

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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Syed Afzal to Receive Pillar of the Community Award



Syed Afzal, founder and CEO of Pdc Machines, Inc., will be honored as the 2016 Pillar of the Community by the Greater Harleysville and North Penn Senior Services during its annual dinner on Thursday, May 19, at the William Penn

Inn, Gwynedd. Syed is being recognized for his many contributions to the community both locally and abroad.

Syed received his bachelor's degree in Mechanical Engineering at Osmania University in Hyderabad, India. In 1965 he came to the United States to enroll at Princeton University where he received his Master's Degree and was Research Assistant in the Mechanical Engineering/Aerospace Science Department. Formal education was followed by ten years of employment first as a project engineer then chief engineer for PPI Pressure Products. In 1977 Syed began Pdc Machines as a one-man business operating out of his home garage, dedicating his work to trouble-shooting chemical engineering equipment problems and providing design services to a handful of clients. Today, Pdc Machines is a second generation family-owned and operated multi-million dollar leader in providing engineered solutions for gas and chemical processing equipment world-wide.

The success of Syed's business and living one of the five pillars of the Muslim faith has made possible the creation of The Zubaida Foundation.

Established in 2005, this non-profit organization is named to honor his Mother and to continue her dream of working for others with compassion. The foundation was initially formed to arrange and hold congregational prayers, educational programs, social activities, interfaith dialogues and peace efforts of all faiths in conformity with the teachings of Islam. The beneficiary of all that the foundation does is the community and Syed's understanding of community is far reaching.

Not one to forget his roots, the foundation has built an orphanage, schools, and an engineering college in his hometown of Hyderabad. Soup kitchens and food pantries have been established and receive ongoing contributions in Yardley and the Greater Trenton areas, and annually 16 high school students, including four from North Penn High School, are recipients of academic scholarships enabling them to get a head start on their college education. Syed, his family, and the foundation have made significant contributions to such local agencies as Manna on Main Street, The North Penn Commons One Four All Campaign, Pearl S. Buck House and Museum, the North Penn United Way, the North Penn Mosque, and now Greater Harleysville and North Penn Senior Services.

Syed and his wife, Birgitta, met at Princeton and have been married for almost fifty years. Their union has blessed them with sons, Kareem and Mateen, and daughter, Aisha, as well as eight grandchildren. The Afzal name and mission will continue for years to come because the family foundation is in its infancy stage of development with the goal of becoming self-sustaining. In doing so, Syed will be following his parents' example and responding to the Zakat pillar of Islam, that is, "Give what you love the most."

Senior Farmers' Market Nutrition Program

The US Department of Agriculture offers the Senior Farmers' Market Nutrition Program (SFMNP) which awards grants to States, United States Territories, and federally-recognized Indian tribal governments to provide low-income seniors with coupons that can be exchanged for eligible foods (fruits, vegetables, honey, and fresh-cut herbs) at farmers' markets, roadside stands, and community supported agriculture programs. In Fiscal Year (FY) 2014, grants were awarded to 51 State agencies and federally recognized Indian Tribal Organizations to operate the SFMNP. These

benefits are provided to eligible recipients for use during the harvest season, which is June through November in Pennsylvania.

The purposes of the Senior Farmers' Market Nutrition Program are to:

(1) Provide resources in the form of fresh, nutritious, unprepared, locally grown fruits, vegetables, and herbs from farmers' markets, roadside stands and community supported agriculture programs to low-income seniors,

Continued on Page 12

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 2016 – June 2017) 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 newsletter from the Center to which you pay your membership fee. To join both Centers and receive both newsletters, the cost is just an additional \$10 per year.)

- Voting rights at Members Council Meetings

- Free program member status at either Indian Valley or Lansdale YMCA (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 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
- 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!

*See you soon,
Katie*

Members' Council Notes



The Book Club is meeting on the 1st Mondays of the month and has had some very interesting and lively discussions on the books we have read. In May we are going to be discussing The Things They Carried by Tom O'Brien and in June we will be discussing Tomorrow is Now by Eleanor Roosevelt. There

is an open invitation for anyone interested to join. We are pleased to report that PEAK members have donated over 84 pounds of non-perishable foods and personal care items to Manna on Main St in March. Keep up the good work!

