



January-February/2016

The Encore Bulletin

**ENCORE EXPERIENCES
IN HARLEYSVILLE**
 312 Alumni Avenue
 Harleysville, PA 19438
 Phone: 215.256.6900
 Fax: 215.256.9132
www.EncoreExperiences.org
Encore Experiences Hours
Monday-Friday
 8:00 AM to 4:00 PM

occasional evening and weekend programming

It is our policy to request that each attendee completes a participant registration form. This helps us apply for additional funding and gives us vital information in case of incident/emergency. Thank you for your cooperation.

All speakers, products, services or advertisements which are presented as part of the Greater Harleysville and North Penn Senior Services activities at Encore Experiences in Harleysville or The PEAK Center, or on our web sites and/or newsletters, are not necessarily endorsed in any way by GHNPS; nor are the opinions of speakers necessarily the opinions of GHNPS; nor are the representations and information presented tested or reviewed for accuracy or reliability by GHNPS.

TransNet Rider Information

For new trip reservations to and from The PEAK Center or Encore Experiences call:
 The PEAK Center at 215-362-7432
 Encore Experiences at 215-256-6900

For next day reservations you must call by 1:00PM the previous day. To cancel your reservation, you must call TransNet at 215-542-7433.

If your call is not answered by an operator, listen closely for the prompts and follow the prompts for Mid County Transportation or Valley ParaTransit (whichever applicable).

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Modern Spirituality

Modern spirituality is centered on the "deepest values and meanings by which people live." It embraces the idea of an ultimate or an alleged immaterial reality. It envisions an inner path enabling a person to discover the essence of his/her being.

Not all modern notions of spirituality embrace transcendental ideas. Secular spirituality emphasizes humanistic ideas on moral character (qualities such as love, compassion, patience, tolerance, forgiveness, contentment, responsibility, harmony, and a concern for others). These are aspects of life and human experience which go beyond a purely materialist view of the world without necessarily accepting belief in a supernatural reality or divine being. Nevertheless, many humanists (e.g. Bertrand Russell) who clearly value the non-material, communal and virtuous aspects of life reject this usage of the term spirituality as being overly-broad (i.e. it effectively amounts to saying "everything and anything that is good and virtuous is necessarily spiritual") Similarly, Aristotle—one of first known Western thinkers to demonstrate that morality, virtue and goodness can be derived without appealing to supernatural forces—even argued that "men create Gods in their own image"

(not the other way around). Moreover, theistic and atheistic critics alike dismiss the notion of secular spirituality on the basis that the term "spirit" is commonly taken as denoting the existence of unseen and possibly otherworldly forces.

Although personal well-being, both physical and psychological, is said to be an important aspect of modern spirituality, this does not imply spirituality is essential to achieving happiness. Free-thinkers who reject notions that the numinous/non-material is important to living well can be just as happy as more spiritually-oriented individuals.

Spirituality has played a central role in self-help movements such as Alcoholics Anonymous: if an alcoholic failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not survive the certain trials and low spots ahead....

Wednesday, February 17, is World Human Spirit Day and Random Acts of Kindness Day. Join us on this special day for the movie The Celestine Prophecy. Later that week on Friday, February 19, we will be showing the movie Pay it Forward.

Source: Philip Sheldrake, Dalai Lama, Alcoholics Anonymous

Are You Seeing Red?

Ask any stylist, job coach or dating expert and they'll tell you that red stands out. Eyes are immediately drawn to it. Some even say that the color red is a confidence booster and makes you feel powerful. Maybe that's why the color red was chosen to signify the fight against the number one killer in women (and men). Maybe it's just a coincidence that it's also the color of your heart.

In 2003 the American Heart Association and the National Heart, Lung and Blood Institute took action against a disease that was claiming the lives of nearly 500,000 American women each year - a disease that was simply being ignored. Women truly believed and many still believe to this day, that this disease affects more men than women. Stemming from that action, National Wear Red Day was born. It's held on the first Friday in February every year to raise awareness about this dreaded disease.

This coming National Wear Red Day, February 5, 2015, marks the 12th anniversary of Go Red for Women. During these years, nearly 90% of women have made at least one healthy behavior change. More than one-third of women have lost weight. More than 50% of women have increased their

exercise. Six out of 10 of women have changed their diets. More than 40% of women have checked their cholesterol levels. One third of women have talked with their doctors about developing heart health plans. Despite this progress women are still dying because they are still unaware of the risks and the facts.

Women may present differently than men with cardiovascular disease making the diagnosis for the doctor challenging and frustrating. Their symptoms at times may be so non-specific that they are overlooked. In many cases women tend to ignore symptoms of the disease and attribute them to normal aging, being overworked or out of shape. Typical symptoms of heart disease include chest pains, shortness of breath, and irregular heartbeats. Women's symptoms, however, may include shortness of breath, but also flu-like symptoms (nausea or vomiting, cold sweats), fatigue or weakness, pain in upper back, jaw or neck, or feelings of anxiety, loss of appetite, malaise. Silent myocardial infarctions (heart attacks) account for 45% of heart attacks in women.

Continued on Page 5

Inclement Weather Alert
 Your safety is important to us. If Souderton Area Schools are closed, due to bad weather, we are too. Watch the news or go online to www.soudertonsd.org/schools/closings/



Director's Report



NEW YEAR'S RESOLUTIONS

Lose weight. Enjoy life to the fullest. Stay fit and healthy. Spend more time with family. According to the research institute Statistic Brain, these are four of the top 10 New Year's resolutions made for 2015. Do they sound familiar?

By setting attainable goals along with action steps on

how to reach them at a comfortable pace, you will set yourself up for another happy and healthy year. For example, rather than just saying you are going to lose weight, add a few ways on how you plan to achieve that goal: Eat only one dessert a week; eat more vegetables; break in those tennis shoes and try to get excited about exercise; etc.

Let's take a look at the above resolutions and show you how Encore and PEAK can help:

Lose weight/stay fit and healthy: Encore and PEAK have a multitude of ways for you to reach your goal.

1. At both Encore and PEAK we offer a variety of wellness, walking, balance and exercise classes, each week for varying levels of ability. If you prefer to work out on your own, we have exercise rooms at both centers that are the perfect place to focus your energies.

2. Get out several times a week, when the weather allows, and take a stroll around the centers. Walk with a friend to make the journey even more enjoyable.

3. We offer a FREE healthy meal each day for lunch. Challenge yourself to enjoy what we have on the menu and try new food that is good for you!

Enjoy life to the fullest: Take part in the many social, educational, and recreational programs offered at

PEAK and Encore, we have plenty of feel-good activities for you to choose.

1. Pick up a good romance novel or murder mystery from the well-stocked library at Encore and transport yourself from the real world to a fictional land for an hour or two a day.

2. Challenge a neighbor or friend to a card or board game in the center. Or, even better yet, start a weekly group that meets to socialize and play games.

3. Do you enjoy trivia? Both PEAK and Encore offer trivia programs each week. Playing trivia provides an opportunity to socialize with friends and to stay sharp!

Spend more time with family and friends: Encore and PEAK provide a wonderful opportunity to meet new people and make friends.

1. PEAK and Encore welcome you to bring family with you to lunch. Just let us know and we can talk with you about the price for lunch for guests who are 59 or younger. Encore is also the perfect location to hold a grandchild's birthday party or son or daughter's anniversary celebration. Ask in the office about how you can rent Encore for a private party for you and your family.

