

NEWS & NOTES

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

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

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).

TABLE OF CONTENTS

Page 2	Executive Director's News
Page 3-5	Wellness
Page 6	Services
Page 7-10	September-October Calendars
Page 11	Computer Learning
Page 12	Trips
Page 13	Article of Interest
Page 14, 15	Enrichment

PEAK of Autumn Wine and Craft Beer Tasting and Silent Auction



On behalf of Greater Harleysville and North Penn Senior Services (GHPSS) we invite you to be a part of our "PEAK of Autumn" Wine and Craft Beer Tasting and Silent Auction Event. The event will be held on Thursday, October 29th at Peter Becker Community, 815 Maplewood Drive, Harleysville from 5:30-8:00 PM. Our hosts, Ed Veron, executive chef at Peter Becker Community and Christopher Goggins, executive chef at Lutheran Community at Telford are planning a creative menu of heavy hors d'oeuvres to pair with the variety of local wines and craft brews being featured.

In addition to offering several local wines, the "PEAK of Autumn" event will feature a new element this year, beer! Prism Brewery and Round Guys Brewery have committed to supporting the event and will offer tastings of several of their brews.

Support of the PEAK of Autumn event will benefit GHPSS: The PEAK Center in Lansdale and Encore Experiences in Harleysville. GHPSS

strives to fulfill our mission of providing access to programs and resources that help older adults live independently and remain active. The success of the 2015 PEAK of Autumn event will allow us to continue to offer a place of comfort, fellowship and care to the seniors in our community.

Tickets for the event are \$50.00 each and can be purchased in advance. 2015 Sponsors for the event include:

Diamond Sponsors:

Peter Becker Community
Lutheran Community at Telford
Harleysville Savings Bank

Platinum Sponsor:

Spring Hill Realty Inc
Round Guys Brewery
Prism Brewing Company
Stone & Key Cellars

Gold Sponsor:

Univest Bank and Trust Co

Silver Sponsor:

QNB Bank

Memories from last year's PEAK of Autumn Wine Tasting and Silent Auction Event



Welcome Back to Your Senior Center Carnival!

Remember the fun you had when you were a kid and the carnival came

to your town? Come join us! We will be enjoying a full day of fun and activities! All exercise classes are free on Friday, September 18...that means you can enjoy Fit for the Future I and II and Stretch the Pain away – all free of charge! Enjoy a delicious carnival style lunch of hot dogs and all of the fixings for free as well (just remember to sign up in advance at The Welcome Desk!).

There will be carnival games with prizes in the Center Room from 10:00 AM to 11:45 AM, as well as popcorn and cotton candy. Finish up the day with a great game of Bingo after lunch! It's sure to be fun, so grab a friend and join in!



Director's Report



I am thrilled to announce that Encore Experiences in Harleysville and The PEAK Center in Lansdale have received National Accreditation from the National Council on Aging, Institute for Senior Center Excellence.

The process took us approximately 15 months to complete, during which time we reviewed the 9 Standards of Excellence that needed to be met and incorporated many improvements to our day to day and governance operations and procedures to ensure we as an organization met all of the criteria for each subsection of each standard. A copy of our Accreditation Notebook is available at each center if you would like to review it.

Of the 6,000 full service senior centers nationwide, fewer than 200 have become accredited. The highest concentration of which can be found in the Southeastern PA area, largely due to United Way of Southeastern Pennsylvania's commitment to provide support for this important work. We would like to thank United Way of Greater Philadelphia and Southern New Jersey for funding Greater Harleysville and North Penn Senior Services through this project.

Why is it important for our centers to receive accreditation?

To improve our organization

The accreditation process improves and strengthens our senior center operations. It results in official recognition that a senior center is meeting its mission in a nationally accepted, professional fashion.

Connect to the community

During the self-assessment process, staff, participants, board members, aging service agency representatives, and the community come together

to look at our centers and compare them to the standards that have been established by NISC. Together, the centers and the community identify strengths and areas that need improvement and develop a strategy. Many centers report that this has led to funding opportunities, new collaborative partners, and an increase in programs or participation.

Develop a plan for the future

Throughout the process, we had access to a specially designated accreditation hotline to get the information and guidance needed to develop a vision for the future. We were provided with a written strategic plan, and received technical assistance in determining outcome measurements to improve overall operations.

Enhance the image of our centers

Accreditation creates an opportunity to establish our position as a leader in positive aging. We can use this national recognition strategically to heighten awareness of the importance of our centers and showcase our excellence to funders, participants, families, and other key people in our community. Collectively, accreditation raises the bar. It legitimizes our centers as professionally managed, relevant, and vital resources for older adults.

I would like to thank our GHNPSS Board Members for participating in this process. Our former Executive Director, Robin Burstein, also deserves special recognition and a huge thank you for all the work she did in preparing for accreditation. Upon my start with the organization back in November 2014, Robin had completed the majority of the work necessary to schedule our on-site accreditation visit and review this past April. Overall the accreditation process was a team effort and I am proud to say that I lead two Nationally Accredited Senior Centers in Montgomery County.

