



March-April/2016

The Encore Bulletin

**ENCORE EXPERIENCES
IN HARLEYSVILLE**

**312 Alumni Avenue
Harleysville, PA 19438**

Phone: 215.256.6900

Fax: 215.256.9132

www.EncoreExperiences.org

Encore Experiences Hours

Monday-Friday

8:00 AM to 4:00 PM

occasional evening and weekend programming

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

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

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 1:00PM the previous day. To cancel your reservation, you must call TransNet at 215-542-7433.

If your call is not answered by an operator, listen closely for the prompts and follow the prompts for Mid County Transportation or Valley ParaTransit (whichever applicable).

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You Have the Power

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

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

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

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Volunteering-A Path to Your Future

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

It can be remarkably easy. If you are computer-savvy, post your intentions on Facebook and/or LinkedIn to get connected to an organization in your own network. You can also use LinkedIn's For Good program, Catchafire, or VolunteerMatch. AARP's site, www.createthegood.org, can also be a useful tool in your search. Montgomery County's

RSVP, www.rsvpmc.org, can connect you to opportunities right here in our community. Ask a friend to join you as you give it a try. Remember that new volunteer opportunities will arise with the opening of our new location at North Penn Commons, next to the Lansdale YMCA, later this year. We expect that a lot more help will be needed to serve an expected increase in participants in our lunch program. Also, volunteers will be needed to greet participants and visitors at the new Welcome Desk, to answer questions and direct them to the appropriate location within the new building. Consider this possibility: You might spend an hour or so to help our building neighbor, Manna on Main Street, before you have lunch with your friends at The PEAK Center, and then walk through the lobby to the Y for a water aerobics class.

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REMINDER: DAYLIGHT SAVINGS BEGINS MARCH 13!

Inclement Weather Alert

Your safety is important to us. If Souderton Area Schools are closed, due to bad weather, we are too. Watch the news or go online to www.soudertonsd.org/schools/closings/



Director's Report



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

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

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

• 99% of those who answered at Encore believe that they are treated well by volunteers and staff. 98% see their friends the same or more than before and everyone who answered claims to be the same or more aware of the programs and services we offer and opportunities to become more involved. Comments were extremely positive and all seem to love our chef, Beth. There were some comments that were specific to the people answering such as requests for a specific type of food. If you need a specific request, please let us know in advance and we will do our best to accommodate you if we can.

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

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GHPSS STAFF MEMBERS

Katie Walter
Executive Director

Becky Carver
Administrative Assistant/Bookkeeper

Susan Andersen
Communications Manager

ENCORE EXPERIENCES STAFF MEMBERS

Kay Pagni, Assistant Director &
Social Services Coordinator

Michele Ross, Program Director

Beth Knize, Meal Coordinator

Teresa Ascher, Office Manager

THE PEAK CENTER STAFF MEMBERS

Sandi Hertler
Welcome Desk Manager

Sherry Rocchino
Program Coordinator

Carol Costlow
Social Services Coordinator

Steve Zurad
Meal Assistant

GHPSS Board of Directors

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Louise Shaheen



Members' Council Notes

Surveys for members of Encore will have been completed by the time you read this. Thank you for your patience and cooperation. Along with the first warm breezes, our wishes for a joyous spring go out to all our members.

What is joy, anyway? Joy can be a byproduct experienced by people who are aiming for something else...

There is joy in a life filled with interdependence with others, in a life filled with gratitude, reverence, and admiration. There's joy in freely chosen obedience to people, ideas, and commitments greater than oneself. There's joy in that feeling of acceptance, the knowledge that though you don't deserve their love, others do love you; they have admitted you into their lives. There's an aesthetic joy we feel in morally good action, which makes all other joys seem paltry and easy to forsake. David Brooks, "The Road to Character" Random House 2015.

*A warm and happy new year to you all,
Charlie Gardner*

It's Not Too Late! Consider Making a Donation.

