

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

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

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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Save the Date! Day of Caring 2015

Take out your pen and mark your calendar for North Penn United Way's 2015 Day of Caring, which will take place on Tuesday, September 15. Whether you are looking to volunteer with your company/organization, family members or friends, Day of Caring gives individuals and donors the opportunity to truly put your hands to work and help those in need within our community.

PEAK participants will have the opportunity to again benefit from the generosity of these volunteers if you have small outdoor projects. These may include power washing, weeding, raking, light painting and window washing. To qualify for this service you must be 62 years of

age or older, meet income requirements (below \$33,499/for individual; below \$45,599 for couple), and live in the North Penn United Way service area.

To find out if you qualify, simply call Encore (215-256-6900) or The PEAK Center (215-362-7432). At that time you may also register your request for service. You may also complete the form found in this issue of the newsletter and submit it to the appropriate center. Requests will be filled depending on the type of service needed and the number of volunteers available. You will be contacted for a site visit from United Way to review your request prior to confirmation of service.

Day of Caring Project

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

I confirm my income level is below:

☐ \$33,499 for single household

☐ \$45,599 for two person household

☐ I am age 62 or above

Service Requested
(please circle)

Lawn mowing

Trimming hedges

Pulling weeds

Raking

Other - please specify

Please complete this form and submit to the office at The PEAK Center or Encore Experiences.

GHPSS Website Launch is Coming!



Through the generous support of VNA Foundation of Greater North Penn and a grant from the Fourjay Foundation, Greater Harleysville and North Penn Senior Services (GHPSS) began working this spring with Bergey Creative Group

on a newly redesigned website for its two centers: Encore Experiences in Harleysville and The PEAK Center in Lansdale. The new website will feature helpful information for participants, center members and the community on resources that are available at each center. Users will be able to navigate through each center's calendar of events to learn more about the day to day activities at each location. In addition, the site will allow participants to find information on services, wellness and enrichment programs, volunteer opportunities, and ways to give back to the centers.

One exciting feature of the site will be an individual photo gallery for each center. Here participants can view pictures of past activities at the center and see the faces of the many friends that they make while spending time at Encore and PEAK.

We anticipate an official launch of the new website in August, 2015. In order to be sure our participants understand how to navigate the site, we are planning a website tutorial program at each center. The tutorial will help members and participants understand how to access certain parts of the site including the event calendars and how to sign up for a weekly email update. The dates for tutorials may be subject to change based on the progress of the site. Stay tuned for more information!

Mark your calendars for these upcoming website tutorial programs:

Encore Experiences
August 10 11:00 AM

The PEAK Center
August 11 11:00 AM

Director's Report



The PEAK Center and its partners, The North Penn YMCA, Manna on Main Street, and Advanced Senior Living are proud to share with our participants, members and supporters that construction has begun on the North Penn Commons building! North Penn Commons will be the heart and soul of our community – a place that becomes a part of our daily lives, a place for everyone to find enjoyment and fulfillment together, and a place that is a symbol of our community's enterprising and collaborative spirit. The new facility, expected to be complete by summer, 2016, will feature many wonderful amenities for all to enjoy including:

A shared lobby area

- Family friendly central gathering area
- Reception and greeting desk
- WiFi enabled
- North Penn Commons Café operated by Manna on Main Street

Advanced Living Communities

- 60 independent residential apartments for older adults
- Health suite
- Library
- Computer center
- Community room with kitchen

Manna on Main Street

- Spacious and comfortable dining area
- Expanded choice food pantry
- Increased food preparation capacity in a larger kitchen
- Access to multiple shared areas for client education

The PEAK Center

- Arts center
- Program rooms for fitness classes, clubs and group meetings, special presentations, and celebrations
- Fitness room
- Dining room where lunch will be served Monday - Friday

The Lansdale Area Family YMCA (A branch of the North Penn YMCA)

- New six-lane lap/recreation pool with diving blocks
- Family pool with slides and water features
- New family, men's, and women's locker rooms
- New membership services area
- New sauna, steam room and whirlpool facilities

We will continue to keep you informed on the construction progress and new collaborative programs being planned by the partners. We look forward to sharing pictures and exciting benchmarks as we move closer to welcoming you to North Penn Commons and the new PEAK Center facility!

Warm Regards,
Katie

GHPSS STAFF MEMBERS

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

PEAK STAFF MEMBERS

Sandi Hertler
Welcome Desk Manager
Jennifer Metzger
Assistant Director
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, *Administrative Assistant*

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

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

MAC { Be part of a volunteer team to make a difference Join PEAK'S Member Advisory Committee (MAC)

MAC is looking for a few good men and women to:

- Share concerns that arise.
- Meet with PEAK staff as part of the committee.
- Communicate accurate information to other Center participants.

All members are welcome to participate in this open meeting.

July 21 & August 18

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

Dues Are Due Membership Form

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

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

\$20.00 Annual Membership (one person)
Includes bulk mailing of PEAK News & Notes \$ _____

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

\$5.00 per additional household member \$ _____

Additional Donation \$ _____

For an additional \$10.00, also receive
The Encore Bulletin newsletter and benefits \$ _____

Total Enclosed \$ _____

Please make checks payable to:

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

It's not too late!

