

NEWS & NOTES

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

PEAK CENTER HOURS
Monday – Friday
8:30 AM – 4:00 PM

Occasional evening and weekend programming

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

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

Wasted food is a growing problem in our modern society. The amount of food Americans throw away each year is staggering. In 2013 alone, more than 37 million tons of food waste was generated, with only five percent diverted from landfills and incinerators for composting. The Environmental Protection Agency estimates that more food reaches landfills and incinerators than any other single material in our everyday trash, constituting 21 percent of discarded municipal solid waste. Additionally, the U.S. Dept. of Agriculture (USDA) reports that Americans wasted over one-third of the vegetables and fruit bought in 2010.

Worldwide the story isn't much different. The Food and Agriculture Organization of the United Nations (FAO) estimated in 2011 that approximately one-third of all food produced for human consumption is lost or wasted. While this may seem like a problem that is too large to handle, taking simple steps in your everyday life can make a difference in reducing this problem. Reducing wasted food is a triple win; it's good for the environment, for communities, and for the economy.

Reducing wasted food does great things for the environment. Wasted food wastes the water, gasoline, energy, labor, pesticides, land, and fertilizers used to make the food. When you throw food in the trash, you're throwing away much more than food. When food goes into the landfill, it's similar to tying food in a plastic bag. The nutrients in the food never return to the soil. The wasted food rots and produces methane gas, a strong greenhouse gas with more than 21 times the global warming potential compared to carbon dioxide. If you can't prevent, reduce or donate wasted food, you can compost. By sending food scraps to a composting facility instead of to a landfill or composting at home, you're helping make healthy soils. Properly composted organics (wasted food and yard waste) improve soil health and structure, improve water retention, support native plants, and reduces the need for fertilizers and pesticides.

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Volunteering-A Path to Your Future

Are you nearing retirement and looking for opportunities to pursue outside interests? Are you wondering what happened to that childhood dream you had of being a vet? Perhaps you are already retired and wondering how you can make better use of your time. You might even find that volunteering can lead to a part time job, which can be a great way to transition from full time work or to add to your cash flow, if you're already retired. You have heard it before: volunteering is good for your mental and physical health. So what's holding you back? How can you get started volunteering?

It can be remarkably easy. If you are computer-savvy, post your intentions on Facebook and/or LinkedIn to get connected to an organization in your own network. You can also use LinkedIn's For Good program, Catchafire, or VolunteerMatch. AARP's site, www.createthegood.org, can also be a useful tool in your search. Montgomery County's RSVP, www.rsvpmc.org, can connect you to opportunities right here in our community. Ask a friend to join you as you give it a try. Remember that new volunteer opportunities will arise with the opening of our new location at North Penn

Commons, next to the Lansdale YMCA, later this year. We expect that a lot more help will be needed to serve an expected increase in participants in our lunch program. Also, volunteers will be needed to greet participants and visitors at the new Welcome Desk, to answer questions and direct them to the appropriate location within the new building. Consider this possibility: You might spend an hour or so to help our building neighbor, Manna on Main Street, before you have lunch with your friends at The PEAK Center, and then walk through the lobby to the Y for a water aerobics class.

The good news is that it's never too late to pursue your dreams through volunteering. Yes, volunteering is the right thing to do and is its own reward. America's 1.5 million nonprofit organizations count on volunteers to deliver their important, often lifesaving, programs and services. Nearly 65 million people respond to the call for service and participate in some type of voluntary activity each year.

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REMINDER: DAYLIGHT SAVINGS BEGINS MARCH 13!

Inclement Weather Alert

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



Director's Report



At the beginning of each year Encore Experiences and The PEAK Center distribute evaluation surveys to collect feedback specific to our congregate meal program. In conducting this research over the past few years, we have learned that people who experience the best results from participation in the meal program come on a regular basis and for a long period of time (6 months or more). In addition to regular participation we are also seeking to discover if the meal program provides an enjoyable atmosphere for participants, helps to reduce feelings of depression, and helps to increase food security among older adults. We are proud of our evaluation processes and use this information to evaluate the meal program and find areas to make adjustments and improvements, where needed. Thank you to all of you who have participated in our surveys when asked.

