



THE PEAK CENTER

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 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

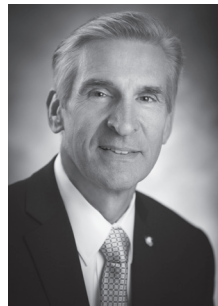
For next day reservations you must call by 11:00 AM the previous day. To cancel your reservation, you must call TransNet at 215-542-7433.

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).

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K. Leon Moyer to Receive Pillar Award



K. Leon Moyer, retired President and CEO of Univest Bank and Trust Co. will be honored as the 2015 Pillar of the Community by the Greater Harleysville and North Penn Senior Services during its annual dinner on Thursday, June 18 at the William Penn Inn, Gwynedd.

Leon is being recognized for his 44 years of strong leadership at Univest Bank and Trust Co. and outstanding service to our local community.

Leon started with Univest as a management trainee in 1971 and quickly found his passion for helping others. Whether he was serving as a Branch Manager, a Commercial Loan Officer, Chief Credit Officer, Chief Operating Officer or President and CEO, he never lost sight of the importance of getting to know his customers, aligning financial solutions to meet their individual needs and serving the local community.

Throughout Leon's 44 years at Univest, he earned the respect of customers, employees, community leaders and peers across the financial services industry for his integrity, compassion, attention to detail and unwavering commitment. In addition to his day-to-day responsibilities, Leon shared his expertise and leadership with 14 different organizations as he volunteered on boards and committees.

Leon provided 18 years of leadership in various capacities on the Dock Woods Community board

of directors. As Chairman, an historic event brought forth the affiliation of Dock Woods and Souderton Mennonite Home to create Living Branches. Leon remained chairman of the new combined board and served in that capacity for another two years. In 2008 he chaired the North Penn United Way Campaign and in 2013 was honored as a North Penn United Way Super Hero. Leon's local community service included volunteer work with the Indian Valley Boys & Girls Club and Indian Creek Foundation. Leon has been a member of Souderton-Telford Rotary for 12 years and continues to remain active in retirement. During his career, he was also active with various chambers of commerce and served on the boards of directors for the Indian Valley Chamber and the Central Bucks Chamber.

Leon's service extended to organizations focused on education and faith – two of his passions. He was on the board of directors for Penn View Christian School and on the board of associates for Messiah College. Leon held various leadership roles at Souderton Mennonite Church and served on the finance committee for Spruce Lake Retreat. Passion for the community and banking go hand-in-hand. Univest's culture of giving enabled Leon to reach out to the neighborhoods in which he lives and works to make a difference. In addition to his service to various nonprofit organizations throughout our region, Leon was equally dedicated to giving back to the banking industry.

Continued on Page 13

Free Shingles Shots at Encore Experiences

We are pleased to announce that Montgomery County Aging and Adult Services, in collaboration with the county's Health Department, has chosen Encore Experiences for their Shingles Outreach Project. You will be able to receive a shingles shot at no cost on Tuesday, June 2, if you are 60 years of age or older and a resident of Montgomery County, by appointment only.

If you have seen the commercials on TV, you know that shingles, also known as zoster or herpes zoster, is a painful skin rash, often with blisters, that is caused by the varicella zoster virus, the same virus that causes chickenpox. Anyone, even if you are healthy, who has had chickenpox can develop shingles because the virus remains in the nerve cells of the body after chickenpox goes away and can reappear many years later causing shingles. You can't catch shingles from another person with shingles. However, a person who has never had chickenpox (or chickenpox vaccine) could get chickenpox from someone with shingles.

The most common complication of shingles is severe pain where the rash was. This pain can be debilitating. There is no treatment or cure for this pain. Other symptoms of shingles can include fever, headache, chills and upset stomach. Shingles may also lead to serious complications involving the eye. Very rarely, shingles can also lead to pneumonia, hearing problems, blindness, brain inflammation, or death. Other information you might find of interest: there are more than one million cases of shingles each year in our country; one out of every three people 60 years old or older will get shingles; one out of six people older than 60 years who get shingles will have severe pain, which can last for months or even years; for one in five people, severe pain can continue even long after the rash clears; and finally, one in four people who get shingles will experience some type of complication.

Continued on Page 2

Director's Report



Spring has sprung! We thought it would never arrive, as winter always seems to linger on but it is here and we are happy!

Speaking of spring, it is around this time of the year that everything feels renewed. Flowers begin to bloom and the sun shines and warms the air. It is also around this time of the year that you have the opportunity to renew your membership with Encore Experiences and The PEAK Center. Although membership at either center is not required to participate in our programming, it does have a few benefits that we believe you will enjoy!