In Memoriam

As of May 13

Christine Blum

David Milke

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



WELCOME NEW MEMBERS!

.....

BARBARA HOWARD
PATRICIA LEONARD
JOAN TODD

Like us on Facebook!



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

Programs

Programs are free unless otherwise noted.

Cholesterol – Just the Facts

Thursday, July 9 12:30 PM

Presented by Abington Health

What exactly is cholesterol? How does it impact our health? What are some of the risk factors? And most importantly, what can you do to recognize there is a potential problem and what you can do to control it? Join us for this informative session to learn all of the facts.

Autoimmune Disease

Tuesday, July 21 12:30 PM

Presented by Dr. Tahir

One job of the immune system is to protect the body from viruses, bacteria, and other living organisms. The immune system usually does not react against the body's own cells. However, sometimes it attacks the cells it is supposed to protect; this response is called autoimmunity. Researchers think certain bacteria, viruses, toxins, and drugs trigger an

autoimmune response in people who are genetically susceptible to developing an autoimmune disorder. Join us to learn more about what the newest treatment options are!

What is Congestive Heart Failure?

Thursday, August 13 12:30 PM

Presented by Abington Health

Heart failure affects nearly 6 million Americans. Roughly 670,000 people are diagnosed with heart failure each year. It is the leading cause of hospitalization in people older than 65. Heart failure does not mean the heart has stopped working. Rather, it means that the heart's pumping power is weaker than normal. With the right care, heart failure will not stop you from doing the things you enjoy. Your prognosis or outlook for the future will depend on how well your heart muscle is functioning, your symptoms, and how

well you respond to and follow your treatment plan. Heart failure management is a team effort, and you are the key player on the team! Join us!

Pelvic Floor Disease

Tuesday, August 18 12:30 PM

Presented by Gina Coffey

Millions of Americans are suffering from pelvic floor dysfunction, yet for most, the disease goes unidentified and untreated. Statistics say that 1 out of every 5 Americans (of every age) suffer from some type of pelvic floor dysfunction at some time in their life. Over 25 million Americans suffer from urinary incontinence alone or involuntary loss of urine. Physical therapy to treat these problems can go a long way toward easing your pain and bladder symptoms. Join us to learn more!

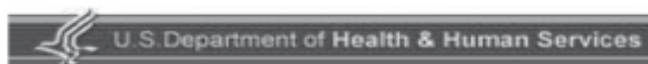
Bowlers Wanted!

Come join us for a few hours of fun. We bowl at 12:30 PM on Tuesdays at Facenda Whitaker in East Norriton and/or Thursdays at Earl Bowl in Souderton. We are not in a league so there is no requirement to bowl every week. We'd be happy when you come and will miss you when you don't. At Facenda Whitaker, the games cost \$3.00 and use of the bowling shoes is free. At Earl Bowl, games are \$2.75 and shoes are \$2.25.

Gwynedd Square Nursing Center



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773 Sumneytown Pike, Upper Gwynedd, PA (215) 699-5000

www.GoodNursingHome.com

Family owned & operated since 1980

Programs are free unless otherwise noted.

Ballroom Dancing

Location: Encore Experiences at Harleysville
Cost: \$4.00

Experienced: Thursday Evenings 5:30 - 6:30PM
Beginner: Thursday Evenings 6:45 - 7:45PM
Come out and learn the Fox Trot, Cha Cha, Jitterbug, and Waltz.

Bowling

Tuesdays at Facenda Whitaker, E. Norriton
Thursdays at Earl Bowl, Souderton
12:15 PM sign-up; bowl at 12:30 PM
Cost: \$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 evaluated to use it by Kim Zimmerman. A PEAK Center employee will be on hand if you need anything. See Sandi at the Welcome Desk to set up time to be evaluated.

Line Dancing

Thursdays
Beginner: 12:30 - 1:00 PM
Experienced: 1:00 - 2:00 PM
Cost: \$4.00 Instructed by John Long

John Long teaches all: from beginner to advanced, even those with multiple left feet! Beginner class participants are welcome to stay for experienced class at no additional charge.

Semi-Personal Trainer

Call or visit the Welcome Desk for appointment
Cost: \$10.00 per individual participant

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

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 and Wednesdays 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

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 - 11:15 AM
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.

WELLNESS SCREENINGS

Glucose Testing

Quarterly July 28 9:30 - 10:30 AM
No charge Offered by Bayada Nurses
Fasting is not required, but if you have breakfast, it is best to limit your sugar intake.

Abington Community Health Screenings

2nd Tuesday of the month 10:00 - 11:30 AM
No charge Offered by Abington Health Services
See the nurse to discuss health concerns and have your blood pressure checked.

Help Yourself to Healthy Living

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

Please Note:

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

Fitness Center Use

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



WILLIAMS-BERGEY-KOFFEL FUNERAL HOME, INC.

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Cellulitis

Now that summer is upon us, our thoughts naturally turn to the sun and taking care that our skin doesn't burn. A year-round skin concern, however, is cellulitis. This is one of the most common skin infections in older adults which can be extremely painful, dangerous or life-threatening. It's caused when bacteria, often strep or staph, gets under your skin and results in an infection. A break in your skin from recent surgery, a puncture wound, ulcer, athlete's foot or dermatitis, or dry, flaky or swollen skin can serve as entry points for the bacteria, according to the Mayo Clinic.

