

# NEWS & NOTES

The PEAK Center in Lansdale  
1292 Allentown Road, Suite A  
Lansdale, PA 19446  
215-362-7432

[www.peakcenter.org](http://www.peakcenter.org)

## PEAK CENTER HOURS

**Monday – Friday**  
8:30 AM – 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 GHPSS; nor are the opinions of speakers necessarily the opinions of GHPSS, nor are the representations and information presented, tested or reviewed for accuracy or reliability by GHPSS.

## 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 11:00 AM 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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## The PEAK Center Congratulates Encore Experiences for Survey Selection

Our sister site, Encore Experiences in Harleysville, is taking part in an important research project for the United States Department of Health and Human Services, Administration for Community Living, which helps support meal programs. The purpose of this study is to better understand how nutrition services for older Americans help the people who receive them. Mathematica Policy Research, an independent research company, is conducting the study.

On Monday, November 30, an interviewer from Mathematica will visit Encore Experiences. This person will ask a small number of people at the center to schedule an in-person interview for later during that week. The interview will include

questions about what they eat and drink, and about their participation in our meal program. Their experiences will represent thousands of others who could not be included in the study. Their participation in the study will not affect the services participants receive from their meal program or any other program.

As GHPSS continues to thrive and grow, we depend greatly upon raising the funds that help us to open our doors each day. Our inclusion in this study and the outcomes will be valuable for us to share with existing and potential donors to our organization. We are very proud to have been selected to participate in this nationwide study.

## Facebook Keeps Families in Touch



*Using social media tools, grandparents stay involved in the lives of far-flung grandkids.*

Like a lot of older adults, Hal Mozer likes to keep in touch with family. But with three grown children and six grandchildren, it's not always easy. So Mozer, 84, has turned to Facebook. Through it, he sees pictures of his daughter's family in New Jersey. He sees quick updates from his teenage grandkids. He's shared his own travel photos from Russia and Alaska. And he's had a lot of fun doing it. "I'm an old man," said Mozer, a retired electrical engineer from Bellevue. "I don't do things that aren't fun."

Facebook is a free website that lets users share photos and comments on day-to-day activities.

Users can set their preferred level of privacy so that only approved people — Facebook "friends" — see the material a user posts. Friends can also exchange private messages. Some people use Facebook to meet friends and find old ones, but many use it to strengthen relationships they already have.

Another service — Skype, a software application — can be used for video-chatting with faraway grandkids. Both parties need an account and webcam, which is a video camera that generates Internet images. Although the equipment is not free, there are no long-distance charges for computer-to-computer conversation through Skype, even if someone is overseas.

Facebook and Skype are "a great way for (older people) to keep track of the lives of people

who are important to them," said Doug Shadel, AARP Washington state director. In Washington, 70 percent of people age 45 and older who use the Internet have at least one social media account, according to a survey AARP Washington conducted last year. More than two-thirds said social networking sites are a great way to stay in touch. The results dovetail with a national trend: Online users ages 50 to 64 make up the fastest-growing group of social media users, according to a 2010 report by the Pew Research Center.

Through Facebook, Mozer has kept in touch with people he's met while traveling. He's heard from a distant relative in Israel. He also follows news from groups he supports, such as Planned Parenthood. He mostly uses it, however, to keep in touch with his family. He finds Facebook great for staying in touch with his busy grandkids, including 19-year-old Keisha Peterson, who rarely uses the phone or mail, but like most young adults, is a big user of social media. "If it weren't for Facebook and email, I would probably not talk to my grandparents much, as well as aunts, uncles and a great aunt," she said.

You may want to gift yourself and your grandchildren during this holiday season by staying in touch more often using Facebook and Skype. You and they will be glad you did!

*Source: Vanessa Ho, AARP*

## Inclement Weather Alert

Your safety is important to us. If North Penn Schools are closed, due to bad weather, we are too. Watch the news or go online to <http://www.npenn.org/page/11873>



# Director's Report



Within the last few weeks you should have received in the mail an appeal letter for our Annual Appeal campaign. I know this is a very busy time of year, but I hope you will allow me just a few minutes to speak on behalf of the campaign and why it is so important to our centers, Encore Experiences in Harleysville and The PEAK Center in Lansdale.

As you may know, we receive approximately 45% of our budget from Montgomery County Aging and Adult Services. In fact they are our largest funder and we are very grateful for them. We receive approximately 10% of our budget from United Ways of North Penn and Greater Philadelphia and Southern New Jersey. We also receive grants from foundations and hold two fundraising events each year. We greatly appreciate your payments for various classes and membership dues. But, all of that is still not enough to cover all of our expenses and we depend on you to make an additional donation at the end of each year.

Annual Giving provides the most direct route to help our centers. Unlike endowment funds, which are maintained for long-term stability, Annual Giving funds are immediately available and can be used right away. For example; \$50 given to the annual fund is the equivalent of \$1,150 in endowment; \$100 the equivalent of \$2,300.

I need hardly add that contributions of any amount are appreciated and will be put to good use. I offer my warmest thanks to our members who have supported Annual Giving so regularly and so generously in the past. I know that you will continue to do so and hope that others will join the cause with similar enthusiasm. Gifts of any size are welcome, and it's easy to give: you can donate online at [www.ghnpss.org](http://www.ghnpss.org), by using the form printed in the newsletter or by using the return envelope that you received in the mail with the request letter.

Thank you again for considering this important donation. We appreciate your ongoing support of Encore Experiences and The PEAK Center.

Warm Regards,  
Katie

## Please 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:  
The PEAK Center  
1292 Allentown Road, Suite A  
Lansdale, PA 19446

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Address line 2 \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Your response is greatly appreciated!



# North Penn Commons Update!

North Penn Commons in Lansdale has begun vertical construction! "Our team has worked tirelessly to coordinate the financing for the next phase of this project," said William P. Brown, Jr. CEO of Advanced Living Communities. "Our focus will now be vertical construction that can be seen from Main Street."

"The start of construction puts us one step closer towards moving into a beautiful new facility where we can work together with the partners to serve our community," said Katie Walker, Executive Director of Greater Harleysville North Penn Senior Services which operates Encore Experiences at Harleysville and The PEAK Center in Lansdale. "The Peak Center is thrilled to be part of this project," said Walker.

