



January-February/2015

THE **PEAK** CENTER

NEWS & NOTES

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

PEAK CENTER HOURS

Monday – Friday
8:30 AM – 4:00 PM

Occasional evening and weekend programming

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

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

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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Smoking Cessation

From clearer lungs to less time wasted for smoke breaks throughout the day, quitting smoking can have a profound and positive impact on your health. When you feel the urge to reach for a cigarette, keep in mind the troublesome health effects that accompany it. The short term effects of withdrawal, which can include sleeplessness and irritability, are minor compared to the damage that you are doing to vital organs such as your heart and lungs. Two of the main advantages to quitting smoking are that you will have more energy for exercise, and will be spending a few hundred dollars less per year.

It is important to keep in mind that smoking not only affects your health, but also the health of those around you. People who inhale secondhand smoke can suffer from lung cancer, frequent infections such as pneumonia and bronchitis, and severe asthma. Some of the top issues related to smoking include lung disease, including cancer and difficulty breathing, and other problems such as heart attacks and strokes. Your mouth and throat can also be affected, potentially leading to cancer of the throat, esophagus, larynx, and mouth.

Studies have shown that, after quitting smoking, your body will go through changes almost immediately. For example, your heart rate and blood pressure will become more stable, since both

rates are elevated while you are smoking. After just a few hours, the carbon monoxide levels in your blood will begin to normalize as well. Within a few weeks of stopping, your circulation and breathing will begin to improve. You will begin to cough less, produce less phlegm, and notice a relatively large increase in your lung function within several months of stopping.

When you have the urge to smoke a cigarette, try snacking on something healthy and nutritious. Not only will this give you something to do with your mouth, but it will also encourage a more balanced diet in the future. Learning to stop and take a deep breath to relax can be very beneficial. Allow yourself to sit in a quiet location and think of your favorite vacation spot, or a location that will put you at ease. In addition, move to a different room or go for a walk when your cravings become intense, as removing yourself from a location where you used to smoke can help your mind focus on something else.

The key to quitting smoking successfully is to ensure that you have as many resources as possible, and have sufficient knowledge of how to control cravings before you even stop. Join us at The PEAK Center for our Smoking Cessation program in January!

Adapted from www.smoking.answers.com

Elvis turns 80! January 8, 2015

The incredible Elvis life story began when Elvis Aaron Presley was born to Vernon and Gladys Presley in a two-room house in Tupelo, Mississippi, on January 8, 1935. He and his parents moved to Memphis, Tennessee, in 1948, and Elvis graduated from Humes High School in 1953.

In 1954, Elvis began his singing career with the legendary Sun Records label in Memphis. In late 1955, his recording contract was sold to RCA Victor. By 1956, he was an international sensation. With a sound and style that uniquely combined his diverse musical influences and blurred and challenged the social and racial barriers of the time, he ushered in a whole new era of American music and popular culture.

He starred in 33 successful films, made history with his television appearances and specials, and knew great acclaim through his many, often record-breaking, live concert performances on tour and in Las Vegas. Globally, he has sold over one billion records, more than any other artist. His American sales have earned him gold, platinum or multi-platinum awards. Among his many awards

and accolades were 14 Grammy nominations (three wins) from the National Academy of Recording Arts & Sciences, the Grammy Lifetime Achievement Award which he received at age 36, and being named One of the Ten Outstanding Young Men of the Nation for 1970 by the United States Jaycees. Without any of the special privileges his celebrity status might have afforded him, he honorably served his country in the U.S. Army.

Known the world over by his first name, he is regarded as one of the most important figures of twentieth century popular culture. Elvis died at his Memphis home, Graceland, on August 16, 1977.

The 80th anniversary of Elvis' birth is being celebrated at his famous home in Graceland with week-long festivities -- kicking off from January 7 - January 10, 2015 -- with special Graceland tours, Elvis fan club get-togethers, guest performances, and other rockin' musical tributes in honor of The King, and right here at The PEAK Center on January 7th!

Adapted from Elvis.com

Inclement Weather Alert

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



Director's Report



Dear Friends, Members and Supporters of Greater Harleysville and North Penn Senior Services,

The New Year is always a wonderful time to reflect upon the accomplishments of the past year and to look ahead to exciting opportunities to come. As the new Executive Director of Greater Harleysville and North Penn Senior Services, I have so much to look forward to in 2015.

