

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
***Summer Hours: We close Fridays at 3:00 PM from Memorial Day-Labor Day**

It is our policy to request that each attendee completes a participant registration form. This helps us apply for additional funding and gives us vital information in case of incident/emergency. Thank you for your cooperation.

All speakers, products, services or advertisements which are presented as part of the Greater Harleysville and North Penn Senior Services activities at Encore Experiences in Harleysville or The PEAK Center, or on our web sites and/or newsletters, are not necessarily endorsed in any way by GHPSS; nor are the opinions of speakers necessarily the opinions of GHPSS, nor are the representations and information presented, tested or reviewed for accuracy or reliability by GHPSS.

TransNet Rider Information

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

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

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

If your call is not answered by an operator, listen closely for the prompts and follow the prompts for Mid County Transportation or Valley ParaTransit (whichever applicable).

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The PEAK Center's Move to North Penn Commons Q&A



What is the North Penn Commons (NPC)?

It is the future home to four highly respected

non-profit agencies – The PEAK Center in Lansdale, Manna on Main Street, the North Penn YMCA, and Advanced Living Communities. This vibrant public center is a symbol of a new vision for our community that will offer all an opportunity to thrive. NPC will offer shared resources and easy access to programs, services, and facilities on one shared campus.

Where are you moving to?

We are really excited to be moving to our new home, connected to the site of the Lansdale Area Family YMCA, at 606 East Main Street, Suite C just 2.5 miles from our current location on Allentown Road in Lansdale.

When are you moving?

We expect construction to be completed by the

end of July and we hope to be fully moved in by early September. PEAK will keep you updated on our move-in date and any closings of the center that will be necessary during the moving process. In the meantime, check out the live construction cam at <https://www.workzonecam.com/projects/mcdonald/northpenn/workzonecam>

Is transportation being provided to the new location?

The PEAK Center will continue to work with the county transportation system, Transnet, to schedule FREE rides for our participants, 65 and older, to and from the center. This free service is available once you register and receive your personalized I.D. card from Transnet. Please speak to a staff member at PEAK about getting an application to start the process of getting your I.D. card. There is also a Septa Bus stop located just out front of the Lansdale YMCA (located right next to the PEAK Center's new location) for Septa's 94 and 96 bus routes.

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Drive Safely

Pennsylvania traffic laws define the maximum speed that any motorist travelling on the Commonwealth's roadway can legally drive. With the passing of a relatively new legislation, you are able to save a few minutes on highways where the speed limit is now 70 mph. Safety advocates, however, question whether drivers will pay the price in more crashes, injuries and fatalities. Will arriving at your destination in these saved minutes be worth the price?

How slowly or fast you drive isn't the only factor in determining your safety in a car. As you age, your driving patterns change. Retirement, different schedules, and new activities affect when and where you drive. Most older adults drive safely because you have a lot of experience behind the wheel. When you become involved in a crash, however, you are often hurt more seriously than younger drivers. Age-related declines in vision, hearing, and other abilities, as well as certain health conditions and medications, can affect your driving skills.

Driving is a complex task. It requires you to see and hear clearly, pay close attention to other cars, traffic signs, signals, and pedestrians; and react quickly to events. You must be able to accurately judge distances and speeds and monitor movement on both sides as well as in front of you. Decline in visual, thinking, or physical abilities can be problematic in making left turns, changing lanes,

and navigating through intersections. Common mistakes of older drivers include failing to yield the right of way, failing to stay in lane, misjudging the time or distance needed to turn in front of traffic, failing to stop completely at a stop sign and speeding or driving too slowly. The risk of crashes rises with age, especially after age 75.

"The best defense is a good offense" is an adage that has been applied to many fields of endeavor, including games and military combat, and can certainly fit the topic of driving. You are fortunate to have several programs at your disposal to help you keep your driving knowledge and skills up to speed, which ultimately prolongs your independence. For example, AAA created a CD-ROM called "Roadside Review" which gives you the information you need to take responsibility for your driving decisions and maintain your fitness behind the wheel. Copies can be borrowed from the Social Services Office and viewed in the privacy of your own home.