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

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

Make checks payable to GHPSS
Mail to:

Encore Experiences at Harleysville
312 Alumni Avenue
Harleysville, PA 19438

Name _____

Address _____

Address line 2 _____

City _____ State _____ Zip _____

Your Response Is Greatly Appreciated!

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 North Penn United Way and 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.

Like us
on Facebook!



A Unit of the National Council on Aging



EncoreCafé



Welcome to Encore Café! The Special of the Day at the Encore Café provides a lunchtime meal to eligible adults, aged 60 and older or disabled, or the spouse of an eligible person. Eligible persons are requested to make an anonymous, voluntary contribution of \$2.00 for the daily lunch special. The Café is also open to the entire community and everyone is welcome. The community member price is \$6.95. Other soup, salad, and sandwich options are available at reasonable prices. When possible, we try to incorporate fresh and local produce to prepare meals.

The Special of the Day is subsidized by grants from:

*Aging and Adult Services of
Montgomery County*

United Way of GPSNJ

NP United Way

BNY Mellon Charitable Trusts

Clemens Foundation

Fourjay Foundation

Genuardi Foundation

TD BankNorth Foundation

The Patricia Kind Foundation

The Philadelphia Foundation

Walmart Foundation

W.W. Smith Charitable Trust

March Daily Lunch Specials (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
	Curried Chicken Salad in Pita with Grapes and Celery Fiesta Quinoa Salad ¹	Baked Haddock with a Lemon Caper Sauce Wild Rice, Broccoli ²	Chicken Cheesesteak ³ Quesidillas with Fresh Salsa	Beef and Vegetable Pie ⁴ with Cheddar Biscuit Top Fresh Fruit & Yogurt Parfait
Sweet & Sour Meatballs ⁷ Brown Rice Braised BokChoy	Biscuit & Sausage Gravy ⁸ Green Salad	Zucchini Boats with ⁹ Turkey, Tomatoes & Mozzarella Cheese Cranberry Rice Salad	Grilled Chicken with ¹⁰ Wilted Romaine & Quinoa Salad Cranberries, Walnuts and Housemade Lime Vinaigrette	Ham & Swiss Sliders ¹¹ with Cup of Lentil Soup
Stuffed Acorn Squash with ¹⁴ Quinoa, Brown Rice, Leeks, Cranberries and Pecans Whole Grain Roll	Sausage, Pepper, Onion ¹⁵ & Tomato over Bowtie Pasta Whole Grain Roll	Grilled Chicken with ¹⁶ Artichoke, Spinach & Feta Wild Rice Green Beans	St. Patrick's Day Luncheon ¹⁷ No Café Service	Salmon, Fennel & Dill Lasagna ¹⁸ (White Sauce) Mixed Greens Salad
Taco "Lasagna" ²¹ (Corn Tortillas) Green Salad	Seafood Chowder ²² Whole Grain Roll	Fusilli with Beef Ragu ²³ Green Salad Whole Grain Roll	Apple Baked Pork Loin ²⁴ Baby Red Potatoes with Garlic Rosemary Olive Oil Green Beans	Salmon Burger with ²⁵ Cucumber Wasabi Sauce Ginger & Citrus Couscous Salad
Chicken Cheesesteak ²⁸ Quesidillas with Fresh Salsa	Curried Chicken Salad in Pita ²⁹ with Grapes and Celery Fiesta Quinoa Salad	Baked Haddock with a ³⁰ Lemon Caper Sauce Wild Rice, Broccoli	Beef and Vegetable Pie with ³¹ Cheddar Biscuit Top Fresh Fruit & Yogurt Parfait	