- I am looking forward to becoming a member of the Montgomery County community. I grew up in Delaware County, where my parents John and Kathy Walker still reside. I moved to Chester County in 2005 and lived in West Chester for almost 10 years. I am now living in Lansdale with my Fiancé, Tom, and his two beautiful daughters, Samantha and Alisha.
- I am looking forward to working with the dedicated Board of Directors of GHPSS. During the interview process for the position, I was so impressed with their passion and strategic vision for the organization. My past experience in working with non profit volunteer boards included my time as the Vice President of Membership with the Delaware County Chamber of Commerce (2001-2005), President of the Greater West Chester Chamber of Commerce (2005-20012), and as the Associate Executive Director with the Jennersville YMCA (2012-2014).

- I am looking forward to accomplishing great things with the wonderful staff at Encore Experiences and the PEAK Center. I had the opportunity to attend the PEAK Center Wine and Silent Auction event that was held in October. There, I received a warm welcome from the staff and also witnessed their deep appreciation for Robin and all the great things that she did for the organization.
- I am looking forward to growing and strengthening the relationships with our contributors, donors and sponsors. The great work that we do at The PEAK Center and Encore Experiences would not be possible without their support.
- I am looking forward to building a strong bond with the people we serve and continuing to grow our role in the community. The work that we do is crucial to connecting active older adults to vital community services that can help them stay healthy and independent.

Over the next several months, I will be looking to meet many new faces and to attend events in our communities to introduce myself to our members and supporters. I am so very pleased to have this opportunity to lead GHPSS into a new year of growth. I truly look forward to connecting with many of you around our shared passion of providing access to programs and resources that help active older adults live independently and remain active.

Happy New Year!
Katie



GHPSS welcomes our new Executive Director, Katie Walker

To: The Members and Staff of the Greater Harleysville and North Penn Senior Services
Re: Executive Director Announcement
Dear Members/Staff:
On behalf of the Board of Directors of the Greater Harleysville and North Penn Senior Services (GHPSS), I am pleased to announce that Katie Walker will assume the role of Executive Director effective November 24, 2014. As Executive Director, Katie will have the overall responsibility for the operation of both Encore Experiences and the Peak Center along with Board directed strategic initiatives. Katie brings a wealth of experience to GHPSS from her former roles with both the Brandywine Valley YMCA and the Greater West Chester Chamber of Commerce.
While GHPSS continues to face funding challenges, we remain committed to our tradition of providing innovative programming for our area seniors. Our Board looks forward to working with Katie to execute the vision and mission of the organization.
Please join me in wishing Katie success in her new role.
With Regards,
Dan McKee, President, GHPSS Board of Directors

Please Consider Making a Donation!

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

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

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

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

Your response is greatly appreciated!

GHPSS STAFF MEMBERS

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

PEAK STAFF MEMBERS

Sandi Chiriano
Welcome Desk Manager
Jennifer Metzger
Assistant Director
Carol Costlow
Consumer Resources & Education Coordinator
Steve Zurad
Meal Assistant

ENCORE EXPERIENCES STAFF MEMBERS

Kay Pagni, Assistant Director & Social Services Coordinator
Michele Ross, Program Director
Beth Knize, Meal Coordinator
Katie Teats, Office Manager

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

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

Encore Experiences at 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.

WELCOME NEW MEMBERS!

NANACY BUCCIERO
PATRICK KLAUS
HEDY LEZCANO
DOLORES MARTELLA
GEORGE MURPHY
GARY ROBINSON
SHIRLEY ROBINSON
JERALD UBER
MARY WYDAN

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 are free unless otherwise noted.

Smoking Cessation Program

6 week Program

Tuesdays, January 6, 13, 27 & February 3, 10, 17
12:30 PM

\$30.00 for six week session

Register at the Welcome Desk by January 2

Offered by Abington Health

If you are ready to quit smoking and live a healthier life, The PEAK Center and Abington Health can help. Join our 6-week smoking cessation program! The program uses proven behavior-modification techniques developed by the American Cancer Society that will help you understand when and why you smoke so you can modify your behavior and find successful strategies for quitting. This class will provide tools for conquering your anxieties and fears, coping with external factors, and setting long-term goals as well as identifying resources to help you quit.

Headaches Be Gone!

Thursday, January 15 12:30 PM

Presented by Portolese Family Chiropractic

Headaches: just about everyone has had at least one in their lifetime. Headaches can be mild, tension caused, or the migraine, the most painful. There are cluster headaches, which is when you have one headache after another. They can occur daily for weeks at a time. But there is hope! Join us as we learn techniques to make our headaches less of a pain!