For an annual membership renewal of \$20.00 (Membership runs July 2015 – June 2016) you will receive:

- A bi-monthly newsletter mailed directly to your home. The Encore Bulletin and PEAK News and Notes provide a variety of great articles and information regarding what is taking place in the centers. You will have a leg-up on the daily lunch and stay informed about on-going events. (You will receive the center newsletter in which you paid your membership fee)
- Voting rights at Members' Advisory Committee

- Free Program Member Status at YMCA (Indian Valley or Lansdale Branch; a \$50.00 annual value)
- 10% off any service (excluding oil change) at Just Cruisin' Auto Service Center
- 10% off Good Neighbor Pharmacy products at Rann Pharmacy
- \$5.00 off a purchase of \$50.00 or more at Harleysville Ace Hardware
- Coupon for one free lunch at the Encore Cafe and The PEAK Center during the month of your birthday
- Coupons for \$1.00 off breakfast, \$1.50 off lunch, and \$5.00 off dinner at the Main Street Diner
- \$5.00 off \$40 or more at Wilsons Hardware
- 10% off any service at Bob Adams Auto
- \$1.00 off any fitness class (excluding line dance) at Encore Experiences
- One free fitness class at The PEAK Center

Please note that benefits vary according to location. Additionally, your membership at either center helps to support the good works of Greater Harleysville and North Penn Senior Services. If you are not already a member of either center, we hope you will consider. If you are, we look forward to your renewal!

Warm Regards,
Katie



Dues Are Due July 1, 2015-June 30, 2016

MEMBERSHIP FORM FOR RENEWALS

Your \$20.00 annual membership fee includes 6 bi-monthly issues of the newsletter, voting rights at Members' Advisory Committee meetings and local discounts. Additional household members may join for \$5.00 each. If you just joined for the first time and paid your dues in April or May already, your membership is good until June 2016.

Name (s): _____
Address: _____
City, State, Zip: _____
Phone: _____
Email: _____

\$20.00 Annual Membership (one person) Includes bulk mailing of PEAK News & Notes	\$ _____	Please make checks payable to: The PEAK Center 1292 Allentown Road Suite A Lansdale, PA 19446
\$10.00 ONLY if requesting first class mail	\$ _____	
\$5.00 per additional household member	\$ _____	
Additional Donation	\$ _____	
Total Enclosed	\$ _____	

Free Shingles Shots at Encore Experiences

Continued from Cover Page

You should talk to your healthcare professional about getting a one-time dose of the shingles vaccine. This vaccine was licensed in 2006 and in clinical trials, the vaccine reduced the risk of shingles by 50%. It can also reduce pain in people who still get shingles after being vaccinated. The shingles vaccine is considered a safe way to protect your health but it is good to know that a vaccine, like any medicine, could possibly cause serious problems, such as allergic reaction. However, the risk of a vaccine causing serious harm, or death, is extremely small. No serious problems have been identified with the shingles vaccine. Vaccine side effects are usually mild and temporary.

Some people experience mild reactions, such as headache or soreness, swelling, or itching where the shot was given. These reactions could last a few days.

Again, please check with your doctor to make sure you are a good candidate for the shingles vaccine, especially if you have a weakened immune system or have allergies to certain components of the vaccine. Once you have been cleared, call Encore Experiences, at 215-256-6900, to schedule your appointment. Source: Kalyn Roberts, RN, BSN, Supervisor Public Health Nursing, Montgomery County Health Department

GHNPS STAFF MEMBERS

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

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- Sandi Hertler
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*
- Teresa Ascher, *Administrative Assistant*

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

Greater Harleysville and North Penn Senior Services operates two senior center facilities: Encore Experiences 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 March 17



*Wolfgang Albrecht
Lawrence Dougherty
Sophie Kosow*

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!

VIRGINIA AVITELLO
CAROL GOLDSTEIN

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.

Hearing Screening

Tuesday, May 5 12:30 PM

Presented by Miracle Ear

About one-third of Americans between the ages of 65 and 74 have hearing problems. About half the people who are 85 and older have hearing loss. Whether a hearing loss is small (missing certain sounds) or large (being profoundly deaf), it is a serious concern. If left untreated, problems can get worse. Come in for a free screening and learn about new options available to you!

Gourmet Weight Wise

Thursdays, May 7, 14, 21, 28 and June 4, 18, 25
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.

Skin Cancer Awareness

Thursday, May 14 12:30 PM

Presented by Abington Health

The danger of developing skin cancer is something people have become more aware of over the years. Gone are the days of worshipping the sun. While it is never too late to begin protecting your skin from damaging UV rays, experts say sunburns experienced early in life can cause skin cancer in later years. Knowing this, it may not be surprising to learn that cases of skin cancer among seniors are more prevalent than in the younger population. Join us to learn how to keep your skin safe!

Living Gluten Free

Tuesday, May 26 12:30 PM

Presented by Sondra Weidman

Everyone is talking about being gluten free these days. But what does it really mean? How does it help you physically? And how do you go about being gluten free? Join us and learn all about it, including what to buy in the grocery store, how to order in a restaurant, and some new recipes!

