



THE **PEAK** CENTER

# NEWS & NOTES

March-April/2015

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 at Harleysville or The PEAK Center, or on our web sites and/or newsletters, are not necessarily endorsed in any way by GHNPS; nor are the opinions of speakers necessarily the opinions of GHNPS, nor are the representations and information presented, tested or reviewed for accuracy or reliability by GHNPS.

### TransNet Rider Information

For new trip reservations to and from The PEAK Center or Encore Experiences call:

The PEAK Center at 215-362-7432  
Encore Experiences at 215-256-6900

For next day reservations you must call by 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, 4	Wellness
Page 5-8	March/April Calendars
Page 9	Services
Page 10	Enrichment
Page 11	Areas of Interest
Page 12	Article of Interest

## Volunteering! It's Good for You!

Volunteering has long been a common ethic in the United States, with people each year giving their time without any expectation of compensation. While these volunteer activities may be performed with the core intention of helping others, there is also a common wisdom that those who give of themselves also receive. Over the past two decades we have seen a growing body of research that indicates volunteering provides individual health benefits in addition to social benefits. This research has established a strong relationship between volunteering and health: those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer. Comparisons of the health benefits of volunteering for different age groups have also shown that older volunteers are the most likely to receive greater benefits from volunteering, because volunteering provides them with physical and social activity and a sense of purpose at a time when their social roles are changing. Some of these findings also indicate that volunteers who devote a "considerable" amount of time

to volunteer activities (about 100 hours per year) are most likely to exhibit positive health outcomes. Some researchers hypothesize that younger volunteers may not experience the same benefits from volunteering because of the greater likelihood that their volunteering may be, in some sense, obligatory (e.g., tied to other responsibilities, such as parenting). In contrast, the volunteer activities of older persons are more likely to be discretionary and provide them with a purposeful role in their community; for these reasons, the experience of volunteering is more likely to be beneficial to them.

We are incredibly blessed with our volunteers here at The PEAK Center and Encore Experiences. We hope that you get back as much as you give us every day. Join us as we celebrate you on Tuesday, April 22 (see Page 10). It is just a small way to thank you for all you do for us. We could not do it without you!

*Adapted from Corporation for National & Community Service*

## Happy 45th Birthday, Earth Day



Wednesday, April 22, 2015, marks the 45th celebration of Earth Day in the United States — a day when we can all take time to appreciate the connection between our environment and health.

A healthy environment is key to leading a healthy life. At Health and Human Services (HHS), we strive to maintain healthy environments for all Americans, and I hope you will work to make your community a healthy one too. Local parks establish venues for our children to play while adults exercise. Trails facilitate active lifestyles through biking and walking instead of driving. Step outside and enjoy your outdoors.

Keeping our planet healthy helps keep each and every one of us healthy. Taking simple actions to conserve energy and water can help reduce waste and cut carbon pollution. You can make a difference by turning off the lights when you leave

a room, turning off the water while you brush your teeth, shopping locally and taking a bike ride instead of driving. Remember to recycle your paper, bottles and cans. Don't forget to deliver outdated and discarded cell phones, computers, and printers to electronic waste recycling facilities. Simple sustainable activities like these can help protect our environment and our health.

Please join HHS in celebrating Earth Day and go for a walk outside. Enjoy the fresh air and beautiful scenery while you stay active. Please be mindful that the "green actions" we take today help protect our wonderful planet for our children. Learn more about being green at Encore Experiences on Monday, April 20 presented by Green Drop and on Tuesday, April 21 DVD The Works: Garbage.

This Earth Day, April 22, join us in going green to be healthy.

*Source: Secretary Kathleen Sabelius, HHS.Gov*

## 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



As I reflect upon my first month as the new Executive Director of Greater Harleysville and North Penn Senior Services, I am so incredibly grateful for the opportunity to lead two wonderful centers, Encore Experiences and The PEAK Center in the New Year.

In my short time here I have been so impressed with the passion and dedication of the board members, staff, and volunteers for both centers. These individuals work hard to fulfill our mission of helping older adults remain active and independent; whether that be through preparing and serving nutritious lunch meals for our participants, offering an array of wellness and fitness programs, providing opportunities for ongoing learning, working tirelessly to be sure that seniors are receiving the benefits that are available to them, and finally offering opportunities for participants to volunteer and give back to their communities.