The campus will be home to Advanced Living Communities which will provide 60 affordable independent living apartments for seniors; a larger, upgraded space for Manna on Main Street

to operate its soup kitchen, choice food pantry and the new North Penn Commons public café; and The PEAK Center, which offers programs to help older adults live independently and remain active. The North Penn YMCA is also upgraded and expanded to house a zero-entry family pool, a six-lane multi-purpose pool, new locker rooms, and modern program spaces.

"In our new home, the same spirit that has animated Manna for 32 years will continue supported through the care of engaged volunteers, donors and neighbors," says Suzan Neiger Gould, Executive Director of Manna on Main Street. "With proven programs and by taking full advantage of new possibilities through collaborative programming, we will serve the neediest amongst us, welcoming all at our table and guided by our vision *That everyone might be fed*," says Gould.

Continued on Page 5

## GHPSS STAFF MEMBERS

Katie Walker  
*Executive Director*  
Becky Carver  
*Administrative Assistant/Bookkeeper*  
Susan Andersen  
*Communications Manager*

## THE PEAK CENTER STAFF MEMBERS

Sandi Hertler  
*Welcome Desk Manager*  
Sherry Rocchino  
*Program Coordinator*  
Carol Costlow  
*Social Services Coordinator*  
Steve Zurad  
*Meal Assistant*

## ENCORE EXPERIENCES STAFF MEMBERS

Kay Pagni, *Assistant Director & Social Services Coordinator*  
Michele Ross, *Program Director*  
Beth Knize, *Meal Coordinator*  
Teresa Ascher, *Office Manager*

## GHPSS BOARD OF DIRECTORS

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Mary Metz, Vice President  
Tammy Towers, Secretary  
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Charles Gardner  
Anna Crouse  
Katie Farrell  
Mark Hoffman  
Robert Iannozzi  
Jason Klaskin  
Andrew Santana  
Deb Santoro  
Hervey Schofield  
Louise Shaheen

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 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.

## In Memoriam



Richard Bacak  
Barbara Brasch  
Elizabeth Carre  
Edith Cox  
William Quain  
Lucille Richards  
Robert Rosenberger  
Charles Weiger  
Blanche Wenhold

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

Like us  
on Facebook!



A Unit of the National Council on Aging  
**NISC**  
ACCREDITED BY  
NATIONAL INSTITUTE OF  
SENIOR CENTERS

## Eating Healthy During the Holidays

As we approach yet another holiday season we look forward to visiting family, giving/receiving gifts, and most importantly – FOOD!

While it is rare that families are serving healthy options for Thanksgiving or the other holidays celebrated in the States, it falls on the eater to make the right decision to avoid gaining what some surveys say is up to 8 lbs. on average the whole season. Unfortunately the older one gets, the slower one's metabolism works and the harder it gets to fight off the holiday pounds and other potential health hazards. High cholesterol, an increase in blood pressure and foods that can cause inflammation to joints are just some of the things to keep in mind – particularly for older adults. Below are some holiday health tips to help keep a balanced health plan during the holiday season:

### 1. Take a Walk after Large Meals

After large meals in particular it is natural to want to rest. While sleep during the holidays is important, it has the potential to allow food to sit. As food sits, particularly carbs, it does not turn into energy for your body. Instead it gets stored into fat cells. Throughout life it is important to keep a somewhat active lifestyle to age healthily. A walk, even if it

isn't very far or fast, can do wonders for your body both during the holidays as well as the rest of the year. To make it the best – include the whole family in your walk!

### 2. Wash Hands Frequently

With family visiting from all over, they can carry all kinds of potentially harmful bacteria. To combat this, just remember to wash your hands. Kids in particular should also wash their hands to both prevent and stop the spread of any sickness going around the house.

### 3. Drink Plenty of Water

With all the food, alcohol and activities, your body runs a higher risk of dehydration. Water is good on many levels for your body. Water helps flush out toxins and cleanse the body faster than any other drink because it contains replenishing electrolytes. Water can help stop you from over eating by making you feel full faster. After a plate, drink a glass of water and see if you still want another plate. A lot of times, food goes in faster than your body can process it for digestion. While you may be on plate #2, your brain may just now be getting the message that it is full from plate #1. By then it is too late and you will be REALLY full!

### 6. Seek Flavoring Alternatives

Butter, Salt and Pepper are staples of our culture for our dinner tables. Try to avoid simply adding salt and butter without tasting the food first. Often times there are plenty of additives already in the food. Seek out more spices to substitute for the salt and butter. If you use butter for bread, try dipping it in gravy already on your plate or making a sandwich with what you already have chosen to eat.

### 7. Watch Your Carbohydrates

The most common carb on the table is going to be bread. Dinner rolls and biscuits are heavy things to eat and can fill you up fast. The reason for this is that carbohydrates are used in your body for energy – so your body almost craves it. Watch how many bread rolls you take at the table. Carbohydrates also can cause inflammation of joints and muscles – particularly along the spinal cord and back.

Most importantly, ENJOY THE HOLIDAYS! The above are simply recommendations to assist in the good health you keep all year. If you think you can be healthier, than that may be a great New Year's resolution.

*Source: [www.seniorsguideonline.com](http://www.seniorsguideonline.com)*

## Programs

*Programs are free unless otherwise noted.*

### Support Group

Tuesdays, November 3, 10, 17, 24  
and December 1, 8, 15, 22  
12:30 PM to 1:30 PM

Presented by Crossroads Hospice

Grieving the loss of a loved one is a deep and difficult challenge at any time. But the holiday season can magnify your sense of loss and mourning. Family gatherings and seasonal events can be painful reminders of the absence of a loved one. At the same time, they can also be comforting rituals where you spend time with family and friends, focusing on the good memories and trying to recapture your sense of joy. If you are mourning the loss of a loved one this year, join us in a supportive environment to learn coping strategies during the holidays.

### Healthy Eating During the Holidays

Thursday, November 12 12:30 PM  
Presented by Abington Health

As a majority of us know only too well, any attempt at healthy eating goes sailing out the window during the holiday season. We tend to over-indulge in every way possible. According to a recent Weight Watchers report, the average American gains around 7-10 pounds between Thanksgiving and New Year's Day. This is through pure over-indulgence. Moreover, much of this weight is maintained from thereon, despite our promises to go on a diet in January. There are, however, tips and tricks for making healthier choices during the holiday season. Join us to learn more!

### Understanding Glaucoma

Tuesday, November 17 12:30 PM  
Presented by Ophthalmology  
Physicians & Surgeons, PC

The eye is like a camera. It has a lens which focuses light, just like the lens of a camera. The focused image in a camera is recorded on film, and in the eye the focused image is formed on the retina, in the back of the eye. The image information (color, shape and movement) is then sent to the brain via the optic nerve, which connects the eye to the brain. In glaucoma, the lens and retina function normally, but the optic nerve is damaged and images cannot be transferred to the brain. Learn about glaucoma, including the newest detection and treatment options.