AARP offers an eight hour Driver's Safety course and a four hour refresher course that is recognized by many auto insurance companies and allows you to receive a discount on your yearly fee. These courses are offered at both of our centers as well as hospitals.

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Director's Report



It's hot outside.

During these warm summer months come in to the cool (we have air conditioning), and then heat up with a fitness class or good discussion. Enjoy lunch or help in the kitchen or garden. Whatever your interest, you will find it at Encore Experiences and The PEAK Center

Don't forget to use your Farmers' Market checks. They are good till November, but the most varied produce is in season right now. Have you seen our garden lately at Encore? We are growing tomatoes, cucumbers, beans, zucchini, basil, and asparagus!

The PEAK Center is counting down the days now until our move to North Penn Commons. We anticipate a September 1st move-in date. As we get closer towards this date, we will be sure to provide the details to our participants. We also welcome

a new Administrative Assistant to The PEAK Center, Annette Corrado. Annette started with us in late May and will be responsible to manage all of the happenings at PEAK's front desk. Please be sure to say hello to Annette when you come to visit us at PEAK.

By this time, you should have received your reminder in the mail to renew your membership. Please respond promptly to ensure there is continuity in receiving the newsletter in a timely manner. Thanks to all of you who send in your renewals from the slip in our last issue of the newsletter.

It's hot outside. It's cool inside at Encore Experiences and The PEAK Center and it's warm. There is always a warm friendly smile to greet you and make you feel at home, and welcome.

See you soon,
Katie

Members' Council Notes



The Book Club is meeting on the 1st Mondays of the month and we have had some very interesting and lively discussions on the books we have read. In June we will be reading Tomorrow is Now by Eleanor Roosevelt, which will be discussed at our July 11th meeting. There is an open invitation for anyone interested to join us at anytime.

We are pleased to report that PEAK members have donated 24 pounds of non-perishable foods and personal care items to Manna on Main St in May. Keep up the good work!

On behalf of the PEAK members we want to extend our deepest sympathy to Sandi Hertler's family. May her Memory be Eternal.

Louise Shabben, President



We welcome Annette, PEAK's new Administrative Assistant! Stop by The Welcome Desk and say hello.



GHNPS STAFF MEMBERS

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

THE PEAK CENTER STAFF MEMBERS

Teresa Ascher
Site and Program Director
Annette Corrado
Administrative Assistant
Sherry Rocchino
Program Coordinator

Carol Costlow
Social Services Coordinator

Steve Zurad
Meal Assistant

ENCORE EXPERIENCES STAFF MEMBERS

Kay Pagni
Social Services Coordinator

Michele Ross
Site and Program Director

Vacant
Administrative Assistant

Beth Knize
Meal Coordinator

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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 in Harleysville and The PEAK Center in Lansdale.

Encore Experiences in Harleysville and The PEAK Center in Lansdale are supported in part by funding received from Montgomery County Office of Aging and Adult Services. We are participating agencies of the United Way of Greater Philadelphia and Southern New Jersey. Other sources of support include grants, wills & bequests, corporate donations, foundations, special events and individual contributions.

The official registration and financial information of Greater Harleysville and North Penn Senior Services may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.

Dues Are Due

Membership Form

Your \$20.00 annual membership fee includes 6 bi-monthly issues of "The PEAK News and Notes," voting rights at Members' Council 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 2017.

July 1, 2016 - June 30, 2017

Name (s): _____

Address: _____

City, State, Zip: _____

Phone: _____

\$20.00 Annual Membership (one person) \$ _____

Includes bulk mailing of PEAK News and Notes

\$10.00 ONLY if requesting first class mail \$ _____

\$5.00 per additional household member \$ _____

Additional Donation \$ _____

Total Enclosed \$ _____

Please make checks payable to:

The PEAK Center in Lansdale
1292 Allentown Road, Suite A
Lansdale, PA 19446

In Memoriam



Helen Hasapes

Walton Staley

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

Like us on Facebook!