Warm Regards,
Katie

GHNPSS Planned Giving

To ensure that Greater Harleysville and North Penn Senior Services: The PEAK Center in Lansdale and Encore Experiences in Harleysville, can continue to offer outstanding programs and services to its membership in the future, planned gifts are essential now. One of the primary objectives of Planned Giving at Encore Experiences and The PEAK Center is to make donors aware of various giving plans and tax advantages. Ways in which income-producing gifts can be made to our centers are as follows:

Charitable Gift Annuity

Essentially, this is a contract between the donor and the senior center. The donor transfers cash or securities to Encore or PEAK. The center agrees to pay a fixed amount to the donor annually for the rest of his or her life. A portion of this annuity will be tax-free income. In addition, the donor receives a charitable deduction for the year given.

Charitable Lead Trust

A donor places cash or other assets in a trust that will make payments to Encore or PEAK for a period of time (usually 10 to 20 years). After the trust term expires, the assets are bequeathed to the donor's designated beneficiaries. A charitable

trust can help minimize gift and estate taxes.

Charitable Remainder Trust

A donor receives income for life, while Encore or PEAK receives the "remainder" of the trust assets when the trust terminates. A donor generally transfers appreciated securities into an irrevocable trust. In return, he or she receives a significant charitable income-tax deduction, and may also enjoy other tax advantages, such as the elimination of capital gains tax on appreciated properties placed in the trust, and the removal of donated assets from the estate.

Additional ways in which donors can continue to improve and enrich the lives of seniors in the future are listed below:

Wills

Things to consider when consulting your attorney regarding a bequest to Encore or PEAK through your will:

- A specific amount
- A specific property
- A percentage
- All or part of "what's left"

Continued on Page 15

GHNPSS 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

Jennifer Metzger
Assistant Director

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, *Administrative Assistant*

GHNPSS BOARD OF DIRECTORS

Dan McKee, President
Mary Metz, Vice President
Tammy Towers, Secretary
Bob Schoen, Treasurer
Sheri Strouse, NP Liaison
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



Virginia Camburn
Rosalie Geyer
Ernst Grothe
Edwin Krider
Joan Leight
Margaret Lutz
Robert Monzo
Marsha Petrella
Pearl Rhoads
Robert Schunke
Valentina Treibergs

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



Programs

Programs are free unless otherwise noted.

Mini Health Fair

Wednesday, September 2 10:00 AM to 2:00 PM
Presented by Abington Health

Summer isn't over yet! Join us today for a day filled with informational talks and presentations. Health brochures will be available along with door prizes. Prevention is the key to good health

Boosting Your Immune System

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

On the whole, your immune system does a remarkable job of defending you against disease-causing microorganisms. But sometimes it fails: A germ invades successfully and makes you sick. Is it possible to intervene in this process and make your immune system stronger? What if you improve your diet? Take certain vitamins or herbal preparations? Make other lifestyle changes in the hope of producing a near-perfect immune response? Join us to find out the most effective ways to boost your immune system!

How Healthy Are You?

Monday, October 5 12:30 PM
Presented by Teri Wassel,
Public Health Nutritionist
Montgomery County Health Department

The "Warning Signs" of poor nutritional health are often overlooked. Research shows that poor

nutrition increases people's risk for many chronic diseases, including heart disease, stroke, diabetes, some types of cancer, and osteoporosis. Join us for this informative program! A nutrition-at-risk screening form will be given to all participants and a healthy cooking demonstration will be included in the program.

Understanding the Pins and Needles in Your Hands and Feet

Thursday, October 8 12:30 PM
Presented by Abington Health

A tingling or numb sensation in the muscles is a condition called paresthesia. It's a sign that a nerve is irritated. Think of that pins-and-needles feeling as a traffic jam in your nervous system. When traffic is running smoothly, tiny electrical impulses move along the nerves that run from your spine to your arms and legs. These sensations then move up the spinal cord to the brain. But if constant pressure is placed on a nerve, you create a roadblock. This prevents the nervous system from carrying the electrical impulses that normally transmit feeling. Join us to learn how this happens, and what you can do about it!

Flu Shot

Tuesday, October 13 11:30 AM to 1:00 PM
\$30.00 per person, unless you have traditional, non-HMO part B Medicare
Register at The Welcome Desk by September 16
Presented by Abington Health

It's that time of the year again...where the weather starts to change and it's time to protect yourself against the dreaded flu. "Flu season" in the United States can begin as early as October and last as late as May. Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. Get your flu shot at The PEAK Center and protect your health this year!

Medication Management

Thursday, October 15 12:30 PM
Presented by CVS Pharmacy

Medication management is the monitoring of medications that a patient takes to confirm that you are complying with a medication regimen, while also ensuring you are avoiding potentially dangerous drug interactions and other complications. This is especially important for those of us taking large numbers of medications to address chronic illnesses and multiple diseases. This is particularly common among older adults, as we are more likely to need medications to manage an array of chronic conditions. Join us to learn the tips and tricks to managing your medication safely!

Gwynedd Square Nursing Center



US Government Rating: 5 out of 5 Stars



Visit www.Medicare.gov Fewer than 10% earn 5 Stars

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

www.GoodNursingHome.com

Family owned & operated since 1980

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

Next session begins October 26, 28

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 - 11:15AM
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 Tuesday, October 27
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.