### My Life, My Health!

Stanford University's Chronic Disease  
Self-Management Program  
Lay Leader's Training Workshop  
Tuesdays, November 24, December 1, 8, 15  
9:00 AM-4:00 PM

Location: Encore Experiences

Register by November 10; class size limited  
Free for Encore and The PEAK Members;  
\$30.00 non-members

Facilitators: Paula Klauger and Kay Pagni

This program will help you or someone you know live a productive life while coping with conditions like diabetes, hypertension, pain and anxiety. These highly interactive sessions focus on building skills, sharing experiences, instilling confidence, and providing support.

At the end of this training, you will be able to lead an evidenced-based SDSMP workshop, if you desire. Lunch, snacks and materials will be provided.

### Organ Donation

Tuesday, December 8 12:30 PM  
Presented by Donate Life PA

Last year alone, organ donors made more than 28,000 transplants possible. Another one million people received cornea and other tissue transplants that helped them recover from trauma, bone damage, spinal injuries, burns, hearing impairment and vision loss. Unfortunately, thousands die every year waiting for a donor organ that never comes. You have the power to change that. Join us to learn more about what it means to be an organ donor.

### Stay in Circulation: Talking About Peripheral Arterial Disease

Thursday, December 10 12:30 PM  
Presented by Abington Health

Peripheral arterial disease (PAD) happens when there is a narrowing of the blood vessels outside of your heart. The cause of PAD is atherosclerosis. This happens when plaque builds up on the walls of the arteries that supply blood to the arms and legs. Plaque is a substance made up of fat and cholesterol. It causes the arteries to narrow or become blocked. This can reduce or stop blood flow, usually to the legs. If severe enough, blocked blood flow can cause tissue death and can sometimes lead to amputation of the foot or leg. There are warning signs and things you can do to prevent the disease from progressing. Join us to learn more.

### Osteoporosis

Monday, December 14 12:30 PM  
Presented by Teri Wassel, Public Health Nutritionist  
Includes a food demonstration.

*Programs are free unless otherwise noted.*

## Ballroom Dancing

Location: Encore Experiences at Harleysville  
Cost: \$4.00

Experienced: Thursday Evenings 5:30 - 6:30PM  
Beginner: Thursday Evenings 6:45 - 7:45PM  
Come out and learn the Fox Trot, Cha Cha, Jitterbug, and Waltz.

## Bowling

Tuesdays at Facenda Whitaker, E. Norriton  
Thursdays at Earl Bowl, Souderton  
12:15 PM sign-up; bowl at 12:30 PM  
Cost: \$3.00 per game at Facenda Whitaker;  
\$5.00 at Earl Bowl

## Fit for the Future I

Tuesdays and Fridays 9:00 - 10:00 AM  
A Peer Led Exercise Group

## Fit for the Future II

Tuesdays 12:45 - 1:45 PM  
Fridays 10:30 - 11:30 AM  
Cost: \$4.00

Taught by Kim Zimmerman

Formerly named Healthy Steps in Motion, this program has a new name, but is the same great class! Routines include stretching, walking, flexibility & strength training. Join us to exercise with this friendly group.

## Fitness Center

Tuesdays and Thursdays 9:30 - 11:30 AM  
PEAK participants can use the fitness center room! If you are interested, you must be evaluated to use it by Kim Zimmerman. A PEAK Center employee will be on hand if you need anything. See Sandi at the Welcome Desk to set up time to be evaluated.

## Line Dancing

Thursdays  
Beginner: 12:30 - 1:00 PM  
Experienced: 1:00 - 2:00 PM  
Cost: \$4.00 Instructed by John Long

John Long teaches all: from beginner to advanced, even those with multiple left feet! Beginner class participants are welcome to stay for experienced class at no additional charge.

## Semi-Personal Trainer

Call or visit the Welcome Desk for appointment  
Cost: \$10.00 per individual participant

Kim Zimmerman offers one hour long semi-personal training sessions for up to three participants at a time. Sign up today for the individual attention you deserve.

## Stretch the Pain Away

Monday, Wednesday and Friday  
3:00 PM to 4:00 PM

Stiff joints and achy muscles make getting through the day difficult – especially if that discomfort is compounded with neck and back pain. Keeping your neck and back flexible may help alleviate some of the pain that has been plaguing your life. The best way to limber up your muscles, tendons and ligaments is to stretch, but only if the stretches are performed correctly and consistently. Join this peer led group to stretch that pain away!

## Growing Stronger

Mondays and Wednesdays 9:00 – 10:00 AM

Fee: \$40.00 per 6-week session

Weight bearing exercise and low-impact strength training.

## Tap Dancing

Thursdays 10:30 - 11:30 AM  
Cost: \$4.00

This class is energetic and fast moving. Join John Long and our PEAK Tappers. Beginners are welcome to come the first half hour, stay to observe the “pros” or just jump in.

## Total Body Toning

Wednesdays 10:15 - 11:15 AM

Peer-led program designed to increase flexibility and strength while reducing the fear of losing balance. Through the use of bands and leg weights, the exercises are modified to match your individual needs and abilities.

## Wii Bowling

1st and 3rd Wednesdays of the month 10:00 AM  
Experience the health and social benefits of this fun program. Standing or seated, no heavy ball or strange shoes.

## Zumba Chair

Wednesdays 12:45 - 1:30 PM  
Cost: \$4.00

If you love Latin and Middle Eastern sounds, but the motion seems too risky...Zumba CHAIR is the exercise class for you.

## Zumba Gold

Mondays 1:15 - 2:15 PM  
Cost: \$4.00

Enjoy this aerobic exercise class conducted to the sounds of the Caribbean with a bit of the Mediterranean thrown in. Take it at your own pace.

## \*Tai Chi

Tuesdays 10:15 - 11:15 AM  
Cost: \$4.00

Tai Chi movements reinforce balance, coordination, flexibility, muscle relaxation, body awareness & mental concentration.

## \*Yoga

Thursdays 9:00 - 10:00 AM  
Cost: \$4.00

Instructed by Terri Kuenzer

Tough to get up and down? PEAK's Yoga teacher is so FLEXIBLE, she can teach you to do Yoga from a chair. Seated, standing or lying down, you'll love it.