And I thought, since so many of you filled out the surveys, that you would be interested in learning the results:

- At PEAK 96% believe that they are treated well by volunteers and staff. 93% see their friends the same or more than before and 96% of you are as or more aware of the programs and services we offer and opportunities to become more involved. Most comments were positive and you requested more salads. We have forwarded this request to our meal provider and are already seeing an increase in salads offered.
- 99% of those who answered at Encore believe that they are treated well by volunteers and staff. 98% see their friends the same or more than before and everyone who answered claims to be the same or more aware of the programs and services we offer and opportunities to become more involved. Comments were extremely positive and all seem to

love our chef, Beth. There were some comments that were specific to the people answering such as requests for a specific type of food. If you need a specific request, please let us know in advance and we will do our best to accommodate you if we can.

On another note, The North Penn Commons project is moving forward in a timely manner. It is expected that PEAK will move into North Penn Commons in Fall 2016. We are working to finalize "Memorandums of Understanding" with the other partners that will help us to plan strategically around collaboration and shared resources. For example, there will be one commercial kitchen in the space and Manna on Main Street will be preparing meals for both PEAK and Manna participants, as well as a café (grab and go) service area in the lobby, managed by Manna. We are also working with the partners to plan for operational processes and procedures including an emergency evacuation plan, access to WiFi internet in the lobby, and parking. Our new space at North Penn Commons will provide PEAK with over 8,000 square feet of programmable space and, therefore, will require a renewed support from new and existing volunteers.

Volunteer opportunities will include help with the service of the congregate meal program and assistance with being a "Greeter" at PEAK's front desk. The role of a volunteer "Greeter" is extremely important as this individual will not only help to answer the phone and direct calls to the appropriate staff person, but serve as a smiling face, welcoming our participants to the center each day. I encourage you to talk to the staff at The PEAK Center or call me personally to find out more about these and other exciting volunteer opportunities.

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We are pleased to announce that we are making progress in getting a Book Club started. On February 8 at 10 AM we are having our organizational meeting. We will discuss books to review. Please plan to attend if interested. In January PEAK members donated 31.6 pounds of non-perishable food for Manna on Main St.

Members' Council Notes

Thank you for this outreach support. Donations can be dropped off at the Welcome Desk.

The Ladies of the PEAK continue to go out to lunch on the 1st Tuesday of the month. Anyone who is interested in joining us, please contact Sandi at the Welcome Desk.

THINK SPRING!!!

Louise Shaheen, President

It's not too late! Please Consider Making a Donation!

ENCLOSED IS MY GIFT OF (PLEASE CIRCLE):
\$25.00 \$50.00 \$100.00 \$250.00 OTHER: \$

Matching gifts from your employer could double your contribution. Please request a matching gift form at work and enclose it with your gift.

Make checks payable to GHPSS
Mail to:
The PEAK Center
1292 Allentown Road, Suite A
Lansdale, PA 19446

Name _____
Address _____
Address line 2 _____
City _____ State _____ Zip _____

Your response is greatly appreciated!

GHPSS STAFF MEMBERS

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

THE PEAK CENTER STAFF MEMBERS

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

ENCORE EXPERIENCES STAFF MEMBERS

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

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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.

In Memoriam



Robert (Bobby) Colwell
Addie Cusimano
Raymond Gregory
Ethel (Essie) Kriebel

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



March is Colorectal Cancer Awareness Month

Colorectal cancer is the fourth most common cancer in the United States and the second leading cause of death from cancer. Colorectal cancer affects all racial and ethnic groups and is most often found in people ages 50 and older.

The best way to prevent colorectal cancer is to get screened regularly starting at age 50. There are often no signs or symptoms of colorectal cancer – that’s why it’s so important to get screened.

To increase awareness about the importance of

colorectal cancer screening, The PEAK Center and Encore Experiences are proudly participating in Colorectal Cancer Awareness Month. Friday, March 4, is Dress in Blue Day. Wear blue and unite for a future free of colon cancer. Blue jeans count. Pick up brochures at the Greeters Desk today to learn more.

People over age 50 have the highest risk of colorectal cancer. You may also be at higher risk if you are African American, smoke, or have a family

history of colorectal cancer.

Everyone can take these healthy steps to help prevent colorectal cancer:

- Get screened starting at age 50.
- Quit smoking and stay away from secondhand smoke.
- Get plenty of physical activity and eat healthy.