In my short time here I have also come to understand and appreciate the importance that the centers play in the lives of our active older adults. This became more evident to me just around the holidays. Holidays often remind us of family members and friends who are no longer with us, as well as traditions of the past. For older adults who are already dealing with health issues, grief or depression, the swell of holiday emotions can sometimes be overwhelming. I spoke privately with several of our participants, who expressed the importance of being around friends and the support system that the centers provide. One participant referred to the center as a "life saver."

I am proud to lead an organization that offers that comfort to so many.

In my short time here I have been amazed by the generosity of our participants and members. Over the past few weeks we have received numerous donations to the Annual Appeal for both Encore and PEAK and they are still coming in! These contributions are so important to our centers and I want to thank everyone who has made a donation.

Finally in my short time here I have become extremely grateful for the amazing support system we have established for both centers. Our support system comes to us in the form of volunteers in our centers, especially in the kitchen and cafes. It comes to us from numerous community organizations such as Montgomery County Aging and Adult Services, The North Penn Community Health Foundation, The North Penn United Way, The Greater Philadelphia and Southern New Jersey United Way, The VNA Foundation and so many more. And finally, what would we do without the support of our friends at Lower Salford Township... Where do I begin? From fixing our toilets to checking on leaks, to moving tables, the "township guys," as we affectionately call them, are here for us whenever we need them. **THANK YOU!**

So one of my first lessons learned during my short time here is that it does not take long to recognize a good thing when you see it. And I see wonderful things in our staff, volunteers, participants, supporters and in our communities. We can only continue to get better and together, provide the services that our active older adults so greatly appreciate.

*Warm Regards,  
Katie*

## When Should Seniors Stop Driving?

If you have concerns about a loved ones' ability to drive, addressing them promptly could be a matter of life and death. It may be tempting to procrastinate -- to talk to him next week or before the first snowfall, for example -- but think how you'd feel if the delay led to an automobile accident that resulted in a serious injury or death.

Considering the possible consequences should help you overcome your hesitation -- but that doesn't mean it will be easy. It's awkward and painful to have to inform someone that they aren't capable of doing something as basic and essential as driving the car. For them, it's another humiliating reminder of their growing inability to take care of themselves and manage the tasks of daily life.

As difficult as it is, if you have reason to believe

that your loved one could be dangerous behind the wheel, it's important to deal with the issue sooner rather than later -- because later could be too late.

Here are some signs that it may be time for you to have that difficult conversation.

1. Almost crashing, with frequent "close calls"
2. Finding dents and scrapes on the car, on fences, mailboxes, garage doors, curbs, etc.
3. Getting lost, especially in familiar locations
4. Having trouble seeing or following traffic signals, road signs, and pavement markings
5. Responding more slowly to unexpected situations, or having trouble moving their foot from the gas to the brake pedal; confusing the two pedals

*Continued on Back Page*

### 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.*

**Please make checks payable to The PEAK Center**

**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!*

### GHPSS STAFF MEMBERS

Katie Walker  
*Executive Director*

Becky Carver  
*Administrative Assistant/Bookkeeper*

Susan Andersen  
*Communications Manager*

### PEAK STAFF MEMBERS

Sandi Chiriano  
*Welcome Desk Manager*

Jennifer Metzger  
*Assistant Director*

Carol Costlow  
*Consumer Resources & Education Coordinator*

Steve Zurad  
*Meal Assistant*

### ENCORE EXPERIENCES STAFF MEMBERS

Kay Pagni, *Assistant Director & Social Services Coordinator*

Michele Ross, *Program Director*

Beth Knize, *Meal Coordinator*

TBA, *Office Manager*

### GHPSS BOARD OF DIRECTORS

Dan McKee, President  
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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 at Harleysville and The PEAK Center in Lansdale.

Encore Experiences at 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

*As of January 15*



*Rosemary Lukens  
Eleanor Nowicki  
Donna Williams*

*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.*

### WELCOME NEW MEMBERS!

.....  
ARLENE GRANT  
VIRGINIA MEASE  
DOROTHY SLATER

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



## Programs

*Programs are free unless otherwise noted.*

### Catching Better Zzzz's

Thursday, March 12 12:30 PM

Presented by Abington Health

How you feel during your waking hours hinges greatly on how well you sleep. Similarly, the cure for sleep difficulties can often be found in your daily routine. Your sleep schedule, bedtime habits, and day-to-day lifestyle choices can make an enormous difference to the quality of your nightly rest. Join us to learn ways to improve your sleep!