The following may signal that an infection is present: chills or shaking, fatigue, general ill feeling, muscle aches and pains, warm skin, and sweating. People who have a weakened immune system, chronic skin conditions such as eczema or psoriasis, obesity, lymphedema, or a prior history of cellulitis can be at added risk for this skin condition. Cellulitis

usually occurs on one side of the body and often on the lower leg. Symptoms of cellulitis may be fever, pain or tenderness, inflammation or redness that spreads with infection, a rash that starts suddenly and grows quickly in 24 hours, warm skin in your area of redness, or a tight, glossy or stretched appearance of your skin. When should you seek help? You should see your doctor, preferably that day, if you have a rash that's red, swollen, tender and warm – and it's expanding – but without fever. If, however, you have a fever with a red, swollen, tender rash or a rash that's changing rapidly, you should seek emergency care.

Cellulitis is often treated by oral antibiotics. Intravenous medications may become necessary in severe cases. You can help prevent cellulitis and other skin infections when you have a skin wound by washing your wound daily with soap and water, apply a protective cream or antibiotic

ointment, cover your wound with a bandage, change bandages at least daily, and watch for signs of infection. Redness, pain and drainage may signal the need for medical evaluation.

If you have diabetes or poor circulation, you need to take extra precautions to prevent skin injury. You should inspect your feet daily checking for signs of injury in order to catch infections early. Lubricating your skin helps prevent cracking and peeling, so moisturize your skin regularly. Take care not to injure the surrounding skin when you trim your fingernails and toenails. Appropriate footwear and gloves will protect your hands and feet. Remember to also promptly treat superficial infections on the skin's surface, such as athlete's feet.

Source: www.pcacares.org

Walking is the Best Wonder Drug for Senior Citizens

The National Institute on Aging suggests that regular aerobic activity such as walking has health benefits across the board for older Americans. The advantages of walking as exercise include alleviation of arthritis symptoms, less anxiety and depression and overall heart health, among other perks. The secret to a successful walking program is choosing a sensible plan and sticking to it. Don't be overly ambitious. The big benefits of walking come over time. Tailor your time and energy output to an appropriate level for your age and health status.

Guidelines from the Centers for Disease Control and Prevention recommend that older Americans engage in moderate to mild aerobic exercise for at least 2.5 hours per week. Spread out over seven days that translates into about 20 minutes a day. This guideline is not a hard and fast rule however. Choose what's right for you and build your walking program at your own pace.

Before launching a vigorous walking program make sure that you warm up your muscles and do

a balance check. Start out slowly. Stand up straight and raise your arms above your head. If you're feeling steady, rotate your arms in a windmill motion. This gets your blood going and loosens up your arm and shoulder muscles. If you're feeling unsteady, stand behind a chair and hold onto it with one hand. Practice lifting one foot and then the other. This mild balance exercise can help prepare you for your walking program.

Before you begin, know where you're going. Choose a route that you're familiar with and start out slow. A flat and broad surface without too many hills is best for beginners. Use your entire body, including arms, as you walk. Swing your arms back and forth with an easy motion -- but don't overdo it -- it shouldn't hurt. When you incorporate arm motion into a walking routine you work your entire torso and maximize aerobic benefits.

Set a sensible pace to start and give yourself at least 5 to 10 minutes at that speed before you start to push yourself. A regular and consistent walking

routine can be a building block to more a more vigorous aerobic and strength training system. When you've gotten to know yourself and your potential you can start including some additional features into your walking program. Strength training is an easy one to add Start out small with a 1 or 2 pound weight in each hand. Weights should not feel too heavy. Try lifting each weight between eight and 10 times. If this is not difficult, then the weight is right for you. If you can't lift and repeat eight times, then the weight is too heavy. Once you get it right, walk your usual route with your hand weights for a great full body workout.

Walking gives your entire system a boost and can be a key part of a healthy and independent senior lifestyle. For best result, be reasonable and realistic when starting your walking routine. The idea is to give yourself the benefits of exercise while learning your limits and getting to know your own body.

Source: <http://healthyliving.azcentral.com/walking-exercises-seniors-8601.html>

Autoimmune Disease

Tuesday, July 21
12:30 PM
Presented by Dr. Tahir

One job of the immune system is to protect the body from viruses, bacteria, and other living organisms. The immune system usually does not react against the body's own cells. However, sometimes it attacks the cells it is supposed to protect; this response is called autoimmunity. Researchers think certain bacteria, viruses, toxins, and drugs trigger an autoimmune response in people who are genetically susceptible to developing an autoimmune disorder. Join us to learn more about what the newest treatment options are!

Yoga


New class!

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

A mind, body and soul experience you will not want to miss!
No prior experience needed

Instructed by Terri Kuenzer



STRETCH THE PAIN

New!

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!