2. When you can't be with family, take advantage of the opportunities to learn more about how to use social media. You can learn to email loved ones and keep up with your grandkids on Facebook – maybe even learn to Skype. This interaction can be educational for you and fun for the whole family.

Happy New Year from Encore and PEAK! As we embark on another year full of promise and hope, we look forward to seeing you at the centers.

*See you soon,
Katie*



GHPSS STAFF MEMBERS

Katie Walter
Executive Director

Becky Carver
Administrative Assistant/Bookkeeper

Susan Andersen
Communications Manager

ENCORE EXPERIENCES STAFF MEMBERS

Kay Pagni, *Assistant Director & Social Services Coordinator*

Michele Ross, *Program Director*

Beth Knize, *Meal Coordinator*

Teresa Ascher, *Office Manager*

THE PEAK CENTER STAFF MEMBERS

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Welcome Desk Manager

Sherry Rocchino
Program Coordinator

Carol Costlow
Social Services Coordinator

Steve Zurad
Meal Assistant

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Greater Harleysville and North Penn Senior Services is a 501(c)3 nonprofit corporation as determined by the IRS.

Greater Harleysville and North Penn Senior Services operates two senior center facilities: Encore Experiences in Harleysville and The PEAK Center in Lansdale.

Encore Experiences in Harleysville and The PEAK Center in Lansdale are supported in part by funding received from Montgomery County Office of Aging and Adult Services. We are participating agencies of the North Penn United Way and the United Way of Greater Philadelphia and Southern New Jersey. Other sources of support include grants, wills & bequests, corporate donations, foundations, special events and individual contributions.

The official registration and financial information of Greater Harleysville and North Penn Senior Services may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.

Like us on Facebook!



A Unit of the National Council on Aging



Members' Council Notes



The Members' Council is an advisory body created to give voice to the members of Encore Experiences and to support the host organization at Encore. This support takes the form of volunteer activities and fund raising. A total of

approximately \$13,000 was raised and contributed to Encore by the Council in calendar year to date.

Our election was held in November - across the hall from the township's voting machines. Charlie

Gardner and Naomi Griffiths will continue as President and Treasurer for the second year of their terms. Bill Downey and Romaine Wade were newly elected to serve as Vice President and Secretary, respectively, in 2016.

Meetings are held first Tuesdays at 12:30 PM. You will notice that minutes of the monthly meeting are more findable on the newly arranged bulletin board. Please attend if you are able. (Tuesday trivia contestants take note.)

*A warm and happy new year to you all,
Charlie Gardner*

It's Not Too Late! Consider Making a Donation.

ENCLOSED IS MY GIFT OF (PLEASE CIRCLE):
\$25.00 \$50.00 \$100.00 \$250.00 OTHER: \$

Matching gifts from your employer could double your contribution. Please request a matching gift form at work and enclose it with your gift.

**Make checks payable to GHPSS
Mail to:**

Encore Experiences at Harleysville
312 Alumni Avenue
Harleysville, PA 19438

Name _____

Address _____

Address line 2 _____

City _____ State _____ Zip _____

Your Response Is Greatly Appreciated!

EncoreCafé



Welcome to Encore Café! The Special of the Day at the Encore Café provides a lunchtime meal to eligible adults, aged 60 and older or disabled, or the spouse of an eligible person. Eligible persons are requested to make an anonymous, voluntary contribution of \$2.00 for the daily lunch special. The Café is also open to the entire community and everyone is welcome. The community member price is \$6.95. Other soup, salad, and sandwich options are available at reasonable prices. When possible, we try to incorporate fresh and local produce to prepare meals.

The Special of the Day is subsidized by grants from:

<i>Aging and Adult Services of Montgomery County</i>	<i>Fourjay Foundation</i>
<i>United Way of GPSNJ</i>	<i>Genuardi Foundation</i>
<i>NP United Way</i>	<i>TD Bank North Foundation</i>
<i>BNY Mellon Charitable Trusts</i>	<i>The Patricia Kind Foundation</i>
<i>Clemens Foundation</i>	<i>The Philadelphia Foundation</i>
	<i>Walmart Foundation</i>

January Daily Lunch Specials (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
Encore Café Hours <i>Breakfast 8:00 AM to 10:00 AM</i> <i>Lunch 11:30 AM to 1:00 PM</i>		We allow people to take meals out to eat for lunch at a cost of \$4.00 per meal. However, if you are eating in, we respectfully request you wait until others are served before requesting an additional meal for take-out.		Encore Experiences Closed New Year's Day
Baked Ravioli Green Salad Whole Grain Roll Fresh Fruit	Curried Chicken Salad in Pita with Grapes and Celery Fiesta Quinoa Salad Orange Spice Cake	New Year's Celebration No Café Service	Beef and Vegetable Pie with Cheddar Biscuit Top Fresh Fruit & Yogurt Parfait Oatmeal Cookie	Chicken Cheesesteak Quesidillas with Fresh Salsa Orange Slices
Biscuit & Sausage Gravy Green Salad Fresh Fruit	Zucchini Boats with Turkey, Tomatoes & Mozzarella Cheese Cranberry Rice Salad Peaches	Grilled Chicken with Wilted Romaine & Quinoa Salad Cranberries, Walnuts and Housemade Lime Vinaigrette Ice Cream	Sweet & Sour Meatballs Brown Rice Braised BokChoy Fortune Cookie	Ham & Swiss Sliders with Cup of Lentil Soup Pears
Salmon, Fennel & Dill Lasagna (White Sauce) Mixed Greens Salad Raspberry Bars	Sausage, Pepper, Onion & Tomato over Pastina Whole Grain Roll Sugar Cookie	Grilled Chicken with Artichoke, Spinach & Feta Wild Rice Green Beans Zucchini Bar	Stuffed Cabbage Mashed Potatoes Green Salad Whole Grain Roll Cinnamon Apple Sauce	Stuffed Acorn Squash with Quinoa, Brown Rice, Leeks, Cranberries and Pecans Whole Grain Roll Apple & Phyllo Tart
Seafood Chowder Whole Grain Roll Fruit	Taco "Lasagna" (Corn Tortillas) Green Salad Chocolate Chip Cookies	Apple Baked Pork Loin Baby Red Potatoes with Garlic Rosemary Olive Oil Green Beans Pumpkin Bar	Encore Experiences Closed Staff CPR & First Aid training	Salmon Burger with Cucumber Wasabi Sauce Ginger & Citrus Couscous Salad Peaches