### Memory Program

March 19, 26, April 2 and April 9 1:00 PM to 3:00 PM  
Cost: \$20.00 for the 4 week class.

Memory Training presents effective memory-enhancing techniques to individuals. The course combines trainer presentations with group discussions, memory checks, and skill-building exercises and provides an innovative educational program for people with mild memory concerns. The course is not intended for people with Alzheimer's disease or other forms of dementia. We focus on the four top memory challenges that people complain about:

- Forgetting names and faces
- Forgetting to do things in the future...like keeping an appointment, passing on a phone message, or forgetting why you walked into a room
- Forgetting where you put things like keys, glasses or a wallet
- Inability to immediately recall something you know or "tip of the tongue" memory challenge.

### Stroke Prevention

Tuesday, March 31 12:30 PM

Presented by Bayada Health

If you're like most Americans, you plan your future. When you take a job, you examine its benefit plan. When you buy a home, you consider its location and condition so that your investment is safe. Today, more and more Americans are protecting their most important asset—their brain. Are you? A stroke can be devastating to individuals and their families, robbing them of their independence. It is the most common cause of adult disability. Join us to learn ways we can prevent a stroke from occurring.

### Gourmet Weight Wise

Thursdays, April 9, 16, 23, 30 through June 18 9:45 AM

Healthy Kitchen = Healthy Lives

How often have you wondered if you are buying the healthiest products when food shopping? How often have you wondered if you are cooking the healthiest recipes?

Come into our nutrition classes this coming spring and learn all the facts that will help you shop and cook better, easier and healthier!!!!

Each of the 12 classes will feature a food category and we will go over what you should look for when purchasing. We will then offer you cooking ideas and perhaps a recipe or two to taste.

### Relaxation Tips and Techniques

Thursday, April 9 12:30 PM

Presented by Abington Health

Relax. You deserve it, it's good for you, and it takes less time than you think. You don't need a spa weekend or a retreat. There are many ways to learn how to relax your body and your mind that you can do from the comfort of your own home. Join us to learn more!

### Surprisingly Healthy Foods

Thursday, April 16 12:30 PM

Presented by Christina Fava

Some foods that have a reputation for being unhealthy or fattening are actually surprisingly healthy. Learn about 10 foods that may benefit your health in ways you might have never imagined! You'll leave with recipes to help you incorporate these foods in new ways. Join us!



*Lots of holiday cheer at the PEAK Christmas Luncheon.*

## 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)

Family owned & operated since 1980

# WELLNESS

*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: \$8.25 at Facenda Whitaker; \$7.50 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  
When room is available

Great news! We now have the okay to 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.

## Strong Women (for Women and Men)

Mondays and Wednesdays 9:00 - 10:00 AM  
Fee: \$28.00/6 weeks; drop-in fee: \$5.00/class  
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 Ruby Considine  
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  
April 28 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.

### Help Yourself to Healthy Living

2nd Thursday of the month 12:30 to 1:30 PM  
No charge Offered by Abington Health Services  
Join us to share concerns and ask questions.  
Learn tips to manage your chronic conditions.

### 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

Great news! We now have the okay to 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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Phone: 215-362-0227 - Fax: 215-362-8242





## Unclaimed Property for You!

Each year the PA Treasury Department receives millions of dollars in unclaimed property, such as abandoned bank accounts, forgotten stocks, uncashed checks, certificates of deposit, life insurance policies, safe deposit box contents, and recovered stolen property. Unclaimed property is any financial asset that was left with a "holder" without activity or contact for five years or more. By law, at the end of the five year period, holders must transfer all abandoned property to the PA Treasury Department. The Treasury Department must maintain custody of any unclaimed property until it is claimed by its rightful owner. There is no time limit for claiming your property. Once you prove ownership, the property will be returned to you without charge.

You may have unclaimed property if:

- You were named as a beneficiary on a life insurance policy.
- You opened a savings account and forgot about it or your account went inactive because you did not make deposits or withdrawals for a period of time.
- You moved, forgot to change your address at the post office, and had money coming to you.
- You left your job to start a new one, and never received your final paycheck.
- You forgot to redeem a gift certificate and it expired.

You can search your name or those of family and friends in the Unclaimed Property database at <http://www.patreasury.gov/unclaimedProperty.html> or by calling 1-800-222-2046. The Treasury Department will assist you free of charge. If you would like assistance with this research, call Carol to make an appointment on Monday, March 23 between 11:30-3:00 PM.