Resource: Prevent Cancer Foundation

You Have the Power

Continued from Cover Page

According to the FAO from 2012-2014 there were about 805 million hungry people on earth. This organization predicts that by eliminating food loss and wasted food, we would have enough food to feed all the chronically undernourished. They also expect that we wouldn’t have to increase food production or put additional pressure on our natural resources to do so. Instead of feeding landfills, you should be feeding people. You can donate different types of food to many different

types of organizations. In 2012 the U.S. Dept. of Agriculture National School Lunch Program provided nutritionally balanced, low-cost or free lunches to more than 31 million children each school day. By reducing wasted food nationwide, in homes and schools, you can help feed our country’s children.

You have the power to prevent food waste by buying and ordering only the food you will eat. When you dine at PEAK, for instance, please let

your server know if you will not eat a roll, dessert or any other item being served that day. If you ate a late breakfast and are not particularly hungry, you can ask for a smaller portion. We invite and encourage you to join us in our efforts to keep costs at a minimum while we “Reduce, Reuse, and Recycle” not only in recognition of Earth Day but every day our doors are open for you.

Source: <http://www.epa.gov/sustainable-management-food>

Another Way to Save

You open the fridge, drag out the cottage cheese, check for fur, and if there isn’t any, you say, “Honey? Will you sniff this?” This is not, however, the approved method of checking for freshness. The approved way lies in a voluntary system of labeling. Yes, voluntary. The only items required by federal law to be labeled for expiration are infant formula and some baby foods. Approximately 20 states require dates on some perishable food, like meat and dairy, but depending on where you live, you may see “best if used by,” “sell by,” or nothing at all. When foods are in fact labeled, it is helpful to understand what these dates mean as a way of avoiding wasteful disposal, as talked about on the front page.

“Sell by” – tells the store how long to display the product for sale. The issue is quality of the item (freshness, taste, and consistency) rather than whether it is on the verge of spoiling. The sell by date is the last day the item is at its highest level of quality.

“Best if used by (or before)” – this refers strictly to quality, not safety. This date is recommended for best flavor or quality. It is not a purchase or safety date. Sour cream, for instance, is already sour, but it can have a zippier, fresh taste when freshly sour.

“Born on” – this is the date of manufacture and has been resurrected recently to date beer, as this product goes sub-par after three months and is affected by the sun. Brown and green bottles are better than clear.

“Guaranteed fresh” – usually refers to bakery items. They will still be edible after the date, but will not be at peak freshness.

“Use by” – this is the last date recommended for the use of the product while at peak quality as determined by the manufacturer.

“Pack” – this date can be found on canned or packaged good, as a rule, but it’s tricky. It may

even be in code as month-day-year (MMDDYY) or the manufacturer could revert back to the Julian calendar (January would then be 001-0031 and December 334-365). Don’t ask!

In sum, although your refrigerator and pantry may be filled with items that have passed their “best before” dates, that doesn’t mean they are no longer safe for consumption. As long as it’s sitting in an unopened package, then it is not going to be a food safety risk. As soon as you open a package then of course it becomes exposed to the environment and can become contaminated with virtually anything. By being more mindful of the above information, you may be putting more money into your pockets while becoming a better citizen of the earth you share.

Resource: Prevent Cancer Foundation

Programs

Programs are free unless otherwise noted.

Help yourself to Healthy Living

Wednesday, March 2 10:30 AM

Presented by Abington-Jefferson Health.

Stress-less Living: What can you do about stress? Attend the March “Help yourself to Healthy Living” to learn ways to identify what causes stress in your life; look for ways to “stress less” and reduce it’s harmful effects.

Wednesday, April 6 10:30 AM

Tips for a better night’s sleep: Being older doesn’t mean you have to feel tired all the time. There are many things you can do to help you get a good night’s rest. This month we will discuss tips for getting better zzz’s.

General Nutrition

Monday, March 7 12:30 PM

Presented by: Terri Wassil of the

Montgomery County Health Department

Did you know heart disease is the leading cause of death for both men and women in the United States? Also, that you need to get your blood pressure checked every 2 years starting at age 18?

Cross Roads Hospice Support Group

Tuesday, March 8 12:30 PM

Facilitated by Crystal Gorel

Have you recently lost a loved one?

Join us for an informal grief and loss support group or for a one on one session.

Hearing Screening

Tuesday, March 29 12:30 PM

Join us for an evaluation and screening to help you understand your hearing loss.

