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 envision an inner path enabling a person to discover the essence of his/her being.

Not all modern notions of spirituality embrace transcendent ideas. Secular humanism 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 necessarily essential to achieving happiness. Free-thinkers who reject notions that the numinous/non-material is important to living well can just be 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 that this disease did not affect them. 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/
Enjoy life to the fullest: Take part in the many social, educational for you and fun for the whole family. Maybe even learn to Skype. This interaction can be magical for you and fun for the whole family.

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

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.

A warm and happy new year to you all,

Charlie Gardner
Director
Welcome to Encore Café! The Special of the Day at the Encore Café provides a luncheon 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.

### January Daily Lunch Specials (Menu subject to change)

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Encore Café Hours</strong>&lt;br&gt;Breakfast 8:00-AM to 10:00-AM&lt;br&gt;Lunch 11:30-AM to 1:00PM</td>
<td><strong>New Year’s Celebration</strong>&lt;br&gt;No Café Service</td>
<td><strong>Beef and Vegetable Pie with Cheddar Biscuit Top</strong>&lt;br&gt;Fresh Fruit &amp; Yogurt Parfait &amp; Oatmeal Cookie</td>
<td><strong>Encore Experiences Closed</strong>&lt;br&gt;<strong>New Year’s Day</strong></td>
<td><strong>2023</strong></td>
</tr>
<tr>
<td>Baked Ravioli&lt;br&gt;Whole Grain Roll&lt;br&gt;Fresh Fruit</td>
<td>Curried Chicken Salad in Pita with Grapes and Celery &amp; Feta Quinoa Salad&lt;br&gt;Orange Spice Cake</td>
<td>Grilled Chicken with Wilted Romaine &amp; Quinoa Salad&lt;br&gt;Cranberries, Walnuts and Housemade Lime Vinaigrette Ice Cream</td>
<td>Sweet &amp; Sour Meatballs&lt;br&gt;Brown Rice&lt;br&gt;Braised Bob’s Chicken&lt;br&gt;Fortune Cookie</td>
<td>Chicken Chessecake&lt;br&gt;Quesidillas with Fresh Salsa&lt;br&gt;Orange Slices</td>
</tr>
<tr>
<td>Biscuit &amp; Sausage Gravy&lt;br&gt;Green Salad&lt;br&gt;Fresh Fruit</td>
<td>Zucchini Boats with Turkey, Tomatoes &amp; Mozzarella Cheese&lt;br&gt;Cranberry Rice Salad Peaches</td>
<td>Grilled Chicken with Artichoke, Spinach &amp; Feta Wild Rice&lt;br&gt;Green Beans&lt;br&gt;Zucchini Bar</td>
<td>Stuffed Cabbage Mashed Potatoes&lt;br&gt;Green Salad&lt;br&gt;Whole Grain Roll&lt;br&gt;Cinnamon Apple Sauce</td>
<td>Ham &amp; Swiss Sliders&lt;br&gt;with Cup of Lentil Soup Pears</td>
</tr>
<tr>
<td>Salmon, Fennel &amp; Dill Lasagna&lt;br&gt;(White Sauce)&lt;br&gt;Mixed Greens Salad&lt;br&gt;Raspberry Bars</td>
<td>Sausage, Pepper, Onion &amp; Tomato over Pasta&lt;br&gt;Whole Grain Roll&lt;br&gt;Sugar Cookie</td>
<td>Grilled Chicken with Artichoke, Spinach &amp; Feta Wild Rice&lt;br&gt;Green Beans&lt;br&gt;Zucchini Bar</td>
<td>Stuffed Acorn Squash with Quinoa, Brown Rice, Leeks, Cranberries and Pecans&lt;br&gt;Whole Grain Roll&lt;br&gt;Apple &amp; Phyllo Tart</td>
<td>Stuffed Acorn Squash with Quinoa, Brown Rice, Leeks, Cranberries and Pecans&lt;br&gt;Whole Grain Roll&lt;br&gt;Apple &amp; Phyllo Tart</td>
</tr>
<tr>
<td>Seafood Chowder&lt;br&gt;Whole Grain Roll&lt;br&gt;Fruit</td>
<td>Taco “Lasagna” (Corn Tortillas)&lt;br&gt;Green Salad&lt;br&gt;Chocolate Chip Cookies</td>
<td>Apple Baked Pork Loin&lt;br&gt;Little Red Potatoes with Garlic Rosemary Olive Oil&lt;br&gt;Green Beans&lt;br&gt;Pumpkin Bar</td>
<td><strong>Encore Experiences Closed</strong>&lt;br&gt;<strong>Staff CPR &amp; First Aid training</strong></td>
<td>Salmon Burger with Cucumber Wasabi Sauce&lt;br&gt;Ginger &amp; Citrus&lt;br&gt;Couscous Salad&lt;br&gt;Peaches</td>
</tr>
</tbody>
</table>