Here are a few things you can do to keep your property from becoming unclaimed:

- Keep accurate records of bank accounts, stocks, safe deposit boxes, life insurance policies and other financial matters and share their location with someone you trust.
- Make contact with all financial institutions holding any savings, checking, IRA, certificate of deposit and all other accounts at least once every three years.
- Cash all checks for dividends, insurance benefits and wages. If you stop receiving dividends, contact the company that issues the dividends.
- Be sure to notify all financial institutions if you change your address.

*Excerpted from PA Treasury website:  
<http://www.patreasury.gov/>*

### FREE INCOME TAX SERVICES

GHPSS at both The PEAK Center and Encore Experiences will be one of several local sites for free federal and state tax preparation. The trained volunteers will be available here through April 10 by appointment only. Preference in scheduling appointments will be given to those seniors who have low to moderate household income, generally below \$53,000. If you have self-employment income, it should be below \$10,000.

#### Please bring the following items to your appointment:

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

For assistance in completing the PA Property Tax and Rent Rebate application, bring paid receipts for 2014's property taxes or rent receipts.

Appointments can be scheduled at the Welcome Desk by calling The PEAK Center at 215-362-7432.

### 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:

Family Size	Annual	Monthly	To register for this program, please see Carol and bring with you:
1	\$15,171	\$1,265	• Proof of Age (Driver's License);
2	\$20,449	\$1,705	• Proof of Residency (Utility bill, Driver's License);
3	\$25,727	\$2,145	• 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

March 24 and April 28

By Appointment; No charge

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

### LIHEAP for 2014-2015

The Low-Income Home Energy Assistance Program (LIHEAP) will accept applications until April 3, or until all the funds are distributed. This program helps low-income households pay their heating bills. LIHEAP is a grant; you don't have to pay it back. Income Guidelines 2014-2015 for Homeowners and Renters:

Household Size	Maximum annual income
1	\$17,505
2	\$23,595
3	\$29,685

Add \$6,090 for each additional person

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 is June 30, 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.

## Programs

*Programs are free unless otherwise noted.*

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

*Brunch at The Metropolitan*

Tuesday, March 3 11:30 AM

*Lunch at The PEAK Center*

Tuesday, April 7 11:30 AM

\$6.00 per person – Register at the Welcome Desk

### Table Top Topiary – Creating a Bunny

Tuesday, March 10 12:30 PM

Register at the Welcome Desk by March 1

Topiary is the art of ornamental gardening. Topiarists trim, weave, and train plants into all shapes and sizes. Join us as Betsy Nutt, from Penn State's Master Gardner Program, teaches us how to make a small, bunny shaped topiary – just the right size for your table top!

### Movies

Showtime is 10:00 AM

*Boyhood (R) Genre: Drama*

Wednesday, March 11 2 hours, 45 minutes

The life of a young man, Mason, from age 5 to age 18.

Starring: Patricia Arquette, Ethan Hawke

*The Judge (R) Genre: Drama*

Wednesday, March 25 2 hours, 21 minutes

Big city lawyer Hank Palmer returns to his childhood home where his father, the town's judge, is suspected of murder. Hank sets out to discover the truth and, along the way, reconnects with his estranged family.

Starring: Robert Downey Jr., Robert Duvall

*The Lucky One (PG-13) Genre: Romance, Drama*

Wednesday, April 8 1 hour, 51 minutes

A Marine travels to Louisiana after serving three tours in Iraq and searches for the unknown woman he believes was his good luck charm during the war.

Starring: Zac Efron, Taylor Schilling

*Alexander and the Terrible, Horrible,*

*No Good, Very Bad Day (PG) Genre: Comedy, Family*

Wednesday, April 22 1 hour, 21 minutes

Alexander's day begins with gum stuck in his hair, followed by more calamities. Though he finds little sympathy from his family and begins to wonder if bad things only happen to him, his mom, dad, brother, and sister all find themselves living through their own terrible, horrible, no good, very bad day.

Starring: Steve Carell, Jennifer Garner

### AARP Safe Driving Classes

*Eight hour refresher class*

Thursday, March 12 and Friday, March 13

9:00 AM to 1:00 PM

*Four hour refresher class*

Friday, April 10 9:00 AM to 1:00 PM

Cost: \$15.00 for AARP Members and Spouses; \$20.00 for Non AARP Members

Pre-registration required

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.