A Unit of the National Council on Aging



For Strengthening the Heart, Vitamin D Gets an A+!

For people with weak heart muscles, there's D-lightful news about the sunshine vitamin. There's no doubt that vitamin D is involved in your good health, and a large body of research links low levels with heart disease, along with certain types of cancer and a host of other conditions. But whether supplementing with vitamin D can help to prevent or treat those conditions remains murky. A new, five-year study put vitamin D supplements to the test among people with chronic heart-muscle

weakness, a condition known as heart failure, which affects more than 5 million Americans. A daily dose of vitamin D3 was shown to improve heart function by up to 36 percent. If you have been diagnosed with heart failure, talk with your doctor about supplementing with vitamin D, and be sure your diet includes dietary sources such as salmon and a fortified form of either dairy or nut milk. For everyone, it's a great time of year to get vitamin D from the sun, but remember that a little

goes a long way! Basking sunscreen-free for 10 to 15 minutes, with your arms and legs exposed, is all you need to generate vitamin D. After that, slather on sunscreen to protect your skin from damage that can lead to skin cancer. No need to swap one problem for another!

Source: Cleveland Clinic

When to Use the Emergency Room

Whenever an illness or injury occurs, you need to decide how serious it is and how soon to get medical care. This will help you choose whether it is best to:

- Call your doctor
- Go to an urgent care clinic
- Go to an emergency department right away

It pays to think about the right place to go. Treatment in an emergency department can cost two to three times more than the same care in your doctor's office. Think about this and the other issues listed below when deciding.

Signs of an Emergency

How quickly do you need care? If a person or unborn baby could die or be permanently disabled, it is an emergency.

Call 911 to have the emergency team come to you right away if you cannot wait, such as for:

- Choking
- Stopped breathing
- Head injury with passing out, fainting, or confusion
- Injury to neck or spine, especially if there is loss of feeling or inability to move
- Electric shock or lightning strike
- Severe burn
- Severe chest pain or pressure
- Seizure that lasted three to five minutes

Go to an emergency department or call 911 for help for problems such as:

- Trouble breathing
- Passing out, fainting

- Pain in the arm or jaw
- Unusual or bad headache, especially if it started suddenly
- Suddenly not able to speak, see, walk or move
- Suddenly weak or drooping on one side of the body
- Dizziness or weakness that does not go away
- Inhaled smoke or poisonous fumes
- Sudden confusion
- Heavy bleeding
- Possible broken bone, loss of movement, especially if the bone is pushing through the skin
- Deep wound
- Serious burn
- Coughing or throwing up blood
- Severe pain anywhere on the body
- Severe allergic reaction with trouble breathing, swelling, hives
- High fever with headache and stiff neck
- High fever that does not get better with medicine
- Throwing up or loose stools that does not stop
- Poisoning or overdose of drug or alcohol
- Suicidal thoughts
- Seizures

When to Go to an Urgent Care Clinic

When you have a problem, do not wait too long to get medical care. If your problem is not life threatening or risking disability, but you are concerned and you cannot see your doctor soon enough, go to an urgent care clinic.

The kinds of problems an urgent care clinic can deal with include:

- Common illnesses, such as colds, the flu, earaches, sore throats, migraines, low-grade fevers, and limited rashes
- Minor injuries, such as sprains, back pain, minor cuts and burns, minor broken bones or minor eye injuries

If You Are Not Sure, Talk to Someone

If you are not sure what to do, and you don't have one of the serious conditions listed above, call your doctor. If the office is not open, your phone call may be forwarded to someone. Describe your symptoms to the doctor who answers your call, and find out what you should do.

Your doctor or health insurance company may also offer a nurse telephone advice hotline. Call this number and tell the nurse your symptoms for advice on what to do.

Prepare Now

Before you have a medical problem, learn what your choices are. Check the website of your health insurance company. Put these telephone numbers in the memory of your phone:

- Your doctor
- The closest emergency department
- Nurse telephone advice line
- Urgent care clinic
- Walk-in clinic

Source: U.S. Department of Health and Human Services National Institutes of Health

Programs

Programs are free unless otherwise noted.