February Daily Lunch Specials (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Haddock with a Lemon Caper Sauce Wild Rice, Broccoli Mandarin Oranges	Chicken Cheesesteak Quesidillas with Fresh Salsa Orange Slices	Beef and Vegetable Pie with Cheddar Biscuit Top Fresh Fruit & Yogurt Parfait	Baked Ravioli Green Salad Whole Grain Roll Fresh Fruit	Curried Chicken Salad in Pita with Grapes and Celery Fiesta Quinoa Salad Orange Spice Cake
Chinese New Year Celebration "Year of the Fire Monkey" No Café Service	Ham & Swiss Sliders with Cup of Lentil Soup Pears	Biscuit & Sausage Gravy Green Salad Fresh Fruit	Grilled Chicken with Wilted Romaine & Quinoa Salad Cranberries, Walnuts and Housemade Lime Vinaigrette Ice Cream	Sweet & Sour Meatballs Brown Rice Braised BokChoy Fortune Cookie
Grilled Chicken with Artichoke, Spinach & Feta Wild Rice Green Beans Zucchini Bar	Stuffed Cabbage Mashed Potatoes Green Salad Whole Grain Roll Cinnamon Apple Sauce	Stuffed Acorn Squash with Quinoa, Brown Rice, Leeks, Cranberries and Pecans Whole Grain Roll Apple & Phyllo Tart	Sausage, Pepper, Onion & Tomato over Pastina Whole Grain Roll Sugar Cookie	Salmon, Fennel & Dill Lasagna (White Sauce) Mixed Greens Salad Raspberry Bars
Apple Baked Pork Loin Baby Red Potatoes with Garlic Rosemary Olive Oil Green Beans Pumpkin Bar	Fusilli with Beef Ragu Green Salad Whole Grain Roll Oatmeal Cookie	Seafood Chowder Whole Grain Roll Fruit	Salmon Burger with Cucumber Wasabi Sauce Ginger & Citrus Couscous Salad Peaches	Taco "Lasagna" (Corn Tortillas) Green Salad Chocolate Chip Cookies
Baked Ravioli Green Salad Whole Grain Roll Fresh Fruit				

Encore Wellness



Encore Integrative Health Services

Reiki

Fridays, January 8 and February 5
By appointment starting at 9:00 AM
Provided by Rose Marie Grauer,
Practitioner Facilitator
Cost: \$7.00 for thirty minutes

Reiki is a form of palm healing, a gentle but powerful tool to balance body, mind, heart, and spirit, using an individual's own natural latent healing energy.

Foot Reflexology

Fridays, January 15 and February 12
By appointment starting at 10:00 AM
Cost: \$7.00/fifteen minutes or \$15.00/thirty minutes
Provided by Susan Andersen,
Certified Reflexologist

Reflexology is a relaxing and revitalizing therapy. Improve your blood circulation and reduce the effects of stress upon your body.

Acupuncture Lecture and Treatments

Thursdays, January 21 and February 18
Lecture 12:00 PM-12:30 PM
Treatments group setting 12:30 PM- 2:00 PM
Provided by Kim Niezgoda, Board Certified Licensed Acupuncture

Come with your questions. Learn how it may help relieve pain in your body, reduce the effects of stress, and lower your blood pressure. Join this community treatment, seated comfortably with other attendees.

Massage Therapy (Table/Chair)

Fridays, January 29 and February 26
By appointment starting at 9:00 AM
Provided by A Body Balanced by Heidi Puppo, Licensed Massage/Bodywork Therapist
Cost: Chair-\$1.00 per minute;
Table-\$25.00/half an hour; \$50.00 for one hour
Enjoy a relaxing and healing experience through the combination of energy and massage therapy modalities that benefit the whole person, body, mind, emotions and spirit.

Encore Fitness

For a full description of classes, call 215-256-6900

Ballroom Dancing

Experienced: Thursday Evenings 5:30-6:30 PM
Beginner: Thursday Evenings 6:45-7:45 PM
Cost: \$4.00
Learn the Fox Trot, Cha Cha, Jitterbug, and Waltz.

Core Fitness

Thursdays 9:15 AM Cost: \$2.00

DVD Chair Exercises

Stay Fit While You Sit All classes begin at 9:30 AM

WHOGA

Wednesdays, January 6 and February 3
(Note: also offered every Wednesday at 1:30 PM)
WHOGA: Wellness, Happiness, Opportunity for Gentle Activity WHOGA is a gentle activity that brings all the benefits of yoga to individuals seated in a chair. Experience joy and well-being.

Dr. Chen's Tai Chi

Wednesdays, January 13 and February 10
Enhance your body-mind harmony in a chair

Chair Stretch Meditation

Wednesdays, January 20 and February 17
This is an easy going chair stretch and meditation.

Dr. Chen's Exercises

Wednesdays, January 27 and February 24
Warm-up and stretching forms in a chair

Jitterbug Dancing

2nd and 4th Wednesdays
1:00 PM Instructor Stu Sanfield
Cost: \$4.00 per class or \$10.00 individual;
\$15.00 couple for eight weeks
Registration is required for eight week sign up
The Jitterbug is a popular swing dance, also known as the Lindy Hop and East Coast Swing.

Line Dancing

Thursdays 10:15 AM Cost: \$2.00

MERCK Fitness Room

Anytime

Stretch and Tone

Mondays, Wednesdays, Fridays
9:45 AM Cost: \$2.00

*Tai Chi

Mondays and Wednesdays
10:45 AM Cost: \$3.00

Walkaerobics

Mondays, Wednesdays, Fridays
9:00 AM Cost: \$2.00

Yoga

Fridays, 9:30AM Cost: \$3.00
Instructed by Terri Kuenzer
A mind, body and soul experience you will not want to miss! No prior experience needed.

*Zumba Gold

Tuesdays 1:30 PM Cost: \$2.00

Encore Screenings

Diabetic Shoe Fitting

First Wednesday of each month; By appointment
Diabetics on Medicare may receive one pair of shoes and inserts per year. Your first visit includes an evaluation and foot measurement. When scheduling appointment, please verify insurance coverage. Bring your Medicare and supplemental insurance cards to appointment as well as the name and phone number of your primary care physician.

*Glucose Testing

Mondays, January 4 and May 2 10:00 AM
Provided by Bayada Nurses

A nurse will be here to test your blood glucose level. Fasting is not required, but if you have breakfast, it is best to limit your sugar intake.

Help Yourself to Healthy Living

Second Thursday of each month 12:30 PM
Provided by Abington Health
January – Living with a purpose in the New Year. New Year's resolution – resolutions, goals and changing strategy. "Purposeful goal setting" – What are the things you want to work on?
February – Taking care of our bodies and minds, energizing our minds and nurturing our spirits. Ethical wills, recipes, values, stories, spiritual, emotional, physical, legacy building.

Support Group for anyone managing chronic health conditions. Prior registration is appreciated for preparation purposes.

Health Checks

First Wednesday of each month 9:30 AM
Provided by Abington Health
Blood pressure and weight checks. Jane is here to answer any questions you may have.

INDOOR RADON



Indoor Radon is the second leading cause of lung cancer in the United States and the leading cause among non-smokers. Test your home. The EPA, working in concert with Federal, State, and local governments as well as volunteer organizations, conducts many different programs to educate Americans about the indoor radon health threat. About 1 in 15 homes has high radon levels.

If you haven't tested your home, do it now during National Radon Action Month. Get live help for your radon questions at 1-800-557-2366.

Encore Wellness



Oats - January Grain of the Month

January's Grain of the Month is Oats. We buy more oats at that time than in any other month – and January has long been celebrated as National Oatmeal Month. Samuel Johnson's 1755 dictionary defined oats as "A grain, which in England is generally given to horses, but in Scotland appears to support the people." The Scotsman's retort to this was, "That's why England has such good horses, and Scotland has such fine men!"

Oats (*Avena sativa*) have a sweet flavor that makes them a favorite for breakfast cereals. Unique among the most widely-eaten grains, oats almost never have their bran and germ removed in processing. So if you see oats or oat flour on the label, relax: you're virtually guaranteed to be getting whole grain.