Louise Shaheen, President

GHNPS 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*

GHNPS BOARD OF DIRECTORS

- Dan McKee, President
- Mary Metz, Vice President
- Tammy Towers, Secretary
- Bob Schoen, Treasurer
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- Charles Gardner
- Anna Crouse
- Katie Farrell
- Mark Hoffman
- Robert Iannozzi
- Andrew Santana
- Deb Santoro
- Hervey Schofield
- Louise Shaheen

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

Greater Harleysville and North Penn Senior Services operates two senior center facilities: Encore Experiences in Harleysville and The PEAK Center in Lansdale.

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

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

Dues Are Due

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*

Membership Form

In Memoriam



Hilda Stortenbecker

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



Ivy Hill Therapeutic Equestrian Center Is Coming To Encore Experiences in Harleysville!



Ivy Hill Therapeutic Equestrian Center is coming to Encore Experience on Wednesday, May 11 at 10:30 AM. An information presentation and discussion on the benefits of equine-assisted activities for the senior adult will be given by Donna Carlson, Development Director of Ivy

Hill, and Grace Emmell-Leister, geriatric educator and equestrian.

“The activity of engaging and interacting with these beautiful horses does wonders for the older adult,” explained Emmell-Leister, who is also a member of Ivy Hill Foundation’s Board of Directors.

“It is empowering, uplifting, and a joyous experience at any age,” continued Emmell-Leister.

“We are excited to share our program and our beautiful facility with our senior community.”

For the past 17 years, Ivy Hill Therapeutic Equestrian

Center has tailored programs to meet the physical, emotional, behavioral and psychological needs of children and adults that face life challenges.

“Our Silver Reins and Golden Saddles Senior Days program is unique and ground-breaking,” said Carlson. “We aim to enrich and expand personal growth opportunities for our older adults, as well as improve physical strength, balance and well-being.”

To learn more or to sign up for Ivy Hill’s Senior Days, join Encore Experiences on May 11 at 10:30 AM.

Joint Replacement

Normally, all of the parts of the knee or hip joint work together and the joint moves easily and without pain. However, disease or injury can disturb the normal functioning of a joint, which can result in hip pain, muscle weakness, and limited movement. With longer life expectancies and greater activity levels, joint replacement is being performed in greater numbers on younger patients thanks to new advances in artificial joint technology.

How Do I Know If Joint Replacement Is Right For Me?

When joint pain is severe and interferes with daily activities and work, joint replacement may be an option. The hip pain you experience from arthritis and joint degeneration can:

- Be constant or it can come and go
- Occur when you are moving or motionless for some time
- Be located in one spot or in many parts of your body

The knee and hip pain and the stiffness of joint degeneration may be worse during certain times of the day, or after certain activities such as:

- Walking
- Climbing stairs
- Getting in and out of a chair

Individuals with arthritis may even feel uncomfortable or have pain while resting or sitting in a chair or lying down. They may be uncomfortable at night, and the pain may wake them up.

Joint degeneration can eventually make it extremely difficult for individuals to work and enjoy themselves. It also can make it difficult for individuals to care for themselves.

Tips for Healthy Joints

- One of the best ways to avoid or reduce joint discomfort is to lose excess body weight. Less weight equals less stress on your joints.
- Be sure to get adequate amounts of vitamin C and calcium. Vitamin C is necessary to form the formation of collagen that supports joint tissue. Calcium helps build strong bones, which reduces stress on joints.
- Stretching and strengthening activities can help maintain your range of motion, build muscle and

promote flexibility. Some activities to consider include gardening, walking, bicycling and swimming. Talk with your physician about which exercises are right for you.