Help Yourself to Healthy Living

Wednesday, July 6 10:30 AM
Maximizing your Memory

Wednesday, August 3 10:30 AM
Depression is not Normal Part of Aging
Presented by Shelley Longcoy, NPVNA

Loss and Support Group

Tuesday, July 12 12:30 PM
Presented by Crystal Gorel

Loss is just not just limited to death and divorce. Many other losses include losing dependence, loss of job, loss of your home etc. Join us in this interactive group to help navigate through your grief.

Let's De-stress

Wednesdays beginning July 13 12:30 PM
The use of adult coloring books is not art therapy, but has shown to help relaxation, reduce stress and boost mental clarity in seniors.

Macular Degeneration

Please note: This is a rescheduled program
Wednesday, August 17 12:30 PM
Presented by Susan DeLaurentis, Ophthalmology Physicians & Surgeons
Macular degeneration is a common condition among older adults, affecting the macula, the central part of the retina that allows you to see fine details. Wet macular degeneration is characterized by irregular blood vessels developing under the macula. Dry macular degeneration causes the cells in the macula to break down. Join us to learn more.

Prime Time Health Walk

Thursday, September 8 10:00 AM - 1:00 PM
Fischer's Park
Register by August 26

This year's walk promises to be the best one yet! Sponsored by Aging and Adult Services, you will have the opportunity to meet folks from the other county senior centers, eat a delicious free lunch, enjoy nature's beauty, and walk the park trails as often as you wish. With Elvis making a special appearance, you will easily get into the groove if you dig out your poodle skirt or bobby socks and celebrate this year's Sock-Hop theme.



PEAK 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: \$3.00 per game at Facenda Whitaker;

\$5.00 at Earl Bowl

Fit for the Future I

Tuesdays and Fridays 9:00 - 10:00 AM

A peer-led Exercise Group

Fit for the Future II

Tuesdays 12:45 - 1:45 PM

Fridays 10:30 - 11:30 AM

Cost: \$4.00

Taught by Kim Zimmerman

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

Fitness Center

Tuesdays and Thursdays 9:30 - 11:30 AM

PEAK participants can use the fitness center room!

If you are interested, you must be trained to use it by Kim Zimmerman. A PEAK Center employee will be on hand if you need anything. See Annette at the Welcome Desk to set up time to be trained.

Joint Freeing Series

Fridays 11:00 - 11:45 AM

Cost: \$4.00 Instructed by Terri Kuenzer

All in a chair, these 22 simple yoga posture based exercises help to loosen all the joints, from toes to the head. Learn this beautiful and GENTLE ancient practice from India.

Line Dancing

Thursdays 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!

Semi-Personal Trainer

For more info call or visit The Welcome Desk

Cost: \$15.00 per individual participant

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

Stretch the Pain Away

Monday, Wednesday and Friday

3:00 PM to 4:00 PM

Stiff joints and achy muscles make getting through the day difficult – especially if that discomfort is compounded with neck and back pain. Keeping your neck and back flexible may help alleviate some of the pain that has been plaguing your life. The best way to limber up your

muscles, tendons and ligaments is to stretch, but only if the stretches are performed correctly and consistently. Join this peer-led group to stretch that pain away!

Growing Stronger

July 11, 13, 18, 20 9:00 – 10:00 AM

Fee: \$40.00 per 6-week session

Weight bearing exercise and low-impact strength training.

Tap Dancing

Thursdays 10:30 - 11:30 AM

Cost: \$4.00

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

Total Body Toning

Wednesdays 10:15 -11:15 AM

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

Wii Bowling

1st and 3rd Wednesdays of the month

July 6, 20 and August 3, 17 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

Instructor: Andrea Rogers

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

Instructor: Andrea Rogers

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

Instructor: Darryl Bryant

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

*Yoga

Thursdays 9:00 - 10:00 AM

Cost: \$4.00

Instructed by Terri Kuenzer

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

Please Note:

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

WELLNESS SCREENINGS

Glucose Testing

Quarterly July 26 9:30 - 10:30 AM

No charge Offered by Bayada Nurses

Fasting is not required, but if you have breakfast, it is best to limit your sugar intake.