### February Daily Lunch Specials (Menu subject to change)

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

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.
**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/Bodyswork 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.

**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.
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. In the U.S., most oats are steamed and flattened in processing. So if you see oats or oat flour on the label, relax; you're virtually guaranteed to get 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.
- 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.

---

**Tea**

Wednesday, January 13 11:30 AM

January is Hot Tea Month. There is nothing like a nice cup of tea 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 you lower your blood pressure.

**Are You Seeing Red?**

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 are free unless otherwise noted.

---

**Contact Information:**

www.encoreexperiences.org
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 610-273-4357 directly to schedule your Encore appointment with Nikkii 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 evenings by appointment to help you with eligibility for benefits. You may be eligible for benefits that you are not currently receiving! Come for a quick screening to determine if you may be eligible.

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 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.

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.

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):

<table>
<thead>
<tr>
<th>Family Size</th>
<th>Annual</th>
<th>Monthly</th>
<th>Weekly Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$15,301</td>
<td>$1,276</td>
<td>$294</td>
</tr>
<tr>
<td>2</td>
<td>$20,709</td>
<td>$1,727</td>
<td>$398</td>
</tr>
<tr>
<td>3</td>
<td>$26,117</td>
<td>$2,177</td>
<td>$502</td>
</tr>
</tbody>
</table>

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);
- 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.

Non-discrimination 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.

Free Income Tax Services
GHNPCS (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 8th by calling 215-256-6900.
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 lighter 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.

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 and 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.

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 lighter 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.

The Seeing Eye Dog

This day is Holocaust Memorial Day

196 minutes Rated R

$200,000. President Lincoln was born 207 years ago on February 12, 1809.

Computer Use
Use our computers to create letters, documents or spreadsheets and 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.

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

Thoughtful people don't wait, they "create" opportunities to make life lighter 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.

Enrichment Programs

DVD's
History of the Mummies
Friday, January 8 12:30 PM
The Mummies 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.

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

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.

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 and 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.
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 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.

Programs are free unless otherwise noted.

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.


DayTrips:

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

Collette helped honor veterans at Valley Forge National Historical Park.

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.

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.
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 GHNPPSS. 20% of your purchases made between 12-4 PM will be donated back to us!

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

---

**Encore Experiences**

**Recreation Activities**

**Art Class**
Mondays 1:00 PM  Cost: $2.00
Instruction from Pat Wilson-Schmid. Bring your materials; each is 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 1:45 to 3:30 PM  Cost: $1.00/card (2 games/card)

**Bingo For Bucks**
Mondays 1:00 PM  Cost: $2.00

**Woodcarving Class**
Mondays 1:00 PM  Cost: $2.00

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

---

**Community Day to Benefit GHNPPSS!**

**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 GHNPPSS. We hope to see you there!
In Memoriam

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.

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

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.

In Memoriam

Michele

WILLIAMS-BERGEY-KOFFEL FUNERAL HOME, INC.
667 Harleysville Pike - Fraconia, PA - Phone: 215-703-9800
J. Lowell Bergey, ED., Supervisor

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

Moving People in So Many Ways

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

Our many years of experience allow us to maintain an excellent level of precision and diligence regarding your belongings and busy schedule. We constantly strive to go above and beyond your expectations, and pride ourselves on making your moving experience as smooth as possible.

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

We treat your belongings as if they were our own.
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 deceased’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

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/

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 Montgomery 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 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

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 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

The PE@H Center
Tuesday February 9 at 11:45 AM
Encore Experiences
Wednesday February 17 11:45 AM

The PE@H Center

www.encoreexperiences.org
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.