In the U.S., most oats are steamed and flattened to produce rolled oats, sold as "old-fashioned" or regular oats, quick oats, and instant oats. The more oats are flattened and steamed, the quicker they cook – and the softer they become. If you prefer a chewier, nuttier texture, consider steel-cut oats, also sometimes called Irish or Scottish oats. Steel-cut oats consist of the entire oat kernel, sliced once or twice into smaller pieces to help water penetrate and cook the grain.

Scores of studies have documented the many health benefits of oats.

- Eating oats helps lower LDL "bad" cholesterol and may help reduce the risk of heart disease.
- Oatmeal and oats may help lower blood pressure, and may help reduce your risk of type 2 diabetes.
- Oats are higher in protein and healthy fats, and lower in carbohydrates than most other whole grains.
- Oats contain more than 20 unique polyphenols called avenanthramides, which have strong antioxidant, anti-inflammatory, and anti-itching activity.

FUN FACTS ABOUT OATS

- Oats grow best in cooler climates with plenty of rainfall – conditions inhospitable to most grains. This explains why they're so popular in Scotland and Ireland!
- Want to visit Oatmeal, Texas? It's about 56 miles northwest of Austin – but you'll have to stop over in nearby Bertram, TX for the annual Oatmeal Festival.
- Oats are used in the food industry as a stabilizer in foods like ice cream.
- Because of their natural anti-itching properties,

oats are used in the cosmetic industry for a variety of products. The name Aveeno, for instance, comes from the botanical name *avena*, for oats.

- Oats were originally considered a nuisance weed, to be pulled up and burned when they appeared in fields of wheat and barley.
- In Britain, a warming and nourishing oatmeal broth drink was traditionally made from oat husks soaked until they soured; it was called "sowans" in Scotland, and "brewis" in Wales.
- Russia, Canada, the United States, Finland, and Poland are the world's leading producers of oats.
- An 18-ounce package of old fashioned oats contains about 26,000 rolled oats.

Join us on Wednesday, January 13 for a cup of steaming hot steel cut oatmeal. Is that too early in the morning for you? Come to the Center for lunch and enjoy a delicious oatmeal cookie for dessert. Take a chance on a raffle to win a crock pot and a container of steel cut oats. Cooking tips and recipes available upon request.

Resource: WholeGrainsCouncil.org

Wellness Programs

Programs are free unless otherwise noted.

Laughter Is the Best Medicine

Monday, January 4 12:30 PM

Presented by Bayada Nurses

Feeling rundown? Try laughing more. Some researchers think laughter just might be the best medicine, helping you feel better and putting that spring back in your step. January is Laugh friendly month.

January's Grain of the Month: Oatmeal

Thursday, January 7 8:30 AM-10:00 AM

Join us in the morning for a nice cup of hot creamy crock pot steel cut oatmeal. More oats are purchased at this time than in any other month – and January has long been celebrated as National Oatmeal Month. You will have a free chance to win a crock pot and a box of steel cut oats.

Nintendo Wii

Monday, January 11 10:00 AM

The Wii (pronounced "we"), is a video game made by Nintendo. A distinguishing feature is the game's wireless controller, the Wii Remote, a handheld pointing device that detects movement and speed. The nature of the Wii means that you use your arms, legs, and torso when playing. Three members from Encore generously donated a television and Wii System. Join us to see how it works and even play. We will discuss future days to play and Wii Bowling Tournament suggestions.

Tea

Wednesday, January 13 11:30 AM

January is Hot Tea Month. There is nothing like a nice cup of it on a cold winter's day. Today during lunch have a cup. There will be all different kinds to choose from. After lunch join us for a DVD on the history of tea.

Plantar Fasciitis

Wednesday, January 20 12:30 PM

Presented by Phoenix Rehabilitation

If you experience sharp, throbbing or aching heel pain with your first steps out of bed each morning, or when walking throughout the day, you may be suffering from Plantar Fasciitis.

Healthy Heart ... Healthy You

Friday, February 5 12:30 PM

Presented by Teri Wassel, MS, RS,

Montgomery County Department of Aging

Did you know heart disease is the leading cause of death for both men and women in the United States? Also, that you need to get your blood pressure checked every 2 years starting at age 18? Find out what you can do today to lower your risk for heart disease. You will learn the current information on heart disease/ blood pressure and tips on foods that will help pump up your heart health on your next grocery store trip! Cooking demonstration includes recipe and sampling of a heart healthy treat.

Are You Seeing Red?

Continued from Cover Page

Men and women alike can make healthy changes to lower their risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk: watch your weight, quit smoking and stay away from secondhand smoke, control your cholesterol and blood pressure, drink only in moderation, if you drink at all, get active and eat healthy. Now is not the time for complacency. It's time to stand stronger, speak louder and join in the fight – not only on National Wear Red Day or in February's Heart Health Month, but every day. You and your family will be glad you did!

Sources: National Health Information Center, Doylestown Cardiology Associates, Go Red for Women

Please Note:

*Programs/events marked with * are specifically targeted to persons age 60 and older. Everyone is welcome to participate regardless of age.



Encore Consumer Education

Encore Consumer Services

For information or to schedule an appointment for any of these services, contact Kay Pagni at 215-256-6900

Benefits Screenings

You may be eligible for benefits that you are not currently receiving! Come for a quick screening to determine if you may be eligible.

Credit Counseling

Call 610-275-4357 directly to schedule your Encore appointment with Nikki Holcroft, Genesis Housing Corporation.

Evening Social Service Assistance

The Social Services Coordinator will be available evenings by appointment to help you with eligibility for benefits, family caregiver issues, provide information and referrals, and assist with other matters.

Financial Advice

Michael Toth offers services as needed to help with financial advice and planning.

Legal Advice

An attorney from Fox Rothschild is available by appointment on the second Friday of the month from 9:00-10:00 AM.

Low-Income Heating Assistance Program (LIHEAP)

The Low Income Home Energy Assistance Program (LIHEAP) is accepting applications for the current heating season. Eligible low income households will receive a grant applied directly to their account with their energy supplier. The income guidelines for 2015-16 for homeowners and renters are as follows:

Household Size	Maximum Annual Income
1	\$17,655
2	\$23,895

Apply online at www.compass.state.pa.us or pick up an application at Encore.

Medicare Advice

Ed Savitsky guides you through the Medicare maze the first Wednesday of each month.

Notary Service

Claire Schumaker, Notary, volunteers her services for Encore Experiences' members.

Outreach

Are you or someone you know homebound and can benefit from services provided at our Center? We will reach out to those who may need assistance.

Property Tax/Rent Rebate

Property Tax and Rent Rebate applications for the 2015 tax year should be available in February, 2016. If you qualify for this program, you can receive a rebate up to \$650. You must have been 65 by Dec. 31, 2015, with a maximum household income level of \$35,000 for a homeowner and \$15,000 for a renter. Widows and widowers aged 50 or older and people with disabilities over 18 may also qualify. In computing income, only 50% of Social Security and Railroad retirement benefits are counted.

TransNet

Free shared ride service to Encore Experiences is available if you are age 65 or older. Rides must be booked at least one day in advance by calling Encore Experiences by 1:00 PM. Inquire in the office for TransNet registration information. To cancel a Transnet ride, please call Transnet directly at 215-542-7433.