667 Harleysville Pike • Franconia, PA • Phone: 215-703-9800

J. Lowell Bergey, F.D., Supervisor

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

www.TowneMonitoring.com

TOWNE
MONITORING SERVICE

Personal
Emergency
Response
Systems

MENTION THIS AD AND RECEIVE 2 MONTHS FREE!

WE'RE HERE WHEN YOU NEED HELP THE MOST...
Souderton, PA 215-703-6450
Your "Local" Operators Since 1968

Eating Well as You Age

For adults over 50, the benefits of healthy eating include increased mental acuteness, resistance to illness and disease, higher energy levels, faster recuperation times, and better management of chronic health problems. As we age, eating well can also be the key to a positive outlook and staying emotionally balanced. But healthy eating doesn't have to be about dieting and sacrifice. Whatever your age, eating well should be all about fresh, colorful food, creativity in the kitchen, and eating with friends.

Remember the old adage, you are what you eat? Make it your motto. When you choose a variety of colorful fruits and veggies, whole grains, and lean proteins you'll feel vibrant and healthy, inside and out.

Of course, balanced nutrition is more than calorie counting. There are many other aspects to creating a nutritious lifestyle.

Adults over 50 can feel better immediately and stay healthy for the future by choosing healthy foods. A balanced diet and physical activity contribute to a higher quality of life and enhanced independence as you age. Some things to consider:

Fruit – Focus on whole fruits rather than juices for more fiber and vitamins and aim for 1½ to 2 servings or more each day. Break the apple and banana rut and go for color-rich pickings like berries or melons.

Veggies – Color is your credo in this category. Choose antioxidant-rich dark, leafy greens, such as kale, spinach, and broccoli as well as orange and yellow vegetables, such as carrots, squash, and yams. Try for 2 to 2½ cups of veggies every day.

Calcium – Maintaining bone health as you age depends on adequate calcium intake to prevent osteoporosis and bone fractures. Older adults need 1,200 mg of calcium a day through servings of milk, yogurt, or cheese. Non-dairy sources include tofu, broccoli, almonds, and kale.

Grains – Be smart with your carbs and choose whole grains over processed white flour for more nutrients and more fiber. If you're not sure, look for pasta, breads, and cereals that list "whole" in the ingredient list. Older adults need 6-7 ounces of grains each day (one ounce is about 1 slice of whole grain bread).

Protein – Adults over 50 without kidney disease or diabetes need about 1 to 1.5 grams per kilogram (2.2lbs) of bodyweight. This translates to 68 to 102g of high-quality protein per day for a person weighing 150 lbs. (0.5 g of protein per lb. of body weight is close enough). Try to divide your protein intake equally among meals. It's important to vary your sources of protein instead of relying on red meat, including more fish, beans, peas, eggs, nuts, seeds, and low-fat milk and cheese in your diet.

Water – As we age, some of us are prone to dehydration because our bodies lose some of the ability to regulate fluid levels and our sense of thirst is may not be as sharp. Post a note in your kitchen reminding you to sip water every hour and with meals to avoid urinary tract infections, constipation, and even confusion.

Vitamin B – After 50, your stomach produces less gastric acid making it difficult to absorb vitamin B-12—needed to help keep blood and nerves vital. Get the recommended daily intake (2.4 mcg) of B12 from fortified foods or a vitamin supplement.

Vitamin D – We get most of our vitamin D intake—essential to absorbing calcium and boosting muscles—through sun exposure and certain foods (fatty fish, egg yolk, and fortified milk). With age, our skin is less efficient at synthesizing vitamin D, so consult your doctor about supplementing your diet with fortified foods or a multivitamin, especially if you're obese or have limited sun exposure.

Every season of life brings changes and adjustments to your body. Understanding what is happening will help you take control of your nutrition requirements.

Physical changes that affect your diet

- **Metabolism.** Every year over the age of forty, our metabolism slows. This means that even if you continue to eat the same amount as when you were younger, you're likely to gain weight because you're burning fewer calories. In addition, you may be less physically active. Consult your doctor to decide if you should cut back on calories.

- **Weakened senses.** Your taste and smell senses diminish with age. Older adults tend to lose sensitivity to salty and bitter tastes first, so you may be inclined to salt your food more heavily than before—even though older adults need less salt than younger people. Use herbs, spices, and healthy oils—like olive oil—to season food instead of salt. Similarly, older adults tend to retain the ability to distinguish sweet tastes the longest, leading some to overindulge in sugary foods and snacks. Instead of adding sugar, try increasing sweetness to meals by using naturally sweet food such as fruit, peppers, or yams.

- **Medications and illness.** Some prescription medications and health problems can often negatively influence appetite and may also affect taste, again leading older adults to add too much salt or sugar to their food. Ask your doctor about overcoming side effects of medications or specific physical conditions.

- **Digestion.** Due to a slowing digestive system, you generate less saliva and stomach acid as you get older, making it more difficult for your body to process certain vitamins and minerals, such as B12, B6 and folic acid, which are necessary to maintain mental alertness, a keen memory and good circulation. Up your fiber intake and talk to your doctor about possible supplements.