SERVICES

Money Saving Tips

Whether you're planning a longer getaway or just a day out, here are some ideas to save you money:

- Maintain the recommended tire pressure for your car to maximize your gas mileage. It can save you 20-30% on your next stop at the gas station. Stop at your local gas station once a month and ask them to check the pressure for you.
- Did you know that showing your Medicare card on SEPTA's regional rail lines to Philadelphia or its suburbs will get you a ride for \$1, instead of the usual \$8 cost from Lansdale? Once you get into Philadelphia, you ride in the city for free by showing your Medicare card. Traveling to New Jersey or Delaware would cost half the weekday fare.
- Thinking of treating your family or grandchildren to a theme park visit? Don't wait to purchase your tickets at the gate. Local stores, such as Costco,

and municipal offices often sell discounted tickets. Theme park and coupon websites offer discounts as well.

- If you are planning a longer trip, consider purchasing a AAA membership to get hotel or travel discounts or just assistance in planning your trip. Also, check for discounts through other memberships, such as AARP. Consider using TripAdvisor.com to explore for potential destinations and read reviews about accommodations. Expedia.com is a good site for finding the best airfare, hotel and car rentals. It allows you to compare your options.

- If you use a your credit card, check to see if you have earned any reward points which could be used for gas purchases or hotel discounts.

Have fun and safe travels!

Consumer Education

Senior Bullying

Thursday, July 30 12:30 PM

Presented by David Shalcross,
Office of the Attorney General

Today we often read about cyberbullies among young people, but bullying also plagues senior centers, assisted living facilities and nursing homes. Between 10 and 20 percent of residents

Programs are free unless otherwise noted.

in senior care homes are mistreated by peers. Nationwide, that translates to hundreds of thousands of people who endure abuse. Many incidents of name-calling, bossy behavior, loud arguments and, at its most extreme, physical violence go unreported. Join us to learn more about how to recognize bullying, and tools to help you take control.

Farmers' Market Checks

Farmers' Market Checks, available through the Farmers' Market Nutrition Program, will be distributed at The PEAK Center.

PEAK Center Times Thursdays, 8:30 - 4:00

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

- 1) you must be 60 years or older,
- 2) a Montgomery County resident, and
- 3) living on a low income. Income limits are \$21,775 for singles and \$29,471 for a couple. If you are qualified, each individual will receive four \$5 checks. **Please bring with you proof of your age and residency in Montgomery County.**

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

Quakertown Farmers' Market Trip

Sponsored by the Office of Aging and Adult Services
open to PEAK and Encore Experiences participants

Friday, July 31
Departure from PEAK: 10:00 AM
Return to PEAK: Approximately 1:30 PM
no charge!

Space is limited; sign up at the Welcome Desk!

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.

Consumer Resources

For information or to schedule an appointment for any of these services, please contact Carol Costlow at 215-362-7432 unless otherwise noted.

APPRISE Medicare Counseling

Tuesdays 9:30 AM-11:30 AM

By Appointment; No charge

Bob Sykes, Medicare insurance counselor, answers your questions about Medicare benefits, medigap insurance & Medicaid. Please call 215-362-1076 to request an appointment.

Benefits Screenings

You may be eligible for benefits that you are not currently receiving! Come in for a quick screening to determine if you may be eligible. Don't leave money on the table that could help you. Call today for an appointment to find out.

Legal Counseling

Fourth Tuesday of the month 12:00 PM
July 28 and August 25

By Appointment; No charge

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

Property Tax/Rent Rebate

Property Tax and Rent Rebate applications for the 2014 tax year are available at The PEAK Center. If you qualify for this program, you can receive a rebate up to \$650. In general you must have been 65 by Dec. 31, 2014, with a maximum household income level of \$35,000 for a homeowner and \$15,000 for people who rent. Widows and widowers age 50 or older and people with disabilities over 18 may also qualify. In computing income, only 50% of Social Security and Railroad retirement benefits are counted. As of this writing, the application deadline is June 30, 2015.

TransNet

Free shared ride service to The PEAK Center is available if you are age 65 or older. Rides must be booked at least one day in advance by calling The PEAK Center by 11:00 AM. Inquire at The Welcome Desk for TransNet registration information. To cancel a Transnet ride, please call TransNet directly at 215-542-7433. If you are calling after hours, please follow the prompts to reach Mid-County Transportation.

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.

“Take a Peak”

In this edition for Take A PEAK, let's learn more about one of our community partners in North Penn Commons: Introducing Manna on Main Street. First, a little history...The year was 1981. At the time, there were many unmet needs in the community. The government and other local agencies were simply not able to respond to needs for food, housing and other emergencies. Under the leadership of Reverend John Touchberry of St. John's United Church of Christ, local churches and caring individuals from the community came together. Out of that gathering, Manna was born. For the first two years, operations took place from the basement of the church. When the building next door was donated by a parishioner, Manna on Main Street came to life.

At the outset, soup was served two days a week and

government surplus food was distributed. Day to day operations were handled by volunteers. In the early 1990s, a part-time coordinator was hired to oversee financial aid for emergencies. Over time, Manna on Main Street's hours and programs were expanded to respond to increasing community needs. In April of 2012, Manna moved to our present home at 713 W. Main Street, expanding operations from 800 to 5,300 sq ft! Our volunteers and the families we serve greatly appreciate the elbow room.