Healthy Steps for Older Adults (HOSA)

Mondays, April 11 & 18 10:00 AM

Once again The PEAK Center is taking part in this program. This program is about how to prevent falls and stay healthy and stay active. You will learn how things you may be doing already can help prevent falls. Learn new tips that will fit into your daily routine. Sign up now. See Sandi or Sherry.

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 Sandi 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

Call or visit the Welcome Desk for appointment

Cost: \$10.00 per individual participant

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

Stretch the Pain Away

Monday, Wednesday and Friday

3:00 PM to 4:00 PM

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

only if the stretches are performed correctly and consistently. Join this peer-led group to stretch that pain away!

Growing Stronger

Mondays, March 7, 14, 21, 28 and April 4

Wednesdays, March 2, 9, 16, 23, 30 and April 6

9:00 – 10:00 AM

Fee: \$40.00 per 6-week session

Session ends April 6

Weight bearing exercise and low-impact strength training.

Tap Dancing

Thursdays 10:30 - 11:30 AM

Cost: \$4.00

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

Total Body Toning

Wednesdays 10:15 - 11:15 AM

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

Wii Bowling

1st and 3rd Wednesdays of the month 10:00 AM

Experience the health and social benefits of this fun program. Standing or seated, no heavy ball or strange shoes.

Zumba Chair

Wednesdays 12:45 - 1:30 PM

Cost: \$4.00

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

Zumba Gold

Mondays 1:15 - 2:15 PM

Cost: \$4.00

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

*Tai Chi

Tuesdays 10:15 - 11:15AM

Cost: \$4.00

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

*Yoga

Thursdays 9:00 - 10:00 AM

Cost: \$4.00

Instructed by Terri Kuenzer

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

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 April 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 Sandi at the Welcome Desk to set up time to be trained.

LAW OFFICES OF



DISCHELL BARTLE & DOOLEY, PC

RESULTS MATTER

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PEAK CONSUMER EDUCATION

Consumer Education Programs

Programs are free unless otherwise noted.

Benefits Screening

Monday, March 14 12:30 PM

Come to learn if you might qualify for any help from the government, such as SNAP (food stamps), PACE/PACENET, or LIHEAP. Carol Costlow will meet with individuals as needed to answer their questions and help them apply for benefits.

Unclaimed Property

Monday, April 11 12:30 PM

Whether you're wondering if you may have unclaimed property or you are pretty sure of it, come to this session for help in finding out more or to start the claim process.

VOLUNTEER RECOGNITION LUNCHEON

*Thursday, April 21
11:45 AM*

Join us for our Volunteer Recognition Luncheon. Be our guest and help us applaud all of the people who help at the PEAK Center. You'll be glad you did.

Farmers' Market Checks will be available to those who qualify in early June. Read the May/June newsletter for more information.

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.

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.

Legal Counseling

Fourth Tuesday of the month 12:00 PM

March 22 and April 26 By Appointment

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

LIHEAP for 2015-16

The Low Income Home Energy Assistance Program (LIHEAP) is accepting applications for the current heating season until April 3 or until all the funds are distributed. Eligible low income households will receive a grant applied directly to their account with their energy supplier. The income guidelines for 2015-16 for homeowners and renters are as follows:

Household Size	Maximum Annual Income
1	\$17,655
2	\$23,895

Apply online at www.compass.state.pa.us or pick up an application at The PEAK Center.

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.

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.

FREE INCOME TAX SERVICES

GHPSS at both The PEAK Center and Encore Experiences will be one of several local sites for free federal and state tax preparation. The trained volunteers will be available here beginning in February through April 15 by appointment only. Preference in scheduling appointments will be given to those seniors who have low to moderate household income, generally below \$51,000. If you have self-employment income, it should be below \$10,000.

Please bring the following items to your appointment:

- A copy of last year's tax return
- Social Security statement, Social Security card and a photo ID
- 2015 year-end financial statements
- Since both signatures are needed to file electronically, you and your spouse must come to the appointment.

For assistance in completing the PA Property Tax and Rent Rebate application, bring paid receipts for 2015's property taxes or rent receipts.