Lifestyle changes that affect your diet

- **Loneliness and depression.** Loneliness and depression affect your diet. For some, feeling down leads to not eating and in others it may trigger overeating. Be aware if emotional problems are affecting your diet, and take action by consulting your doctor or therapist.

- **Death or divorce.** If you're newly single, you may not be used to cooking or have little enthusiasm for preparing meals for just yourself. However, cooking

your own meals can help you take charge of your health. No matter your age, living situation, or culinary skills, you can learn to prepare easy meals for one that not only taste great but can boost your energy and mood.

- **Living on a limited budget.** You may think that it's impossible to afford a balanced, healthy diet on a limited income. But with the right tips and a little planning, it is possible to enjoy healthy food on the cheap. Often, by simply cutting out junk and processed foods and avoiding conventional grocery stores, you can free up enough in your budget to enjoy healthier, better quality food.

Eating with others can be as important as adding vitamins to your diet. A social atmosphere stimulates your mind and helps you enjoy meals. When you enjoy mealtimes, you're more likely to eat better. If you live alone, eating with company will take some strategizing, but the effort will pay off.

- Make a date to share lunch or dinners with children, grandchildren, nieces, nephews, friends, and neighbors on a rotating basis.

- Join in by taking a class, volunteering, or going on an outing, all of which can lead to new friendships and dining buddies.

- Adult day centers provide both companionship and nutritious meals for older adults who are isolated and lonely, or unable to prepare their own meals.

- Senior meal programs are a great way to meet others. Contact your local Senior Center, YMCA, congregation, or high school and ask about senior meal programs.

Your food choices each day affect your health — how you feel today, tomorrow, and in the future. Good nutrition is an important part of leading a healthy lifestyle. Take a small step to better nutrition today, and move toward a healthier you. In the future you will be asked to take a brief nutritional health survey provided by Montgomery County Department of Aging. This survey will help you determine your nutritional health. This survey will not diagnose any condition but will offer you suggestions. The warning signs of poor nutritional health are often overlooked. They do not have to be. Be proactive.

Adapted from Healthguide.org

Flu Shot

Tuesday, October 13

11:30 AM to 1:00 PM

\$30.00 per person, unless you have traditional, non-HMO part B Medicare Register at The Welcome Desk by September 16

It's that time of the year again...where the weather starts to change and it's time to protect yourself against the dreaded flu. "Flu season" in the United States can begin as early as October and last as late as May. Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. Get your flu shot at The PEAK Center and protect your health this year!

Understanding the Pins and Needles in Your Hands and Feet

Thursday, October 8 12:30 PM

Presented by Abington Health

A tingling or numb sensation in the muscles is a condition called paresthesia. It's a sign that a nerve is irritated. Think of that pins-and-needles feeling as a traffic jam in your nervous system. When traffic is running smoothly, tiny electrical impulses move along the nerves that run from your spine to your arms and legs. These sensations then move up the spinal cord to the brain. But if constant pressure is placed on a nerve, you create a roadblock. This prevents the nervous system from carrying the electrical impulses that normally transmit feeling.

Join us to learn how this happens, and what you can do about it!

SERVICES

Consumer Education

Power of Attorney

Monday, September 21 12:30 PM
Presented by Susan Strong, Esquire

As people age, it's important that they have planned for their future with a power of attorney. Older adults become more susceptible to age-related conditions that may inhibit their ability to make important financial decisions. A power of attorney used in health care enables you – the creator – to name an advocate in the event of your illness or incapacity. This person would serve as your proxy in the decision-making pertaining to your medical care. Join us to learn how a power of attorney can assist you in ensuring financial security down the road.

Discounts for Veterans

Wednesday, September 30 12:30 PM
Presented by Vitas Healthcare

The PEAK Center is partnering with Vitas Healthcare to bring you the Montgomery County Veteran's ID and Discount program. The Recorder of Deeds will be joining us – bring your DD214 and receive your own special photo ID card. Finally, a veteran ID card that recognizes your faithful service to your country! No longer will you have to carry around your DD Form 214 for proof of military service. The Veteran ID Card illustrates your veteran status, displays your special military recognitions (certain awards), shows your disability rating, your medical diagnosis, and much more.

THANK YOU!

We are grateful to the Meadowood Retirement Community gardeners who have been providing The PEAK Center with freshly-harvested beans, zucchini, beets, carrots, etc., since early in the summer.

Programs are free unless otherwise noted.

Medicare Made Easy

Wednesday, October 21 7:00-9:00 PM
Presented by Howard Peck,

Senior Insurance Solutions

For newcomers to Medicare or for a helpful review, Howard Peck will provide an easy-to-follow overview of Medicare and how supplemental insurance fits in the picture. This will not be a sales presentation. Questions will be welcome.

Are You Getting All the Benefits You Deserve?

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.

FARMERS' MARKET CHECKS



Don't forget to use your checks before Nov. 30th. There is still plenty of fresh produce available at farmers' markets.

OPEN ENROLLMENT FOR MEDICARE ADVANTAGE AND PART D

Open enrollment for Medicare Advantage and Part D plans will occur from mid-October to early December. Plan information for 2016 will be available on the internet after October 1st, and insurance providers will mail it to their current customers. It is smart to review the 2016 coverage offered by your current plan and investigate other plans available in our area before deciding on the best one for you. For assistance in this review process, Bob Sykes and Carol Costlow are available by appointment.