Today, Manna on Main Street is still driven by community needs. With a staff of eleven and a volunteer force of more than 2,000, meals are served, food is distributed, funds are provided for emergencies, and education classes are held to lift up our community. More importantly, Manna on

Main Street is a place where all people are welcome – people in need and people who want to serve.

Manna's vision is simple: “That everyone might be fed.” Let's help Manna with that vision. We will be placing boxes at the Welcome Desk at The PEAK Center. We will be collecting items for the month of July and August. Please consider helping!

Manna's current needs are:

- Kids Toothbrushes & Toothpaste
- Kids and/or Adult Sunblock
- Canned Fruit
- Canned Meats (chicken, salmon, spam; we have plenty of tuna)
- Toilet Paper / Tissues / Paper Towels

Top 10 Health Benefits of Chess

Often known as a game for the intellectually gifted, chess is the best sport to exercise the most important organ in our bodies: the brain. While Chess Grandmaster Bobby Fischer made it popular in the 1950s and 1960s, the game is still widely played around the world today among participants of all ages, from the young to the elderly. The game of chess might not help you build your biceps or tone your abs, but your lifelong mental health can certainly benefit from it. And a sexy and beautiful mind is one of the best assets you can show off!

Here are the Top 10 Health Benefits of Chess:

It exercises both sides of the brain: A German study indicated that when chess players were asked to identify chess positions and geometric shapes, both the left and right hemispheres of the brain became highly active. Their reaction times to the simple shapes were the same, but the experts were using both sides of their brains to more quickly respond to the chess position questions.

Helps prevent Alzheimer's: As we age, it becomes increasingly important to give the brain a workout, just as you would every other major muscle group, in order to keep it healthy and fit. A recent study featured in The New England Journal of Medicine found that people over 75 who engage in brain-games like chess are less likely to develop dementia

than their non-board-game-playing peers. The saying “use it or lose it” certainly applies here, as a sedentary brain can decrease brain power. All the more reason to play chess before you turn 75.

Sparks your creativity: Playing chess helps unleash your originality, since it activates the right side of the brain, the side responsible for creativity. One four-year study had students from grades 7 to 9 play chess, use computers, or do other activities once a week for 32 weeks to see which activity fostered the most growth in creative thinking. The chess group scored higher in all measures of creativity, with originality being their biggest area of gain.

Increases problem-solving skills: A chess match requires fast thinking and problem-solving on the fly because your opponent is constantly changing the parameters. A 1992 study conducted on 450 fifth-grade students in New Brunswick indicated that those who learned to play chess scored significantly higher on standardized tests compared to those who did not play chess.

Optimizes memory improvement: Chess players know that playing chess improves your memory, mainly because of the complex rules you have to remember, as well as the memory recall needed when trying to avoid previous mistakes or

remembering a certain opponent's playing style. Good chess players have exceptional memory performance and recall. A study of Pennsylvania sixth-graders found that students who had never before played chess improved their memories and verbal skills after playing.

Improves recovery from stroke or disability: Chess develops fine motor skills in individuals who have disability or have suffered a stroke or other physically debilitating accident. This form of rehabilitation requires the motion of chess pieces in different directions (forward, backward, diagonally forward motion, diagonally backward motion), which can help develop and fine tune a patient's motor skills, while the mental effort required to play the game can improve cognitive and communication skills. Playing can also stimulate deep concentration and calm, helping to center and relax patients who are experiencing different degrees of anxiety. Join us on Wednesday, July 15 at Encore Experiences for our Chess Tournament and experience these benefits yourself! Call them at 215-256-6900 for more information.

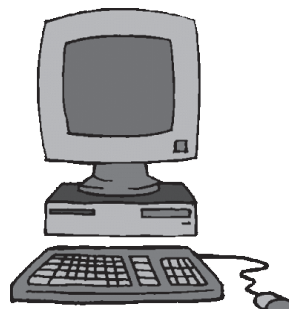
Source:
www.healthfitnessrevolution.com/top-10-health-benefits-chess/

Did You Know???

Retired Pennsylvanians receiving Social Security or other pension funds whose incomes are under \$19,200 annually may register one passenger car or non-commercial light truck at a reduced rate. Instead of the regular \$36 fee for a passenger vehicle or truck, you pay just a \$10.00 processing fee. The discount does not apply to title fees, transfer fees or sales tax, just a vehicle registration fee.

Computer Tutoring Available!

By Appointment



See the Welcome Desk for information

COMPUTER LEARNING

Registration Policy: Class registration & payment is handled at The Welcome Desk and is required in advance of class start date. We reserve the right to cancel classes with less than three enrolled. Don't see what you want? Stop at The Welcome Desk to express your interests.

Classes will resume in the fall.

DAY & EXTENDED TRIPS

Tragedy Doesn't Take a Vacation

The Red Cross Blood Center supply gets hit particularly hard during the summer leading to urgent, and sometimes, critical needs for blood donations. "Summer is a difficult time because people tend not to donate blood and donor traffic slows down considerably. However, people still get sick, and still get injured. The most important units during a traumatic situation are the ones that were already on our shelves when the event happened,

so ideally, the best thing would be to have people donate on an ongoing regular basis. If an eligible donor would donate two to three times a year, then the stocks would always be full, and therefore when an emergency or traumatic injury comes through the hospital doors, they are always prepared."The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission.