### Members Advisory Council

March 18 and April 15

Third Wednesday of every month at 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!

### St Patrick's Day Celebration

Thursday, March 19

Lunch starts at 11:45 AM; show begins at 12:30 PM

Cost: \$7.00 per person

Register at the Welcome Desk by March 12

Performance by Gerry Timlin

Ah sure, tis' a fine day to be Irish! Join us for our annual St. Patrick's Day celebration, with the ever popular Gerry Timlin. A traditional Irish meal will be served up, as we enjoy Gerry's tunes from the Emerald Isle.

### Zentangle Class

Tuesday, March 24 12:30 PM

Cost: \$10.00 per person for supplies

Register at the Welcome Desk by March 17

Offered by Randall Taylor-Craven

Zentangle – what is it? The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Almost anyone can use it to create beautiful images. It increases focus and creativity, provides artistic satisfaction along with an increased sense of personal well being. The Zentangle Method is enjoyed all over this world across a wide range of skills, interests and ages.

### Seder

Friday, April 10 11:00 AM to 12:45 PM

Cost: \$7.00 per person

Register at the Welcome Desk by March 31

No congregate meal Offered by Robin Burstein  
A Passover seder is a service held at home as part of the Passover celebration. It is observed on the first night of Passover. On both nights the seder includes dinner. Participants use a book called the Haggadah to follow the service. The word "seder" literally means "order" in Hebrew. The name comes from the fact that there are 15 parts of the ritual service. Join us for a Passover Seder you will remember for a lifetime!

### Philadelphia Art Museum

Tuesday, April 14 12:30 PM

Cost: \$4.00 per person

Register at the Welcome Desk by April 7

American Art Exhibit: Join us as a docent from the museum reviews three centuries of paintings, furniture, sculpture and decorative arts, with a special emphasis on Philadelphia's rich traditions. Refreshments will be served.

### Volunteer Appreciation Lunch

Tuesday, April 22 12:00 to 1:30 PM

Volunteers will receive an invitation to join us as our guest.

Cost: \$7.00 for those who do not volunteer (yet).

No congregate meal

We could not function on a daily basis without our faithful and loyal volunteers. Come to a special lunch to celebrate YOU and all that you have done for the PEAK Center over the last year.

### Car Fit Program

Monday, April 27 9:00 AM to 1:00 PM

Register at the Welcome Desk by April 13

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. The CarFit program also provides information and materials on community-specific resources that could enhance their safety as drivers, and/or increase their mobility in the community.

Older drivers are often the safest drivers in that they are more likely to wear their seatbelts, and less likely to speed or drink and drive. However, older drivers are more likely to be killed or seriously injured when a crash does occur due to the greater fragility of their aging bodies. A proper fit in one's car can greatly increase not only the driver's safety but also the safety of others.

So, make an appointment to have your car checked to keep you safe on the road! Sign up today!

## 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.*

### 9/11 Memorial Museum

Wednesday, June 17

Departure 7:15 AM Encore Experiences

Return time approximately 8:00 PM

Cost: Adults \$73.00; Seniors \$67.00; Veterans \$69.00

Register by Wednesday, June 3

The National September 11 Memorial Museum serves as the country's principal institution concerned with exploring the implications of the events of 9/11, documenting the impact of those events and exploring 9/11's continuing significance. Price includes bus, driver gratuity, and entrance in to the museum.

### Ladore Lodge

Monday-Friday August 31-September 4, 2015

Departure from Encore Experiences

Cost: \$270.00/double; \$395.00/single

\$50.00 deposit due by April 1; balance due July 1

This year Ladore's theme is "Jungle." Enjoy Ladore's NEW outdoor recreation area including an 18 hole handicap accessible miniature golf course, and international league sized bocce and shuffle board courts as well as a newly enclosed heated pool. There is biking, nature walks, paddle boats, and pontoon boat rides on Ladore's prestigious and beautiful 265 acre lake. Join us for a fabulous safari. Prices include lodging, transportation, driver tips, eleven meals and snacks. Limited income? Call Michele at Encore Experiences, 215-256-6900, to find out about the senior scholarship assistance opportunity.



# Take a PEAK

In this issue of Take a PEAK, we would like to take a look back at all of the fun enrichment activities we've showcased here at The PEAK Center over the past year!