Breast Cancer: A Journey to Joy

Friday, February 13 12:30 PM

Presented by Marialyce Keane

A diagnosis of breast cancer is devastating. It is possibly the loneliest of times, even while surrounded by wonderfully supportive family and friends. The subsequent journey through life can be a time of awakening. Join Marialyce as she shares her personal journey, a journey of gratitude, a journey to JOY! She is including helpful tips and tools on collaboration with physicians as well as information to encourage breast cancer awareness.

Eat Well, Live Well for Lowering Blood Pressure

Tuesday, February 24 12:30 PM

Presented by Wegmans

Do you have high blood pressure? If you're otherwise healthy and in a low-risk group, you may be going undiagnosed. What's more, one large study shows that half of those who have been diagnosed and are receiving treatment don't have their blood pressure under control.

We all know that chronically high blood pressure can lead to cardiovascular problems, heart disease and stroke, but that's not all. Another recent study looked at the effects of unregulated blood pressure and found that even slightly elevated blood pressure can prematurely age the brain, causing memory loss and maybe contributing to early-onset dementia. Join us to learn how to Eat Well and Live Well!

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.

Protecting Benefits for Seniors

A new law allows anyone who was enrolled in the PACE or PACENET programs as of Dec. 31, 2012, to remain eligible for the low-cost prescription drug programs through December 2015 even if Social Security cost-of-living increases push them over the maximum income limit allowed by the programs. Representative Godshall co-sponsored Act 12 of 2014, which extended eligibility to older Pennsylvanians who would have lost their benefits due to an upward adjustment in Social Security earnings. For more information on PACE, PACENET and other programs, call 1-800-225-7223.

Gwynedd Square Nursing Center



US Government Rating: 5 out of 5 Stars



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www.GoodNursingHome.com

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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: \$8.25 at Facenda Whitaker; \$7.50 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
When room is available

Great news! We now have the okay to 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.

Strong Women (for Women and Men)

Mondays and Wednesdays 9:00 - 10:00 AM
New session starts January 5
Fee: \$28.00/6 weeks; drop-in fee: \$5.00/class
Weight bearing exercise and low-impact strength training

Tap Dancing

Thursdays 10:30 - 11:30 AM
Cost: \$4.00

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

Total Body Toning

Wednesdays 10:15 - 11:15 AM
Peer-led program designed to increase flexibility and strength while reducing the fear of losing balance. Through the use of bands and leg weights, the exercises are modified to match your individual needs and abilities.

Wii Bowling

1st and 3rd Wednesdays of the month 10:00 AM
Experience the health and social benefits of this fun program. Standing or seated, no heavy ball or strange shoes.

Zumba Chair

Wednesdays 12:45 - 1:30 PM
Cost: \$4.00
If you love Latin and Middle Eastern sounds, but the motion seems too risky...Zumba CHAIR is the exercise class for you.

Zumba Gold

Mondays 1:15 - 2:15 PM
Cost: \$4.00
Enjoy this aerobic exercise class conducted to the sounds of the Caribbean with a bit of the Mediterranean thrown in. Take it at your own pace.

*Tai Chi

Tuesdays 10:15 - 11:15AM
Cost: \$4.00

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

*Yoga

Thursdays 9:00 - 10:00 AM
Cost: \$4.00

Instructed by Ruby Considine
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

4th Tuesday of the month 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

Great news! We now have the okay to 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.



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Phone: 215-362-0227 • Fax: 215-362-8242
www.advancedlivingcommunities.org

Steps for Organizing Your Financial House

As you gather documents in preparation for another tax filing season, it's a good opportunity to get your financial house in order. Here are some tips to get you started:

1. Clean out and organize your financial records. Then tell a family member or trustworthy friend where your important documents are stored. Tax records should ideally be kept for seven years; medical records should be kept indefinitely, while other records and receipts can be saved or shredded, depending on their importance to you. Most can usually be thrown out after one year.
2. Review your credit reports – use the Internet to order them every four months from a different one of the three agencies at www.annualcreditreport.com or request them in writing from one of the three credit reporting agencies directly: TransUnion, Experian, and Equifax.
3. Learn how to maximize your Social Security benefits. Social Security retirement benefits can be a lifeline for those who don't have a lot in retirement savings. But if you're able to delay taking Social Security until after your official retirement age, you

can maximize your monthly benefit payment. The Social Security Administration and AARP have several tips on how to pick the best time to claim your benefits.