- Keep moving. Sitting or standing all day can cause joint stiffness. When possible, alternate between these two positions, ideally every 30 minutes.
- Remember to warm up and cool down every time you exercise to prevent injury and promote flexibility.
- Exercise in groups. It’s motivating, it’s social, and it builds self-esteem as you accomplish your goals together.
- If you’re having a hard time staying motivated to exercise regularly, consider adding music to your routine. Purchase a portable music player and bring along the tunes while you walk, jog, etc.

Join us on June 10 at 12:30 PM to learn about minimally invasive procedures for the hip, spine and knee.

Resource: Rothman Institute

Programs

Programs are free unless otherwise noted.

Grief and Support Group

Tuesday, May 3 12:30 PM

Presented by Crystal Gorel, Crossroads Hospice

Loss is just not limited to death and divorce. Many other losses include loss of independence, loss of job, loss of your home, etc. Please join me in an interactive group to help navigate through your grief.

Help yourself to Healthy Living

Staying Healthy w/ Arthritis

Wednesday, May 4 10:30 AM

“Arthritis” is not just a word Doctors use when they talk about painful, stiff joints. There are many types of arthritis, each with different symptoms and treatments.

Heart Attack vs Brain Attack

Wednesday, June 1 10:30 AM

Many people are unaware of the major differences that distinguish a heart attack from a brain attack. The two terms are often used interchangeably.

There are significant differences between a heart attack and a brain attack and understanding them can make a world of difference when it comes to protecting yourself and the ones you love!

What is Macular Degeneration?

Wednesday, May 11 12:30 PM

Presented by Susan DeLaurentis, Ophthalmology Physicians & Surgeons-

Age related Macular Degeneration (AMD) is a disease of the retina. AMD causes vision loss because it affects the macula, the part of the retina responsible for our sharpest, central or “straight-ahead” vision. There are an estimated 15 million Americans affected by some form of AMD with approximately 200,000 new cases each years.

Diabetes 101

Monday, May 16 12:30 PM

Do you or a family member have diabetes? Are you confused on the diet for controlling diabetes?

Diabetes is one of the leading causes of death in the United States. According to the Centers for Disease Control and Prevention (CDC), more than 25 million people have diabetes, including both diagnosed and undiagnosed cases. Teri Wassel M.S., R.D., will conduct “Diabetes 101”, a program that provides simple, easy to understand information for persons with pre-diabetes and diabetes. Come and clear up some common misunderstandings about what causes diabetes, the effects of diabetes, and how diabetes can be managed. A “diabetic” dessert will also be prepared during class time.

Hobbling Hips, Wimpy Knees and Spastic Spine

Friday, June 10 12:30 PM

Presented by June Weise, Administrative Director of Abington-Jefferson Health’s Orthopedic and Spine Institute

Learn the latest techniques and minimally invasive procedures for the hip, knee, and spine.

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

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

Dates:

May-2,4,9,11,16,18,23,25

June-6,8,13,15,20,22,27,29

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 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.

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.

Please Note:

*Programs/events marked with * are specifically targeted to persons age 60 and older. 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 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

John T. Dooley

Attorney At Law

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Lansdale, Pennsylvania 19446

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WILLIAMS-BERGEY-KOFFEL
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J. Lowell Bergey, FD, Supervisor

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Crematory on premises

PEAK CONSUMER EDUCATION

Consumer Education Programs

Programs are free unless otherwise noted.

Senior Crime Prevention

Wednesday, June 1 12:30 PM
Presented by Ameer Blackmom,
PA Attorney General Office
Educating seniors about crime and how to avoid it is the best way we can help seniors help themselves. The theme of the Senior Crime Prevention University is "AWARE, AVOID, ALERT".

AARP Safe Driving Course

Friday, June 10 9:00 AM -1:00 PM
Instructor: Judy Frankel
\$15.00 AARP members, \$20.00-Non members
Please register at The Welcome Desk or call 215-362-7432.

Farmers' Market Vouchers



The annual Farmers' Market checks, or 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 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.

Distribution will be held Monday, June 6 at 12:30- 4 PM and Wednesday, June 8 12:30-4 PM. Thereafter, distribution will be on Thursdays 9- 4 PM.