Join us on Wednesday, July 29, for an American Red Cross presentation. Learn about the importance of blood donations and the importance of the volunteers who are the heart and soul of the Red Cross. There are so many ways you can help. Start your Red Cross story today.

Source: American Red Cross

Trips Policy:

Trips are filled on a first come-first served basis. Trips are non-refundable, non-transferable. If you must cancel, please contact the office as soon as possible. If you are single and looking for double occupancy, contact The Welcome Desk and we will try to accommodate. Payment is due at time of registration.

Day Trips:

Christmas in July

The Christmas Tree Shops Allentown

Wednesday, July 22 9:30 AM

Cost: \$18.00

Register by July 15

Sign up early space is limited

Find affordable furniture, home decor, and kitchen essentials at Christmas Tree Shops. Shop a variety of great products for any time of the year.

Quakertown Farmer's Market Trip

Friday, July 31

Departure from PEAK: 10:00 AM

Return: Approximately 1:30 PM

No Charge. Open to Encore Experiences and PEAK participants - All participants must be registered with TransNet. Register for the trip by calling The PEAK Center at 215-362-7432. Find everything you can eat, wear or use at any one of our more than 100 Farmers' Market Departments. Bring along your farmers market vouchers.



Participants learn and participate in a Passover Seder



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Why is it so important to swipe in?

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- Reminds participants of exciting upcoming events
- Offers important data for future funding of The PEAK Center!

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Remember to swipe your card everyday!

Embracing Your Age

It's pretty common for people who are experiencing health problems in their later years to tell anyone younger "Don't get old." That's a unique way of expressing that you are in pain or experiencing some other kind of difficulty in your life. The message you might be sending is that the best years of your life are behind you. Certainly in the art of aging there are challenges, but what if you put the spotlight on the good things that are happening; embracing where you're at, what you look forward to, and where you are still meant to go.

There is the truth that age brings wisdom. Years of experience make you less afraid to make mistakes. You also tend to use your brains more efficiently than younger people. There's no denying that youth has its perks. That's evidenced on magazine covers, in movies and ads for products and procedures that help give a youthful appearance. No matter how much you might cover up or conceal, you just can't make yourself younger.

How do you embrace aging instead of fear it? It takes perspective. The following ideas may guide you in changing your perspective in this process called aging:

Create bonds. Being close to at least one special person or staying in touch with family and friends can help you feel that you matter for what's on the inside instead of the outside. Having that sense of support lifts you in times of struggle, making you feel loved and at peace.

Make an Impact. If it means something to you, it's a cause worthy of your support, be it children, animals, or the environment. Making a difference to someone or something gives you a sense of purpose and inspires you to do more.

Respect Your Body. Accepting your imperfections helps you become more open to pleasure and enjoying what your bodies can do instead of what they can't. This also means staying healthy by keeping up with doctor visits, having screenings for illnesses and keeping an eye on changes to your body that could impact your wellness.

Create. Choosing projects or activities that allow you to express yourself provide a sense of self-fulfillment and release. You may find this outlet in many of the offerings at The PEAK Center.

Stay Physically Active. Exercise helps you maintain balance and flexibility, which prevents falls and allows you to keep up with everyday activities. Healthy aging provides for a better quality of life.

Stay Socially Active. Commit to regular social activities like enjoying lunch at the Encore cafe, walking with friends, joining community groups, or volunteering. Whatever interests you is worth the commitment. This also helps motivate you and adds structure to your day.

Share Stories. It's important to take pride in your experiences, and share with others your distinct perspective and skills. Passing down traditions can become a lost art as families spread across the country or the world. Seeing value in what you've done and what you know can help build a legacy.

It's easy to fear aging. It's out there, waiting for us. Embracing it, although challenging, would seem to be the clearest path to making the most of the years that lie ahead of you. Carpe Diem!

Source: www.aplaceformom.com

Variety Show!



Wednesday, July 15

Lunch begins at 11:45 AM,

Show starts at 12:30 PM

\$10.00 per person

Register at the Welcome Desk by July 8

No congregate meal

John Hadfield has put together an entertaining original variety show for us! It will combine original funny songs, magic, a piano playing performing dog, juggling, whoopee cushion percussion, comedy and a wise cracking robot bird named Nelson! What a way to spend an afternoon!

Join us for this hilarious and wholesome show!

Something to think about...

I don't want to live a small life. Open your eyes, open your hands. I have just come from the berry fields, the sun kissing me with its golden mouth all the way (open your hands) and the wind-winged clouds following along thinking perhaps I might feed them, but no I carry these heart-shapes only to you, Look how many how small but so sweet and maybe the last gift I will ever bring to anyone in this world of hope and risk, so do. Look at me. Open your life, open your hands.

~Mary Oliver



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Programs

Programs are free unless otherwise noted.

Movies

Showtime is 10:00 AM

Big Eyes (PG-13)

Wednesday, July 8

Running time: 1 hour, 40 minutes

Genre: Biography, Drama

Starring: Amy Adams, Christoph Waltz, Danny Huston

A drama about the awakening of the painter Margaret Keane, her phenomenal success in the 1950s, and the subsequent legal difficulties she had with her husband, who claimed credit for her works in the 1960s.