April Daily Lunch Specials (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
Encore Café Hours <i>Lunch 11:30AM to 1:00PM</i>		We allow people to take meals out to eat for lunch at a cost of \$4.00 per meal. However, if you are eating in, we respectfully request you wait until others are served before requesting an additional meal for take-out.		Baked Ravioli ¹ Green Salad Whole Grain Roll
Biscuit & Sausage Gravy ⁴ Green Salad	Zucchini Boats with ⁵ Turkey, Tomatoes & Mozzarella Cheese Cranberry Rice Salad	Grilled Chicken with ⁶ Wilted Romaine & Quinoa Salad Cranberries, Walnuts and Housemade Lime Vinaigrette	Ham & Swiss Sliders ⁷ with Cup of Lentil Soup	Sweet & Sour Meatballs ⁸ Brown Rice Braised BokChoy
Salmon, Fennel & Dill Lasagna ¹¹ (White Sauce) Mixed Greens Salad	Sausage, Pepper, Onion ¹² & Tomato over Bowtie Pasta Whole Grain Roll	Grilled Chicken with ¹³ Artichoke, Spinach & Feta Wild Rice Green Beans	Stuffed Cabbage ¹⁴ Mashed Potatoes Green Salad	Volunteer Appreciation Luncheon ¹⁵ No Café Service
Fusilli with Beef Ragu ¹⁸ Green Salad Whole Grain Roll	Taco "Lasagna" (Corn Tortillas) ¹⁹ Green Salad	Apple Baked Pork Loin ²⁰ Baby Red Potatoes with Garlic Rosemary Olive Oil Green Beans	Salmon Burger with ²¹ Cucumber Wasabi Sauce Ginger & Citrus Couscous Salad	Seafood Chowder ²² Whole Grain Roll
Curried Chicken Salad ²⁵ in Pita with Grapes and Celery Fiesta Quinoa Salad	Baked Ravioli ²⁶ Green Salad Whole Grain Roll	Beef and Vegetable Pie with ²⁷ Cheddar Biscuit Top Fresh Fruit & Yogurt Parfait	Baked Haddock with a ²⁸ Lemon Caper Sauce Wild Rice, Broccoli	Greek Easter Luncheon ²⁹ No Café Service

Encore Wellness



Encore Integrative Health *Services*

Reiki

Fridays, March 4 and April 1
By appointment starting at 9:00 AM
Provided by Rose Marie Grauer,
Practitioner Facilitator
Cost: \$7.00 for thirty minutes

Reiki is a form of palm healing, a gentle but powerful tool to balance body, mind, heart, and spirit, using an individual's own natural latent healing energy.

Foot Reflexology

Fridays, March 11 and April 8
By appointment starting at 10:00 AM
Cost: \$7.00/fifteen minutes; \$15.00/thirty minutes
Provided by Susan Andersen,
Certified Reflexologist

Friday, April 15
By appointment starting at 9:00 AM
Cost: \$7.00/fifteen minutes
Provided by Sue Taylor, Certified Reflexologist
Reflexology is a relaxing and revitalizing therapy. Improve your blood circulation and reduce the effects of stress upon your body. We always have a waiting list, so sign up early. Payment is due at time of registration.

Acupuncture Lecture and Treatments

Thursdays, March 17 and April 21
Lecture 12:00 PM-12:30 PM
Treatments group setting 12:30 PM- 2:00 PM
Provided by Kim Niezgoda,
Board Certified Licensed Acupuncture
Come with your questions. Learn how it may help relieve pain in your body, reduce the effects of stress, and lower your blood pressure. Join this community treatment, seated comfortably with other attendees.

Massage Therapy (Table/Chair)

Fridays, March 18 and April 22
By appointment starting at 9:00 AM
Provided by A Body Balanced by Heidi Puppo,
Licensed Massage/Bodywork Therapist
Cost: Chair-\$1.00 per minute;
Table-\$25.00/half an hour; \$50.00 for one hour
Enjoy a relaxing and healing experience through the combination of energy and massage therapy modalities that benefit the whole person, body, mind, emotions and spirit.

Encore *Fitness*

For a full description of classes, call 215-256-6900

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

Ballroom Dancing

Experienced: Thursday Evenings 5:30-6:30 PM
Beginner: Thursday Evenings 6:45-7:45 PM
Cost: \$4.00
Learn the Fox Trot, Cha Cha, Jitterbug, and Waltz.

Core Fitness

Thursdays 9:15 AM Cost: \$2.00

DVD Chair Exercises

Stay Fit While You Sit. By request when a room is available.

