

Serving Meals While Seeing Friends at Encore

This summer has been a hot one, but that hasn't stopped volunteers from coming out to Encore to assist staff in handing out nutritious meals to Seniors. Not only do Seniors get a delicious lunch, they also see friendly faces they have missed over the past few months. Because masks must be worn, smiles may go unseen, but the laughter and happiness shared through vocal expressions brightens everyone's day!



Cuisine for a Cause Was a "Delicious" Success!

The Cuisine for a Cause fundraiser was a complete success! Cindie and Kathy prepared delicious full-course meals that were delightful according to everyone who purchased them. Each dinner was also accompanied by a little gift such as flowers, a flag or chocolate treat. **The three dinners raised a total of \$3,380** which goes to providing services for Seniors. Thank you to everyone who participated!





A Message From The Executive Director

More than five months ago (March 12) GHPSS embarked on a journey that has led us to a series of changes and adjustments. As a man who personally usually enjoys routine and orderliness with a splash of creativity mixed in, this has been a challenging time. I am guessing that for many of you who are reading this article

there have also been various challenges and adjustments that took you outside of your comfort zone.

Here we are in September and it is hard to comprehend that we have been in this changing situation for six months. During those six months GHPSS has been busy providing "Grab and Go" (take-out) meals, distributing boxes of food to individuals and doing check-in calls to support Seniors. We have provided lots and lots of social services such as Farmers' Market Vouchers, Property Tax and Rent Rebate assistance, Medicare clarification, SNAP benefits information and frequent vital counseling. We have supplied technical assistance with computers, I-Pads and tablets as well as connected seniors to legal assistance. Our latest efforts are in the realm of "Zoom" programs including English as a Second Language, Technology and Mindful Meditation. By the time you receive this newsletter we anticipate having added other virtual programs too.

As days turn into months turn into seasons, we continue to receive the question "When are you going to open?" We have spent many hours creating special COVID-19 policies that will help us to re-open, researching best practices, deep cleaning our sites, adjusting programming, purchasing PPE supplies and even re-arranging furniture in an effort to provide the healthiest and safest environment when we are permitted to re-open. We will continue to make adjustments targeted at keeping our participants as safe as possible.

We plan on announcing and communicating in multiple ways when we receive an opening date for each of our sites. That will include email, phone calls, signs on our doors, social media, a postal service mailing and any other ways we identify to share that great news. It is our hope that if re-opening has not occurred by the time you receive this newsletter that it will happen soon. Until then we are at work, interacting every day with participants and striving to help older adults have access to programs and resources that help them live independently, healthy and active lives.

Sincerely,

Paul A. Nye

Greater Harleysville and North Penn Senior Services Staff

The PEAK Center

Donna J. Byrne
Site Manager

Carol Costlow
Social Services Coordinator

Heather Shutters
Administrative Assistant

Alice Lee
Administrative Assistant

Encore Experiences

Deborah Hunsberger
Site Manager and Social Services Coordinator

Karen Feher
Administrative Assistant

Cindie Wood
Meal Coordinator

Kathy Dillon
Meal Assistant

Organizational Support

Paul A. Nye
Executive Director

Jim McCarthy
Bookkeeper

Connie Maurer
Marketing Communications Coordinator and Development Specialist

Encore Experiences in Harleysville

312 Alumni Avenue
Harleysville, PA 19438
215-256-6900

The PEAK Center in Lansdale

North Penn Commons
606 E. Main Street, Suite 1003
Lansdale, PA 19446
215-362-7432

www.ghpss.org

Encore and PEAK Hours:

M-F: 8:00 AM to 4:00 PM

Follow Us On:

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GHNPS Education and Services for Seniors

Telephone APPRISE Medicare Counseling

Free unbiased counseling for Medicare benefits, Medigap insurance and Medicaid is offered by trained volunteers.

PEAK: Medicare Counseling available by phone. Call 215-362-1076 to schedule.