4. Plan for the future by creating the legal documents you want so that your family and closest friends understand and carry out your wishes should you become too ill to make those decisions. This could include a will, a durable power of attorney, and a living will for indicating your health care preferences in advance.

5. Mark your calendar with important dates, such as monthly or quarterly bill due dates, to avoid penalties and late fees.

6. Update your beneficiary choices on your life insurance policy and other financial agreements such as IRAs.

The more organized you can be with your financial affairs, the less daily stress you will experience. We can all do with less stress!

Compiled from websites: financialplan.about.com, schwab.com, dailyfinance.com, nia.nih.gov

FREE INCOME TAX SERVICES

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

Please bring the following items to your appointment:

- A copy of last year's tax return
 - Social Security statement, Social Security card and a photo ID
 - All forms, booklets and 2014 year-end financial statements
 - Since both signatures are needed to file electronically, you and your spouse must come to the appointment
- For assistance in completing the PA Property Tax and Rent Rebate application, bring paid receipts for 2014's property taxes or rent receipts.

Appointments can be scheduled at the Welcome Desk by calling The PEAK Center at 215-362-7432, starting on Monday, January 19, 2015. No appointments will be made before this date.

Consumer Education

Programs are free unless otherwise noted.

Elder Law: Estate Planning Documents

Friday, January 23 12:30 PM

Presented by Richard L. Newman, Esquire

When do you need a will? What about a living trust? What is Probate and is it something to be avoided? The misinformation available through the media and the Internet regarding Wills and estate planning is astounding. Join us to clear up the misconceptions and learn how to plan your estate.

MANY THANKS TO!!!

The Johnson & Johnson Co. and its subsidiary, Janssen Supply Chain, once again provided the money and manpower to distribute ingredients for Thanksgiving meals to 20 families in the North Penn area through The PEAK Center. Special thanks to the volunteers who helped pick up and deliver the food boxes. We are grateful for your help and compassion.

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

January 27 and February 24

By Appointment; No charge

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

LIHEAP for 2014-2015

The Low Income Home Energy Assistance Program (LIHEAP) began accepting applications as of November 1, 2014 for the current heating season. This program helps low-income households pay their heating bills. LIHEAP is a grant; you don't have to pay it back. Income Guidelines 2014-2015 for Homeowners and Renters:

Household Size	Maximum annual income
1	\$17,505
2	\$23,595
3	\$29,685

Add \$6,090 for each additional person

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

Property Tax/Rent Rebate

Property Tax and Rent Rebate applications for the 2014 tax year should be available by the end of January, 2015. If you qualify for this program, you can receive a rebate up to \$ 650. You must have been 65 by Dec. 31, 2014, with a maximum household income level of \$35,595 for a homeowner and \$15,255 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.

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.

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:

Family Size	Annual	Monthly
1	\$15,171	\$1,265
2	\$20,449	\$1,705
3	\$25,727	\$2,145

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.

Programs

Programs are free unless otherwise noted.

PEAK Center Peak-A-Boos Meetings

Lunch at The PEAK Center

Tuesday, January 6 11:30 AM

No deposit required; Register by January 2 at the Welcome Desk

Lunch at Eastern Dragon

Tuesday, February 3 11:15 AM

Register by January 27 at the Welcome Desk

AARP Safe Driving Classes

Eight hour refresher class

Thursday, January 8 and Friday, January 9

9:00 AM to 1:00 PM

Four hour refresher class

Thursday, February 12

9:00 AM to 1:00 PM

Cost: \$15.00 for AARP Members and Spouses

\$20.00 for Non AARP Members

Pre-registration required

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.

Movies

Showtime is 10:00 AM

The Hundred Foot Journey (PG)

Wednesday, January 14

Running time: 2 hours, 2 minutes

Genre: Drama

Starring: Helen Mirren, Om Puri, Manish Dayal
The Kadam family leaves India for France where they open a restaurant directly across the road from Madame Mallory's Michelin-starred eatery.

This is Where I Leave You (R)

Wednesday, January 28

Running time: 1 hour, 43 minutes

Genre: Comedy, Drama

Starring: Jason Bateman, Tina Fey, Jane Fonda
When their father passes away, four grown siblings are forced to return to their childhood home and live under the same roof together for a week, along with their over-sharing mother and an assortment of spouses, exes and might-have-beens.