## WELLNESS SCREENINGS

### Glucose Testing

Quarterly (Call for next date)  
9:30 - 10:30 AM

No charge Offered by Bayada Nurses  
Fasting is not required, but if you have breakfast, it is best to limit your sugar intake.

### Abington Community Health Screenings

2nd Tuesday of the month 10:00 - 11:30 AM  
No charge Offered by Abington Health Services  
See the nurse to discuss health concerns and have your blood pressure checked.

**Thank you for respecting our center's daily  
'quiet hour' in the main room every day from  
9:00 AM to 10:00 AM.**

### Please Note:

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

### Fitness Center Use

**PEAK participants can use the fitness center room! If you are interested, you must be evaluated to use it by Kim Zimmerman. A PEAK Center employee will be on hand if you need anything. See Sandi at the Welcome Desk to set up time to be evaluated.**



### WILLIAMS-BERGEY-KOFFEL FUNERAL HOME, INC.

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# North Penn Commons Update!

*Continued from Page 2*

North Penn Commons is a vibrant public center for every generation to live, learn, volunteer and thrive together – socially, physically, intellectually and spiritually. It is a partnership between four highly respected nonprofit organizations to create a vibrant public center dedicated to celebrating the dignity of every member of our community. At North Penn Commons, our community members have easy access to programs, services and facilities that foster inter-generational connections and promote the health and wellness of every member of the North Penn community.

“We are excited this project is moving forward and our partners will begin construction. North Penn Commons will be a national model our community can be proud of,” said Bob Gallagher, President of the North Penn YMCA.

Applications for Advanced Living’s residential apartments are now available. Anyone interested should contact an admissions coordinator at 215-362-0227 for more information. Construction is scheduled for completion late in 2016.





## Joint-Freeing Yoga Series

**ALL IN A CHAIR!!!**

*22 simple, yoga posture-based exercises to loosen all the joints, from the toes to the head. Learn this beautiful and GENTLE ancient practice from India that moves your joints through their natural range of motion.*

**It's like getting a joint massage**

**Let Sherry know your interest!**



- \* alleviate pain and restore joint mobility \*
- \* improve circulation \*
- \* increase body movement awareness \*

**NO MAT NECESSARY!**

**What is Joint-Freeing Yoga?** *This class is designed for ALL LEVELS of ability as it is done in a chair. It is NOT chair yoga, but a joint centered practice based on yoga poses. Great for those who are not comfortable down on the mat, as well as for regular practitioners like myself.*

**Let Sherry know your interest!**

## Highlights from The Encore Bulletin

(This listing will be held at Encore Experiences)

### My Life, My Health!

#### Lay Leader's Training Workshop

Stanford University's Chronic Disease Self-Management Program

Lay Leader's Training Workshop

Tuesdays, November 24,

December 1, 8, 15

9:00AM-4:00PM

Location: Encore Experiences

Register by November 10

class size limited

Free for Encore and The PEAK

Members; \$30.00 non-members

Facilitators: Paula Klauger

and Kay Pagni

This program will help you or someone you know live a productive life while coping with conditions like diabetes, hypertension, pain and anxiety. These highly interactive sessions focus on building skills, sharing experiences, instilling confidence, and providing support. At the end of this training, you will be able to lead an evidenced-based SDSMP workshop, if you desire. Lunch, snacks and materials will be provided.



Encore Experiences  
in Harleysville Part of CHIPS  
Contact Encore Experiences for more information at 215-256-6900  
312 Alumni Avenue, Harleysville, PA

## Gwynedd Square Nursing Center



**US Government Rating: 5 out of 5 Stars**



Visit [www.Medicare.gov](http://www.Medicare.gov) Fewer than 10% earn 5 Stars

773 Sumneytown Pike, Upper Gwynedd, PA (215) 699-5000

[www.GoodNursingHome.com](http://www.GoodNursingHome.com)

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# SERVICES

## Consumer Education

*Programs are free unless otherwise noted.*

### Are You Getting All the Benefits You Deserve?

Monday, November 9 2:00 PM

Carol Costlow, Social Services Coordinator, will review government benefits and services available to seniors who live in Montgomery County. Bob Sykes, an APPRISE counselor, will review the changes expected for Medicare Advantage plans in 2016.

### Veterans' Benefits

Tuesday, November 10 12:30 PM

Presented by Ryan Fox,

Veteran's Service Officer Montgomery County,

will discuss the many benefits that are available for veterans and their dependents, as well as how his office can be of assistance. Following his presentation, he will also meet with individuals to discuss their specific questions. Bring your friend or a vet and learn more.

### Identity Theft and Scams

Wednesday, December 2 12:30 PM

Presented by David Shallcross,

PA Attorney General's Office

With a large percentage of citizens over the age of 65, Pennsylvania residents are targets for a wide variety of scams, cons and other crimes. The Senior Crime Prevention University (SCPU) educates older Pennsylvanians and their families throughout the Commonwealth on crime prevention. Their goal is to make Pennsylvania's older population aware of the threat of fraud to the elder community, teach them how to avoid being victimized; and to make sure they know who they should call when they are concerned about their safety and well-being. Join us as they educate us to make us "aware" of the scams and frauds that are out there; teach us how to "avoid" becoming the next victim; make us "alert" and observant of our surroundings and situations we are facing; and, encourage us to report any instances of scam or fraud to our local law enforcement.

## Consumer Resources

*For information or to schedule an appointment for any of these services, please contact Carol Costlow at 215-362-7432 unless otherwise noted.*

### APPRISE Medicare Counseling

We are currently in the Medicare Open Enrollment Period, which will end December 7. During this period anyone with Medicare can make changes to their Medicare coverage by enrolling in a Part D prescription drug plan, switching their drug plan, changing from a Medicare Advantage Plan to Original Medicare, or changing from Original Medicare to a Medicare Advantage Plan. For anyone who makes a change during this open enrollment period, your new coverage will start on January 1, 2016.

Our APPRISE counselor, Bob Sykes, is available by appointment at The PEAK Center to assist you in evaluating your options. There is no charge for this service. Please call 215-362-1076 to request an appointment. Carol Costlow, Social Services Coordinator, is also available to assist you by appointment.

### Benefits Screenings

You may be eligible for benefits that you are not currently receiving! Come in for a quick screening to determine if you may be eligible. Don't leave money on the table that could help you. Call today for an appointment to find out.

### Legal Counseling

Fourth Tuesday of the month 12:00 PM

November 24 and December 22

By Appointment

Attorney Jack Dooley provides free legal consultations. Schedule appointment at the Welcome Desk.