Veterans Service

A Montgomery County Office of Veterans Affairs representative will meet with veterans and/or spouses to discuss opportunities and claims upon request.

Consumer Education Programs

Programs are free unless otherwise noted.

Chip Cards

Wednesday, February 24 12:30 PM
Presented by Harleysville Savings Bank

If you have a debit or credit card, you've likely noticed that you've recently received a new version of the card that includes a chip. As such, you're probably wondering what this chip is and why your cards need it. To help you ease into chip technology, join us today.

Looking for Community Resources?

Call or Search 211

You can ask for help from Kay, but what if she wasn't available? There is a new, easy to use directory of health and human service programs that lists resources like food pantries, emergency shelters, transportation, health clinics, rent or utility assistance, legal help, and more. www.211sepa.org

If you need additional assistance or don't have internet access you can also dial 2-1-1 to speak directly with an Information & Referral Specialist.

Did You Know???

Retired Pennsylvanians receiving Social Security or other pension funds whose incomes are under \$19,200 annually may register one passenger car or non-commercial light truck at a reduced rate. Instead of the regular \$36 fee for a passenger vehicle or truck, you pay just a \$10.00 processing fee. The discount does not apply to title fees, transfer fees or sales tax, just a vehicle registration fee.

Commodity Supplemental Food Program (CSFP)

The CSFP is a USDA Food Program that is designed to improve the health and nutrition of senior citizens. You must be at least 60 years of age and your total household income must be at or below the following (Updated 4/2015):

Family Size	Annual	Monthly	Weekly Income
1	\$15,301	\$1,276	\$294
2	\$20,709	\$1,727	\$398
3	\$26,117	\$2,177	\$502

To register for this program, please see Kay and bring with you:

- Proof of Age (Driver's License);
- Proof of Residency (Utility bill, Driver's License);
- and Proof of Gross Income (Statement from Social Security, Pension Statement, etc.).

The monthly CSFP Food Package contains: 4 vegetables, 2 juices, 2 fruits, 1 protein, 2 cereals, 1 protein alternate, milk product, carbohydrate, and 2 lbs. cheese.

Nondiscrimination Statement

In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint alleging discrimination, write USDA, Office of Adjudication, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call, toll free, (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay at (800) 877-8339 or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

FREE INCOME TAX SERVICES

GHNPS (at both Encore Experiences and The PEAK Center) will be one of several local sites for free federal and state tax preparation. The trained AARP volunteers will be available at Encore beginning on February 8th through April 13th on Mondays and Wednesdays by appointment only. Preference in scheduling appointments will be given to those seniors who have low to moderate household income, generally below \$51,000. If you have self-employment income, it should be below \$10,000.

Please arrive 15 minutes before your scheduled appointment and bring the following items with you:

- A copy of last year's (2014) tax return
- Social Security statement, Social Security card and a photo ID
- All 2015 year-end financial statements
- Since both signatures are needed to file electronically, you and your spouse must come to the appointment.

For assistance in completing the PA Property Tax and Rent Rebate application, bring paid receipts for 2015 property taxes or rent receipts.

Appointments can be scheduled beginning on January 18th by calling 215-256-6900.

Encore Enrichment



The Gift of Thoughtfulness-Is a Gift to Yourself

Thoughtfulness. A simple enough concept; yet not always easy to practice. Once mastered, however, it is the greatest gift you can give; and not just to friends and loved ones on special occasions and holidays...but to everyone, always. And, as you establish yourself as thoughtful to others, they'll go out of their way to please you back.

Thoughtfulness is a habit; internalized, it becomes a way of life, a part of our being. But it does take practice. Where do we start? Our daily life. Here are some good practice exercises. Do this for 21 days, as that's how long it takes to form a new habit (actually, we don't "form" new habits as much as "replace" old, ineffective ones).

Thoughtful people don't wait, they "create" opportunities to make life brighter and more enjoyable for those around them. But, how? Simple things. Holding the door open for anyone near you, regardless of gender or appearance. Soon, it's automatic, and even comes with a smile (and a smile back in return). When a baby in a restaurant is making a bit more noise than is comfortable, and you see the parent looking embarrassed, smile and comment on how cute the baby is.

Continued on Page 15

Enrichment Programs

Programs are free unless otherwise noted.

DVD's

History of the Mummers

Friday, January 8 12:30 PM

The Mummers Parade is held each New Year's Day in Philadelphia. It is believed to be the oldest folk festival in the United States.

Planet Food: The Story of Tea

Wednesday, January 13 12:30 PM

First discovered in China in 2723 BC, tea is grown and produced in more than 40 countries worldwide and is the world's most widely consumed beverage after water.

Martin Luther King Day of Service

Monday, January 18 12:30 PM

The Martin Luther King Jr. Day of Service is a way to transform Dr. King's life and teachings into community service that helps empower and strengthen local communities.

Schindler's List

Wednesday, January 27 12:00 PM

196 minutes Rated R

This day is Holocaust Memorial Day

The Seeing Eye Dog

Friday, January 29 12:30 PM

January is Glaucoma Awareness Month. See how a cute little puppy can learn how to be a life altering companion. Independence is given to those who would otherwise be dependent.

History of Super Bowl Sunday

Tuesday, February 2 12:30 PM

The Super Bowl is the annual championship game of the National Football League (NFL), the highest level of professional football in the United States, culminating a season that begins in the late summer of the previous calendar year. The Super Bowl is scheduled to be played on Sunday, February 7.

Stealing Lincoln's Body

Friday, February 12 12:30 PM

A band of Chicago counterfeiters hatched a plot

to steal the President's body from its tomb outside Springfield, Illinois, and hold it for a ransom of \$200,000. President Lincoln was born 207 years ago on February 12, 1809.

Celestine Prophecy

Wednesday, February 17 12:30 PM

A spiritual adventure film chronicling the discovery of ancient scrolls in the rainforests of Peru. The prophecy and its nine key insights predict a worldwide awakening, arising within all religious traditions, that moves humanity toward a deeper experience of spirituality.

Pay it Forward

Friday, February 19 12:30 PM

A young boy stumbles upon a simple way to change the world in this drama.

Valley Forge

Monday, February 22 12:30 PM

Though it was not the site of an actual battle, Valley Forge played a major role in the Revolutionary War. Faced with the challenge of reviving and re-training the exhausted Continental Army, George Washington settled his troops in Pennsylvania, where they would endure an infamously brutal winter before emerging to win the war. Our first President George Washington was born on February 22, 1732 in Westmoreland County VA.

Toki Intergenerational Communication Program

Friday, January 22 12:30 PM

Presented by Toki

Register by January 20, limited space

Toki is a pioneer in online language education in China. They provide real-time video chat services linking Chinese students with you. How about speaking on-line with students from China? You will make friends with high school and college age students. Talk about your hobbies, share your stories, learn different cultures from the global community! Volunteers will be on hand to help.

Enrichment Groups

Clip and Save

Every Monday 10:00 AM

Cutting coupons does not just save you money, it allows you to maintain strength by building up the tiny muscles in the palms of your hands.

Coin Club

Second Thursday of the month 2:00 PM

Do you have some old coins that you think are valuable? Join us to discuss current coin news.

Little Studies

Third Friday of the month 2:00 PM

This discussion group with Mark Hoffman uses a series of pamphlets that he wrote called "Little Studies." No particular point of view is advocated.