Encore: Medicare Counseling available by phone. Call 215-256-6900 to schedule or email dhunsberger@ghnps.org.

Farmers' Market Vouchers

The Farmers' Market Voucher Program for this year is being handled by mail, while supplies last. The application can be downloaded from our website or requested from either Center. Please review the Basic Rules of the program also found on our website or call **Encore** at 215-256-6900 or **PEAK** at 215-362-7432 with questions. Once the application has been received, your vouchers will be mailed to you.

The last day for mailing out vouchers will be Sept. 30. Vouchers are now \$6 each; each person who qualifies is entitled to one set of vouchers totaling \$24 to be used at a participating farm stand. Please check with your favorite farm stand to learn its hours of operation.

Telephone Legal Counseling

PEAK: Legal consultations are available by phone. Call 215-362-7432 to schedule or email ccostlow@ghnps.org.

Encore: Legal consultations are available by phone. Call 215-256-6900 to schedule or email dhunsberger@ghnps.org.

Low-Income Heating Assistance Program (LIHEAP)

This is a seasonal program that will accept new applications beginning November 1, 2020. For more information, go to www.compass.state.pa.us.

Property Tax/Rent Rebate

Applications for the 2019 tax year are available and must be submitted by December 31, 2020. If you qualify, you can receive a rebate up to \$650. Also, the North Penn School District is offering an additional rebate for its residents. Learn more, pick up applications and get help from the Social Services Coordinator at both Centers.

Do You Need Help?

Are you looking for food stamps or SNAP benefits or Medicaid applications? Do you wonder if you might be eligible? Do you know if you qualify for the monthly food box for seniors? Do you need help with all the forms or understanding the mail from these programs? Call the Social Service Coordinator at PEAK or Encore for more information.

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A LEISURE CARE PERSONAL CARE & MEMORY CARE COMMUNITY

Grab and Go Meals at Encore Pick up daily, Monday through Friday from 11:30am to 12:30pm.

Drive-in pick up under the portico at the front entrance.
Please wear your mask.

RESERVATIONS ARE REQUIRED

All Grab and Go meals **MUST** be
reserved by 12 Noon on Friday of
the previous week. Reservation forms
with menus are available at the front
door. Call 215-256-6900 for info.



*Donations are greatly
appreciated but not required.*





FREE VIRTUAL DIABETES PREVENTION PROGRAM FOR SENIORS!

The National Diabetes Prevention Program is a year long program that meets for one hour sessions, once a week for 16 weeks followed by once a month for the remainder of the year. Participants will track weight loss, food and drink intake, and physical activity. This program aims to help participants make healthy dietary decisions, increase physical activity levels, lose 7% of body weight and prevent Type 2 Diabetes



Participants must be able to download the free application “Zoom”

Participants must have access to a computer, tablet or smart phone

Participants must have access to the internet

Participants must commit to meeting virtually, weekly

FOR MORE INFORMATION, CONTACT:

Dawn Batman
dbatman@montcopa.org
610-278-5926

GHNPSS and Garden of Health Offer Seniors Fresh Produce

Recently, GHNPSS was approached by Gardens of Health, Inc., a local non-profit who distributes fresh produce to community groups in Montgomery and Bucks Counties, and asked if we would like to partner with them in distributing fresh fruit and vegetables to those in the community who need food. Because we deeply care about Seniors' nutritional needs, we asked if they could deliver boxes weekly for us to hand out to Seniors we serve during our Grab and Go lunches.

These boxes contain a mixture of fruit and vegetables and we have served over 40 Seniors weekly. Working with other non-profits to ensure older adults in our community have access to good and healthy food is a win-win for all involved.



**COME,
JOIN US ...**
for a new life at
**Lutheran Community
at Telford!**



Friendly and engaging, the Lutheran Community at Telford offers a wide range of residence options including

- ◇ Independent Living
- ◇ Personal Care
- ◇ Memory Care
- ◇ Healthcare
- ◇ Short-Term Rehab

along with services and amenities that make life here a **JOY**.