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

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 Ladies of The PEAK Center Meetings

Tuesday, March 1 11:30 AM
Luncheon at Franconia Heritage

Tuesday, April 5 11:30 AM
Zoto's Diner Rt. 309 Hatfield

Color your Stress Away

Wednesdays, March 2, 9, 16, 23, 30
Thursdays, April 21, and 28 12:30 PM

Studies have found that coloring can be beneficial for adults. Mainly for distressing power. The practice generates wellness, quietness and also stimulates brain areas related to motor skills, the senses and creativity. In fact publishers have been launching coloring books specifically for adults. These are not your kids coloring books-they are beautiful, ornate works of art. Join us!

Monday Book Club

First Monday of every month
Monday, March 7 10:30 AM
Led by Ken Johnson

Ken will bring new books to read and discuss.

March Movies

Start time is 10:00 AM

Wednesday, March 9

90 Minutes in Heaven 2:02 minutes Rated PG-13
Pastor Don Piper died January 18, 1989 when a semi-tractor truck crushed his car. Declared

dead by the first rescue workers to arrive on the scene, Don's body lay under a tarp for the next 90 minutes. Don's soul, meanwhile, was experiencing love, joy, and life like he'd never known before.

Wednesday, March 23

He named me Malala 1:28 minutes Rated PG-13
This is a portrait of Nobel Peace Prize Laureate Malala Yousafzai, who was targeted by the Taliban at the age of 15 with her father for advocating for girls' education.

Wednesday, April 13

Woman in Gold 1:49 minutes Rated PG-13
Jewish refugee Maria Altmann is forced to flee Vienna during World War II. Decades later, determined to salvage some dignity from her past, Maria has taken on a mission to reclaim a painting the Nazis stole from her family: the famous Lady in Gold, a portrait of her beloved Aunt Adele. Maria embarks on an epic journey for justice 60 years in the making. Based on a true story.

Wednesday, April 27

Black or White 2:01 minutes Rated PG-13
Attorney Elliot Anderson is widowed after the car-crash death of his wife. Elliot has raised his biracial granddaughter, Eloise, since his daughter died in childbirth. As he struggles with his grief, Elliot's world is turned upside-down when the child's African-American grandmother, Rowena, demands that Eloise be brought under the care of her father, Reggie, a drug addict who Elliot blames for the negligence that led to the death of his own daughter.

St. Patrick's Day Celebration

Thursday, March 17 11:45 AM

Cost: \$7.00; No Meal Program

Register by March 10 at The Welcome Desk

Join us for a special St. Patrick's Day Luncheon. Entertainment provided.

History of Lansdale

Monday, April 18 12:30 PM

Presented by Dick Shearer from
Lansdale Historical Society

"Trains, Trolleys and Cars." Join us to learn more of our history.

Volunteer Recognition Luncheon

Thursday, April 21 11:45 AM

Join us for our Volunteer Recognition Luncheon. Be our guest and help us applaud all of the people who help at the PEAK Center. You'll be glad you did.

Earth Day

Friday, April 22

Earth day was first celebrated April 22, 1970.

Arbor Day

Friday, April 29

Arbor Day was first celebrated April 10, 1872.

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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

Woodcarving

Mondays 9:00 AM - 11:30 AM

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

PEAK MISCELLANEOUS

“Take A PEAK” Remembering Bobby Colwell 11/10/1940 – 12/04/2015



I first met Bobby when I started working at the Peak Center in 2009. Since that time, I have learned how very special he was. He was a gentle soul who liked everyone he met. He was always there to pitch in and help in many areas here at the Center. He folded our newsletters

and was in charge of instructing others how to do them correctly. He also helped at lunch; he knew the routine and at times was able to instruct others on what the correct procedures were for setting up the tables or turning on our steam tables.

He loved trivia, although the questions were “special” for him, everyone cheered him on. I asked our members for their memories of Bobby, their response was overwhelming:

Joan and Bob: Bobby was always ready to help or tease, whatever the situation called for.

Judy: Bobby was very helpful, for example: reminding a member to brush their teeth after lunch. He also insisted the ladies get served first at lunch.

Sylvia: Bobby always said a prayer before eating lunch.

Pat: Bobby was our gentle giant. He loved Wii bowling and was quite good at it. We will miss him.

Janice: Bobby loved Zumba; he liked helping the

instructor hand out the noise makers.

Andrea-Zumba Instructor: Remembers that Bobby would always compliment the ladies by saying they were doing a good job.

Frank R.: Bobby reminded us all how simple life can be when it's not complicated by the “rules” we create to make our lives better.

So very true, we will miss you Bobby.