We've been entertained by The Magic of the Gustofsons, Gerry Timlin at our St. Patrick's day celebration (watch for him again this year!), The Choir Chimes of Generations, Bruce Fagan, Ann Brown and her Constantly Country band, and the ever popular Dean Garafalo (AKA Elvis). They've had us up on our feet dancing, singing along, and having a great time!

We've also learned a lot this year. We had a wonderful Seder with Robin Burstein (again, watch for it this year!). We have also enjoyed Mike Jesberger and his American Civil War presentation. We've had visitors teaching us how to make Pesto, how to garden in a small space, and how to make a plaster casting of leaves.

We've enjoyed the various presentations from the Philadelphia Art Museum, the Reading Public Museum, and the Michener Museum, as well as an art show of our own woodworkers and artists!

What we need to know now is what else do you want to see? What are your interests? What can we bring in that you would enjoy seeing? Drop us a note and let us know how we are doing – What has been working, what hasn't been, and what YOU would like to see!

## AREAS OF INTEREST

### Bingo

Fridays 12:45 PM

### Bridge-Card Game

Tuesdays 1:00 PM

### Mah Jongg

Wednesdays 10:30 AM

### Mexican Dominos

Fridays 10:00 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.

## 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

March 20

6:00 PM to 8:00 PM at Encore Experiences

\$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

April 17

6:00 PM to 8:00 PM at Encore Experiences

\$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!

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# When Should Seniors Stop Driving?

Continued from Page 2

- 6. Misjudging gaps in traffic at intersections and on highway entrance and exit ramps
- 7. Experiencing road rage or causing other drivers to honk or complain
- 8. Easily becoming distracted or having difficulty concentrating while driving
- 9. Having a hard time turning around to check the rear view while backing up or changing lanes

If you notice one or more of these cautionary signs in a loved one who is driving, you might want to register yourself or that person for a driver-improvement course. The PEAK Center is hosting two AARP Safe Driving Classes: Eight Hour Refresher Class on March 12, 13 from 9:00 AM to 1:00 PM and a Four Hour Refresher on April 10

from 9:00 AM to 1:00 PM. Visit the Welcome Dest for more details. You may also want information about speaking to friends and loved ones about their driving. It's also a good idea to talk to a doctor about concentration or memory problems, or other physical symptoms that can lessen driving ability. And you can come to The PEAK Center to have yourself or your loved one's car looked at during the CarFit program on April 20th (see Page 10 ) and see if some simple adjustments can help.

In the meantime, here are six ways you can help someone you are concerned about.

- 1. Make it a habit to check in on them often, just to chat or share some news.
- 2. Offer to drive them to the activities they enjoy

- or help find someone else who can take them.
- 4. Encourage them to try taking the bus on their next trip to the pharmacy, or to walk, if it isn't too far away, and offer to go with them if you can.
- 5. Urge them to ask for rides from friends, and to reciprocate in whatever way they can (preparing a meal, for example).
- 6. Help them develop new routines and interests that don't require driving, like gardening, walking, or swimming at the local pool.

Your support and involvement in their lives will make giving up the car a far less lonely and frightening prospect.

Adapted from AARP and Caring.com

## Prevention of Falls Hosted by Encore Experiences

Falls are one of the most common geriatric syndromes threatening the independence of older persons. Between 30 and 40 percent of community-dwelling adults older than 65 years fall each year, and the rates are higher for nursing home residents. Falls are associated with increased morbidity, mortality, and nursing home placement. Most falls have multiple causes. Risk factors for falls include muscle weakness, a history of falls, use of four or more prescription medications, use of an assistive device, arthritis, depression, age older than 80 years, and impairments in gait, balance, cognition, vision, and activities of daily living. Physicians caring for older patients should ask about any falls that have occurred in the past year. Assessment should include evaluating the circumstances of the fall and a complete history and physical examination, looking for potential risk factors. The most effective fall prevention strategies are multifactorial interventions targeting identified risk factors, exercises for muscle strengthening combined with balance training, and withdrawal of psychotropic medication. Home hazard assessment and modification by a health professional also is helpful. Encore Experiences is offering Matter of Balance, an 8-week evidence-based program designed to help you cope with fears about falling. Learn more about this program by calling them at 215-256-6900.

Source: SHOBHA S. RAO, M.D., University of Texas Southwestern, Dallas, Texas

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