### LIHEAP for 2015-16

The Low Income Home Energy Assistance Program (LIHEAP) will open for applications as of November 2, 2015, for the coming heating season. Eligible low income households will receive a grant applied directly to their account with their energy supplier. The proposed 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](http://www.compass.state.pa.us) or pick up an application at The PEAK Center.

### Property Tax/Rent Rebate

Property Tax and Rent Rebate applications for the 2014 tax year are available at The PEAK Center. If you qualify for this program, you can receive a rebate up to \$650. In general you must have been 65 by Dec. 31, 2014, with a maximum household income level of \$35,000 for a homeowner and \$15,000 for people who rent. Widows and widowers age 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. *The application deadline has been extended to December 31, 2015.*

### TransNet

Free shared ride service to The PEAK Center is available if you are age 65 or older. Rides must be booked at least one day in advance by calling The PEAK Center by 11:00 AM. Inquire at The Welcome Desk for TransNet registration information. To cancel a Transnet ride, please call TransNet directly at 215-542-7433. If you are calling after hours, please follow the prompts to reach Mid-County Transportation.

**Open Enrollment** for Medicare Part D plans and Medicare Advantage plans will run until December 7.

Consider your options before selecting what will be best for your needs in 2016.

### FARMERS' MARKET CHECKS

*Be sure to use your checks by November 30!*

**See Carol if you have questions.**



## 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 Carol 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.

### VOLUNTEER DRIVERS NEEDED

The PEAK Center in Lansdale is anticipating that we will again be a distribution site for donated Thanksgiving dinners. If we are chosen to participate, the distribution will occur during the week of Thanksgiving.

Please consider volunteering to pick up boxes of food at a distribution site in Spring House to bring them to PEAK or to deliver them in the North Penn area.

*Please contact Carol at 215-362-7432 to volunteer.*

# Conversations for Life, Conversations for Living

Singer and songwriter, Kris Kristofferson, begins his “Please Don’t Tell Me How the Story Ends” with: “This could be our last goodnight together. We may never pass this way again. Just let me enjoy ‘till it’s over. Or forever. Please don’t tell me how the story ends.” It’s funny how one thought can lead to another and even become a game changer. “We may never pass this way again.” is a powerful reminder to make the most of today because you just don’t know about the next minute, hour, or day. Life is so full of would haves, should haves, and could haves that aren’t realized until it is too late. You think there’s always tomorrow. What if tomorrow doesn’t come? Let’s talk....

A chat about life’s end over coffee and cake doesn’t sound like everyone’s cup of tea. It could, however, be a way to get you talking about a subject you can’t escape and is often avoided. This is what inspired Jon Underwood to create the non-profit death café in 2011, based on the 2004 Swiss Café Mortel movement. As he saw it, Western society has long outsourced discussions about death to doctors, nurses, priests, and undertakers. The result, says Jon, is that you have lost control of one of the most significant events you ever have to face. The “Boomers” especially see the need for this movement as your viewpoints are often different from the preceding generations and you are able to talk more openly about unpopular things in life. The goal of the Death Café is not to be morbid but to raise death awareness with the view of helping you make the most of your (finite) lives. It is a group directed discussion of death with no agenda, objectives or themes. Once it gets started, the conversation guides itself. Some people want to talk about creating wills and advance medical directives. Others prefer to share near-death experiences and communicating with the dead. There’s often the question of what happens

after death – is there a heaven or hell? Different views on death held by religious traditions also commonly arise. Death Cafes have spread quickly around the world. In the United States it was started in Ohio but can now be found in at least five other states. The New York City pilot Death Café “attracts a wonderfully curious bunch of both listeners and storytellers – ranging from Reiki masters and professors to retired cops and social workers” according to its blog.

Too often you don’t want to think about “how the story ends.” That’s understandable but also a little naïve to not have put your house in order. Another tool that helps you think about how you want to live your life is The Gift of Grace. This is a card game that helps you share your wishes and values with the people who care about you. With this game writing about what you want in life and how you want to be remembered can be incredibly powerful. Taking it a step further, sharing what you write with people you care about can help you and your loved ones understand each other more deeply. “What habit makes your life worth living?” is one of the questions asked with this tool.

There are a dozen reasons to avoid thinking about how you make today as meaningful as possible and preparing for the unknown. Fear is often at the top of this list. Knowledge, however, reduces fear and so does knowing that you are as prepared as you can possibly be for whatever tomorrow brings. “Just let me go on loving and believing. Til it’s over....” Come to Encore Experiences, 312 Alumni Avenue, Harleysville on Thursday, December 10, at 12:30 PM to begin the conversation. They can be reached at 215-256-6900 for more information.

Source: The Guardian;  
[www.meetup.com](http://www.meetup.com); [www.buffingtonpost.com](http://www.buffingtonpost.com)

## COMPUTER LEARNING

**Registration Policy:** Class registration & payment is handled at The Welcome Desk and is required in advance of class start date. We reserve the right to cancel classes with less than three enrolled. Don’t see what you want? Stop at The Welcome Desk to express your interests.

### iPad Basics

Thursday, November 12  
11:00 AM-Held at The PEAK Center  
\$5.00 for PEAK And Encore Members,  
\$10.00 for non-members  
Register at The Welcome Desk  
Presented by Steve and Anita Brown

Do you have an iPad and don’t know how to use it? This class will help you take a look at the basic steps needed to operate your iPad. In addition, you will learn how to download apps, organize photos and set up an e mail account. You must bring your iPad and charger to class.

### iPad Advanced

Thursday, December 10  
11:00 AM-Held at The PEAK Center  
\$5.00 for PEAK And Encore Members,  
\$10.00 for non-members  
Register at The Welcome Desk  
Presented by Steve and Anita Brown

For those users who are more comfortable with your iPad. Topics discussed will be how to Skype, how to take photographs, recommendations for useful apps and more!

## MAC { Be part of a volunteer team to make a difference Join PEAK’S Member Advisory Committee (MAC)

- MAC is looking for a few good men and women to:
- Share concerns that arise.
  - Meet with PEAK staff as part of the committee.
  - Communicate accurate information to other Center participants.