Options to choose from:

Dr. Chen's Tai Chi
Enhance your body-mind harmony in a chair
Chair Stretch Meditation
This is an easy going chair stretch and meditation
WHOGA Chair Yoga
Wellness, Happiness, Opportunity
for Gently Activity
Dr. Chen's Exercises
Warm-up and stretching forms in a chair

Jitterbug Dancing

See Michele if there is an interest to start Jitterbug again.

Line Dancing

Thursdays 10:15 AM Cost: \$2.00

MERCK Fitness Room

Anytime

Stretch and Tone

Mondays, Wednesdays, Fridays
9:45 AM Cost: \$2.00

*Tai Chi

Mondays and Wednesdays
10:45 AM Cost: \$3.00

Walkaerobics

Mondays, Wednesdays, Fridays
9:00 AM Cost: \$2.00

Wii

We have Wii when there is a room

Yoga

Fridays, 9:30AM Cost: \$3.00
Instructed by Terri Kuenzer
A mind, body and soul experience you will not want to miss! No prior experience needed.

*Zumba Gold

Tuesdays 1:30 PM Cost: \$2.00

Encore *Screenings*

Diabetic Shoe Fitting

First Wednesday of each month; By appointment
Diabetics on Medicare may receive one pair of shoes and inserts per year. Your first visit includes an evaluation and foot measurement. When scheduling appointment, please verify insurance coverage. Bring your Medicare and supplemental insurance cards to appointment as well as the name and phone number of your primary care physician.

*Glucose Testing

Monday, April 4 10:00 AM
Provided by Bayada Nurses
A nurse will be here to test your blood glucose level. Fasting is not required, but if you have breakfast, it is best to limit your sugar intake.

Health Checks

First Wednesday of each month 9:30 AM
Provided by Abington Health
Blood pressure and weight checks. Jane is here to answer any questions you may have.

Help Yourself to Healthy Living

Second Thursday of each month 12:30 PM
Provided by Abington Health
March - "Stress Less Living"
What can you do about stress? Attend the March "Help Yourself to Healthy Living" to learn ways to identify what causes stress in your life; look for ways to reduce the amount of stress; and learn healthy ways to "stress less" and reduce its harmful effects.

April - "Tips for a Better Night's Rest"

Being older doesn't mean you have to feel tired all the time. There are many things you can do to help get a good night's rest. In April's "Help Yourself to Healthy Living" we will explore tips for getting better ZZZ's.

Support Group for anyone managing chronic health conditions. Prior registration is appreciated for preparation purposes.

MARCH IS NATIONAL FROZEN FOOD MONTH



Pick up some homemade soup frozen until you need it. The cost is \$7.00 a quart. Choose from an assortment of soups. Check out the list each week. Pay for the soup in the office and get your ticket. Take the ticket to the Cafe and pick up your made from scratch soup.

All proceeds support the walk in refrigerator.

Encore Wellness



March is Colorectal Cancer Awareness Month

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

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

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

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

history of colorectal cancer.

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

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

Resource: Prevent Cancer Foundation

Another Way to Save

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

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

is the last day the item is at its highest level of quality.

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

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

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

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

"Pack" – this date can be found on canned or

packaged good, as a rule, but it's tricky. It may even be in code as month-day-year (MMDDYY) or the manufacturer could revert back to the Julian calendar (January would then be 001-0031 and December 334-365). Don't ask!

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

Source: <http://my.xfinity.com>; <http://www.webmd.com>; <http://www.thinkeatsave.org>

Wellness Programs

Be Calm Coloring

By request

We will find you a table to color, relax at and explore the artist inside you. All materials are provided but you may choose to bring your own.

Cleaners You Can Make Yourself

Thursday, March 24 12:30 PM

Cost: \$2.00

Register by March 18

Learn how to make a mix-it-yourself glass cleaner using environmentally friendly ingredients. The key ingredients you need just might be hiding in your pantry. You will take home instructions on how to make eight cleaners.

Stress Free Now

Tuesdays, April 5 to May 17 (no class on May 3)
12:30 PM-1:30 PM

Register by March 29

Isn't it time you took control of your stress?