Abington Community Health Screenings

2nd Tuesday of the month 10:00 - 11:30 AM

No charge Offered by Abington Health Services

See the nurse to discuss health concerns and have your blood pressure checked.

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

Fitness Center Use

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

LAW OFFICES OF



DISCHELL BARTLE & DOOLEY, PC

RESULTS MATTER

John T. Dooley

Attorney At Law

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Consumer Education Programs

Programs are free unless otherwise noted.

George Washington Memorial Park

Final Arrangement Information

Wednesday, July 13 12:30 PM

Join us for a group presentation of questions and answers regarding final arrangement preparations, details and alternatives.

Benefits and You

Monday, July 25 12:30 PM

Presented by Carol Costlow, Social Services Coordinator Government benefits programs are available specifically to eligible seniors including Medicare, PACE, SNAP, and Farmers' Market Coupons, as well as others. Learn what all these names stand for and whether you might be eligible.

Medicaid and Long Term Care Overview

Tuesday, August 2 12:30 PM

Presented by Michele Fox, M.G. Consulting Agency An overview of the Medicaid application process for seniors and disabled citizens will be presented and general questions answered. Private consultations can be arranged for personal questions.

Elder Law

Monday, August 15 12:30 PM

Presented by Montco Elder Law

Montco Elder Law Attorney, Rosemary Ferrino, will answer your questions on power of attorney, your final wishes, etc.

PEAK Consumer Services

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, a Medicare insurance counselor, answers your questions about Medicare benefits, medigap insurance and 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.

Farmers' Market Vouchers

Distribution will be on Thursdays 9 - 4 PM while supplies last. Income eligibility and Montgomery County residency required. Please see the box on this page for details.

Legal Counseling

Fourth Tuesday of the month 12:00 PM

July 26, August 23 By Appointment

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

Low-Income Heating Assistance Program (LIHEAP)

This is a seasonal program available November to April.

Property Tax/Rent Rebate

Property Tax and Rent Rebate applications for the 2015 tax year are available at The PEAK Center. If you qualify for this program, you can receive a rebate up to \$650. You must have been 65 by Dec. 31, 2015, with a maximum household income level of \$35,000 for a homeowner and \$15,000 for a renter. Widows and widowers aged 50 or older and people with disabilities over 18 may also qualify. In computing income, only 50% of Social Security and Railroad retirement benefits are counted. As of this writing, the application deadline has been extended to December 31, 2016.

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.

Farmers' Market Checks

PEAK Center Times

Thursdays, 9:00 AM - 4:00 PM

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

- 1) You must be 60 years or older and
- 2) a Montgomery County resident, and
- 3) you must be living on a limited income. This year's income limits will be \$21,978, or \$1832/month for singles and \$29,637, or \$2470/month for a couple. If you are qualified, each individual will receive \$20.00 worth of vouchers. Please bring proof of your age and residency in Montgomery County.

NOTE: Not all farmers' market stands accept the Farmers' Market Nutrition Program checks. Remember to ask before making your purchase. While supplies last.

SUELKE'S ROAD STAND IN SELLERSVILLE

Sponsored by the Office of Aging and Adult Services and open to The PEAK Center and Encore Experiences participants. You must be registered with TransNet. Limited space; sign up at The Welcome Desk.

Thursday, July 28

Departure from PEAK:

Approximately 10:00 AM

Return to PEAK:

Approximately 12:00 PM



The PEAK Center greatly appreciates a generous donation from Brittany Pointe Estates Residents Association. Katie Walker is pictured here with Jean VanHorn from Brittany Pointe Estates. Jean and Larry O'Malley visited the PEAK Center in May to present a check for \$1,500!

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 4/2016):

| Family Size | Annual | Monthly | Weekly Income |
|-------------|----------|---------|---------------|
| 1 | \$15,444 | \$1,287 | \$297 |
| 2 | \$20,826 | \$1,736 | \$401 |
| 3 | \$26,208 | \$2,184 | \$504 |

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.