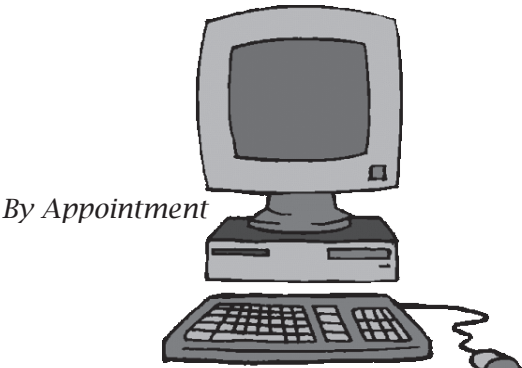
**November 17 and December 15**  
All members are welcome to participate in this open meeting.  
Meetings on the third Tuesday of every month at 12:30 PM

WELCOME NEW MEMBERS!  
.....  
Kathleen O’Driscoll  
Ronald O’Driscoll  
Nadine Peoltzman  
Ann Pierantozzi

## 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.

## Computer Tutoring Available!



By Appointment

See the Welcome Desk for information

[nleight@verizon.net](mailto:nleight@verizon.net) Ned D. Leight

**Nleight Consulting**  
Personallized Videography for Family History  
Computer training, trouble shooting & repair  
Need help with computer purchase  
Instructions Tablet setup and Instruction  
Reasonable rates and guaranteed satisfaction  
Call (215) 805-5660

# DAY & EXTENDED 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 Welcome Desk and we will try to accommodate. Payment is due at time of registration.*

## Day Trips:

### Sight and Sound and Shady Maple

*A Christmas Story*

Wednesday, December 9

Cost: \$96.00 per person; Register by November 6  
Depart Encore Experiences at 8:45 AM

Go back in time and witness the greatest birth in history when Miracle of Christmas returns to Lancaster County, PA. Be surrounded by the bustling village of Bethlehem as camels, horses, donkeys and villagers pass by. Be transported to the hillside where legions of angels descend upon the shepherds to proclaim, "The Savior is born!" Price includes, your ticket to the show, your dinner at Shady Maple and the tip for the bus driver. All you need that day is yourself, friends and family. Start a tradition.

### 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.



*Lots of smiles at this year's Volunteer Lunch. Thank you for all that you do!  
(Attendees from L to R: Marie, Mary, Arline, Clara, Dolores, Anthony, Dottie, Ethel)*

## Holiday Lunch

Thursday, December 17

LUNCH AT 11:45 AM,  
ENTERTAINMENT AT 12:30 PM

Cost \$8.00 per person; No Meal Program  
Register at the Welcome Desk  
by December 3

It's the most wonderful time of the year!  
Join us for a delicious holiday meal of ham and scalloped potatoes and be entertained with the sounds of the season by the Schwenckfeld Chimers!

"We're wishing you every  
joy and blessing during this  
holiday season."

*The PEAK Center  
Staff*



## 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.

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MC No. 588072

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To schedule a move or a free estimate.



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both The PEAK Center and  
Encore Experiences?**

*Now you can!*

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

*my*seniorcenter™

## Why is it so important to swipe in?

- Helps us plan the best programs for YOU
- Reminds participants of exciting upcoming events
- Offers important data for future funding of The PEAK Center!

Please remember to sign in to the MySeniorCenter computer.

**Remember to swipe your card everyday!**

# Think About It and Start the Conversation - Express Your Wishes

Because of advances in medicine, each of us, as well as our families and friends, may face many decisions about the dying process. As hard as it might be to face the idea of your own death, you might take time to consider how your individual values relate to your idea of a good death. By deciding what end-of-life care best suits your needs when you are healthy, you can help those close to you make the right choices when the time comes. This not only respects your values, but also allows those closest to you the comfort of feeling as though they can be helpful.

There are several ways to make sure others know the kind of care you want when dying. The simplest, but not always the easiest, way is to talk about end-of-life care before an illness. Discussing your thoughts, values, and desires will help people who are close to you to know what end-of-life care you want. For example, you could discuss how you feel about using life-prolonging measures or where you would like to be cared for. For some people, it makes sense to bring this up at a small family gathering. Others may find that telling their family they have made a will (or updated an existing one) provides an opportunity to bring up this subject with other family members.

Doctors should be told about these wishes as well. As hard as it might be to talk about your end-of-life wishes, knowing your preferences ahead of time can make decision making easier for your family. You may also have some comfort knowing that your family can choose what you want. On the other hand, if your parents are aging and you are concerned about what they want, you might introduce the subject. You can try to explain that having this conversation will help you care for them and do what they want. You might start by talking about what you think their values are, instead of talking about specific treatments. Try saying something like, “when Uncle Walt had a stroke and died, I thought you seemed upset that his kids wanted to put him on a respirator.” Or, “I’ve always wondered why Grandpa didn’t die at home. Do you know?” Encourage your parents

to share the type of care they would choose to have at the end of life, rather than what they don’t want. There is no right or wrong plan, only what they would like. If they are reluctant to have this conversation, don’t force it, but try to bring it up again at a later time.

Written instructions letting others know the type of care you want if you are seriously ill or dying are called advance directives. These include a living will and health care power of attorney. A living will records your end-of-life care wishes in case you are no longer able to speak for yourself. You might want to talk with your doctor or other health care provider before preparing a living will. That way you will have a better understanding of what types of decisions might need to be made. Make sure your doctor and family have seen your living will and understand your instructions.

Because a living will cannot give guidance for every possible situation, you probably want to name someone to make care decisions for you if you are unable to do so for yourself. You might choose a family member, friend, lawyer, or someone in your religious community. You can do this either in the advance directives or through a durable power of attorney for health care that names a health care proxy, who is also called a representative, surrogate, agent, or attorney-in-fact. “Durable” means it remains in effect even if you are unable to make decisions. A durable power of attorney for health care is useful if you don’t want to be specific—if you would rather let the health care proxy evaluate each situation or treatment option independently. A durable power of attorney for health care is also important if your health care proxy, the person you want to make choices for you, is not a legal member of your family. Of course, you should make sure the person and alternate(s) you have named understand your views about end-of-life care. If you don’t name someone, the state you live in probably has an order of priority based on family relationships to determine who decides for you. A few states let people name a health care proxy by telling their doctor, without paperwork.

Don’t confuse a durable power of attorney for health care with a durable power of attorney. The first is limited to decisions related to health care, while the latter covers decisions regarding property or financial matters.

A lawyer can prepare these papers, or you can do them yourself. Forms are available from your local or State government, from private groups, or on the Internet. Often these forms need to be witnessed. That means that people who are not related to you watch as you sign and date the paperwork and then sign and date it themselves as proof that the signature is indeed yours. Make sure you give copies to your primary doctor and your health care proxy. Have copies in your files as well. Hospitals might ask for a copy when you are admitted, even if you are not seriously ill.

