

Harper Center Bulletin

Williamstown Council on Aging

September 2019 Newsletter

While all the local kids return to one school or another, the rest of us can enjoy the last month of summer. It will be warm, the sun will shine brightly, although not as long as the days shorten, but who cares! We need to enjoy the final days of summer and not worry about what's coming. Go out and enjoy yourselves. Most of the tourists have left, for now, the leaves haven't changed after all so there will be less congestion out there.

September always brings the Bennington Garlic Festival on Labor Day weekend. I love garlic so I will be there stocking up and trying all those garlic flavored offerings. I don't think that I have seen garlic Ice Cream but I think I'll stop short of trying that... If you have a chance, it's an interesting event and garlic is great for your health. Garlic, by the way, is a member of the Lily family. Did you know that? Much stinkier though. And-don't forget our town Farmers Market Saturday mornings on Spring Street. In addition to all the great stuff you can get there, they have garlic as well. You'll see lots of people you know too!

September will feature a couple Thursday afternoon bingo sessions. We know that you like to play and we've had opportunities to fill the schedule on Tuesday and Friday with other activities. Thursday can be just as good so lets try it and see what happens!

Be careful driving out there now, school is back in session and there will be lots of children roaming about in the morning and afternoon.

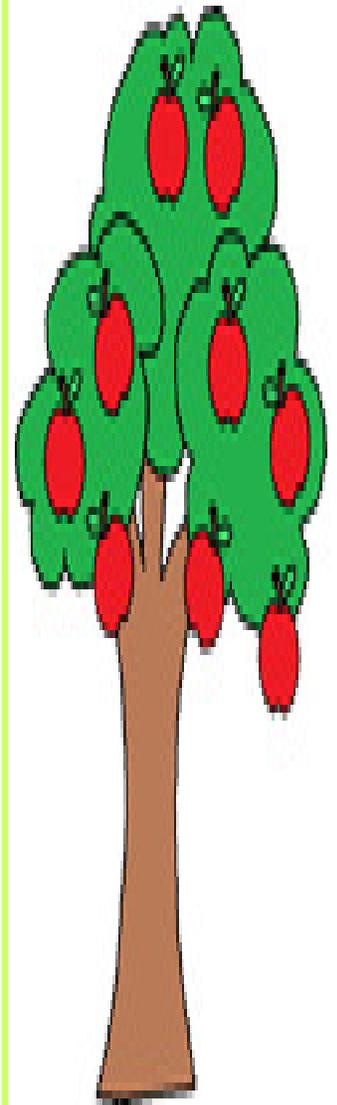
Linnea's train trip; sold out!

Yup, it's true; the trip to ride a train and lunch in Vermont is sold out. There's a waiting list I'm told so if you're interested, ask Linnea to be put on stand by.

So now the question is what to do for an encore. There are multiple options out there but we'd still like to hear from anyone interested in a day trip. We know that there are people out there who have a good idea around what a great destination would be so let us know. Call the Harper Center at 458.8250 and we'll get a message to Linnea. At the moment, we're looking at some holiday trips with food. Feel free to chime in.

Harper Center
Bulletin #301

September 1st,
2019





John Root and mushrooms



John Root returns to Williamstown on Friday September 13th to talk about one of my favorite food groups ; mushrooms! OK, not technically a food group, mushrooms are a fleshy spore bearing fungus residing on the ground or attached to a food source. There are lots of different varieties including Portobello, morels, oyster and those white one always on sale in the grocery. Mushrooms are a great food, they're low in calories, high in fiber, protein and some vitamins including B vitamins and if they're exposed to the sun, vitamin D.

This program will be entitled "Mushrooms of the Northeast". He'll be talking about the amazing diversity of local fungi, where they live, when to pick them, the differences between dangerous poisonous mushrooms and the edible kind. He'll bring materials with guidelines for safe foraging, select species and references for further study. John is at 1:00, lunch at noon. We'll see if we can work mushrooms into it.

John comes courtesy of a grant from our friends at the Cultural Council of Northern Berkshire. Thank you friends!

Falls prevention awareness

Falls Prevention Awareness Day this year is Monday September 23rd. Of course here at the Harper Center , every day is Falls Prevention Day. Exercise classes, Yoga, Tai Chi, Balance class, all of these activities are aimed at keeping people safe, and of course, on your feet. You've listened to us hollering about the danger of falling for years. We're still beating this drum.

