Japan-see you soon, safe travels home!



## Page four notes

Serena Merrill will pause here at Harper during her monthly tour of the county on Tuesday June 18th. In case you don't know, Serena is our foot care nurse... The great news is that she is here to help out and appointments with her can be had by calling the office here at Harper and asking about it. The bad thing is that there are only so many options in each day and June is filled. Her next trip to Williamstown will be July 16th.

The monthly Blood Pressure Clinic with our friends from Williamstown Commons will happen on Wednesday June 26th at 2:00 in the class room.

SHINE Counsel is available to help with all sorts of health insurance questions. Should you need to speak with the SHINE counselor about health insurance issues, feel free to call us here at 458.8250 and we'll make arrangements for you.

The Brown Bag food delivery for the month of June will be here at the Harper Center on Friday June 28th at 1:30 ish. It's a monthly offering of fruits and veggies in season and shelf stable food goods all the time. Interested? Call us for details at 458.8250