PEAK ENRICHMENT

Programs are free unless otherwise noted.

Peak a Boo Luncheons

July 5 & August 2 11:30 AM
July 5: PJ Whelihan's
799 Dekalb Pike Blue Bell, PA 19422

August 2: Sunney Tavern
1610 W Point Pike, Lansdale, PA 19446

AARP Safe Driving Course

Thursday, July 7 and Friday, July 8 (eight hour)
9:00 AM - 1:00 PM

Friday, August 12 (four hour refresher)
9:00 AM - 1:00 PM

Instructed by Judy Frankel
AARP members \$15.00, non-members \$20.00
Must register at The Welcome Desk.
Created by AARP, this course provides information to help you drive violation and crash free.

Book Club

Monday, July 11 10:30 AM

Ken Johnson

"The Things They Carried" is as good as any piece of literature can get... It is controlled and wild, deep and tough, perceptive and shrewd." The Chicago Sun Times.

Movies

The Choice

Wednesday, July 13 10:00 AM

When feisty medical student Gabby Holland moves in next door to perennial ladies' man Travis Shaw, they embark on a surprising romantic journey neither imagined possible. Travis has

always believed a serious relationship would cramp his easygoing lifestyle, while Gabby is preparing to settle down with her long-term boyfriend—until an irresistible attraction between the unlikely couple up-ends both of their well-planned lives. Over the course of a decade, their love affair evolves until they are faced with the ultimate test and must decide how far they are willing to go to keep love alive. Benjamin Walker, Teresa Palmer. PG13 1:51 minutes.

Joy

Wednesday, July 27 10:00 AM

In a story spanning four generations, Joy grows from innocent young girl to family matriarch and head of a business dynasty. Her road to success is paved with betrayal and treachery as allies become adversaries, inside and outside the family. All the while, Joy's inner life and fierce imagination carry her through. Based on a true story. Jennifer Lawrence, Bradley Cooper. PG13. 2:04 minutes.

A Royal Night Out

Wednesday, August 10 10:00 AM

England is celebrating its victory. Cloistered away in Buckingham Palace, Princess Elizabeth and her headstrong 15-year-old sister Margaret would give anything to join the party and spend one night where no one knows who they are. The King and Queen give them permission to go out until midnight, accompanied by two Royal Guardsmen. Arriving at the Ritz Hotel, Margaret escapes, whisked away by a group of partying naval lieutenants, and Elizabeth decides to chase after

her fun-loving sister. Daunted by the exuberance of the city, the anxious and vulnerable Elizabeth ends up falling into the arms of a young airman, Jack. He is unaware of Elizabeth's true identity and she has no idea Jack has gone AWOL from the military. Sarah Gordon, Jack Reynor. PG 13, 1:37 minutes.

The Finest Hours

Wednesday, August 24 10:00 AM

On February 18, 1952, a massive nor'easter strikes New England, wreaking havoc on the ships caught in its deadly path. The SS Pendleton, an oil tanker bound for Boston, is ripped in half, trapping more than 30 sailors inside its rapidly-sinking stern. As the senior officer on board, first assistant engineer Ray Sybert soon realizes it is up to him to take charge of the frightened crew and inspire the men to set aside their differences and work together to ride out one of the worst storms to ever hit the East Coast. Meanwhile, as word of the disaster reaches the U.S. Coast Guard station in Chatham, Massachusetts, Warrant Officer Daniel Cluff orders a daring operation to rescue the stranded men. Despite overwhelming odds, four men, led by Coast Guard Captain Bernie Webber, set out in a wooden lifeboat with an ill-equipped engine and little, if any, means of navigation, facing frigid temperatures, 60-foot high waves and hurricane-force winds. Chris Pine, Casey Affleck. PG 13, 1:57 minutes.