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.

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

Tuesdays 9:30 AM-11:30 AM

By Appointment; No charge

Bob Sykes, Medicare insurance counselor, answers your questions about Medicare benefits, medigap insurance & Medicaid. Please call 215-362-1076 to request an 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
September 22 and October 27

By Appointment; No charge

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

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.

LIHEAP for 2015-16

Updated eligibility information and paper applications for Low Income Home Energy Assistance Program should be available by late October. The program will begin accepting applications November 1. Applications can also be submitted online at www.compass.state.pa.us.

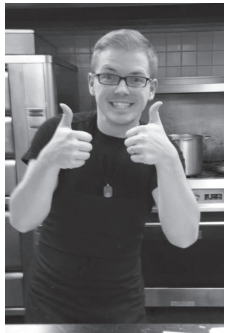
Looking for Community Resources?

Call or Search 211

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

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

“Take a Peak” Christopher Lutz



This month, we'd like to introduce you to Christopher Lutz! If you've had lunch here recently, you have probably noticed some new and exciting changes. Christopher is the new chef at Generations of Indian Valley! He started with Generations on June 19th. Prior to that he was the Director of

Sales and Marketing for the Frank Companies. Christopher is from the area, and graduated from North Penn High School. His parents own two banquet facilities, so he has grown up in the business – and he also went to MCCC for Culinary Arts. Christopher resides in Perkasio with his dog Sophie.

Currently Generations makes about 425 meals daily – they serve us, their own members, they provide the food for Meals on Wheels, and also food for the adult day center. That is over 100,000 meals a year! He works this magic with the help of three other

paid staff and a team of seven volunteers! Without a doubt the most popular item Generation's makes is pork and sauerkraut! It's definitely a favorite at The PEAK Center!

Recently there have been changes to the meal program that you may have noticed. In January the State rolled out the new requirements – one of the most significant changes being the 750 calorie threshold for the lunch served to seniors. This calorie count is based upon what the average 71 year old female should have for lunch. As you can imagine, this makes planning the meal a bit more challenging. The daily lunch usually includes 4 ounces of protein, 4 ounces of a side dish, and one serving of fruits or vegetables. Christopher's approach is to offer a more personal, thoughtful approach to the meal – and to bring the meal into more of a restaurant style of service. Christopher is also trying to update the menus and bring a more cutting edge style to the meals.

Welcome Christopher! And thank you for all the hard work you do every day to keep our seniors well fed!

Medicare Beneficiaries: Make Sure Your Equipment Supplier Works With Medicare

In October, Medicare beneficiary David P. (not his real name), was shocked to see a charge of more than \$1,000 on his credit card statement. The charge was for the complete cost of renting a machine he needed to help him recover from knee replacement surgery. The equipment is covered by Medicare, so Mr. P. thought he would be responsible only for his 20 percent co-payment. But it turns out that the equipment supplier who rented him the machine never informed him that it is not a registered Medicare provider and that therefore Mr. P. may be responsible for the full cost of the rental.

"It is a problem that beneficiaries often do not know that they are using a non-participating

supplier," says Alfred J. Chiplin, Senior Policy Attorney at the Center for Medicare Advocacy and co-author of *The Medicare Handbook* (Wolters Kluwer).

If you are caught in the situation Mr. P. found himself in, you can submit your bill from the supplier and seek as much reimbursement as you can get, Chiplin says. (Mr. P. is still awaiting word from Medicare.)

"It's always best for beneficiaries to use certified suppliers and those who are Medicare participating suppliers," Chiplin counsels.

Source: www.elderlawanswers.com

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.

September 15 & October 20

All members are welcome to participate in this open meeting.

Meetings on the third Tuesday of every month at 12:30 PM

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

Thank You for Your Generosity

Since 1881, the Historical Society of Montgomery County has preserved and promoted our county's rich and interesting cultural heritage, from William Penn to Willow Grove Park. They make available valuable resources on the histories of our townships and the families that have made Montgomery County a great place to live. Through their exhibits, speakers, and live events they seek to educate and inform about our county's fascinating past.

This past summer our members generously brought in all of their used books for a book sale! The books were priced at \$.25 for a paperback and \$.50 for a hard cover. In total we raised over \$80! We sent the proceeds to the Historical Society to benefit their Boxes for Books program. They have over 300 rare books in their collection. So that future generations may enjoy and use the books for research, they would like each one preserved in an acid-free box measured to fit. The boxes are \$10 each and we were able to purchase 8 of these! Their staff will create a label for each box with The PEAK Center on it.

All of the leftover books were donated to The Mennonite Heritage Center for their annual book sale fundraiser. They were extremely grateful for your generosity!

A big THANK YOU to everyone who donated and bought books!

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, September 17

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, October 22

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!

DAY & EXTENDED TRIPS

Celtic Concert Coming to Encore Experiences!