For more information or to schedule a tour, call 267-328-4874.



12 Lutheran Home Drive | Telford, PA 18969
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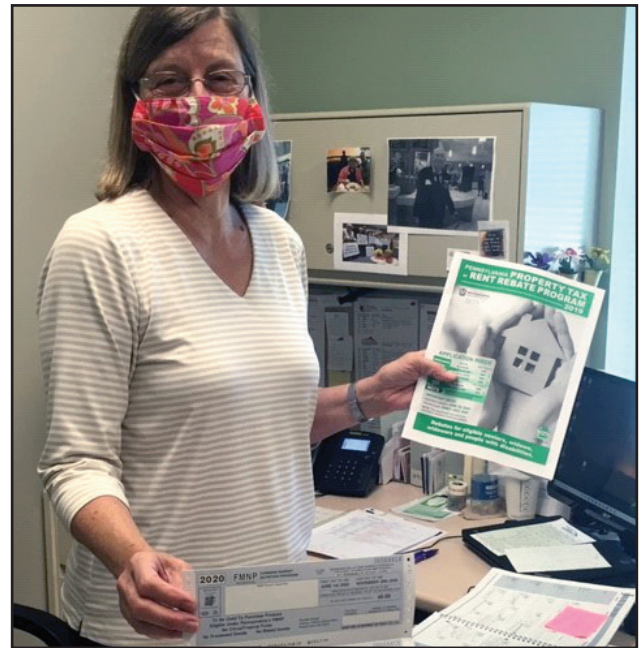


What Seniors Are Saying About GHPSS

“Deb, thank you so much for always being so kind and helpful. I appreciate you working so hard to help us Seniors. You are truly amazing! Missing coming to the center. I am anxiously waiting for the center to open. Hope you are doing well and hope to see you soon.” Flo



“Encore staff... You brightened my day in the nicest way! Thank you so much, your help made all the difference. I hope you have good days!” Betty



“I want to thank Carol Costlow for her hard work and kindness. She is so helpful and wonderful and very thankful to have her as part of The PEAK Center and the community. Carol is doing a GREAT job assisting Seniors. Thank you.” Colleen

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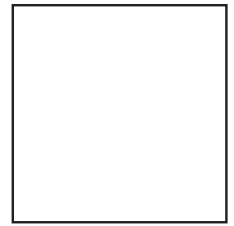
96% PATIENT SATISFACTION



KNEE REPLACEMENT



HIP AND KNEE REPLACEMENT



Join the Online Mindful Meditation Class

Mindfulness meditation is “paying attention on purpose in the present moment non-judgementally.” Mindfulness meditation often includes guided meditation, body scan, and paying attention to breath in order to become in-touch with the present moment. It has been shown to have many benefits including helping to decrease chronic pain, lower blood pressure, improve sleep, decrease anxiety and depression, and improve focus and decision-making. Kimberly Bernardi, LCSW will be leading this relaxing and mind healthy program via Zoom. Visit www.ghpss.org for more info.

*In Loving
Memory*
Andrea Long

Stay Up To Date on Programs at GHPSS

Due to COVID-19, the best way for us to get information out to you is through email, our website and Facebook. If you are online, please check out our website and social media and be sure to open your email for important program updates! We don't want you to miss out.



Joking Around

An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen. The two gentlemen were talking, and one said, "Last night we went out to a new restaurant and it was really great. I would recommend it very highly." The other man said, "What is the name of the restaurant?" The first man thought and thought and finally said, "What is the name of that flower you give to someone you love? You know... the one that's red and has thorns." "Do you mean a rose?" "Yes, that's the one," replied the man. He then turned towards the kitchen and yelled, "Rose, what's the name of that restaurant we went to last night?"

Classes are "Zooming" at The PEAK Center

Alice Lee, Administrative Assistant getting ready to conduct another Zoom class for Korean Seniors.

To date, Alice has conducted 56 classes, reached out to 80 Seniors and has assisted 30 people with learning the Zoom app online.