On Friday September 27th, our friend Sarah Kline will be here wearing a different uniform; she's left Williamstown Commons and will be here with Amedisys, another fine agency we all know, they've been here many times before. She'll be bringing someone from their PT unit to talk with us about avoiding falls at 1:00, of course we'll eat first...menu TBD

September piano bar



A new piano player will visit us on September 17 at 1:00 and he's pretty good if I do say so myself. If you've been lucky enough to pass through the Harper Center on Tuesday morning while the artists are painting or were here for the High Tea you would have heard him play. His name is Paul DLiego and man is he good. He's turned our beaten old stand up piano into a Steinway. You don't have to believe me, you can come and see for yourself.

We developed the concept of piano bar last year as a fun way to spend some time. Pretend cocktails and bar food, music, conversation. Join us for some snacks, liquids and good music!

Car fit

We have long known that not everyone is comfortable with the way they have their cars set up. Seats, steering wheels etc. are sometimes not in the right place for the drivers comfort and safety. If you're going to drive around, might as well set your car up correctly eh? That's where Car Fit comes in. On Friday September 20, Peg McDonough representing Age Friendly Berkshires will be here at Harper to talk about the Car Fit program. Eventually we'll be looking to train six "car fit" technicians from all across Berkshire County to host workshops countywide helping drivers properly adjust their seats, mirrors, seat belts, head rests and other options fitting the car properly to its driver. The idea is to "right size" a persons vehicle to provide a safer driving experience. Before we can do that, we should talk about it. We're not necessarily looking for volunteers for anything today, it's just a good program and we want to spread the word. So join us for lunch, it's the last Friday of Summer 2019 folks, burgers and sides at noon, car fit at 1:00.



Paint along

OK, so this is just what I'm calling it. It's sort of like a paint and sip experience but there is no sipping happening here at Harper. Maybe we'll provide white and red-apple and grape juice!

Anyway, Jean O'Hearn is a local resident who grew up here in Williamstown, perhaps you know her? She wants to come and offer this art program and as we've not really done anything like this before, we thought it would be a great idea. Here's how this will work; Jean will bring all the supplies, paints, easels, drop clothes, canvas. Anything else I may have forgotten she'll be bringing. All you have to do is bring yourself and ten dollars. That's the cost for the program, actually it's a reimbursement for the paint, canvas, etc she'll be bringing. September 24 at 2:00. yes, it's a later day program but that's OK. Oh, yes, we'll provide refreshments...



AARP looking for a few volunteers...

Now, now, there's no need for panic, tax season is still months away and you don't have to be worried about collecting all that stuff to report in. Not that I wouldn't be keeping it all together mind you, better than last minute scrambling about don't you think?

We're looking for a few good volunteers who would be willing to be trained to help out with the program next winter. If you're computer savvy, are comfortable with numbers, don't mind helping other folks and just might be looking for a volunteer opportunity, this might be exactly what you're looking for. The work load is light, about 3 hours weekly between February and mid April, all sorts of support and training are provided. You have the satisfaction of helping someone who really needs it. Call us at 458.8250 if you're interested and we'll connect you.





**Williamstown Council on
Aging**

**The Harper Center
118 Church Street
Williamstown, MA, 01267**

Phone: 413-458-8250

**Email:
bogrady@williamstownma.gov**

We had a great High Tea last month and many thanks to our own Karyn O'Toole for the wonderful event, truly enjoyed by all. We'll be looking to set a date and theme for the February Winter tea soon but it's awhile off and it's still summer after all. We'll let you know when it is.

Judy Bombardier has asked me to tell everyone about an event happening at Sweetwood in October- a conversation with Canna Care about the use of medical cannabis in the treatment of Multiple Sclerosis. Dinner is included, more to follow.

The Northern Berkshire Solid Waste District is having a hazardous household waste collection for all of Northern Berkshire at the Adams DPW on Saturday September 28th. We have an entire list of what can be brought and what you can't bring over there so if you need it, ask. Registration for this event is required, you can call our friend Linda Cernik at 743.8208

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Our Foot Care Nurse, Serena Merrill, will be back at Harper on Tuesday September 17th to work on those toenails and work the kinks out of your feet. Her September visit has a couple openings, October is booked. Her next pass through town after October will be on November 20th. It's hard to think about November at the end of the summer right?

Open enrollment season is almost upon us and we'll be having a conversation with Shauna Post from Elder Services on October 18th so mark it in advance. It's the time of year when you can change your Medicare supplemental coverage. In the meanwhile, if you're having issues with other health care insurance navigation, call us here at 458.8250 and we'll arrange a SHINE consult.

Septembers Brown Bag delivery, courtesy of the Food Bank of Western Massachusetts, will be on Friday September 27th, at about 1:30 or so. If you're a Brown Bag participant and aren't able to come to Harper and retrieve your Brown Bag when it's delivered, please make arrangements for someone else to pick it up for you. Thanks!

The monthly Blood Pressure Clinic with our friends from Williamstown Commons will happen, however we need to firm it up with Jason as Sarah has moved on...