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 held Monday, June 6 at 12:30- 4 PM and Wednesday, June 8 12:30-4 PM. Thereafter, distribution will be on Thursdays 9- 4 PM. 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
May 24 and June 28 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. The application deadline is June, 30, 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.

A Big Thank You

A Big Thank You.....to AARP-sponsored 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 our guests. Thank you for a job very well done!

VOLUNTEER TAX PREPARERS

| | |
|-------------------|------------------|
| Susie Alpine | Frank Ryan |
| Yvonne Giedgowd | Carol Hartman |
| Marty Behr | Henry Hartman |
| Steve Montgomery | Joe Heaney |
| Yvonne Montgomery | Irv Selsley |
| | Janet Selsey |
| | Richard Hardisty |

PEAK VOLUNTEERS

| | |
|------------------|------------------|
| Barbara Coble | Joyce Luscombe |
| Carol Deadrick | Barbara Masten |
| Joan Fiorino | Persa Makaron |
| Bridie Gibbons | Dolores Stewart |
| Dottie Hoelscher | Carolyn Tilghman |
| Cathie Leahy | Judy Weand |
| Beverly Lersch | Marlene Wilson |
| | Judy Zoll |

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.

Book Club

Monday, May 2 10:30 AM

Book: The Things They Carried

by Thomas O'Brien

A classic work of American literature that has not stopped changing minds and lives since it burst on the literary scene, The Things They Carried is a ground-breaking meditation on war, memory, imagination and the redemptive power of storytelling.

Monday, June 6 10:30 AM

Book: Tomorrow is Now

by Eleanor Roosevelt

In bold, blunt prose, one of the greatest First Ladies of American history traces her country's struggle to embrace democracy and presents her declaration against fear, timidity, complacency, and national arrogance. An open, unrestrained look into her mind and heart as well as a clarion call to action, Tomorrow is Now is the work Eleanor Roosevelt willed herself to stay alive to finish writing.

PEAK-a-Boo Lunch

Sign up required

Tuesday, May 3 11:45 AM

Lunch at Bertucci's

Tuesday, June 7 11:45 AM

Lunch at Tilly Mints

Mother and Father's Day

Fridays, May 6 and June 17

Bring a picture of Mom & Dad on their special day.

Movies

All movies begin at 10:00 AM. Subject to change due to availability.

The Intern – PG13

Wednesday, May 11

Ben Whittaker is a 70-year-old widower who has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin. Robert DiNiro and Anne Hathaway

All Roads Lead to Rome

Wednesday, May 25 PG13

Maggie, a single mother from New York City, embarks on a journey to a Tuscan village in an effort to reconnect with her rebellious teenage daughter, Summer. Upon arrival, Maggie runs into Luca, her handsome ex-boyfriend living with his eighty-year-old mother, Carmen. When Summer and Carmen impulsively steal Luca's car and race off to Rome, the former lovers quickly pursue, allowing them to develop a new understanding of each other. Sarah Jessica Parker, Raoul Bova

Freeheld PG 13

Wednesday, June 8

A decorated New Jersey police detective, Laurel is diagnosed with cancer and wants to leave her hard earned pension to her domestic

partner, Stacie. However the county officials, Freeholders, conspire to prevent Laurel from doing this. Hard-nosed detective Dane Wells and activist Steven Goldstein unite in Laurel and Stacie's defense, rallying police officers and ordinary citizens to support their struggle for equality. Based on a true story. Julianne Moore, Steve Carell.

Miss You Already PG13

Wednesday, June 22

Milly is the woman who has everything: a successful career, a rock-star husband, and two beautiful children. Her best friend, Jess, works in a community garden, lives in a boathouse with her boyfriend Jago, and desperately wants a baby. Jess and Milly can't remember a time they didn't share everything - secrets, clothes, even boyfriends. That is, until Milly is hit with the life-changing news that she has breast cancer and needs Jess's support more than ever. As Jess tries to balance her own life as well as being there for Milly, it is only a matter of time before the pressure on their bond takes its toll. Drew Barrymore, Toni Collette

History of Hatfield

Wednesday, May 25 12:30 PM

Presented by Larry Stevens, Hatfield Historian. Free

Join us as we learn a little more history about some of Lansdale's neighbors.