The Lowdown on High Blood Pressure

Thursday, June 11 12:30 PM

Presented by Abington Health

High blood pressure is called "the silent killer" for a good reason: You can have it and not even know it. And you would not be alone. According to the American Heart Association (AHA), around 75 million Americans 20 years and older have high blood pressure (also known as hypertension), yet

many people don't know they have it. If you have high blood pressure, you need to know, so you can control it. If you don't, you increase your risk for serious illness. High blood pressure is easily detected, and it can be controlled. But it is up to you to take action. Join us to learn how to take control!

Reinventing Healthcare-Essential Oils

Thursday, June 18 12:30 PM

Presented by Whole Body Yoga Studio

Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, and flowers of plants. They can be both beautifully and powerfully fragrant, eliciting profound responses. Yet the use of essential oils goes well beyond their fragrant appeal. Used throughout history for their medicinal and therapeutic benefits, essential oils can be used as natural alternatives in holistic self-care practices. Join us and see if essential oils are right for you!

Half Hour to Health

Tuesday, June 23 12:30 PM

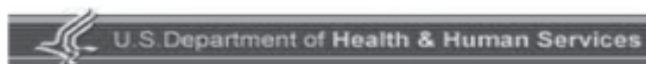
Presented by Towamencin Family Chiropractic

Our health is similar to a house – it needs to be built on a strong foundation to make it last for years and years. What makes a foundation strong? Join us as we explore the four pillars of good health: nutrition, exercise, brain and spinal health, and mental well being.

Gwynedd Square Nursing Center



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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: \$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
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.

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
July 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

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.



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Pickleball

When aficionados describe pickleball as one of the fastest growing sports in the country, the inevitable question is, "Wait. What? Pickleball? What kind of name for a game is that?"

The moniker is a matter of debate; some say it comes from a dog named Pickles that was owned by the family of Washington State Congressman Joel Pritchard, who invented the game in 1965. However, Pritchard's widow has said she started using the term because "the combination of different sports reminded me of the pickle boat

in crew where oarsmen were chosen from the leftovers of other boats."

Pickleball combines elements of tennis, badminton, and pingpong. It's played on a badminton-sized, 20-foot-by-44-foot court, over a low net, with a perforated plastic ball (similar to a Wiffle ball) and lightweight paddles resembling those used in pingpong. Singles or doubles can play and matches typically go to 11 points.

According to the USA Pickleball Association, the game is "exploding in popularity," particularly at

community and retirement centers, with more than 2,000 sites in all 50 states registered with the association.

Locally, the game is played at both the Indian Valley and the North Penn YMCA. Join The PEAK Center on May 15th at 12:30 PM as Alicia Fergus from the Indian Valley branch and a few of her friends come in and explain the game, and give us a demonstration. We would love to bring Pickleball here to The PEAK Center – come and see if you would be interested in playing!

Water: How Much Should You Drink Every Day

Water is essential to good health, yet needs vary by individual. How much water should you drink each day? It's a simple question with no easy answers. Studies have produced varying recommendations over the years, but in truth, your water needs depend on many factors, including your health, how active you are and where you live. Although no single formula fits everyone, knowing more about your body's need for fluids will help you estimate how much water to drink each day.

Every system in your body depends on water and lack of water can lead to dehydration. Even mild dehydration can drain your energy and make you tired. Every day you lose water so for your body to function properly, you must replenish its supply by consuming beverages and foods that contain water. So how much fluid does the average, healthy adult living in a temperate climate need? The Institute of Medicine determined that an adequate intake (AI) for men is roughly about 13 cups (3 liters) of total beverages a day. The AI for women is about 9

cups (2.2 liters) of total beverages a day. Everyone has heard the advice, "Drink eight 8-ounce glasses of water a day." That's about 1.9 liters, which isn't that different from the Institute of Medicine recommendations. Although the "8 by 8" rule isn't supported by hard evidence, it remains popular because it's easy to remember. Just keep in mind that the rule should be reframed as: "Drink eight 8-ounce glasses of fluid a day," because all fluids count toward the daily total.

You may need to modify your total fluid intake depending on how active you are, the climate you live in, and your health status. If you exercise or engage in any activity that makes you sweat, you need to drink extra water to compensate for the fluid loss. How much additional fluid you need depends on how much you sweat during exercise, and the duration and type of exercise.

Hot or humid weather can make you sweat and requires additional intake of fluid. When you have a fever, vomiting or diarrhea, your body

loses additional fluids. In these cases, you should drink more water. In some cases, your doctor may recommend oral rehydration solutions. On the other hand, some conditions, such as heart failure and some types of kidney, liver and adrenal diseases, may impair excretion of water and even require that you limit your fluid intake.

Generally, if you drink enough fluid so that you rarely feel thirsty and your urine is colorless or light yellow, your fluid intake is probably adequate. If you're concerned about your fluid intake or have health issues, check with your doctor or a registered dietitian. He or she can help you determine the amount of water that's right for you. To ward off dehydration and make sure your body has the fluids it needs, make water your beverage of choice. It's also a good idea to drink a glass of water with each meal and between each meal.