On Saturday, September 12 at 7:00 PM you will be treated to something special. Charlie Zahm, a Celtic singer and musician will bring his talents and personality for a night you will never forget. Bonus: Tad Marks on fiddle will be here as well, hoping to impress with great songs from the Olde Countries. This event is being hosted by a local ministry. Proceeds go to Encore Experiences. Charlie Zahm is one of the most popular soloists

at Celtic music festivals, Maritime, and American Traditional music events anywhere east of the Mississippi. With a baritone voice some have described as "coming along once in a generation," Charlie has become one of the most successful performers on the Celtic festival circuit, weaving magical moments of Scottish and Irish history for the listener and viewer, with passion for the performance and a chosen repertoire pleasing

to all members of the family. A master of the guitar as well, Charlie brings an authentic love and respect for the music he sings-and with dashes of humor and a light in his eyes, he will draw you into the stories of his songs! This will sell out fast. Seating is limited. Ticket cost: \$12.00 per person. For more information, call Encore Experiences at 215-256-6900.

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:

Philadelphia

Friday, October 2

Cost: \$19.00 per person; Register by September 16
Departure from Encore Experiences at 9:00 AM
The meeting place of our Founding Fathers.

Valley Forge

Wednesday, November 11

Cost: \$18.00 per person; Register by October 30
Departure from Encore Experiences at 9:30 AM
Valley Forge was the site of the 1777-78 winter encampment of the Continental Army. The park commemorates the sacrifices and perseverance of the Revolutionary War generation and honors the ability of citizens to pull together and overcome adversity during extraordinary times.

Sight and Sound and Shady Maple

A Christmas Story

Wednesday, December 9

Cost: \$96.00 per person; Register by November 7
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.

WELCOME NEW MEMBERS!

.....

Carol Benedetto

Linda Carnation

Marjorie Gentet

James Kile

Patricia Kile

Andrea Long

Patricia MacMullen

Betty (Jane) Martin

Barbara McElhaney

Anne Marie Mullen

Catherine Slobodzian

Karen White



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.

**We treat your belongings
as if they were our own.**



Call (215) 256-1153

Or visit www.crousemoving.com

To schedule a move or a free estimate.

PUC No. A-00123310
USDOT No. 1584619
MC No. 588072



**Interested in belonging to
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!

Is Long Term Care in Your Future?

Long term care is a range of services and supports you may need to meet your personal care needs. Most long term care is not medical care, but rather assistance with the basic personal tasks of everyday life, sometimes called Activities of Daily Living (ADLs) such as dressing, bathing, eating, etc. Other common long term care services and supports are assistance with everyday tasks, sometimes called Instrumental Activities of Daily Living (IADLs). These may include housework, managing money, taking medication, grocery shopping and caring for pets.

Seventy percent of people turning age 65 can expect to use some form of long term care during their lives. There are a number of factors that affect the possibility that you will need care. Age, gender, disability, health status, and your present living arrangements all play a part of determining your need. How you will handle the need for such services will be unique to you, and based on your preferences and circumstances.

Consumer surveys reveal common misunderstandings about which public programs pay for long term care services. It is important to

understand what is and isn't covered. Medicare only pays for long term care if you require skilled services or rehabilitative care. That means if you are in a nursing home for a maximum of 100 days or you are at home and also receiving skilled home health or other skilled in-home services. In other words, Medicare does not pay for non-skilled assistance with ADLs, which make up the majority of long term care services. You will have to pay for long term care services that are not covered by a public or private insurance program.

Medicaid does pay for the largest share of long term care services, but to qualify, your income must be below a certain level and you must meet minimum state eligibility requirements. Such requirements are based on the amount of assistance you need with ADLs. Other federal programs such as the Older Americans Act and the Department of Veterans Affairs pay for long term care services, but only for specific populations and in certain circumstance.

Health insurance does not cover the costs associated with long term care services either. For this reason many people buy long term care insurance, a form

of insurance specifically designed to cover the cost of in-home long term care services, or services in a care facility. It's good to know that like public programs, private sources of payment have their own rules, eligibility requirements, copayments and premiums for the services they cover.

On the positive side, long term care insurance allows you to maintain your independence and reduces the financial and psychological stress that a long term care need causes a family. The negative part of this type of insurance is the cost of the premiums. Whether you buy insurance or not, you'll want to have a plan in place so you and your family know what to do if you need care. This means talking to your family and friends about their ability to help, if and when help is needed. You may also want to investigate alternatives to traditional long term care insurance. None of us has that crystal ball that will tell our future, but having a plan in place is worth its weight in gold.

Source: longtermcare.gov; moneyover55.about.com; medicare.gov

CLEAN YOUR HANDS

September 21-25

All week find handouts

about the importance of

handwashing.

BE PROACTIVE

BEFORE THE FLU SEASON.

VOICES OF LEGENDS

Wednesday, October 7

Lunch at 11:45, Show at 12:30 PM

\$7.00 per person Register at the Welcome Desk by October 1

The curtain opens and the show begins. You are being serenaded by some of the greatest music superstars that have ever graced a stage. One famous voice after another, each performing one of your favorite songs. You have never been to a concert like this. You cannot believe your eyes. All of these incredible voices are coming out of the mouth of one man. With stunning vocal transformations between each artist, you watch and listen in anticipation and amazement. This is Voices of Legends. Join us for the time of your life!