Selma (PG-13)

Wednesday, July 22

Running time: 2 hours, 8 minutes

Genre: Drama, Biography

Starring: David Oyelowo, Carmen Ejogo, Tim Roth

A chronicle of Martin Luther King's campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama in 1965.

Still Alice (PG-13)

Wednesday, August 12

Running time: 1 hours, 51 minutes

Genre: Drama

Starring: Julianne Moore, Alec Baldwin, Kristen Steward

A linguistics professor and her family find their bonds tested when she is diagnosed with Alzheimer's Disease.

American Sniper (R)

Wednesday, August 26

Running time: 2hour, 12 minutes

Genre: Drama, Biography

Starring: Bradley Cooper, Sienna Miller, Kyle Gallner

Navy SEAL sniper Chris Kyle's pinpoint accuracy saves countless lives on the battlefield and turns him into a legend. Back home to his wife and kids after four tours of duty, however, Chris finds that it is the war he can't leave behind.

Thursday Stress Relief



Thursdays July 2, 9, 16, 23, 30 &

August 6, 13, 20, 27

12:30 PM to 1:30 PM & 2:30 PM to 3:30 PM

Coloring is an activity that we tend to associate with children. As we grow older, we put aside our crayons and colored pencils in favor of more respectable writing utensils like pens and highlighters. However, it turns out coloring can be beneficial for adults -- namely for its de-stressing power. The practice generates wellness, quietness and also stimulates brain areas related to motor skills, the senses and creativity.

In fact, publishers have lately been launching coloring books specifically for adults. It has become so popular lately that people are throwing their own adult coloring parties! These aren't your kids coloring books -- they are beautiful, ornate works of art! We will be using pages from the bestselling book "Secret Garden: An Inky Treasure Hunt and Coloring Book" by Johanna Basford. Coloring sheets and colored pencils will be provided. Join us!

Tea on Tuesdays

Tuesdays July 7, 14, 21, 28 &

August 4, 11, 18, 25

12:30 PM-1:30 PM and 2:30 PM-3:30 PM

By now almost everyone has heard of the acclaimed series Downton Abbey. If you haven't, it is a chronicle of the lives of the Crawley family and their servants, beginning in the years leading up to World War I. Now is a great time to catch up from the start! Every Tuesday we will be enjoying some tea while we watch an episode from season one. Beat the heat and join us!

AARP Safe Driving Classes

Created by AARP, this course provides information to help you drive violation and crash free. This is a classroom course, there is no driving or other testing involved. Two classes are offered -- an eight hour course, and a four hour refresher course.

Four hour refresher class

Friday, July 10

9:00 AM to 1:00 PM

Eight hour refresher class

Thursday, August 6 and Friday, August 7

9:00 AM to 1:00 PM

\$15.00 for AARP Members and Spouses \$20.00 for Non AARP Members

Pre-registration required

Variety Show

Wednesday, July 15

Lunch begins at 11:45 AM, Show starts at 12:30 PM

\$10.00 per person

Register at the Welcome Desk by July 8

No congregate meal

John Hadfield has put together an entertaining original variety show for us! It will combine original funny songs, magic, a piano playing performing dog, juggling, whoopee cushion percussion, comedy and a wise cracking robot bird named Nelson! What a way to spend an afternoon! Join us for this hilarious and wholesome show!

GHPSS Website Tutorial

Tuesday, August 11 11:00 AM

We are proud to say that we have a new website! Get firsthand insight on how to navigate our new site so you feel comfortable navigating around when browsing our events, calendar page, photo gallery and MORE! We will have a Q & A during the program.

1st Annual

GHPSS Talent Show

Friday, August 14 12:30 PM

Our seniors have talent! It's time to showcase it! Acts could include singing, musical performances, variety acts and dancing. Individual and group acts are welcome. To participate, register at the Welcome Desk by August 7th. For everyone else, come and support our very talented folks here at The PEAK Center and Encore Experiences!

PEAK-A-Boo Ladies of The PEAK Center Meetings

Valentino's Bistro 518 N Broad Street, Lansdale

Tuesday, July 7 11:30 AM

Pumpernick's Deli 917 Bethlehem Pike, North Wales

Tuesday, August 4 11:30 AM

Members Advisory Council

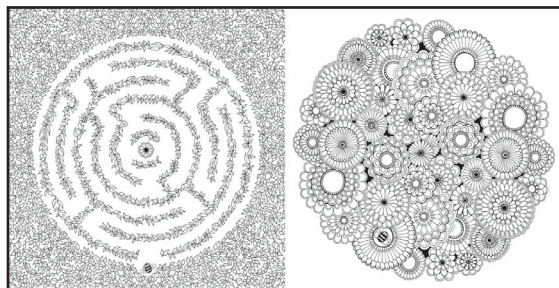
Meetings on the third Tuesday of every month 12:30 PM

The Members' Advisory Committee (MAC) is made up of members like you. This is the place you have a voice in conveying your feelings, good, bad and indifferent about PEAK Center programs and services. It's also the place to be among the first to hear our upcoming plans. We need your ideas, input and help to make the Center the hub of activities for the community. Join us each month to learn the latest news! Open to all paid members!