Stress Free Now, Cleveland Clinic's clinically proven course for reducing stress and increasing positive emotions and energy, teaches you how to practice relaxation techniques and gives you real-life strategies for managing your body's reaction

Programs are free unless otherwise noted.

to stress. You will be given medically backed guidance and shown simple ways to help send stress out of your life...and bring new positive energy in!

Steady: Stopping Elderly Accidents, Deaths & Injuries

Wednesday, April 27 12:30 PM

Presented by PHOENIX Rehabilitation and Health Services

Register by April 20

This is an opportunity from the Centers for Disease Control and Prevention (CDC). Each year, millions of older people—those 65 and older—fall. In fact, one out of three older people fall each year, but less than half tell their doctor. Falling once doubles your chances of falling again. Learn about falls, take a standardized gait and balance assessment test, and receive educational handouts about fall prevention.

Joint Replacements Hips and Knees

Wednesday, May 4 12:30 PM

Presented by Frank J. Ciuba, DPT MS

There will be a discussion about joint replacements

for aging joints, management, physical therapy and life after the joint replacement. The road to recovery will be your goal.

Montgomery County Senior Games

Monday, May 9 to Friday, May 13

The Montgomery County Senior Games (MCSG) combine sports and recreation with fellowship among everyone involved. The mission of MCSG is to stimulate senior adults in Montgomery County to be active in sports and recreational events in order to maintain physical and mental well-being. PRE-REGISTRATION DEADLINE IS APRIL 29TH, 2016. As in past years, the MCSG will be held at Montgomery County Community College in Blue Bell, as well as several specialized area facilities. Friends and family of competitors are encouraged to come any day as spectators, attend the Senior Expo held on Friday morning or preregister to enjoy the Friday Awards Luncheon. See Michele for more information.

Save the Date! Prime Time Health Walk

September 8

EncoreConsumer Education

EncoreConsumer Services

For information or to schedule an appointment for any of these services, contact Kay Pagni at 215-256-6900

Benefits Screenings

You may be eligible for benefits that you are not currently receiving! Come for a quick screening to determine if you may be eligible.

Credit Counseling

Call 610-275-4357 directly to schedule your Encore appointment with Nikki Holcroft, Genesis Housing Corporation.

Evening Social Service Assistance

The Social Services Coordinator will be available evenings by appointment to help you with eligibility for benefits, family caregiver issues, provide information and referrals, and assist with other matters.

Financial Advice

Michael Toth offers services as needed to help with financial advice and planning.

Legal Advice

An attorney from Fox Rothschild is available by appointment on the second Friday of the month from 9:00-10:00 AM.

Low-Income Heating Assistance Program (LIHEAP)

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

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

Apply online at www.compass.state.pa.us or pick up an application at Encore.

Medicare Advice

Ed Savitsky guides you through the Medicare maze the first Wednesday of each month.

Notary Service

Claire Schumaker, Notary, volunteers her services for Encore Experiences' members.

Outreach

Are you or someone you know homebound and can benefit from services provided at our Center? We will reach out to those who may need assistance.

Property Tax/Rent Rebate

Property Tax and Rent Rebate applications for the 2015 tax year are available at Encore Experiences. If you qualify for this program, you can receive a rebate up to \$650. You must have been 65 by Dec. 31, 2015, with a maximum household income level of \$35,000 for a homeowner and \$15,000 for a renter. Widows and widowers aged 50 or older and people with disabilities over 18 may also qualify. In computing income, only 50% of Social Security and Railroad retirement benefits are counted.

TransNet

Free shared ride service to Encore Experiences is available if you are age 65 or older. Rides must be booked at least one day in advance by calling Encore Experiences by 1:00 PM. Inquire in the office for TransNet registration information. To cancel a Transnet ride, please call Transnet directly at 215-542-7433.

Veterans Service

A Montgomery County Office of Veterans Affairs representative will meet with veterans and/or spouses to discuss opportunities and claims upon request.