*A Special Thank You
from Bobby's Sister, Joan Kuenzel*

THANK YOU TO THE STAFF AT PEAK FOR
MAKING BOBBY'S LIFE RICHER AND MAKING
MANY MEMORIES OF HIS PRESENCE HERE.

Volunteering-A Path to Your Future

Continued from Cover Page

But volunteering isn't just about helping others; it's also a chance to learn new things, meet new people, and, frankly, have some free fun. From lowering stress to boosting self-confidence, volunteering offers many health benefits—especially for older adults. Doing good helps people lead better, healthier lives. Start reaping these mental and physical health benefits today: Decrease your risk of depression. Volunteering with and for others increases social interaction and helps build a support system based on common commitment and interests—both of which have been shown to decrease depression.

Enjoy a sense of purpose and fulfillment—and increase your self-confidence while you're at it! Stay physically and mentally active. Volunteer activities get you moving and thinking at the same time.

Reduce stress levels. By savoring your time spent in service to others, you'll feel a sense of meaning and appreciation—both given and received—which can be calming.

Experience “The Happiness Effect.” Helping others has that effect—so the more you volunteer, the happier you become!

Please join us as we recognize and celebrate the volunteers who have dedicated their time to The PEAK Center and its participants over the last year at our Volunteer Recognition Luncheon on April 21. Sign up at the Welcome Desk. Volunteers will receive a special invitation.

Excerpted from forbes.com 3/19/2015; Next Avenue, Chris Ferrell 12/11/2015; aarp.com, Jeff Yeager, 11/2009; www.createthegood.org

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.

Automobile (Van) to Scranton

Wednesday, May 18; Register by May 2

Depart from Encore: 8:00 AM

Return approximately: 7:00 PM

Cost: \$45.00 (includes transportation, and admission to both attractions)

Lunch and dinner are on your own. You are welcome to bring a bagged lunch. Attractions: Lackawanna Coal Mine and The Steamtown National Historic Site, train ride for \$5.00. Dinner will be at Johnny Rockets with time to shop at the famous Christmas Tree Shop. Walking is involved.

Train to the City of Brotherly Love, Philadelphia

Wednesday, June 15; Register by June 1

Depart time from Pennbrook train station

Lansdale: approximately 8:20 AM

Return: approximately 3:00 PM

Ride the train to the birthplace of our nation. Visit Independence Hall, The Constitution Center and Carpenters Hall. If you'd like to get a ticket to Independence Hall in advance see Sandi. All fees including food and the train are on your own. Anyone 65 or older rides the train for \$1.00. Walking is involved.

Automobile to Pennypacker Mills, Schwenksville

Saturdays, June 4 and June 25

Meet at Pennypacker at 10:00 AM

Cost: \$2.00 suggested donation for each event

June 4th Civil War Reenactment

June 25th Vintage Baseball

Bus to the Phillies vs Braves Game

Wednesday, July 6; Register by April 25

Game time: 1:05 PM

Depart from Encore: 10:30 AM

Return: approximately 5:00 PM

Cost: \$79.00 (includes transportation and game ticket)

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.

Experience authentic, documented ghost stories from the 68-acre historic landmark. There will be a hayride and refreshments too.

Plane to the Albuquerque Balloon Fiesta

September 29, 2016 Six days

Cost for a double: \$1899 plus airfare

8 meals included: 5 breakfasts and 3 dinners

Your favorite cooking show comes to life at the Santa Fe School of Cooking. Embark on a bucket-list ride along the eclectic Route 66, tour the National Museum of Nuclear Science and History. Behold the dramatic Albuquerque International Balloon Fiesta.

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!

Learn more about the Salvation Army and Ladore on Thursday, March 10 at 12:30 PM at Encore Experiences.

Spotlight on Washington, D.C.

May 2017

Spend 5 memorable nights in the heart of Washington, D.C. Tour the iconic and storied U.S. Capitol Building Explore the Smithsonian's Air & Space Museum Experience a narrated tour of Arlington National Cemetery.

Where the Money Goes

With the recent challenges of the Commonwealth of Pennsylvania Budget Impasse, many of our participants have been asking thoughtful questions about how Encore Experiences and The PEAK Center are funded. I thought this presented us with a great opportunity to share with you how we operate our centers and to provide an answer to the frequently asked question “So, where does the money come from?” The information below represents the organizations mostly recently completed fiscal year, July 1, 2014 – June 30, 2015. In this fiscal year we operated with a total income of \$688,228.