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AREAS OF INTEREST

Bingo

Fridays 12:45 PM

Bridge-Card Game

Thursdays 1:00 PM

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

Note: No class in August

Woodcarving

Mondays 9:00 AM - 11:30 AM

All are welcome to come & work on their projects. Newcomers are welcome too.

Remembering Sandi Hertler



This past April, The PEAK Center suffered the tragic loss of a beloved staff member, Sandi Hertler. Sandi was an employee of The PEAK Center in Lansdale for 19 years and was widely respected by the staff, participants and volunteers. Sandi will be remembered fondly for her warm smile, sense of humor and patience. She was a wonderful advocate for seniors and the participants of The

PEAK Center loved her very much. Sandi was also a friend to the staff and residents of Advanced Living, Schwenckfeld Manor and Terrace. She and her husband Tom Hertler, an employee of Advanced Living, were just married in December 2014 and met as a result of The PEAK Center sharing space at Schwenckfeld Manor.

For nearly 19 years Sandi served as the Welcome Desk Manager for The PEAK Center and in that role wore many different hats. As the first, always smiling face that our participants and visitors to the center would see, Sandi set the tone for a warm and welcoming atmosphere that so many of our participants looked forward to.

Sandi was born on August 17, 1951 in Philadelphia, PA, and was the daughter of Robert Griffith of Lansdale and the late Joan (nee Rafter) Griffith. Sandi was a 1969 graduate of Upper Dublin High School. She enjoyed the beach, gardening, and

interior design. What Sandi enjoyed most of all was spending time with her family and friends. She will always be remembered as a loving wife, mother, grandmother, daughter, sister, and a friend to many. Sandi was also survived by her children, Meghann Questad (Brian), of Huntingdon Valley, and Michael Busfield (Loni), of North Wales, her grandchildren, Skyler, Jaelyn, Sami, and Noah, and her siblings, Bruce Griffith (Patty), of North Carolina, David Griffith (Kim), of Hatfield, Gary Griffith (Susan), of Hatfield, and Mimi Berret (Dan), of Telford, and her many nieces and nephews. She was also preceded in death by her former husband, the late Joseph Chiriano, who passed away in 2009.

The loss of Sandi has been a reminder to live every day to the fullest and to appreciate those around us. Sandi was a great person who loved what she did and was wonderful with our seniors. She will be deeply missed. ♥

Drive Safely

Continued from Cover Page

The PEAK has scheduled their next eight-hour AARP Mature Driving Program on July 7 and 8 from 9AM-1PM. The four-hour refresher course at The PEAK will take place on August 12 from 9AM-1PM. Both Encore and The PEAK have offered a program called "Car Fit." This program examines the spacing from you to the steering wheel, proper seat belt use, and the correct position for head restraints among other things. Lastly, if your family or doctor has raised concerns about your ability to remain behind the wheel, please take them seriously. They are concerned not only about you, but other drivers and pedestrians.

Source: NIH Senior Health

MULTI-DAY AND DAY 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 Welcome Desk as soon as possible. If you are single and looking for double occupancy, contact the office and we will try to accommodate. Payment is due at time of registration.

Take a Bus to Ladore Lodge Waymart, Pennsylvania

Monday, October 3-Friday, October 7
\$50.00 deposit will hold your spot
Join us in 2016 for a spectacular time!

Take a Van to the Pearl S. Buck Estate Ghost Tour, Perkasio

Sunday, October 30
Depart 3:00 PM
Cost: \$35.00

Price includes transportation and estate fee.

Unselfish and noble actions are the most radiant pages in the biography of souls.
~David Thomas



UPCOMING PEAK CENTER VOLUNTEER OPPORTUNITIES

AT NORTH PENN COMMONS

I want to get involved!

NAME _____

ADDRESS _____

PHONE _____

VOLUNTEER INTERESTS (check all that apply)

- Volunteer Greeter – help welcome participants to The PEAK and answer phone calls
- Lunch Volunteer – help with service of lunch
- Newsletter Volunteer – Help with folding and labeling the PEAK newsletter
- Special Program Volunteer – Throughout the year special programs are planned that may require help from volunteers
- Other – please let us know if you have a special talent that you think you could offer volunteer help with at The PEAK Center

Please call 215-362-7432 for more information or email Tascher@ghnpss.org
www.ghnpss.org

The PEAK Center's Move to North Penn Commons Q&A

Continued from Cover Page

Will The PEAK Center continue to offer programs, including lunch at Schwenckfeld Manor on Allentown Road, after the center moves to its new location?