Consumer Education Programs

Programs are free unless otherwise noted.

Getting Rid of Stuff

Monday, April 18 12:30 PM

Presented by Smooth Transitions

Moving for Seniors

Is it time to downsize or just get rid of STUFF? Today you will learn how easy this process can be.

FREE INCOME TAX SERVICES

GHNPS (at both Encore Experiences and The PEAK Center) will be one of several local sites for free federal and state tax preparation. The trained AARP volunteers will be available at Encore through April 13th on Mondays and Wednesdays 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 arrive 15 minutes before your scheduled appointment and bring the following items with you:

- A copy of last year's (2014) tax return
- Social Security statement, Social Security card and a photo ID
- All 2015 year-end financial statements
- Since both signatures are needed to file electronically, you and your spouse must come to the appointment.

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

Appointments can be scheduled by calling 215-256-6900.

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.

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 Kay and bring with you:

- Proof of Age (Driver's License);
- Proof of Residency (Utility bill, Driver's License);
- and Proof of Gross Income (Statement from Social Security, Pension Statement, etc.).

The monthly CSFP Food Package contains: 4 vegetables, 2 juices, 2 fruits, 1 protein, 2 cereals, 1 protein alternate, milk product, carbohydrate, and 2 lbs. cheese.

Nondiscrimination Statement

In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint alleging discrimination, write USDA, Office of Adjudication, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call, toll free, (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay at (800) 877-8339 or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Looking for Community Resources?

Call or Search 211

You can ask for help from Kay, 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. 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.

EncoreEnrichment



EnrichmentPrograms

Programs are free unless otherwise noted.

March is

Women's History Month

Take time this month to watch one of the following movies that portrays strong women. All movies begin at 12:30 PM

Tuesday, March 8

Women's Rights and International Peace Day
Norma Rae

Friday, March 11

The Joy Luck Club

Tuesday, March 15

Iron Jawed Angels

Thursday, March 31

Suffragette

Salvation Army Day

Thursday, March 10

Today find out the history of the Salvation Army. Learn about the Salvation Army's Ladore Lodge in Waymart PA. It is an affordable retreat that offers scholarships.

Technology Sessions

Each session costs \$5.00

Class is limited to five

Register and pay one week before each session.

All classes are taught by Teresa Ascher

Facebook Friday, March 18 2:00 PM

iPhone Friday, April 1 2:00 PM

Android Friday, May 20 2:00 PM

Fitbit Friday, June 10 2:00 PM

Expanding Horizons

Thursdays, April 7, 14, 21, 28

Location: The Souderton Mennonite Homes.

Session 1- Best of 20 Years Session

Session 2- Future of Senior Health Session

Session 3- Current Events (focusing on the Middle East)

Birding Interest?

Tuesday, April 12 12:30 PM

Find out today how many people enjoy birds as much as you do. This will be a brief meeting to find out who is interested and to get some ideas for a future group. Stay afterward and enjoy the movie "The Big Year".

Indian Valley Public Library (IVPL)

National Book Mobile Day

Thursday, April 14 12:30 PM

Presented by Nicole Husbands,
Librarian for Outreach Services

IVPL's mission statement: "The library offers accessible resources in order to inform, enrich, and entertain persons of all ages." Listen and learn how your local library creates and maintains a lifelong passion for learning. As a child my number one best friend was the librarian in my grade school. I actually believed all those books belonged to her. — Erma Bombeck Pick up bookmobile schedules today.

A Colorful Folk: Pennsylvania Germans & the Art of Everyday Life

Wednesday, April 20 12:30 PM

Presented by Lisa Minardi

Assistant Curator, Winterthur Museum

Explore the unique world of the Pennsylvania Germans and their colorful folk art, including decorated manuscripts (fraktur), textiles, furniture, metalwork, and pottery. Embellished with hearts, flowers, birds, and other traditional motifs, these objects reveal a love of color, design, and whimsy. Most are functional, but others were made "just for nice" and attest to the Pennsylvania Germans' penchant for decorating virtually everything.