- 46% of our funding in 14-15 was provided by Montgomery County Aging and Adult Services (MCAAS). MCAAS is in its 40th year of operation and serves the over 160,000 residents aged 60 and over in Montgomery County, as well as other populations in need of service. MCAAS plays a key role in the human services system within Montgomery County by assisting low-income adults, families, and physically disabled adults to achieve self-sufficiency and independence.
- 17% of our funding in 14-15 was provided through grants from several foundations including The North Penn Community Health Foundation, The Patricia Kind Foundation, The Connelly Foundation, TD Bank, W.W. Smith Charitable Trust, The VNA Foundation of Greater North Penn and The Fourjay Foundation. Grants present a unique challenge for non-profits as it is difficult to budget for them as they are never guaranteed and depend on measurable outcomes specific to programs and services.
- 9% of our funding was provided by The North Penn United Way and Greater Philadelphia and Southern New Jersey United Way. The North Penn United Way provides funding specifically for the congregate meal program and Greater Philadelphia United Way provides funding for overall center operations.
- 9% of our income in 14-15 was raised through

special events. These events include our Pillar of The Community Event and The PEAK of Autumn Wine Tasting.

- 5% of our income was raised through donations from our Annual Appeal mailing, corporate and individual contributions, and donations from Member Council as a result of the hard work done by our volunteers at Encore’s Saturday BINGO.
- 4% of our income was derived from program revenue. This includes programs like Tai Chi, Fit for the Future and Special Lunches (Not the congregate meal program).
- 2% of our funding in 14-15 was donated by several local municipalities including Lower Salford, Montgomery Township, Upper Salford, and Upper Gwynedd Townships.
- 2% is derived from membership dues. These are dollars paid by participants that choose to contribute the annual \$20.00 membership fee that provides them a copy of the Center newsletter and a few other nice incentives.
- 2% of our revenue is from miscellaneous income such as newsletter advertising and spare change donations.

As you can see, more than half, or 54%, of our revenue is raised through center activities, grant fundraising, corporate and individuals donations and events. The 46% that is generously provided by Montgomery County Aging and Adult Services is monitored and requires that our centers regularly track and record data to show that our programs and activities are producing measurable results. We are so appreciative of the support of MCASS, The United Ways and our other generous funders and supporters and we will continue to work with our staff, and board to research and develop new opportunities for funding. Thank YOU for your support and for coming to the centers each day to participate in activities. Our participants make our centers come to life and make the work we do each day rewarding!

Director’s Report

Continued from Page 2
Finally, as we begin to head into Spring and shake off the cold winter months, I want to encourage participants at Encore and PEAK to get involved with Members’ Council. Members’ Council meetings are held the FIRST Tuesday of each month at Encore and the THIRD Tuesday of each month at The PEAK Center at 12:30 PM. Members’ Council meetings are a wonderful opportunity for you to get updates on upcoming activities and to voice your input and feedback. Involvement from our participants in Members’ Council helps us to learn what your needs are as an active older adult and allows us to share important information about the center. So come to a meeting, get involved!

Thank you for being a part of our centers!
*See you soon,
Katie*

JOIN PEAK’S MEMBERS’ COUNCIL!
Meetings on the third Tuesday of every month at 12:30 PM
MARCH 15 & APRIL 19
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 Alummi Avenue, Harleysville
215-256-6900

Second Saturday of each month
\$20.00 per person admission
\$5.00 specials packet
March 12 & April 9
1:00 - 4:00 PM

Payout:
\$50.00 payout regular games
4 specials pay \$75.00
Coverall pays \$200.00

lunch available for purchase

Montgomery County Senior Games
Monday, May 9 - Friday, May 13

PRE-REGISTRATION DEADLINE IS APRIL 29TH, 2016. As in past years, the MCSG will be held at Montgomery County Community College in Blue Bell, as well as several specialized area facilities. Friends and family of competitors are encouraged to come any day as spectators, attend the Senior Expo held on Friday morning or preregister to enjoy the Friday Awards Luncheon. See Michele for more information. Visit: www.montcoseniorgames.com

People Experiencing Activity, Arts & Knowledge

Greater Harleysville and North Penn Senior Services (GHNPSS) 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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