Source: Mayo Clinic

Shingles Vaccine Clinic at Encore Experiences at Harleysville

Tuesday, June 2 by appointment

Call Encore Experiences at 215-256-6900 for more information
or to schedule your appointment

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.

All members are welcome to
participate in this open meeting.

May 20 & June 17

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

Turning 65: Medicare Matters

Evening
Program!

Thursday, May 7 7:00 PM
Ed Savitsky, Apprise Counselor
Register by May 4

If you are like most 64 year olds, you are busy with your life, not thinking too much about Medicare. Perhaps you are younger than 65, and are helping to care for a parent or spouse, and need help navigating through the Medicare maze.

Join us to learn about:

- * Medicare basics including parts A, B, C, & D
- * Coverage, eligibility & enrollment
- * Information for those still employed
- * And much more!

This program will be held at:

Encore Experiences at Harleysville
312 Alumni Avenue
Harleysville, PA 215-256-6900

SERVICES

Programs are free unless otherwise noted.

Who Pays? You Pay! How to Prevent Health Care Fraud

Monday, May 11 12:30 PM

Presented by CARIE

What is Health Care fraud? It can look like any of these:

- Equipment manufacturers offer “free” products to individuals.
- Insurers are then charged for products that were not needed and/or may not have been delivered.
- Unnecessary and sometimes fake tests are given to individuals at health clubs, retirement homes, or shopping malls and billed to insurance companies or Medicare.
- Customers or providers bill insurers for services never rendered by changing bills or submitting fake ones.

Senior citizens are frequent targets of Medicare schemes, especially by medical equipment manufacturers who offer seniors free medical products in exchange for their Medicare numbers. Because a physician has to sign a form certifying that equipment or testing is needed before Medicare pays for it, con artists fake signatures or bribe corrupt doctors to sign the forms. Once a signature is in place, the manufacturers bill Medicare for merchandise or service that was not needed or was not ordered.

Join us to learn about the effect health care fraud has on one’s quality of care and the financial impact it has on the Medicare and Medicaid systems. Practical tips will be given on how to prevent and report suspected health care fraud.

My Funeral: My Way

Friday, May 22 12:30 PM

Presented by Angela Hope DeSimone

Death is one topic that many people feel dreadfully uncomfortable discussing. Planning a funeral, burial, or service for a loved one can be devastating. So, why would you consider planning such a morbid event in advance? Well, it’s because you may have the slightest desire to be included in at least a few of the decisions when planning your own funeral, burial or services. Join us to learn more about how to create a Funeral Journal.

Staying Safe in Your Home

Thursday, June 4 12:30 PM

Presented by Montgomery County Health Department

Although retirement communities have their benefits, many seniors prefer staying in their own homes for as long as possible. According to a 2010 AARP study, nearly three quarters of the research participants said they wish to remain in the current homes as long as they can. Staying at home is not just more comfortable for some seniors, but it may also make economic sense. However, as an individual becomes more fragile, living at home becomes difficult, even risky. Health problems and side effects from medications can increase chances of injury in the home when an elderly person is already having a harder time getting around. The risk of falling increases. The leading cause of death among adults 65 and older is falling, which results in broken hip bones. Join us to learn the latest tips for staying safe in your home!

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

May 26 and June 23

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 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.

Benefits and Services for You

Monday, May 18 1:00 PM

Presented by Carol Costlow, Consumer Resources Coordinator, The PEAK Center, and Bob Sykes, APPRISE counselor.

Come learn about the services and benefits available to seniors living in Montgomery County. From discounted shared-ride taxi service to government benefits such as SNAP and Medical Assistance, you will come away with answers and resources to help you or your loved one take the next steps for living independently.

Farmers’ Market Product Checks

These vouchers can be used in local farmers’ markets to purchase fresh produce grown in PA. Eligibility requirements:

- 1) you must be 60 years or older,
- 2) a Montgomery County resident, and
- 3) living on a low income. This year’s income limits will be \$21,775.00 for singles and \$29,471.00 for a couple. If you are qualified, each individual will receive \$20 worth of vouchers. Please bring with you proof of your age and residency in Montgomery. Distribution starts June 8, 12:30 PM.

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.

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.

Refuse to be a Victim of Fraud –Arm Yourself

Once you recognize a potential scam, it's important that you know how to refuse becoming a victim. An important thing to remember is to ask questions and take your time before ever making any kind of financial decision. The following methods have been found to be effective.

The first is to never, ever provide your private information, such as your Social Security number, bank account or birth date to anyone who contacts you unsolicited. The IRS will not contact you by telephone; they will send you a letter if they need to reach you. Don't be fooled into trusting people who call you on the phone. Secondly, never send a check or wire money to anyone who contacts you if you do not know them personally. If you receive an unwanted call,

piece of mail or email, hang up, shred it, delete it and DO NOT RESPOND.