KAPLAN PARTNERS

EXECUTIVE SEARCH + CONSULTING

K. Leon Moyer

Husband, Grandfather, Mentor,

Leader, Banker, Friend

As a company that knows leaders,

we salute a great one!

Congratulations Leon!

For being named the

2015 Pillar of the Community

www.KaplanPartners.com

Harleysville

SAVINGS BANK

"Your Trusted Financial Partner"™

Your COMMUNITY...

Your BANK

800-243-8700

harleysvillesavings.com

Harleysville • Hatfield • Lansdale • Souderton

Sumneytown • Upper Providence • West Norriton

Programs

Programs are free unless otherwise noted.

Color Your Stress Away

September 3, 10, 17, 24 & October 1, 8, 15, 22, 29
12:30 PM to 1:30 PM and 2:30 PM to 3:30 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. It has become so popular lately that people are throwing their own adult coloring parties! These aren't your kids coloring books -- they are beautiful, ornate works of art! We will be using pages from the bestselling book, "Adult Coloring Book: Stress Relieving Patterns" Coloring sheets and colored pencils will be provided. Join us!

Movies

Showtime is 10:00 AM

Woman in Gold (PG-13)

Wednesday, September 9

Running time: 1 hour, 49 minutes

Genre: Drama

Starring: Helen Mirren, Ryan Reynolds

Maria Altmann, an octogenarian Jewish refugee, takes on the Austrian government to recover artwork she believes rightfully belongs to her family.

The Second Best Exotic Marigold Hotel (PG-)

Wednesday, September 23

Running time: 2 hours, 2 minutes

Genre: Comedy, Drama

Starring: Judi Dench, Maggie Smith, Dev Patel

As the Best Exotic Marigold Hotel has only a single remaining vacancy - posing a rooming predicament for two fresh arrivals - Sonny pursues his expansionist dream of opening a second hotel.

Far From the Madding Crowd (PG-13)

Wednesday, October 14

Running time: 1 hours, 59 minutes

Genre: Drama

Starring: Carey Mulligan, Matthias Schoenaerts, Michael Sheen

In Victorian England, the independent and headstrong Bathsheba Everdene attracts three very different suitors: Gabriel Oak, a sheep farmer; Frank Troy, a reckless Sergeant; and William Boldwood, a prosperous and mature bachelor.

The Age of Adaline (PG-13)

Wednesday, October 28

Running time: 1 hour, 52 minutes

Genre: Drama, Romance

Starring: Blake Lively, Michiel Huisman

A young woman, born at the turn of the 20th century, is rendered ageless after an accident. After many solitary years, she meets a man who complicates the eternal life she has settled into.

AARP Safe Driving Classes

Pre-registration required

Four hour refresher class

Thursday, September 10 9:00 AM to 1:00 PM

Four hour refresher class

Friday, October 9 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

Transformation Tuesdays

Tuesdays September 15, 22, 29

& October 6, 13, 20, 27 1:30 pm to 3:30 PM

"Transformation: a thorough or dramatic change in form or appearance". Starting in September, every Tuesday we are going to take a closer look at people who have transformed our great nation. We begin with the acclaimed PBS seven part documentary, The Roosevelts: An Intimate History. Join us as this show chronicles the lives of Theodore, Franklin and Eleanor Roosevelt, three members of the most prominent and influential family in American politics. It is the first time in a major documentary television series that their individual stories have been interwoven into a single narrative.

September 15-Episode 1: Get Action 1858-1901

September 22-Episode 2: In the Arena 1901-1910

September 29-Episode 3: The Fire of Life 1910-1919

October 6-Episode 4: The Storm 1920-1933

October 13-Episode 5: The Rising Road 1933-1939

October 20-Episode 6: The Common Cause 1939-1944

October 27-Episode 7: A Strong and Active Faith 1944-1962

Welcome Back Carnival!

Friday, September 18 All Day

Welcome Back to your Senior Center! Let's celebrate with a carnival! Popcorn, cotton candy, and tons of fun! Join us for free exercise classes at 9:00 AM and 10:30 AM, games from 10:00 AM on in the center room, lunch of hot dogs and all the fixings, and bingo in the afternoon! It's sure to be a great time! Sign up at the Welcome Desk!

Voices of Legends

Wednesday, October 7

Lunch at 11:45, Show at 12:30 PM

\$7.00 per person

Register at the Welcome Desk by October 1

The curtain opens and the show begins. You are being serenaded by some of the greatest music superstars that have ever graced a stage. One famous voice after another, each performing one of your favorite songs. You have never been to a concert like this. You cannot believe your eyes. All of these incredible voices are coming out of the mouth of one man. With stunning vocal transformations between each artist, you watch and listen in anticipation and amazement. This is Voices of Legends. Join us for the time of your life!

PEAK-A-Boo Ladies of The PEAK Center Meetings

Lunch at The PEAK Center

Tuesday, September 1 11:30 AM

Cost: \$7.00 payable at The Welcome Desk

Note: The yearly dues of \$5 will be due at this meeting

Lunch at The Metropolitan

750 Upper State Road, North Wales

Tuesday, October 6 11:30 AM

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

Members Advisory Council

Meetings on the third Tuesday

of every month at 12:30 PM

September 15 and October 20

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!