Sometimes people change their mind as they get older or after they become ill. Review the decisions in your advance directives from time to time and make changes if your views or your health needs have changed. Be sure to discuss these changes with your health care proxy and your doctor. Replace all copies of the older version with the updated ones, witnessed and signed if appropriate. You should also give permission to your doctors and insurance companies to share your personal information with your health care proxy. This lets that person discuss your case with your doctor and handle insurance issues that may come up.

Do you live in one state, but spend a lot of time in another? Maybe you live in the north and spend winter months in a southern state. Or possibly your children and grandchildren live in a different state and you visit them often. Because states’ rules and regulations may differ, make sure your forms are legal in both your home state and the state you travel to often. If not, make an advance directive with copies for that state also. And make sure your family there has a copy.

*Source: [www.nia.nih.gov/health/](http://www.nia.nih.gov/health/)*

## The Real Meaning of Veteran’s Day



Many Americans mistakenly believe that Veterans Day is the day America sets aside to honor American military personnel who died in battle or as a result of wounds sustained from combat.

That’s not quite true. Memorial Day is the day set aside to honor America’s war dead.

Veterans Day, on the other hand, honors ALL American veterans, both living and dead. In fact, Veterans Day is largely intended to thank LIVING veterans for dedicated and loyal service to their country. November 11 of each year is the day that we ensure veterans know that we deeply appreciate the sacrifices they have made in the lives to keep our country free. Join The PEAK Center for lunch and information on benefits available to our veterans on November 10 at 12:30 PM. See Sandi or Sherry for more information.

## People Learn About Organ Donation in Various Ways

Sometimes people hear about donation in school or driver's education, from their faith leader or physician, a television program or a news story. Some people hear about the need for donors from someone who is waiting for or had a transplant. Still others may learn about donation from the numerous community educators in the donation field who sponsor all kinds of events and outreach efforts to get the donation message in the public eye. However they learn about donation, a seed is planted and an idea germinates and hopefully leads to donor sign-ups.

The process of organ donation can save as many as eight lives through the surgical transplantation of organs from a donor to recipients. Most often donors are deceased, but some organs can be donated by living donors. Deceased donors can provide the following organs: kidneys, pancreas,

liver, lungs, heart, and intestines, which can be used to save the lives of as many as 8 people. Deceased donors also can provide tissues (such as bones, skin, heart valves and veins) and corneas. Living donors can provide a kidney or a portion of the liver, lung or intestine and, in some instances, eyes and tissues. By registering to be a donor, you can transform the lives of dozens of people. You are invited to learn more about the organ donation process on Tuesday, December 8 at 12:30 PM.

*Source: The American Association of Tissue Banks*

## Programs

*Programs are free unless otherwise noted.*

### PEAK-A-Boo Ladies of The PEAK Center Meetings

*Lunch at Pumpernick's Deli Route 309, North Wales*  
Tuesday, November 3 11:30 AM

*Lunch at The Farmer's Daughter Morris Road near DeKalb Pike*  
Tuesday, December 1 11:30 AM

Donations of canned soups, cereal, pasta, spaghetti sauce and canned meats for Mann on Main Street are much appreciated!

### Transformation Tuesdays

Tuesdays November 3, 10, 17, 24 &  
December 1, 8, NOT 15, 22, 29

1:30 PM to 3:30 PM

“Transformation: a thorough or dramatic change in form or appearance”.

In honor of Veteran's Day, we are going to be viewing the special PBS series, “Heroes of World War II”. This eight critically acclaimed eight part series from the World War II Foundation shares the stories of some of the war's greatest leaders, some of its lesser-known heroes, true tales of courage and compassion, extraordinary stories of survival, and the mission to share the legacies of those who fought.

November 3

Episode 1: Eagles of Mercy

November 10

Episode 2: D Day: The Price of Freedom

November 17

Episode 3: Navy Heroes of Normandy

November 24

Episode 4: A Promise to My Father

December 1

Episode 5: Dick Winters: Hang Tough

December 8

Episode 6: Maggie's War

December 22

Episode 7: A Company of Heroes

December 29

Episode 8: World War II

### Color Your Stress Away

Wednesdays, November 4, 11, 18, 25  
and Thursdays, November 5, 12, 19

Wednesdays, December 2, 9, 16, 23, 30  
and Thursdays, December 3, 10, 24, 31  
12:30 PM to 1:30 PM

Coloring is an activity that we tend to associate with children. As we grow older, we put aside our crayons and colored pencils in favor of more respectable writing utensils like pens and highlighters. However, it turns out coloring can be beneficial for adults -- namely for its de-stressing power. The practice generates wellness, quietness and also stimulates brain areas related to motor skills, the senses and creativity. In fact, publishers have lately been launching coloring books specifically for adults. These aren't your kids coloring books -- they are beautiful, ornate works of art! Coloring sheets and colored pencils will be provided. Join us!

### AARP Safe Driving Classes

*Eight hour refresher class*

Thursday, November 5 and Friday, November 6  
9:00 AM to 1:00 PM

*Four hour refresher class*

Friday, December 4

9:00 AM to 1:00 PM

Created by AARP, this course provides information to help you drive violation and crash free. This is a classroom course, there is no driving or other testing involved. Two classes are offered -- an eight hour course, and a four hour refresher course  
Cost: \$15.00 for AARP members and spouses;  
\$20.00 for Non-AARP members  
Pre-registration required

### Veterans' Recognition and Lunch

Tuesday, November 10

Must sign up for lunch in advance

A representative of the local VFW will present certificates of recognition to those of our participants who have served our country. Please join us at our regular lunch and share your support as we honor our veterans.

### Movies

Showtime is 10:00 AM

*Little Boy (PG-13)*

Wednesday, November 11 1 hour, 46 minutes

Genre: Drama

Starring: Jakob Salvati, Emily Watson,  
David Henrie

An eight-year-old boy is willing to do whatever it takes to end World War II so he can bring his father home. The story reveals the indescribable love a father has for his little boy and the love a son has for his father.

*Cinderella (PG)*

Wednesday, November 25

Running time: 1 hour, 45 minutes

Genre: Comedy, Drama

Starring: Lily James, Cate Blanchett,  
Richard Madden

When her father unexpectedly passes away, young Ella finds herself at the mercy of her cruel stepmother and her daughters. Never one to give up hope, Ella's fortunes begin to change after meeting a dashing stranger.