Make sure you're signed up for the Federal Do Not Call list. You can visit donotcall.gov or call 1-888-382-1222 from the phone you want to register to submit your phone number. Your state may also have a state-specific No Call list, and it's a good idea to register your numbers on that list as well. However, while being registered on the Do Not Call list will cut down on the amount of telemarketing phone calls you receive, you should also develop a refusal script – memorize it or put it on your fridge so that you don't get flustered and have a quick, easy way to just say no and to hang up. A sample refusal script might be "Sorry, I'm not interested. I don't make any financial

decisions without consulting my ____ (fill in the blank)" and then hang up the phone. Don't worry about missing out on something – if it seems too good to be true, it probably is!

Lastly, ask questions and do your homework. Questions are empowering, and many scammers will shut down once you start asking them. However, it's a good idea not only to ask questions, but to do your homework on their answers. Research the company through an organization like the Better Business Bureau and talk to friends and family before taking any kind of action.

Compiled from AARP Foundation ElderWatch website

“Take a PEAK” Kim Zimmerman

For this issue of Take A PEAK, we spoke to one of our most popular exercise instructors. For those of you who haven't met him, Kim Zimmerman is the instructor of Fit for the Future 2. Kim also does semi-personal training. Kim and his wife have two children, and are avid travelers! Kim also enjoys scuba, fishing, canoeing and camping in his spare time.

Kim has been with The PEAK Center since January of 2012. He retired after 34 years with the government and became certified as a fitness instructor with a specialty certification in exercise therapy post rehabilitation. Kim was interested in

working with seniors specifically. He wanted the challenge of working with seniors to get them more active and productive. He is a perfect fit for our active seniors here at The PEAK Center!

Kim's suggestions if you haven't yet started an exercise program and you are interested in it are:

- Get checked out by a doctor. Make sure you don't have any medical conditions that would preclude you from exercising. Listen to the advice from your doctor on what to try and what not to try. Go to a facility that caters to the older generation.

Kim's rules for his class for new participants are:

- Move slowly. Warm up. Use a chair at first if necessary until you feel comfortable. Listen to your body. Go at your own pace. Don't be afraid to ask for accommodations or different ways to do exercises.

We are so fortunate to have Kim here! If you haven't gone to his class, give it a try! The first class is always free. Fit For the Future 2 is held twice a week – Tuesday and Friday at 12:45 PM. Semi Personal Training is by appointment. We guarantee you will get a lot out his class, and have some fun too!

A Big Thank You

.....to AARP tax preparers who assisted close to 400 individuals or couples in completing state and federal income tax applications and also to our PEAK volunteers who cordially greeted guests. Once again, everyone did an outstanding job in providing professional quality services. Thank you for a job very well done!

AARP Volunteer Tax Preparers

Richard Hardisty	Susie Alpine
Frank Ryan	Sylvia Kellet
Henry Hartman	Carol Hartman
Martin Behr	Steve Montgomery
Irv Selsley	Joe Heaney
Yvonne Giegowd	Chuck Hague

PEAK Volunteers

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Earlene Newman	Joan Baack	Barbara Masten
Cathy Leahy	Diane Wissert	Marie Devine
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Barbara Coble	Marlene Wilson	Dottie Hoelscher
Vivian Tomlin	Ethel Hawley	Judy Weand
Ginny Croft	Carolyn Tilghman	Anthony Viola
	Carol Goldstein	

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, May 21
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

Thursday, June 25
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!

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.

Book Fair

Thursday, May 21 All Day
To benefit Boxes for Books at the
Historical Society of Montgomery County

We all have books that we need to get rid of. Bring your gently used books into The PEAK Center by Friday, May 15 and help a worthwhile organization at the same time. We will be selling paperback books for \$.25 and hard copy books for \$1.00. All money received will go to the Historical Society of Montgomery County to purchase acid free boxes to help preserve antique books. See Jenny or Sandi if you are interested!

Computer Tutoring Available!

By Appointment



See the Welcome Desk for information

DAY & EXTENDED TRIPS

Tips for Safe Summer Travel

Are you thinking about traveling this summer? Senior citizens love to travel over the summer. It is important to keep health and travel safety concerns at the forefront. It can ensure a safe, fun, and problem free trip. Here are some tips to ensure safe travel:

- Pay attention to the heat and stay hydrated. The easiest way to stay cool and comfortable is to drink 6-8 glasses a day. Don't wait till you are thirsty... drink throughout the day even if you aren't thirsty.
- Increase fluid intake by eating fresh fruits and vegetables.

· Take things slowly and takes breaks. Don't overdo it! If you are driving, take breaks to stretch along the way and take a nap if you feel tired.

· Wear proper attire - If you are doing a lot of walking, wear comfortable shoes. If you are out in the sun, wear sunglasses, a hat, and light, comfortable clothing; this will reduce the possibility of sunburn and heatstroke.

· Exercise – Not only does exercise help the body physically, it also helps our mental well being. Wherever possible and weather permitting, walk from place to place and participate in outside activities.

· See your doctor – Be sure to check in with your doctor before you go on vacation, to be sure you have any necessary vaccines required for the place(s) you plan to visit, and to avoid travel-related health problems

· Bring extra medication in case you experience unforeseen travel delays. Obtaining medications that you are accustomed to taking can be a challenge when you are traveling, especially overseas.

