

Notes for November 28, 2023

The Berkshire Regional Transit Authority (BRTA) announced that beginning November 24, 2023 through December 31, 2023 all BRTA bus and ADA complementary services would be free thanks to a grant included in the state budget and awarded by the Massachusetts Department of Transportation. The “Try Transit” initiative will be supported by the state grant that was awarded to fourteen of the Commonwealth’s Regional Transit Authorities who worked together to submit a joint application and implementation plan. This is the second year this grant was awarded. While the focus is on the free bus rides for the Holiday Season, the BRTA will also go fare free in June and July of 2024. The bus stops right out in front of this building on Church Street.

Our Wednesday afternoon writing group, led by Rose Oliver, will continue indefinitely. The group members were enthusiastic about continuing and, well, why not? Should there be interest from currently not -yet-members interested in writing, we’re happy to take names, email addresses or phone numbers for Rose to contact. You can stop by to express interest or call us-413-458-8250.

A final note-the CHP van will be here at Harper on Thursday, November 30th from 1pm to 3pm. In addition to the latest Covid vaccine, they have the latest iteration of flu vaccine including the so called the senior shot. This is available to those 65+. They do have the RSV vaccine for those who have a PCP with CHP, are over 60+ and have a qualifying diagnosis. If you’re a CHP patient, talk to them about your eligibility. Or check with your local pharmacy about availability.

For those of you who are participants in Amanda’s exercise class, there will be no exercise classes on December 1st, 15th, 22nd, 27th, 28th and 29th. Tis the season, right?

Hey Bingo aficionados, “Musical Mingo Bingo” – Saturday December 2nd- It’s an event to help support Louison House. Saturday December 2nd is the the annual Holiday Musical Bingo at Mingos on Roberts Drive in North Adams. Mingos is a pretty cool sports themed restaurant at Mt. Greylock Bowl, just in case you didn’t already know this.... Doors open at 6:00. Games begin at 7:00. Tickets \$30 for 6 games Support Louison House, have FUN and the chance to win great prizes.

Tickets available at Louison House, call (413)663-6323. Ext 3 for the North Adams office, at the Printshop on Spring Street in Town or ONLINE at Eventbrite, here’s the link;

<https://www.eventbrite.com/e/holiday-musical-bingo-at-mingos-tickets-748486111107?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>

As you know, or may know, we have sponsored a Caregiver Support Group here at Harper with our friend Sam Dominguez from Elder Services. We’re looking at creating an ongoing series of programs designed to support folks in our community who live with some form of dementia either as an individual with some cognitive decline happening or who are supporting those who have some dementias. Caregivers do not have to be elders, they do not have to be family members, they only have to be providing support and this kind of activity would fit right into our coming programming, dontcha think? More of that to follow.

Anyway, for those of you who are caregivers, here are a few tips Sarah found out there somewhere so here they are;

5 Practical Self-Care Tips for Caregivers:

1. **Take Time Out:** Give yourself permission to take short breaks throughout the day. 15 minutes of quiet time can help you recharge and de-stress.
2. **Move Your Body:** Regular physical activity, even for 30 minutes, can boost your mood and energy levels. Explore activities you enjoy, like walking, dancing, or yoga.
3. **Savor Small Joys:** Carve out time for activities that bring you joy, whether reading a chapter of a book, listening to music, or spending time in nature.
4. **Seek Support:** Don't face challenges alone. Connect with friends, family, support groups, or therapists for emotional support and stress management.
5. **Prioritize Sleep:** Aim for 7-8 hours of sleep each night. Restful sleep is crucial for physical and emotional well-being, helping you replenish energy and maintain focus. Remember, self-care is not selfish. It's an investment in your well-being, allowing you to continue providing quality care to those who depend on you.

Have a great day!

Brian

Oh, by the way, since there have been questions about it, Bingo is this week, Friday afternoon, 1:00...same time, same station...