January Topic: Constantine and Christianity

February Topic: Vladimir Putin

Digital Photography

Second Friday of each month

By appointment starting at 10:00 AM

Instructor: Walt Fitzgerald

One-on-one sessions are available. Indicate your interest when making appointment.

Stitch and Chat

Every Thursday 9:30 AM

Join others who enjoy quilting, knitting, crocheting, or other needle work, and meet for friendship and fun. Instruction available from Naomi and Rosetta.

Group Trivia

Every Tuesday 10:00 AM

This group is for anyone who loves answering or learning about trivia. If you don't know an answer, your teammates can help out.

Stamp Club

Tuesdays 10:00 AM – 11:30 AM

Embrace this opportunity to gather and talk stamps, trade stamps and in general, share a common interest. Adjourn at 11:30 AM in time for a delicious lunch.

Enrichment Services

Computer Use

Use our computers to create letters, documents or spreadsheets or spend time e-mailing the grandkids on the Internet.

Library

A vast array of biographies, romance novels, fiction, and non-fiction works available. Books are donated on a regular basis so you never know what you'll find! Do you have a reading disability, or a vision challenge? The Free Library of Philadelphia's Library for the Blind and Physically Handicapped offers free services by mail:

Braille books and magazines, audio books and magazines, large print books and more. Visit them on their Facebook page – facebook.com/lbphflp See Michele for more information.

Encore Recreation



Chinese New Year 2016



The Chinese New Year date is calculated according to the Chinese lunar calendar, hence the date is different each year on the Gregorian (internationally used) calendar, but always in the period January 21 to February 20. In 2016 it's Monday, February 8th.

When Chinese New Year is Celebrated

Officially Chinese New Year is celebrated on Chuyi (choo-ee) the very first day of the new year, Chinese New Year's Day, and Chuxi (choo-sshee), the last day of the previous year, Chinese New Year's Eve.

Traditionally though celebrations can start much earlier than Chinese New Year's Eve. Some people

start to celebrate from three weeks before. The date is called Laba (laa-baa) the eighth day of the twelfth Chinese month, while more people celebrate from one week before — the 23rd of the twelfth month.

There are also two different closing dates. Officially it is the day when the one week holiday ends, usually the sixth day of Chinese New Year. Traditionally the ending day is the fifteenth day of the first Chinese calendar month — the Lantern Festival. Read more on day-by-day celebrations for this grandest of Chinese festivals.

2016 — a Monkey Year

Chinese New Year 2016 will be the year of the Monkey. For people born in the year of the monkey (1920, 1932, 1944, 1956, 1968, 1980, 1992, 2004), 2016 is considered an auspicious year.

Source: www.chinahighlights.com/travelguide/festivals/spring-festival/chinese-zodiac-years-of-2011-to-2020.htm

Recreation Trips

Trips Policy:

Trips are filled on a first come-first served basis. Trips are non-refundable, non-transferable. If you must cancel, please contact the office as soon as possible. If you are single and looking for double occupancy, contact the office and we will try to accommodate. Payment is due at time of registration.

Day Trips:

Ladore Lodge 2016

Waymart, Pennsylvania

Monday, October 3-Friday, October 7

\$50.00 deposit will hold your spot

Join us in 2016 for a spectacular time! More information in the January/February newsletter.

Multi-Day Trips:

Albuquerque Balloon Fiesta Collette Tours

September 29, 2016, six days

Cost for a double: \$1899 plus airfare

8 meals included: 5 breakfasts and 3 dinners

Your favorite cooking show comes to life at the Santa Fe School of cooking. Embark on a bucket-list ride along the eclectic Route 66, tour the National Museum of Nuclear Science and History, and behold the dramatic Albuquerque International Balloon Fiesta. **To learn more about this great trip come to a presentation by Collette Tours on Tuesday, January 12 at 12:30 PM.**

Spotlight on Washington, D.C. Collette Tours

Future trip in May of 2017

Spend 5 memorable nights in the heart of Washington, D.C. Tour the iconic and storied U.S. Capitol Building. Explore the Smithsonian's Air & Space Museum and experience a narrated tour of Arlington National Cemetery.

Recreation Programs

Programs are free unless otherwise noted.

New Year's Luncheon and Dance

Wednesday, January 6 11:30 AM

Cost: \$10.00; BYOB No Café Service

Register by January 4 unless sold out

Entertainment by Celebrations Disc Jockeys

Enjoy a delicious lunch followed by musical entertainment for dancing. Everyone will have a great time and be home before dark.

Chinese New Year Luncheon

Monday, February 8 11:30 AM

Cost: \$10.00; Register early, tickets sell out fast
No Café Service

2016 is the year of the Monkey. It is the Fire Hóu year of the Fire Monkey. Fire is the third of the ten celestial stems and Hóu (Monkey) is the ninth of the twelve terrestrial branches. Join us for a traditional meal.

TEA

First discovered in China in 2723 BC, tea is grown and produced in more than 40 countries worldwide and is the world's most widely consumed beverage after water. Join Rosie Lovell and her fellow hosts, Peter Gordon, Bobby Chinn, Merilees Parker, Holly Morris, Megan McCormick, Ben O'Donoghue and Jonathan Atherton as they embark on a journey across the globe to discover the story behind tea and tea drinking. Taste different teas with world class specialists in London, visit a Fujian tea market in South East China, savor some of the most reputable teas in the world, partake in elaborate tea ceremonies in China and Japan, and visit tea plantations in India, Bangladesh, Sri Lanka, and Malaysia.

Join us on January 13 during lunch to enjoy some tea and then learn more afterwards as we watch Planet Food: The Story of Tea.

Highlights from The PEAK Center's News & Notes

(these listings are held at The PEAK Center in Lansdale 1292 Allentown Road, Suite A, Lansdale)

History of Lansdale

January 20 12:30 PM

Did you know that Lansdale is full of history, from the Liberty Bell trail to The Morgan House, home of Daniel Boone's wife Rebecca? Learn about the area you call home.

Estate Planning

February 3 10:30 AM

Learn the steps to protecting your assets while providing for your loved ones. Get information on how to maintain your privacy and protect your estate against a living probate if you become disabled. And so much more...

Contact The PEAK Center for more information at 215-362-7432



Encore helped honor veterans at Valley Forge National Historical Park.

Encore Recreation



Sounds

When I sit down to play the piano in the Encore dining area, I listen! Yes, of course, I listen to the piano, but I am also listening to sea of sounds of senior citizens socializing. High sounds and low sounds and everything in between - a variety of accents. America! WOW!

An Italian, Bartolomeo Cristofori (1655-1731) in 1709 unveiled his "escape" mechanism for the keyboard, which allowed the player to play softly (piano) or loudly (forte) and everything in between. Mozart loved it! Next came the cast

iron frame which helped expand the keyboard to seven and a half octaves (88 keys). Beethoven loved it! (And many other composers too)

Now, when an audience is really pleased at the end of a musical performance, they often shout "encore, encore." (I think you see this coming.) After one or more pieces, the audience has had an ENCORE EXPERIENCE!

Author: Theran Mills

What is Fair Trade?