Continued on Page 15

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:

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 at The PEAK Center or Encore Experiences 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

Balance due July 1

Register at The PEAK Center or Encore Experiences

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.



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both The PEAK Center and
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and both newsletters!

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**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!

19th Amendment to the U.S. Constitution: Women's Right to Vote (1920)

The 19th amendment guarantees all American women the right to vote. Achieving this milestone required a lengthy and difficult struggle; victory took decades of agitation and protest. Beginning in the mid-19th century, several generations of woman suffrage supporters lectured, wrote, marched, lobbied, and practiced civil disobedience to achieve what many Americans considered a radical change of the Constitution. Few early supporters lived to see final victory in 1920. Beginning in the 1800s, women organized, petitioned, and picketed to win the right to vote, but it took them decades to accomplish their purpose. Between 1878, when the amendment was first introduced in Congress, and August 18, 1920, when it was ratified, champions of voting rights for women worked tirelessly, but strategies

for achieving their goal varied. Some pursued a strategy of passing suffrage acts in each state—nine western states adopted woman suffrage legislation by 1912. Others challenged male-only voting laws in the courts. Militant suffragists used tactics such as parades, silent vigils, and hunger strikes. Often supporters met fierce resistance. Opponents heckled, jailed, and sometimes physically abused them. By 1916, almost all of the major suffrage organizations were united behind the goal of a constitutional amendment. When New York adopted woman suffrage in 1917 and President Wilson changed his position to support an amendment in 1918, the political balance began to shift.

On May 21, 1919, the House of Representatives

passed the amendment, and 2 weeks later, the Senate followed. When Tennessee became the 36th state to ratify the amendment on August 18, 1920, the amendment passed its final hurdle of obtaining the agreement of three-fourths of the states. Secretary of State Bainbridge Colby certified the ratification on August 26, 1920, changing the face of the American electorate forever. Join us on Thursday, June 4 at 12:30 PM for One Woman, One Vote PBS DVD Documentary and on Friday, May 8 at a Meet and Greet with Senator Mensch. Both these events will be held at Encore Experiences, 312 Alumni Avenue, Harleysville

Source: National Archives' Digital Classroom

K. Leon Moyer to Receive Pillar Award

Continued from Cover Page

Leon was involved with the Pennsylvania Bankers Association for 10 years, serving on the board of directors, and policy and advisory committees. In addition, he shared his expertise as Chairman of the Board for the Political Action Committee. Leon is a lifetime member of the Risk Management Association, an organization in which he served on the Community Bank Council, as a board member for the Philadelphia Chapter and also Chapter Chairman for the East Central PA Chapter.

A humble man, Leon is quick to tell you he

was blessed with many opportunities that were possible because of his mentors who taught him how to become a trusted leader, the support he received from his wife and family and the culture at Univest that enabled him to live out his dream of making a difference in the lives of others.

We look forward to honoring Leon and his outstanding service to the greater Harleysville and North Penn region on June 18 at 6:00 p.m. at the William Penn Inn. He is truly a pillar of our community from which we can all learn a lot. We hope you will join us!

Farmers' Market Vouchers



Vouchers will be distributed beginning Monday, June 8 at 12:30 PM. Check the calendar for more details. Please call PEAK before coming to center to be sure vouchers are still available. Montgomery County residency and income eligibility applies.

Meet & Greet!

**SENATOR
BOB MENSCH**

is coming to
Encore Experiences

May 8 12:30PM

Have your voices heard! Come with your questions and feelings about today's most challenged topics affecting seniors!

This event is open
to the public!

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The Hills Are Still Alive: 50th Anniversary of "The Sound of Music"

To celebrate the 50th anniversary of the U.S. premiere of "The Sound of Music," let's take a look back at some fun facts about the making of the classic movie musical.

1. Maria von Trapp sold the rights to her life story for a song. After her book *The Story of the Trapp Family Singers* was published in 1949, there was interest from various quarters in buying the film rights. In 1955, the Trapp family was strapped for money and Maria sold the rights to German movie producer Wolfgang Reinhardt for a flat \$9,000. She and her family would see no royalties from the two subsequent German films based on the Trapp family's adventures, or from the Broadway production of *The Sound of Music*, which ran for more than three years, or from the film version, which has grossed around \$300 million.

2. 20th Century-Fox almost didn't make *The Sound of Music*. When the Broadway show opened in 1959 and proved to be such a smash hit, the studio, which had already produced four R&H

adaptations, bought film rights for \$1.25 million. Then came *Cleopatra*—the \$40 million drain on studio resources that temporarily shut Fox down and made any new expensive undertaking an iffy proposition. It was only when Richard Zanuck took over Fox production reins that the property was revived.

