

Harper Center Bulletin

February 1st,
2020
Harper Center
Bulletin #306

February 2020 Newsletter

Ah yes, the month of slings and arrows. Duck!

This year there is a better possibility of getting hit by a flying arrow than there is of a flying snowball. The weather has not been very wintry for the most part, we have had some really cold days but many more in the 30's, 40's and even 50's and a couple 60's.

Is that winter weather?

Oh, yeah, we had a blizzard on December, a real storm which left piles of snow everywhere. I took pictures of it on December 8. On the 9th the temperatures rose and it rained, by the 10th it was largely reduced to spotty coverage. Oh, yes, it has snowed here since then and we had what you'd call a dusting covering our lawns. The operative word is had. Now it looks kind of brown and dead, more like November than January. We don't usually need a heavy coat either, right? But there's no global warming. Really?

No snow might be a wonderful idea for those who don't like it but in reality the cause is frightening. You don't have to be a scientist to see what's happening.

And no, it has nothing to do with me wanting to ski either...

A final newsletter note. We can be successful getting the newsletter out a week or more before the end of the month if we have all of the materials we need to comment upon. If not we won't. We'd rather be early but it all depends upon the timing of our materials. So, if you want to have us write something, please get it to us earlier than later!

Riding the van

Let's talk about using the van for a minute. The basics are that the vehicle is operational from 8:00am until 4:00pm, Monday through Friday in good weather. We are likely to sit out snow storms. The first trips in the morning and evening are to the Adult Day Health facility in North Adams. Rides are first come, first serve. The best way to insure that you get a ride is to make a reservation as far in advance as possible. To do this you contact the COA office at 458.8250 and ask for the driver who schedules rides personally and can tell you if she has room. Our primary focus is life support travel-medical appointments locally in Williamstown and North Adams, and food shopping. These take precedence. We'll fit in other trips as we are able. Call with questions. 458.8250



The annual Winter Tea

Ah, it's February so that means that it's time for miss Karyn's Winter NOT high tea—tea party! There will be tea and snacks and all sorts of conversation but I'm guessing that there won't be any long gloves or goofy hats this time around. It's winter right? It's also just after Valentines Day. Apparently there will be cucumber sandwiches...and chocolate, cherries, gluten free items as well.

Oh yeah, scones too.

The February tea will be right here at Harper on Friday February 21st 1:00.

I think we can safely assume that it's a Valentines Tea celebration!



AARP Tax Aide Program

What starts on February 4th and reoccurs weekly until April 14th? The annual AARP Tax Aide program! If you're a tax payer of moderate income, our trained and certified AARP Tax Aides will be able to help you to complete and file your 2019 state and federal taxes for free. You should bring all pertinent tax papers and a copy of your 2018 returns with you to the session. Reservations are required and you can reserve a time by calling us here at the Harper Center, 458.8250.

A word about those appointments...if you're new to our program, be prepared for a session lasting an hour and a half. Usually appointments are scheduled for an hour each, newbies take a bit longer to set up. No worries, we're happy to help! Anyway, available slots are filling fast and February is almost filled and a chunk of March is filled as well.. Be quick folks!



WTF returns!

Laura Savia, Associate Artistic Director of the Williamstown Theatre Festival, will be back in town February 15th. They are planning to do an open theatre workshop here at the Harper Center that Saturday morning starting at 11:30. They were here most recently in January and lead an afternoon workshop which was well attended. Actually, there were all sorts of people I'd never seen before walking around here, they tell me that it was a great session!

These sessions have focused on playwriting and acting. No experience as an actor necessary. All are welcome.



Crafts, soup and sandwiches

Friday February 21st will be a special treat day. ..

In the years since the Friendship Club disbanded taking the weekly craft group, which, in all honesty was not active as a craft group and was closer to a tea and cookies group, we've had fewer "crafty" activities. Occasional agencies send representatives to make "things" and of course there is the wonderful annual Holiday Green workshop with the Garden Club otherwise not so much. Still there have been random requests for this activity and we have tried to respond. Last month Lottie did an absolutely fantastic job with her Gnomes workshop and we're hoping she'll come back someday and do snow people. Next our friend Robin Knapp will be here on the 14th to lead a group in creating decorative wine bottle vases, with flowers of course. There will be paint involved so heads up, older clothing in order!