Highlights from The Encore Bulletin

(These listings are held at Encore Experiences)

Lay Leader's Training Workshop

Stanford University Chronic Disease

Self-Management Program

September 15, 17, 22, 24

9:00 AM-4:00 PM

Lansdale Hospital, 100 Medical Campus

Dive, Lansdale; Classroom A/B lower level

Cost: \$30.00 per person

Register by September 3

Facilitators: Paula Klauger and Kay Pagni

At the end of this Leader's Training, participants will be able to conduct the evidenced-based Chronic Disease Self-Management Workshop with one other trained leader. This workshop is taught using a structured protocol that outlines the content to be discussed as well as the methods to be used during each activity. The methods of instruction are designed to facilitate group interaction and participation, encouraging participants to share personal experiences and find solutions to common problems when dealing with conditions like diabetes, hypertension, arthritis, pain and anxiety. Cost includes materials, snacks and drinks. Brown bag lunch is recommended.



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

United Nations Day

United Nations Day is for celebrating the formation of the United Nations in 1945. Who celebrates? All the US states do, as well as the 81 countries that are members of the United Nations. United Nations Day is always celebrated on October 24th because that's the day when the United Nations was made official. Before there was a United Nations, there was an international organization called the League of Nations. The League of Nations broke up after they were unable to prevent World War II. On January 1, 1942, in the middle of World War II, representatives from 26 nations signed the Declaration by United Nations, which was an agreement to fight together against the Axis Powers (Germany, Italy and Japan). The name United Nations was thought up by President

Franklin D. Roosevelt. Not long after that, there was a United Nations conference in San Francisco. Representatives from 50 countries got together and signed the United Nations Charter on October 24, 1945. Even more countries signed the charter later on. The purpose of the UN is to "preserve peace, advance justice and constitute a permanent structure for international cooperation." In other words, the United Nations acts as a world forum to help countries work together to achieve peace and human rights. Join us at Encore Experiences in Harleysville on Friday, October 23 for a United Nations Lunch. An educational video will be shown at 12:30 PM. Call Encore Experiences at 215-256-6900 for more information.

Source: Kitzworld.com

GHNPS Planned Giving

Continued from Page 2

Through a will you will assure that others receive what you would like them to have before the state decides for you, a decision that will most likely not distribute your assets as you would have wished.

Giving Through Life Insurance

Some of the choices of giving through life insurance include:

- Naming Encore or PEAK as beneficiary of a policy that you own
- Purchasing a new policy
- Giving a paid-up policy you already own by changing the owner and beneficiary
- Giving a policy on which you are still paying

Some of the advantages of giving through life insurance include:

- Economy
- Convenience
- Flexibility
- Immediacy
- Confidentiality

If you are interested in learning more about including Encore or PEAK in your planned giving strategy please contact Executive Director, Katie Walker to schedule an appointment at 215-256-6900.

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

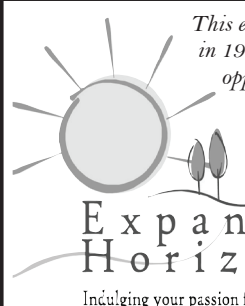
All are welcome to come & work on their projects.

Discounts for Veterans

Wednesday, September 30 12:30 PM

Presented by Vitas Healthcare

The PEAK Center is partnering with Vitas Healthcare to bring you the Montgomery County Veteran's ID and Discount program. The Recorder of Deeds will be joining us – bring your DD214 and receive your own special photo ID card. Finally, a veteran ID card that recognizes your faithful service to your country! No longer will you have to carry around your DD Form 214 for proof of military service. The Veteran ID Card illustrates your veteran status, displays your special military recognitions (certain awards), shows your disability rating, your medical diagnosis, and much more.



This educational program was formed in 1996 to promote adult enrichment opportunities in the community.

Held at Dock Woods

Expanding Horizons

Inculging your passion for life-long learning.

October 1, 8, 15, 22
9:00 - 10 AM and 10:30 - 11:30 AM

Contact Michele at Encore Experiences
for detailed list of topics: 215-256-6900.



ADVANCED LIVING Communities

PROVIDING QUALITY, AFFORDABLE HOUSING AND SUPPORTIVE SERVICES FOR MORE THAN 50 YEARS

Coming to Lansdale in 2016 . . .
NORTH PENN COMMONS

CALL 215-362-0227 TODAY
TO ADD YOUR NAME TO OUR INTEREST LIST

SCHWENCKFELD MANOR
Lansdale

SCHWENCKFELD TERRACE
Lansdale

DERSTINE RUN
Hatfield

www.advancedlivingcommunities.org
1292 Allentown Road - Lansdale PA 19446
Phone: 215-362-0227 - Fax: 215-362-8242



WELCOME BACK CARNIVAL

FRIDAY, SEPTEMBER 18 ALL DAY

Welcome Back to your Senior Center! Let's celebrate with a carnival! Popcorn, cotton candy, and tons of fun! Join us for free exercise classes at 9:00 AM and 10:30 AM, games from 10:00 AM on in the center room, lunch of hot dogs and all the fixings, and bingo in the afternoon! It's sure to be a great time! Sign up at the Welcome Desk!

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



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