Lots of fun at PEAK's volunteer luncheon



A New Way of Coloring!



While browsing Amazon's bestseller list, you might have noticed something out of the ordinary: Seven of the books in the top 20 are coloring books. Adult coloring books, far removed from the ones you scribbled in as a child. Billed as stress-relief tools, they're gorgeous and sophisticated—you'll find intricate gardens, labyrinthine cityscapes, mandalas, and patterned woodland critters.

That the books are selling so briskly does not surprise art therapist Linda Turner, who finds that "adults feel like they don't have permission to be creative." But coloring books, she says, help us explore a healthy form of regression. Turner sees a direct connection between these books and the wine-and-painting parties across the country, where everyone paints the same image. Tapping into stale creative reserves is important—and something that hasn't always been appreciated. "In terms of our artistic and creative abilities, we grow until we're 11 or 12 years old," she says. "And then, unless you keep going with it, you stop. In American society, we don't really have a focus on

the arts." But through coloring—being present in a meditative way—that childlike inventiveness can return.

Another benefit? As Rosie Goodwin, the co-illustrator of *Splendid Cities* (out June 9) puts it, you're just better at it now. "As a child, you're always messing up the page; you can't fill in the shapes. As an adult, you can get it right and enjoy the lovely, immersive experience."

Coloring books might also be a reaction to a screen-weary culture, hungry for a tactile experience. "At the end of a long day at the computer, you can feel quite beaten up," says Alice Chadwick, Goodwin's co-illustrator. "People really deeply need to do something that has a creative circuit in it, so you're not just putting energy in and feeling exhausted. Something's coming back that pleases you and gives you kind of a buzz."

That buzz is very real. "When you're completing something in a structured way, you feel gratified, and that raises your serotonin levels," says Turner. The latest coloring books take the experience a step further by having users complete the drawings. Little, Brown's Carina Guiterman explains, "They have flowers, but you add petals and other details. You make your own art."

Join us to create your own work of art on Thursdays at 12:30 PM or 2:30 PM!

Source: Entertainment Weekly

Changes in Our Nutrition Services Begin

Based on PA Department of Aging Program Directives, Encore Experiences will be making some changes in our café services effective July 1, 2015. The primary issues that will affect you would be in take-out meals and food safety.

According to Montgomery County Aging and Adult Services (AAS), if you eat a meal at the center, you will only be permitted to take home whole fresh fruit, prepackaged bread, pastries, cookies and baked goods as well as unopened fruit juices. Participants are not permitted to take other foods out of the center. We will not be held responsible for other foods that leave the center

or any medical condition which might result from these foods.

In addition to the above new policy, our take-out meal program is now on a private-pay basis. This means that if you order a take-out meal, it will cost you \$4.00 per meal and the money will be collected and put in the cash register at the time of purchase. The income from these meals will stay with Encore and not be returned to AAS.

You may experience other minor changes as we comb through these 2015 regulations and adjust to remain in compliance.

Prime Time Health Walk

Thursday September 10 10:00 AM- 1:00PM

Sponsored by Aging and Adult Services
Fischer's Park; Register by August 26

This fun activity will give you an opportunity to meet folks from different senior centers, eat a delicious free lunch, breathe in some fresh air, and walk as much or as little as you are able surrounded by nature's beauty. This year's theme is the Roaring 20s, so dig into those attic trunks!

AREAS OF INTEREST

Bingo

Fridays 12:45 PM

Bridge-Card Game

Tuesdays 1:00 PM

Mah Jongg

Wednesdays 10:30 AM

Progressive Pinochle

Wednesdays 12:45 PM

Rummikub

Everyday 10:00 AM

Trivia

Mondays 12:30 to 1:30 PM

Show off your knowledge in a friendly trivia competition that will include refreshments, and plenty of fun.

Studio Art Class-Painting

Tuesdays 9:30 AM Cost: \$4.00

Instructed by Louisa Wismer

Woodcarving

Mondays 9:00 AM - 11:30 AM

All are welcome to come & work on their projects.

Highlights from The Encore Bulletin

(These listings are held at Encore Experiences)

A Step Ahead in Identity Theft

Wednesday, July 8 12:30 PM

Presented by Lower Salford
Police Department

Crooks use clever schemes to defraud millions of people every year. They often combine sophisticated technology with age-old tricks to get people to send money or give out personal information. They add new twists to old schemes and pressure people to make important decisions on the spot. Stay a step ahead with the latest information and practical tips from your local law enforcement agency.

Pick up resource material including a consumer reference guide for seniors and money smart for older adults while supplies last.

Red Cross Volunteering

Wednesday, July 29 12:30 PM

Presented by the American Red Cross

Learn about the importance of blood donations and the importance of the volunteers who are the heart and soul of the Red Cross. There are so many ways you can help. Start your Red Cross story today.



Contact Encore Experiences for more information at 215-256-6900
312 Alumni Avenue, Harleysville, PA



People Experiencing Activity, Arts & Knowledge

Greater Harleysville and North Penn Senior Services (GHPSS) 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.

****TIME DATED MATERIAL****

The PEAK Center
1292 Allentown Road, Suite A
Lansdale, PA 19446
Return Service Requested