According to TransFair USA, "Fair Trade Certification empowers farmers and farm workers to lift themselves out of poverty by investing in their farms and communities, protecting the environment, and developing the business skills necessary to compete in the global marketplace." By purchasing products that are fair trade certified, you are doing your part to ensure that the farmers who produce these products are being compensated fairly for their efforts.

Fair Trade is much more than a fair price! Fair Trade principles include:

Fair price:

Democratically organized farmer groups receive a guaranteed minimum floor price and an additional premium for certified organic products. Farmer organizations are also eligible for pre-harvest credit.

Fair labor conditions:

Workers on Fair Trade farms enjoy freedom of association, safe working conditions, and living wages. Forced child labor is strictly prohibited.

Direct trade:

With Fair Trade, importers purchase from Fair Trade producer groups as directly as possible, eliminating unnecessary middlemen and

empowering farmers to develop the business capacity necessary to compete in the global marketplace.

Democratic and transparent organizations: Fair Trade farmers and farm workers decide democratically how to invest Fair Trade revenues.

Community development:

Fair Trade farmers and farm workers invest Fair Trade premiums in social and business development projects like scholarship programs, quality improvement trainings, and organic certification.

Environmental sustainability:

Harmful agrochemicals and GMOs are strictly prohibited in favor of environmentally sustainable farming methods that protect farmers' health and preserve valuable ecosystems for future generations.

You can support Fair Trade locally! On Friday, February 19, Ten Thousand Villages in Souderton will be hosting a Community Day to support GHNPS. 20% of your purchases made between 12-4 PM will be donated back to us!

Source: <http://dining.columbia.edu/what-fair-trade>

Recreation *Activities*

Art Class

Mondays 1:00 PM Cost: \$2.00
Instruction from Pat Wilson-Schmid. Bring your materials; easels are available.

Billiards

Anytime

Bingo For Bucks

Mondays 1:45 to 3:30 PM
Cost: \$1.00/card (2 games/card)
Note: Doors open at 1:30PM. Low vision Bingo cards are available upon request.

Bowling

Fridays 10:00 AM Cost: \$2.75/game
Earl Bowl Lanes, 392 Morwood Road, Earlington.
Ask at the counter to join the Encore Experiences in Harleysville League.

Cards

Anytime; most groups meet on Thursdays
12:30 PM

Chess

Anytime

Croquet and Shuffleboard

Anytime, weather permitting; Location, park across from center. Equipment is available at Encore Experiences.

Mah Jongg

Mondays 12:30 PM

Woodcarving Class

Thursdays 9:30 AM
Instruction is available. Donations accepted for materials as needed.

SOMETHING TO PONDER...

World Human Spirit Day Wednesday, February 17

So many of our statements nowadays end with "the world as we know it." World Human Spirit Day is a celebration of the fact that what we know about our world is limited and superficial. It is a day to wonder at our achievements on this planet as humans, and to contemplate the endless possibilities we have as spirits. A day to search within for contentedness and to embrace the fact that we do not have all the answers and that may be for the best. A day to give a higher power thanks for what we have and what we don't have, for making us who we are and for giving us the ability to touch others. This day is a celebration of continuity, of hope, of awareness, an occasion for us all to connect spiritually, to gaze at the universe beyond our worldly bodies.

Community Day to Benefit GHNPS!

FRIDAY, FEBRUARY 19 12:00-4:00 PM
TEN THOUSAND VILLAGES, SOUDERTON



Souderton Shopping Center
(Next to Care and Share)
781 Route 113
Souderton, PA 18964

~refreshments will be served~

20% OF YOUR FAIR TRADE PURCHASES MADE BETWEEN 12-4 PM
WILL BE DONATED BACK TO GHNPS. WE HOPE TO SEE YOU THERE!



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Crouse Moving & Delivery is family owned and operated. It is our commitment to serve our community and to provide quality, friendly, and professional service.

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Call (215) 256-1153
Or visit www.crousemoving.com
To schedule a move or a free estimate.

Your Suggestion, Our Response

S: Can you please put Eggplant Parm on the menu?

R: We would love to include something like Eggplant Parm on the menu! We will be sure Beth, our Chef, receives this request and she will do her very best to accommodate this request.

S: Can you please change the menu – It's been the same for months – Thank you for this request.

R: We agree about an update of the menu and we are working with our county contacts to be sure we have the authority to change up our menu more often. Stay tuned, we are working on that for you!

S: Post the Encore newsletter for non-members

R: Thank you for your interest in the newsletter. Unfortunately we are unable to post the newsletter for non-members as distribution of the newsletter is one of our primary benefits of membership. Membership at the center is just \$20.00 per year and will allow you to receive the newsletter (either mailed to your place of residency or you can pick it up at the center) as well as several other benefits like coupons to local businesses.

S: Please have someone with expertise and knowledge on guardianship and incapacity law in Pennsylvania give a presentation.

R: This is a wonderful suggestion. We will ask Michele to look into this for the coming year.

*Your input is important to us.
Drop your suggestion in the
box located in the lobby.*



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In Memoriam



Raymond Barndt
Barbara Beischel
John Cieslinski
John Cusimano
Helen Fluke
Phoebe Hopkins
William Lance
Phyllis Landes
Jill Ott
Teresa Ritti

These participants enriched our fellowship by their presence at Encore Experiences. We are glad that the Center was part of their lives and we will miss them.



WILLIAMS-BERGEY-KOFFEL
FUNERAL HOME, INC.

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J. Lowell Bergey, F.D., Supervisor

Formerly Bergey Funeral Home of Harleysville &
Moyer-Williams Funeral Home of Souderton
Crematory on premises

When Someone Dies – What to Do

A parent, a spouse, or a close friend or relative has just passed away. If you have responsibility for the decedent's affairs, one of the first questions that will enter your mind is, "What do I do now?" If the person was under hospice care, the nurse will know whom to call and what to do, making the death and its immediate aftermath seem almost peaceful and seamless. Compare that situation to someone who died under the care of home health aide and whose children never discussed end-of-life plans. This checklist may help you keep a sad event from becoming even more painful. Responsibility for the following various actions can be divided among family members and close friends of the deceased.

Immediately: Get a legal pronouncement of death. If no doctor is present, you'll need to contact someone to do this. If the person dies at home and without hospice care, you will need to call 911 and have in hand a do-not-resuscitate document if it exists. Without one, paramedics will generally start emergency procedures and, except where permitted to pronounce death, take the person to an emergency room for a doctor to make the declaration. Next you will have to make arrangements for the transportation of the body. If no autopsy is needed, the body can be picked up by a mortuary (by law, a mortuary must provide

price information over the phone) or crematorium. The person's doctor or county coroner and close family and friends should be contacted. Ask that they share the information with others. You will need to handle care of dependents and pets, and if applicable, contact the decedent's employer for information about benefits and any pay due. You will also ask if there was a life-insurance policy through the company.

Within a few days after death: You will need to make arrangements for funeral and burial or cremation. Search the person's documents to find out whether there was a prepaid burial plan. Ask a friend or family member to go with you to the mortuary. Prepare an obituary. If the person was in the military or belonged to a fraternal or religious group, contact that organization. It may have burial benefits or conduct funeral services. Ask a friend or relative to keep an eye on the decedent's home, answer the phone, collect mail, throw out food, and water plants.