5. Liesl was a bit older than "Sixteen Going on Seventeen." Charmian Carr was 21 going on 22 when she portrayed the eldest Trapp sibling. Nonetheless, she beat out competitors like Lesley Ann Warren, Teri Garr, Sharon Tate, and Mia Farrow for the role.

8. Shooting "Do-Re-Mi" was not exactly as easy as ABC. The Salzburg, Austria location filming that served *The Sound of Music* so well was a nearly constant battle against the elements, since it was a very wet and chilly spring in the Trapps' hometown. Waiting for the sun extended location shooting from eight to eleven weeks, and the "Do-Re-Mi" number, which occupies about nine minutes of

screen time, took almost two months to complete.

9. Just after that famous Alpine opening twirl during the title number, Julie Andrews was knocked onto her English tush. Repeatedly, on take after take. The helicopter that captured this famous moment so thrillingly also caused a downdraft that not even the Andrews resolve could withstand. Luckily, the problem only occurred after the helicopter had passed, so no footage of Julie taking a pratfall made it on camera.

10. Julie Andrews and Christopher Plummer were shot in silhouette during the "Something Good" number to cover up a fit of giggles. Back in Hollywood, during one of the last scenes filmed, Andrews and Plummer were getting punchy. The arc lights hung over the gazebo set kept producing, in the actress' words, "a raspberry sound." Nothing could stem the tide of hilarity sweeping over the love scene, so cinematographer Ted McCord cast his romantic leads in shadow.

Adapted from bio.com

Programs

Programs are free unless otherwise noted.

PEAK-A-Boo Ladies of The PEAK Center Meetings

Brunch at Zoto's on 309 in Hatfield
Tuesday, May 5 11:30 AM

Tea at Tilly Mint's in Souderton
Tuesday, June 2 11:30 AM \$22.00 per person
Register at the Welcome Desk by May 22nd

AARP Safe Driving Classes

Four hour refresher class

Fridays, May 8 and June 5 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.

\$15.00 for AARP Members and Spouses

\$20.00 for Non AARP Members

Pre-registration required

Mother's Day Tea

Monday, May 11 11:45 AM

\$5.00 per person

Register at the Welcome Desk by May 1

No Congregate Meal

Join us to celebrate mothers and all of the incredible women in our lives! We will be having several flavors of tea and the perfect finger sandwiches, scones and light desserts!

Movies

Showtime is 10:00 AM

St. Vincent (PG-13)

Wednesday, May 13

A young boy whose parents have just divorced finds an unlikely friend and mentor in the misanthropic, bawdy, hedonistic war veteran who lives next door. Running time: 1 hour, 42 minutes

Genre: Drama, Comedy

Starring: Bill Murray, Melissa McCarthy,

Naomi Watts

The Theory of Everything (PG-13)

Wednesday, May 27

A look at the relationship between the famous

physicist Stephen Hawking, and his wife, Jane.

Running time: 2 hours, 3 minutes

Genre: Drama, Biography

Starring: Eddie Redmayne, Felicity Jones, Tom Prior

Foxcatcher (R)

Wednesday, June 10

The greatest Olympic Wrestling Champion brother team joins Team Foxcatcher led by multimillionaire sponsor John E. du Pont as they train for the 1988 games in Seoul - a union that leads to unlikely circumstances.

Running time: 2 hours, 14 minutes

Genre: Biography, Drama

Starring: Steve Carell, Channing Tatum,

Mark Ruffalo

Night at the Museum - Secret of the Tomb (PG)

Wednesday, June 24

Larry spans the globe, uniting favorite and new characters while embarking on an epic quest to save the magic before it is gone forever.

Running time: 1 hour, 38 minutes

Genre: Comedy, Family

Starring: Ben Stiller, Robin Williams, Owen Wilson

Sound of Music Sing A Long

Tuesday, May 19

Lunch starts at 11:45 AM, show begins at 12:00 PM
\$5.00 per person - Register at the Welcome Desk by May 12

No Congregate Meal

2015 is the 50th Anniversary of the Sound of Music! The sing a long is not just a chance to see the movie on the big screen, it's a major audience participation event with subtitles for all of the songs. Sing along with Julie! And enjoy an Austrian themed lunch of sausage and cheese pasta and apple strudel for dessert! Prize awarded for best costume!

Members Advisory Council

Meetings on the third Wednesday

of every month at 12:30 PM May 20 and June 17

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!

Book Fair

Thursday, May 21 All Day

To benefit Boxes for Books at the

Historical Society of Montgomery County

We all have books that we need to get rid of. Bring your gently used books into The PEAK Center by Friday, May 15 and help a worthwhile organization at the same time. We will be selling paperback books for \$.25 and hard copy books for \$1.00. All money received will go to the Historical Society of Montgomery County to purchase acid free boxes to help preserve antique books. See Jenny or Sandi if you are interested!

Intro to Crochet Class

Tuesdays, June 9 and June 16 1:00 PM to 3:00 PM

Cost: \$40.00

Register at the Welcome Desk by June 1

Offered by Helen Torres

Have you always wanted to learn to crochet? Now is your chance! Join us as we learn how to read patterns, do a single crochet and a foundation chain, and end up with a scarf!