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.

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“Take A PEAK” Tax Volunteers



Did you know that we have a great group of people who have recently finished preparing taxes at PEAK for the senior community? The Center

hosts free tax preparation service sponsored by AARP every year and serve approximately 400 seniors through appointments. Some of you might already know that these preparers are friendly and approachable, despite the work they do. Each of them has gone through yearly training and has passed multiple tests to qualify for this job, and, remember, they are all VOLUNTEERS! Among the group, there is a former field engineer, a couple of corporate trainers, an IT specialist, a CPA, as well as others. When tax season is over, they continue to contribute to our community by answering tax questions throughout the year, but also by participating in local musical theater

productions, or volunteering to drive cancer patients to treatments, or hosting area homeless men overnight at a local church when area temperatures are below freezing, or working as the IT specialist for a non-profit organization. So don't be surprised when you run in to one of them wearing a different hat or, more accurately, not wearing their AARP-issued shirt. Be sure to thank them for all that they do in our community.

Is There a Religious Generation Gap?

The notion of a generation gap has been around for decades, but apparently it's becoming even more pronounced. In a study by the Pew Research Center it was reported that there is a widening chasm between generations, especially when it comes to values, beliefs and religion. Ah yes, religion – something that has been at the heart of conflicts for thousands of years. You often hear stories about college students disavowing their parents' religion, parents of gay or lesbian couples not accepting their children's relationship, grandparents worrying their grandchildren aren't being raised in the family's faith tradition, or family gatherings for religion-based holidays and celebrations being tense and uncomfortable because not all share the same set of values and beliefs.

You could ask: If most religions are based on love,

why do religious differences cause such conflict? It's not an easy question to answer, but the following ideas may help families who feel divided by differences in religion and spiritual beliefs:

- Find common ground. Look for elements of your beliefs that are similar and focus on those. Try to find the basics of universal love within your spiritual views, and embrace those common elements together. Can you agree that you are all seeking meaning in life and celebrate that fact together, accepting that you don't all seek it in the same way?
- Use positive communication skills. Be available to your family members, respect them as you wish them to respect you, and really listen.
- Set compassionate boundaries. You may not want to engage in discussions about religion,

because they always seem to lead to arguments and pain, or you simply may not want to participate in religious practices that are not your own. You should try to be accepting and compassionate, but you should also be clear about what you will and won't do – and communicate that to your relatives in a loving and diplomatic way.

- Agree to disagree. In some cases, it may be best to keep the topic of religion off limits at family gatherings. It doesn't mean either party has been defeated. On the contrary, it means the parties value their family relationship so much that they want to protect it.

Source: AARP.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.

Take your Automobile to Pennypacker Mills, Schwenksville

Saturdays, June 4 and June 25

There is a \$2.00 suggested donation for each event

June 4th *Civil War Reenactment*

Meet at Pennypacker at 10:00 AM

June 25th *Vintage Baseball at its Best*

Meet at Pennypacker at 1:00 PM

See Michele if there is a carpooling request.

Take a Train to the City of Brotherly Love, Philadelphia 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, contact Michele at Encore Experiences, 215-256-6900. All fees including food and the train are on your own. Anyone 65 or older rides the train for \$1.00. Walking is involved.

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, Perkasie

Sunday, October 30

Depart 3:00 PM

Cost: \$35.00

Price includes transportation and estate fee.

BE A PART OF THE EXCITEMENT...

GREETER VOLUNTEER

when we open in our new location in North Penn Commons on East Main Street in Lansdale this fall.

Do you love to talk with people? Do you like to help others? Come join our team as a Greeter at our check-in desk or to serve lunch. We will need volunteers to man the desk to help newcomers scan in at the computer, answer their questions, or provide directions in our new space. We'll also need volunteers to help with the meal program. Volunteer hours are flexible. We welcome your interest.