Last Weekend (PG)

Wednesday, February 11

Running time: 1 hour, 34 minutes

Genre: Comedy, Drama

Starring: Patricia Clarkson, Zachary Booth, Joseph Cross

When an affluent matriarch gathers her dysfunctional family for a holiday at their Northern California lake house, her carefully constructed weekend begins to come apart at the seams, leading her to question her own role in the family.

Fury (R)

Wednesday, February 25

Running time: 2 hour, 14 minutes

Genre: Action, Drama, War

Starring: Brad Pitt, Shia LaBeouf

April, 1945. As the Allies make their final push in the European Theatre, a battle-hardened army sergeant named Wardaddy commands a Sherman tank and his five-man crew on a deadly mission behind enemy lines. Out-numbered, out-gunned, and with a rookie soldier thrust into their platoon, Wardaddy and his men face overwhelming odds in their heroic attempts to strike at the heart of Nazi Germany.

Elvis's 80th Birthday!

Wednesday, January 7

Lunch starts at 11:45 AM; show begins at 12:00 PM

Cost: \$7.00 per person,

Register at the Welcome Desk by January 5

No Congregate Meal

Join us as we pay tribute to the King of Rock and Roll – Elvis Presley! We are going to celebrate in style with Elvis impersonator, Dean Garofolo, and a special Elvis themed lunch! It's sure to be a rocking good time!

Make and Take Craft Class

Mondays, January 12 and February 9

12:30 PM to 1:30 PM

Cost: \$4.00 per person

Register at the Welcome Desk

Presented by Diane DeRogatis

Join us for this two part class where we will be making found object mosaics! It's a fun and easy project, and lets you put pieces of yourself into your art work!

Members Advisory Council (MAC)

Third Wednesday of the month 12:30 PM

January 21 and February 18

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!

Valentine's Day Luncheon – That's Amore!

Thursday, February 12

Lunch starts at 11:45 AM, show begins at 12:00 PM

Cost: \$7.00 per person

Register at the Welcome Desk by February 10

No Congregate Meal

It's the season of love! Join us to celebrate as Black Tie Talent presents "That's Amore: The Great Italian American Songbook" accompanied by a delicious pasta lunch!

Gourmet Food for Winter Birds

Thursday, February 19 12:30 PM

Presented by Penn State Extension

Master Gardner's Program

Feeding the birds in winter can be a rewarding way to enjoy birding in your own backyard when the weather outside is less than ideal. If you offer the best winter bird foods you will find a greater variety of birds visiting your feeders. Let's learn the best foods to offer to attract the best variety of birds!

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 office 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.

911 Memorial New York City

May 2015

More information in the March/April newsletter.

Ladore Lodge

Monday-Friday August 31-September 4, 2015

Encore Experiences \$270/double; \$395/single

\$50.00 deposit due by April 1; balance due July 1

This year Ladore's theme is "Jungle."

Enjoy Ladore's NEW outdoor recreation area including an 18 hole handicap accessible miniature golf course, and international league sized bocce and shuffle board courts as well as a newly enclosed heated pool. There is biking, and nature walks, paddle boats, and pontoon boat rides on Ladore's prestigious and beautiful 265 acre lake. Join us for a fabulous safari. Prices include lodging, transportation, driver tips, and eleven meals and snacks. Limited income? See Michele to find out about the senior scholarship assistance opportunity.

AREAS OF INTEREST

Bingo

Fridays 12:45 PM

Bridge-Card Game

Tuesdays 1:00 PM

Mah Jongg

Wednesdays 10:30 AM

Mexican Dominos

Fridays 10:00 AM

Progressive Pinochle

Wednesdays 12:45 PM

Rummikub

Wednesdays 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.

VOLUNTEERS WILL BE NEEDED AS GREETERS for the FREE INCOME TAX SERVICE

at The PEAK Center

Are you looking for a way to meet new people? No experience is necessary. Greeting tax payers and making them feel welcome is our goal. If you would be interested in helping in one or more 3-hour shifts on Thursdays or Fridays, beginning in February through April 10, 2015, please call Carol Costlow to volunteer.

Feed Your Brain, Nourish the Mind

Scientific research reveals that more than ever before, a challenged, stimulated brain may well be the key to a vibrant later life. As you prepare to redefine your own retirement, news that staying active and keeping your brain constantly engaged may help stave off mental and physical ailments or diseases, has many asking how best to do so. The answer is simple: lifelong or later-life learning.

Lifelong learning is the continued educational experience that utilizes non-credit academic courses, educational travel, and volunteerism for the purpose of fully engaging your brain, heightening your physical activity, and maintaining your healthy social relationships. Lifelong learning is like a health club for your brain.

