

News and Notes, Thursday September 6th, 2023.

Well, here we are in September, the final summer month leading up to the onset of Autumn later in the month. The weather has been perfectly July-ish hasn't it? Let's hope that it holds for a while, there are still lots of flowers in bloom out there!

Here's a message from Book Discussion Group leader Julie Mackaman; An amendment to past versions of our 2023 reading list, we're switching our next two months' books:

October 6 - GILEAD by Marilynne Robinson

November 3 - A YEAR OF MAGICAL THINKING by Joan Didion. Start thinking now of a book you'd like to recommend for 2024 so this fall we can start building next year's schedule.

Sabrina Feliciano from Social Security will be here live and in person on Tuesday September 19th at 1:00 to share updates. Bring your questions, I have a couple... Ahead of their presentation we will be cooking out. Let us know if you plan to come and what you will be eating, it's burgers and dogs, or maybe brats, we'll see..

Social Security has committed to administering programs in a way that promotes equity for everyone, including those in rural America. Recently, they created a webpage to highlight our programs to members of rural communities. That would be us, we're rural. This webpage provides information related to their online and telephone services and offers a variety of targeted resources and publications. Visit the Social Security in Rural Communities webpage to learn more here <https://www.ssa.gov/people/rural/>.

Our Tech Tutors have returned and we're ready to host new people who would like some assistance figuring out how to use their cell phones, Chromebooks, I-pads, Kindle devices, whatever! Tech sessions will resume on Friday afternoons beginning September 22. Session time remains 4:00-5:00 and yes, reservations are required as limited space is available. You can make a reservation by calling us at the Council on Aging, 413-458-8250.

For those of you who are hearing about this for the first time, this intergenerational program brings seniors and college students together, all the while helping bridge the technology gap between generations. Each week after classes, a group of students spend about an hour with a senior. Students assist seniors with navigating the various features of their own technology devices such as helping them set up their Home Screen, access email, etc. This program will not only allow seniors to gain confidence with their technology, but also creates an intergenerational bond between student and senior- students get to impart their vast technology knowledge; seniors share their life experiences.

That part remains the same. What's significantly different is that there are folks out there who wanted to get in for a tutor session but were unable to acquire an open slot. Last year we had quite a few regular visitors who came weekly for assistance, or, whatever... This year, as we begin, we're prioritizing new learners, which means that if you were a regular participant last session, we're happy to see you-eventually. We're developing a wait list to accommodate folks who have been here before in order to get new people in the door. Thanks for your consideration and patience.

Those of you who were planning on attending our Second Annual Wellness Fair on September 28th to find a Covid or annual Flu shot are welcome to pop by for one however advance registration is REQUIRED.

Attached below is the link to click on in order to register for vaccine shots. They did include covid vaccine too however have no idea if they are going to have it to bring here on the 28th. The new Covid new booster may not be available until middle of Oct. so we could be looking another clinic for this shot down the road. We'll keep you posted. They will have the current recommended flu shot and the so called "Senior Shot" as well.

Here's the link to register;

<https://home.color.com/vaccine/register/berkshire?site=092823-harpers-center-williamstown-coa1>

For those of you who find registering on line to be difficult, we will have a walk in to register event here at Harper on Friday September 22 from 11:00-12:00.

You'll recall us talking about, yeah it was a while ago, and have likely seen posters for the bulky waste/shred event in Lanesborough on Saturday September 16. If you can't make it to that one, there will be a similar event hosted by All Saints Episcopal Church in North Adams on Saturday the 23rd in the Steeple City parking lot adjacent to the church. There will be modest fees for bulky waste-computers, TV sets, refrigerators etc. and they'll ask for donations to support All Saints for the paper shred. So there you go, two opportunities to de-clutter.

The Garden Club of Williamstown will be here next Tuesday, September 12th at 1:00 hosting Thelma Shoneman, who is very well known in the Flower Arranging world. You're welcome to attend but space may be limited.

. Finally, the local YMCA is trying to hold a Matter of Balance class at the Y in North Adams, no dates set yet. If you're interested you can call them at 413-663-6529.

See you out there!

Brian