Unfortunately The PEAK Center will be unable to continue offering programming at Schwenckfeld Manor. All of our programs, including lunch will be offered at the center's new location at North Penn Commons. If you are a resident at Schwenckfeld Manor and would like to come to The PEAK Center at North Penn Commons we can provide you information for a ride through Transnet if you are in need of transportation.

Why are you moving?

We are eager to share with our participants that North Penn Commons is a one-of-a-kind service model that offers a unique opportunity for PEAK participants. They will have greater access to resources on a shared campus. In addition to the nutritious, delicious lunches that will be prepared on site by the awesome chef at Manna on Main Street, PEAK participants will have access to health and wellness programs, and multi-generational social interactions enabling common bonds to be formed through quality, community programs, critical services, and fun! This vibrant, public center benefits every generation and will be a welcoming place for all. How awesome is that!

Will The PEAK Center still be part of Greater Harleysville and North Penn Senior Services (GHNPS)?

Yes! The PEAK Center's move to NPC will have no impact on the center being part of GHNPS. GHNPS will still operate two Senior Center locations – Encore Experiences in Harleysville and The PEAK Center in Lansdale (soon to be located at North Penn Commons).

How will it affect PEAK Participants?

At NPC, PEAK Participants will enjoy improved access to greater community resources with 3 other highly respected non-profit agencies - the North Penn YMCA, Manna on Main Street and Advanced Living Communities. PEAK Participants will have access to an improved FREE lunch that will be prepared on-site in The Manna on Main Street Kitchen and served in PEAK's dining area. Individuals will have greater classroom options with state-of-the-art technology provided in the new computer lab, a large multi-purpose room for exercise and wellness classes, a private fitness equipment room for PEAK participants and an additional activity room for many other exciting programs - all conveniently located under one roof!

How will it affect volunteers?

Volunteers can choose where to serve from among four highly respected non-profit organizations located on one community campus. North Penn Commons' volunteers will have the opportunity to impact individuals across generational lines to promote healthier lives in a healthy community.

How will it affect donors?

Donors can continue to give directly to PEAK, and in addition to their PEAK gift, make a special One-Four-All donation for North Penn Commons (NPC). NPC is a symbol of a new vision for our community and our donors are important partners in this one-of-a kind service model. Our donors have an opportunity to be part of this pioneering effort and join the community of supporters who have already contributed to this project.



Lots of fun had by all at this year's volunteer appreciation luncheon.

JOIN PEAK'S MEMBERS' COUNCIL!

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

JULY 19 AND AUGUST 16
Members' Council 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.

Saturday Bingo

Encore Experiences in Harleysville
312 Alumni Avenue, Harleysville
215-256-6900

Second Saturday of each month

\$20.00 per person admission

\$5.00 specials packet

July 9 and August 13

1:00 - 4:00 PM

Payout:

\$50.00 payout regular games

4 specials pay \$75.00

Coverall pays \$200.00

lunch available for purchase

SUELKE'S ROAD STAND IN SELLERSVILLE TRIP

Thursday, July 28

Departure from PEAK: Approximately 10:00 AM

Return to PEAK: Approximately 12:00 PM

no charge!

Sponsored by the Office of Aging and Adult Services and open to The PEAK Center and Encore Experiences participants. You must be registered with TransNet. Limited space; sign up at The Welcome Desk.

Greater Harleysville and North Penn Senior Services (GHNPS) operates both Encore Experiences in Harleysville and The PEAK Center in Lansdale. The mission of Greater Harleysville and North Penn Senior Services is to provide access to programs and resources that help older adults live independently and remain active. Both centers offer a place of comfort, fellowship and care to the seniors in our community.

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