In her book, "Learning Later, Living Greater: The Secret for Making the Most of Your After-50 Years," Nancy Merz Nordstrom offers these top ten benefits of lifelong learning. According to the author, your continued education helps to fully develop your natural abilities; opens your mind; creates a curious, hungry mind; increases your wisdom; makes the world a better place; helps you adapt to change; helps you find meaning in your life; keeps you involved as an active contributor to society; helps you make new friends and establish

valuable relationships; and leads to an enriching life of self-fulfillment.

In addition to the many programs offered at both The PEAK Center and Encore Experiences under the GHPSS umbrella, you have additional opportunities to grow in mind, body and spirit by utilizing the credit and non-credit classes at Montgomery County Community College. At their recently opened Culinary Arts Institute in Towamencin, for example, you can sign up for a memorable cooking experience to share with your child or grandchild, or develop an appreciation for a variety of dishes from other cultures.

Both Souderton Area and the North Penn School Districts publish brochures twice a year highlighting courses that are open to members of the community. Classes run the gamut from learning ballroom dancing and foreign languages to using the latest computer software programs. In appreciation of your support and dedication to their students these districts offer to their residents who are 62 years of age or older a Gold Card, which is your ticket to a variety of activities, programs and events. Gold Card holders may also receive a discount on some community education programs.

Source: www.selfgrowth.com



Jenny offers some vino to tastetesters while attendees enjoy delicious food and a fun atmosphere during the PEAK of Autumn Wine Tasting and Silent Auction Fundraiser.



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.

iPad Basics

Thursday, January 22

6:00 PM to 8:00 PM at Encore Experiences

\$5.00 for PEAK and Encore Members,

\$10.00 for non-members

Register at The Welcome Desk

Presented by Steve and Anita Brown

Do you have an iPad and don't know how to use it? This class will help you take a look at the basic steps needed to operate your iPad. In addition, you will learn how to download apps, organize photos and set up an e mail account. You must bring your iPad and charger to class.

iPAD Advanced

Thursday, February 26

6:00 PM to 8:00 PM at Encore Experiences

\$5.00 for PEAK and Encore Members,

\$10.00 for non-members

Register at The Welcome Desk

Presented by Steve and Anita Brown

For those users who are more comfortable with your iPad. Topics discussed will be how to Skype, how to take photographs, recommendations for useful apps and more!

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Thinking Outside the Pillbox — Medication Adherence

Poor adherence to treatment regimens has long been recognized as a substantial roadblock to achieving better outcomes for patients. Data show that as many as half of all patients do not adhere faithfully to their prescription-medication regimens — and the result is more than \$100 billion spent each year on avoidable hospitalizations. Non adherence to medication regimens also affects the quality and length of life.

What is less clear is why adherence to the 3.8 billion prescriptions written every year is so poor. Out-of-pocket costs for medication clearly affect adherence; people use more drugs when the

prices of the drugs are lower. But even if drugs were free, non-adherence would persist: one recent study showed that even among patients who have health plans with no cost sharing for medications, rates of non-adherence were nearly 40.3%.

The bottom line is this: We’ve known for some time that improved adherence can lead to improvements in health outcomes and reductions in health care spending. What we haven’t known is where to start. Learn more about Medication Adherence on Wednesday, January 28 presented by Carla Herling R.Ph Wegmans Pharmacy.

Source: The New England Journal of Medicine

Take A PEAK



This month, let’s get to know our own Sherri Rocchino! Sherri began her relationship with The PEAK Center in 2009, when she came to us to work in the office. Since that time, Sherri has come back through Experience Works! and is currently our Volunteer Coordinator. Sherri feels very strongly about the many benefits The PEAK Center provides, including the benefits screenings to see what you may be missing out on, the exercise programs that keep you healthy, and the socialization and friendships that happen here every day.

As the Volunteer Coordinator, Sherri can put you to work! We currently need servers who can fill in when one of our regular servers is out. Our servers usually come in one to two days a week for about two hours and set up, serve, and clean up the meal program. We also are always in need of people with computer skills, particularly to help those who aren’t as savvy stay connected to their family and friends via e mail and social networking. Words cannot explain the satisfaction you get through helping others and paying it forward! If you are interested in volunteering, stop in and see Sherri! We are so lucky to have her!

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In Memoriam

As of November 13

I. Nancy Hall
John Lawson
Rita Morrison
Adam Romano

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.

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.

People Experiencing Arts, Activity & Knowledge



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