Up to 10 days after death: Obtain death certificates (usually from the funeral home). Get multiple copies as you'll need them for financial institutions, government agencies, and insurers. Take the will to the appropriate county or city office to have it accepted for probate. If necessary, the estate's executor should open a bank account for the

deceased's estate. You will want to contact a trust and estates attorney to learn how to transfer assets and assist with probate issues. Have the police periodically check the deceased's home if vacant. An accountant or tax preparer can tell you whether an estate- tax return or final income-tax return should be filed. Others who should be contacted include the person's investment advisor, bank, life insurance agent, Social Security and Veterans Affairs to stop payments and ask about applicable survivor benefits. Pension services need to be stopped and claim forms filed. Utility companies may need to change or services stopped as well as the postal services making appropriate changes in mail delivery.

These suggestions are not intended to cover every eventuality and are offered to help you identify important issues that surviving family members and friends often encounter. Some are more complicated than many individuals are willing or able to undertake, which speaks to the importance of having final wishes and legal documents in order and their whereabouts known. Of equal importance is taking care of your emotional needs by being gentle with yourself and allowing the grief process to occur.

Source: <http://www.consumerreports.org>

Ending Homelessness

What if we could prevent and end homelessness in Montgomery County by working together more effectively and efficiently?

That's the question that drives Your Way Home Montgomery County (YWH), a public-private partnership seeking to end homelessness in the county, once and for all.

YWH rapidly rehouses individuals and families experiencing homelessness. Follow up case management services focus on assisting clients to reach individual goals – such as improving health and obtaining living wage employment – that will help them maintain permanent housing.

The impact of YWH is multi-fold:

- Decreased number of people that experience homelessness
- Reduced lengths of stay in shelter and returns to homelessness
- Improved housing stability, health and employment outcomes

• Higher return on public and private investments
Achieving stable and permanent housing improves the quality of life and builds stronger communities for all residents of Montgomery County.

Data: Based on data from January 1, 2015-June 2015.

271 adults and children at risk of homelessness were diverted from entering emergency shelter.

385 households call the Your Way Home Call Center each month.

40 formerly homeless adults and children are re-housed each month

Help us help the homeless in our communities by donating necessary items for the cold months ahead. See the box below for our wish list. Please be sure to drop off your item by Friday, February 12. Thank you for your support!

Source: *Your Way of Montgomery County*

The Gift of Thoughtfulness

Continued from Page 11

A thoughtful person parks a bit further from the entrance to the store or the post office, leaving closer spaces for those not as nimble, not covered by handicap status, or really in a hurry. You might ask, "Why should I do that? Nobody will know why I'm doing this."

Two reasons: Number one, it's the right thing to do, which makes you feel better about yourself, which in turn enhances self-esteem. Number two, as touched on earlier, by repeating thoughtful acts, they become habitual. Then, when it really counts, you'll already be doing them naturally.

Not only will you make the world a kinder place to live, but because of the precedent you've set with people, they'll go out of their way to make you happy as well. Amazing how it works. Again, try it for the next 21 days. I guarantee you'll see a delightful difference.

Source: Bob Burg <http://www.burg.com/>

WISH LIST COLLECTION TO BENEFIT ADVOCATES FOR THE HOMELESS OF UPPER BUCKS (AHUB)

Drop off any of the following items in Michele's office by Friday, February 12. Thank you in advance for your generous support!

CLOTHING ITEMS NEEDED:

- Men's pocket long sleeved tee shirts- dark colors size large & XL
- Insulated gloves -size large/extra large
- Hooded dark colored sweatshirts - size large or extra large
- Sweatpants in dark colors -sizes medium, large, extra large
- New white cotton athletic socks

PERSONAL CARE ITEMS NEEDED:

(Personal care items are made available to guests. These items can be kept in the backpacks they travel with each day.)

- Individual packs of tissues
- Chapstick
- Nutri-grain/multi-grain type bars
- Small water bottles

GHNPS Website Tutorial



Learn all about our new site!

The PEOK Center:
Tuesday, February 9 at 11:45 AM
Encore Experiences:
Wednesday, February 17 11:45 AM

Meet Reiki's Rose Marie Grauer



If she were to predict her future back in the 60s, chances are that Rose Marie Grauer would not have foreseen herself as a Master Trainer in Traditional Reiki. Our Philadelphia native began

her academic concentration in commercial art at Bok Vocational School, continued her studies at the Academy of Fine Arts and graduated with a BAFA from the University of Pennsylvania. Exposure to the Montessori Method of Education at Ravenhill Academy, where Grace Kelly attended, allowed Rose Marie to spend nine years as a classroom teacher while subsequent opportunities returned her to the field of advertising. As is often the case, education and employment ran hand in hand with marriage and family life.

Fast forward to 2015 and you find Rose Marie living in Schwenksville, providing direct care to women with disabilities through an employment counseling agency. She has been a member of Encore Experiences for four years and considers the center her lifeline. It is here that Rose Marie enjoys the people, support, and activities. It is here too that she brings her training in Traditional Reiki plus an additional two levels of Japanese Reiki to you, which enables her to connect in a different way with you, her clients.

You may have heard the term Reiki but may not have a complete understanding of this practice. Reiki, as it is practiced today in the United States, is a form of alternative medicine developed in 1922 by Japanese Buddhist Mikao Usui. It has been adapted across varying cultural traditions using a technique commonly called palm healing or hands-on-healing. Reiki does not involve physical manipulation or the ingestion or application of any substances, but works with the subtle vibrational field thought to surround and penetrate the body. In other words through the use of this technique, Rose Marie is transferring "universal life energy" to you through the palms of her hands, encouraging healing, balance, stress reduction and relaxation.

Reiki is not a replacement for conventional treatment of diseases, but it is offered as a supplement to standard medical treatment. While considered spiritual in nature, it is not a religion. It has no dogma, and there is nothing you must believe in order to learn and use Reiki. Palm healing has been in existence for over 5,000 years and Rose Marie emphasizes that anyone can do Reiki. We thank her for offering this alternative practice at Encore and for providing yet another activity for you to enjoy on the first Friday of every month.

Haircuts

Tuesday mornings \$6.00

Call Encore for appointment
at 215-256-6900

Senior Games 2016

Monday, May 9 - Friday, May 13
www.montcoseniorgames.com

Digital Photography Group

DO YOU WANT TO:

- Take worthwhile photographs?
- Learn how to edit?
- Snap unique shots like fireworks?
- Enhance and/or correct your images?
- Send more than one photo in an email?

Meets the second Friday of every month from 10:00 AM to 11:30 AM and by special appointment as schedule allow.

Join us!

CONTACT WALT AT FITZGERALD106@COMCAST.NET OR CALL THE OFFICE AT 215-256-6900



Interested in belonging to both
Encore Experiences and
The PEAK Center?

Now you can!

For an additional \$10.00 to membership,
you'll receive the benefits of both sites
and both newsletters!



Prescriptions

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**345 Main Street, Suite 7
Harleysville, PA 19438**

(Behind Pizza Hut/across from PennDot
photo center in Harley Commons)

267-932-8157 267-932-8253 (fax)

*Cannot repack other pharmacies medications

Greater Harleysville and North Penn Senior Services (GHNPS) operates both Encore Experiences in Harleysville and The PEAK Center in Lansdale. The mission of Greater Harleysville and North Penn Senior Services is to provide access to programs and resources that help older adults live independently and remain active. Both centers offer a place of comfort, fellowship and care to the seniors in our community.

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