Please talk with any of the PEAK staff to indicate your interest.

JOIN OUR TEAM!

Senior Farmers' Market Nutrition Program

Continued from Cover Page

(2) Increase the domestic consumption of agricultural commodities by expanding or aiding in the expansion of domestic farmers' markets, roadside stands, and community supported agriculture programs, and

(3) Develop or aid in the development of new and additional farmers' markets, roadside stands, and community supported agriculture programs.

Who is eligible for SFMNP benefits?

Low-income seniors, generally defined as individuals who are at least 60 years old and who have household incomes of not more than 185% of the federal poverty income guidelines, are the targeted recipients of SFMNP benefits. Income includes social security benefits, wages, etc. For Pennsylvanians in 2016, a single person can have a maximum income of \$21,978, or \$1,832/month, and a couples' income can be no more than \$29,637, or \$2,470/month.

How many recipients are served?

In FY 2014, benefits were available to more than 835,800 low-income seniors from the 20,248 farmers throughout the US at 3,912 farmers' markets, as well 3,177 roadside stands, and 154 community supported agriculture programs. In Pennsylvania alone, there were over 1,150 FMNP participating farmers at 828 farm stands and 202 farmers' markets.

How does the SFMNP operate?

The SFMNP is administered by State agencies such as State Department of Agriculture or Aging. As a prerequisite to receiving Federal funds for the SFMNP, each applying or participating State agency must submit a State Plan describing how the State agency intends to implement, operate and administer all aspects of the SFMNP within its jurisdiction. Coupons are issued to eligible SFMNP participants to buy eligible foods from farmers, farmers' markets, roadside stands, or CSAs that have been approved by the State agency

to accept SFMNP coupons. The farmers, farmers' markets, roadside stands or CSA then submit the redeemed SFMNP coupons to the bank or State agency for reimbursement. The Federal SFMNP benefit level, whether a household or individual, may not be less than \$20 or no more than \$50 per each farmers' market calendar year, except for certain State agencies that were grandfathered in the SFMNP using a different benefit level. State agencies may also supplement the benefit level with State, local or private funds. Nutrition education is provided to SFMNP recipients by the State agency, often through an arrangement with a local agency.

What foods are available through the SFMNP?

Fresh, nutritious, unprocessed fruits, vegetables, honey, and fresh-cut herbs can be purchased with SFMNP benefits. State agencies may limit SFMNP sales to specific foods that are locally grown in order to encourage SFMNP recipients to support the farmers in their own States. Certain foods are not eligible for purchase with SFMNP benefits; these include dried fruits or vegetables, such as prunes (dried plums), raisins (dried grapes), sun-dried tomatoes or dried chili peppers. Potted fruit or vegetable plants, potted or dried herbs, wild rice, nuts of any kind (even raw), maple syrup, cider, and molasses are also not allowed. The checks can be redeemed for Pennsylvania fresh fruits and vegetables only. No processed food like jams, honey, nuts, cider or baked goods. Also citrus and other tropical fruits are not allowed.

The PEAK Center and Encore Experiences will be distributing the SFMNP checks beginning in June. Check the calendar for specific dates. When you come to pick up your checks, you will need to have proof of your age and Montgomery County residency. There is an honor system with regards to proving income levels; no written proof is needed.

Source: www.fns.usda.gov and www.agriculture.pa.gov



Kim Zimmerman, fitness instructor, and Sherry Rocchino, Program Coordinator, prepare Lorraine for the Healthy Steps for Older Adults workshop.

JOIN PEAK'S MEMBERS' COUNCIL!

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

MAY 17 & JUNE 21

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

May 14 & June 11

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

The Senior Games will be held at Montgomery County Community College as well as several area facilities. Friends and family of competitors are encouraged to come any day as spectators, or attend the Senior Expo on Friday morning, or preregister for the Friday awards luncheon. Visit the website for more information: www.montcoseniorgames.com

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.

People Experiencing Activity, Arts & Knowledge

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