We'll be providing open faced sandwiches, not sure, maybe roast beef, before the event, Robin is bringing soup so we'll have soup and sandwiches at noon and Robin at 1:00.

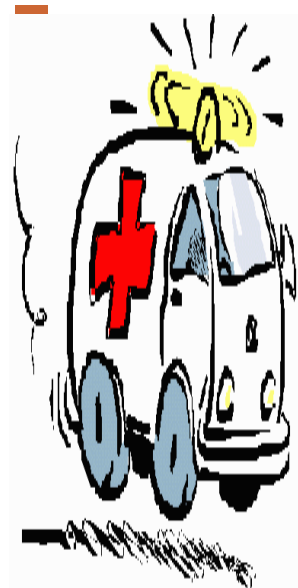


Avoiding strokes

Many years ago I worked for Elder Services as a case manager. I had a client who wanted to talk about one of three things when I visited, chocolate ice cream, the Brooklyn Dodgers or avoiding strokes. At some point during our conversation he would sigh and tell me to "avoid a stroke at all costs". His life had been impacted by a stroke which left him in a wheelchair. He warned everyone he met.

Every year we do at least one program on avoiding strokes. We all know people who have been impacted by strokes, some more severely than others.

Stephen Pickering and Sarah Kline both work with Amedisys and we know them. They've both been here to eat and speak with us, Sarah quite often as a matter of fact. They'll be in the house on February 28th at 1:00 to talk with us on the subject. Of course there will be food first. How about open faced chicken sandwiches with mashed potatoes at noon?



New option alert; Berkshire Nurse Advice Line

So you have been to the Doctor and you have a new diagnosis you want to know more about. It's hard to get through to busy Doctors so what to do?

Call the Berkshire Nurse Advice Line between 10:00 Am and 6:00 Pm Monday through Friday. Berkshire Health Systems has created an advice line staffed by registered nurses. They can help you make decisions about seeking care like whether to visit the ER or not in some situations, can explain what that recent diagnosis means, talk with you about the medications you're taking or help you arrange a visit with your primary physician. Oh, speaking of which, your primary doc is the one person who should be answering serious medical questions for you, think of these nurses as an informational resource. You can reach them at 888.406.8773. This call is free, unlike a trip to somewhere else...



Williamstown Council on Aging

**The Harper Center
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Our Aging Mastery Program, curated by Jennifer Munoz, returns in Mid March. Aging Mastery is a comprehensive evidence based program-participants evaluate themselves at the start and again at the finish to see how much progress they have made.

The class is broken into several sections across 10 weeks and it covers topics like sleep, finances, nutrition, exercise and more. The class is limited to 15 participants so there will be a sign up requirement. Details to follow. The big news here is that this years class will be held at the MILNE LIBRARY, not at the Harper Center. We're just opening it up to more folks. Next year, it will be somewhere else...Dates? Thursdays March 12 to Thursday May 14.

The Loss Support Group lead by Corrine Case renews on February 3rd the group will meet Mondays at 1:00 until 2:30. The group is open to anyone who has suffered a loss, it's nonjudgmental and totally confidential. Contact Corrine with questions, at 242.4495.

The Green Mountain Spinners and Weavers Textile rescue group will meet at the harper Center on Tuesday February 4th from 1:00-3:00. They'll explore creative mending and find new uses for old textiles and clothing. Come, bring anything you want to work on and join us!

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Serena Merrill will be here on Church Street on Tuesday February 18th to operate on your feet. Well, sort of. Actually she clips toe nails, reduces calluses and massages the soreness out. She has appointments available in February but in March a mere 2, April is still partially open. So-if you need foot care, please be quick. ...

Remember, a BP check is a good thing, gives you numbers that you should really be aware of. BP day this month will be Wednesday February 26th at 1:00 ish. Important numbers folks!

If you find yourself a bit confused about health insurance and all the details associated with the subject you're not alone. I don't know why it has to be so complicated but it is. One price should cover all, dontcha think? Anyway, call us here at 458.8250 and we'll connect you with a SHINE counselor who will be able to help with those questions...

Brown Bag, our monthly delivery of shelf stable food and seasonal fruits and veggies, will arrive from the Foodbank of Western Mass to us here in Williamstown on Friday 28th. They should be here at Harper by 2:30 so mark you calendars.