*I'll See You in My Dreams (PG-13)*

Wednesday, December 9 1 hour, 32 minutes

Genre: Comedy

Starring: Blythe Danner, Martin Starr,  
Sam Elliott

A widow and former songstress discovers that life can begin anew at any age.

*Miracle on 34th Street (G)*

Wednesday, December 23 1 hour, 46 minutes

Genre: Comedy, Drama

Starring: Edmund Gwenn, Maureen O'Hara,  
John Payne

When a nice old man who claims to be Santa Claus is institutionalized as insane, a young lawyer decides to defend him by arguing in court that he is the real thing. **Shown on the big screen in the center room! Enjoy the show with popcorn and hot chocolate!**

## Members

### Advisory Committee

Meetings on the third Tuesday of every month  
November 17 and December 15 12:30 PM

The Members' Advisory Committee (MAC) is made up of members like you. This is the place you have a voice in conveying your feelings, good, bad and indifferent about PEAK Center programs and services. It's also the place to be among the first to hear our upcoming plans. We need your ideas, input and help to make the Center the hub of activities for the community. Join us each month to learn the latest news! Open to all paid members!

### Philadelphia Art Museum - Audubon to Warhol:

The Art of American Still Life

Thursday, November 19 12:30 PM

Cost: \$3.00 per person

Register by November 5 at the Welcome Desk

The first survey of American still life in three decades, Audubon to Warhol: The Art of American Still Life features 130 oil paintings, watercolors, and works in other media representing the finest accomplishments in the genre from its beginnings in the early 1800's to the Pop Art era of the 1960's. Join us as a docent from the Philadelphia Art Museum brings a presentation of this exhibition to us while we enjoy some light refreshments.

### Thanksgiving Lunch

Tuesday, November 24 11:45 AM

Cost: \$10.00; No Meal Program

Catered by the Culinary Arts Institute

Register at the Welcome Desk by November 17

Is there anything better than the Thanksgiving Meal? Join us for a wonderful lunch catered by The Culinary Arts Institute of Montgomery County Community College. It's sure to be a feast!

### Make Your Own Holiday Ornament

Thursday, December 3 12:30 PM

\$10.00 per person -- includes all materials

Register at the Welcome Desk by November 5

Nothing says happy holidays like a homemade gift sent to someone you love! Join us as Color Me Mine provides all the items needed for you to paint your own holiday ornament! We will paint them here, bring them there to be glazed and fired, and then bring them back to you here to pick up -- just in time for the Holidays! It's sure to be a fun time!

### Holiday Lunch

Thursday, December 17

Lunch at 11:45 AM, Entertainment at 12:30 PM

Cost \$8.00 per person; No Meal Program

Register at the Welcome Desk by December 3

It's the most wonderful time of the year! Join us for a delicious holiday meal of ham and scalloped potatoes and be entertained with the sounds of the season by the Schwenckfeld Chimers!

## Music As Stimulation

There's a lot of evidence that playing music is good for you. According to a study published by the American Psychological Association, playing an instrument as a child keeps the mind sharper as we age. The study, done at the University of Kansas Medical Center, recruited 70 healthy adults ages 60 to 83, who were divided into groups based on their levels of musical experience. The musicians performed better on several cognitive tests than individuals who had never studied an instrument or learned how to read music. The brain functions measured by the tests tend to decline with age.

"Musical activity throughout life may serve as a challenging cognitive exercise, making your brain fitter and more capable of accommodating the challenges of aging," said lead researcher Brenda Hanna-Pladdy. "Since studying an instrument requires years of practice and learning, it may create alternate connections in the brain that could compensate for cognitive declines as we get older."

There are benefits to starting an instrument in your later years, too. "Music-making is linked to a number of health benefits for older adults,"

said Suzanne Hanser, chair of the music therapy department at the Berklee College of Music in Boston. "Research shows that making music can lower blood pressure, decrease heart rate, reduce stress, and lessen anxiety and depression. There is also increasing evidence that making music enhances the immunological response, which enables us to fight viruses," Hanser said. Hanser said that anyone, regardless of age or ability, can make music and benefit from it.

"People are not only living longer these days, they want to remain healthy and active for as long as possible," said Antoinette Follett, editor-in-chief of "Making Music" magazine. "Plus, there is an increasing focus in the medical community on the need to keep the brain as healthy as the body. This focus is as much about making the empty nest and retirement years fun and worthwhile as it is about preventing debilitating dementias such as Alzheimer's disease. Music making has the potential to do both."

Source: [www.healthyeager.com](http://www.healthyeager.com).

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## AREAS OF INTEREST

### Bingo

Fridays 12:45 PM

### Bridge-Card Game

Thursdays 1:00 PM

### Mah Jongg

Wednesdays 10:30 AM

### Progressive Pinochle

Wednesdays 12:45 PM

### Rummikub

Everyday 10:00 AM

### Trivia

Mondays 12:30 to 1:30 PM

Show off your knowledge in a friendly trivia competition that will include refreshments, and plenty of fun.

### Studio Art Class-Painting

Tuesdays 9:30 AM Cost: \$4.00

Instructed by Louisa Wismer

### Woodcarving

Mondays 9:00 AM - 11:30 AM

All are welcome to come & work on their projects.

### Benefits of Playing Chess



- Improves Memory
- Increases Creativity
- Helps to exercise both sides of the brain



Consider Chess at PEAK. Let Sherry know your interest!

### Giving Tuesday Montco

December 1, 2015

Giving Tuesday Montco is part of a national celebration of generosity. It's a day to give a gift that makes an impact – right here in our own community. It's a way to let your values be part of your holiday giving.

GivingTuesdayMontco gives you the chance to contribute to the great work being done to make Montgomery County a healthier, stronger, and better community for all.

#### Want to give back to The PEAK Center?

1. Go to [www.givingtuesdaymontco.org](http://www.givingtuesdaymontco.org)
2. Choose The PEAK Center by clicking on our logo.
3. You'll be led to our Donate Page on website and you can go from there!

*We are grateful for your consideration in giving back to us!*



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Harleysville • Hatfield • Lansdale • Souderton  
Sumneytown • Upper Providence • West Norriton



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## People Experiencing Activity, Arts & Knowledge

*Greater Harleysville and North Penn Senior Services (GHPSS) 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.*

**\*\*TIME DATED MATERIAL\*\***

The PEAK Center  
1292 Allentown Road, Suite A  
Lansdale, PA 19446  
Return Service Requested