GHNPS 2nd Annual Picnic

Friday, June 12 11:30 AM to 1:00 PM

\$7.00 per person

Register at the Welcome Desk by June 1

No congregate meal

Alvin Alderfer Park - Harleysville

Let's have a picnic! The plans for the day include games, music, lots of fun and lunch! Rumor has it Elvis will be making an appearance! Join us for fun in the sun with your friends from both The PEAK Center and Encore Experiences!

Spring Cleaning

Finally, it's spring - the time of year when we purge the closets, clean the clutter and welcome the peace of mind that comes from organized living. To get the party started, professional organizers offer these tips on what items to toss right away – or better yet, donate to an organization that can make good use of them.

*Unworn clothes – take advantage of the new, warmer season to analyze your cold-weather gear. If you haven't worn something in the past 12-18 months, you no longer need it. Either donate to your favorite charity or try reselling at a consignment shop or online.

*Unnecessary paperwork – sure you need to hold on to some paperwork for an extended period of time, but beyond that you may be storing an unnecessary number of useless hard copies. Keep only the prior month's bill for a given account, as most information is now available online.

*Office supplies – acknowledge that those dried-out pens are never coming back from the dead. Get rid of office supplies that haven't been utilized in a year.

*Old electronics – unused gadgets, not to mention the associated tangle of cords, are taking up space and causing confusion as to what goes with what.

*Unmatched items – this goes for socks that have

lost their pairing partner, pot lids missing pots, plastic storage lids without their containers (or vice versa), and bed linens that don't belong to a set. Do you really need all those sets of sheets, blankets and towels?

*Expired kitchen items – pantry items like vitamins and supplements have expiration dates, as do herbs and spices. Check label dates on foods that are both in your pantry and in your freezer.

*Old makeup and nail polishes – keeping makeup too long not only leads to clutter, but can also be a hazard as makeup expires. Cream products typically expire within six months to a year after purchase while mascara often lasts three months before becoming a bacteria threat.

*Books – even if you haven't made the swap and do your reading on a Kindle or tablet, sort through your favorite books then donate the rest to your local library or assistive living/nursing home facility. Give someone else the pleasure of a good read.

*Garage clutter – you will most likely find a jumble of old electronic equipment, cords and cables, gadgets, paint, tools and countless other items that you no longer need. Keep only what you know you will use and donate or toss the rest.

Source: www.today.com/home/spring-cleaning

Tips for Safe Summer Travel

Continued from Page 12

· Carry a current list of your prescription medications with you. If something unexpected happens, you can show it to a medical professional without worrying about having to remember the names of your medications.

· Carry your vital information with you – Keep it on an index card in your wallet or purse, so if you experience a health emergency the medical team that treats you will have the information. Include all medications you take, allergies - especially to medications - and emergency contact information.

To keep yourself safe during your travels, make sure you follow these tips:

· Inform close family and friends/neighbors that you are leaving. Let them know where you are going, how you are traveling and what your itinerary is. Also let them know when you expect to return. If you are able to, check in with loved ones while you are away so they know you are safe.

· If you are leaving the county, be sure to read up on the culture and customs of the places you will visit. This will help you stay out of trouble while

you are away.

· Get embassy or consulate information for any foreign countries you will visit. Should you experience a travel or health emergency this information can be extremely helpful.

· Don't allow yourself to become a victim – Do not carry around large sums of money; avoid keeping your cash all in the same place; store credit cards and cash separately; and keep your travel documents on you at all times. Be sure to make copies that you keep in a separate place.

· Travel Insurance - Because accidents and sicknesses happen, you may want to explore purchasing travel insurance. Otherwise, you may be denied access to better medical care.

Being prepared can really help you get the most enjoyment out of your summer travels. You can't plan for everything, but taking some basic precautions can save you from a great deal of headaches and hassles should a problem or illness arise during your vacation.

Have a safe and enjoyable summer!

Source: Examiner.com

Something to think about...

"I am of the opinion that my life belongs to the community, and as long as I live, it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work, the more I live. Life is no "brief candle" to me. It is a sort of splendid torch which I have got hold of for a moment, and I want to make it burn as brightly as possible before handing it on to future generations." ~George Bernard Shaw

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.

Great News!

Greater Harleysville and North Penn Senior Services (GHNPSS) is excited to announce that we will be working with Bergey Creative Group on the redesign and merger of the Encore Experiences and The PEAK Center websites! This project was made possible through a technology mini grant awarded by the VNA Foundation of Greater North Penn and a grant from the Fourjay Foundation. The new website will brand together our two centers Encore Experiences at Harleysville and The PEAK Center in Lansdale. Users will find an array of resources available and be able to easily navigate the calendar of events at both centers. We are excited to begin working with Bergey Creative to build a user-friendly, eye catching website for our participants. More information is to come on this project, so stay tuned!



People Experiencing Activity, Arts & Knowledge

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