Wear a Consignment Shop Outfit Day

Friday, April 22

Today is Earth Day. Wear an outfit that you bought at a consignment store. When you come to the center on that day you will pick up a self-stick tag. On this tag you will not write your name. You will write down the total amount you paid for your outfit and the shop or your favorite consignment shop's name. What a great way to learn how we are all environmentally friendly, and financially wise. Let's see who can have the least expensive outfit.

EnrichmentGroups

Clip and Save

Every Monday 10:00 AM

Cutting coupons does not just save you money, it allows you to maintain strength by building up the tiny muscles in the palms of your hands.

Coin Club

Second Thursday of the month 2:00 PM

Do you have some old coins that you think are valuable? Join us to discuss current coin news.

Little Studies

Third Friday of the month 2:00 PM

This discussion group with Mark Hoffman uses a series of pamphlets that he wrote called "Little Studies." No particular point of view is advocated.

March Topic: Winston Churchill

April Topic: Nelson Rockefeller

Digital Photography

Second Friday of each month
10:00 AM

Instructor: Walt Fitzgerald

One-on-one sessions are available. Indicate your interest when making appointment.

Stitch and Chat

Every Thursday 9:30 AM

Join others who enjoy quilting, knitting, crocheting, or other needle work, and meet for friendship and fun. Instruction available from Naomi and Rosetta.

Group Trivia

Every Tuesday 10:00 AM

This group is for anyone who loves answering or learning about trivia. If you don't know an answer, your teammates can help out.

Stamp Club

Tuesdays 10:00 AM – 11:30 AM

Embrace this opportunity to gather and talk stamps, trade stamps and in general, share a common interest. Adjourn at 11:30 AM in time for a delicious lunch.

EnrichmentServices

Computer Use

Use our computers to create letters, documents or spreadsheets or spend time e-mailing the grandkids on the Internet.

Library

A vast array of biographies, romance novels, fiction, and non-fiction works available. Books are donated on a regular basis so you never know what you'll find! Do you have a reading disability, or a vision challenge? The Free Library of Philadelphia's Library for the Blind and Physically Handicapped offers free services by mail:

Braille books and magazines, audio books and magazines, large print books and more. Visit them on their Facebook page – facebook.com/lbphflp See Michele for more information.



SPRING 2016: THE BEST OF TWENTY YEARS

This educational program was formed in 1996 to promote adult enrichment opportunities in the community.

THREE TOPICS:

Session 1- Best of 20 Years Session

Session 2- Future of Senior Health Session

Session 3- Current Events (focusing on the Middle East)

**Subject to change. Courses are held at Souderton Mennonite. A one-time registration fee applies. For detailed descriptions of programs and instructors, please stop in the office to pick up your brochure.*

Encore Recreation



Recreation *Programs*

Programs are free unless otherwise noted.

Saint Patrick's Day Luncheon

Thursday, March 17 11:30 AM
Cost: \$10.00 Register by March 11
No café service

Wear your green on this day. Listen to the sweet sound of pipes. We can all feel like we are Irish enjoying an Irish themed meal. Guess how many pieces of gold candy are in the jar and you win. No need to find gold at the end of the rainbow.

April Movies

Start time: 12:30 PM
Friday, April 1 Planes, Trains and Automobiles
Thursday, April 7 I Love Lucy
Tuesday, April 12 The Big Year

Senior Prom

Saturday, April 9 5:30 PM
Location: Souderton Area High School
This is a grand event each year so you do not want to miss it. Tickets will be available in the office.

Make Your Own Gift Tags

Monday, April 11 10:00 AM
All the used greeting cards we have been saving will be made into gift tags. Bring a friend. We will have scissors, ribbons and an assortment of cards. Take home what you want and all the rest will be given away.

Volunteer Appreciation Luncheon

Friday, April 15 11:30 AM
Register by April 5
Cost: Free to all Encore Volunteers; \$10.00 for all that would like to honor our volunteers
Here at Encore we appreciate our volunteers. Their time and expertise are valued at over \$16,000. We honor those who go the extra mile to make our center the best it could be.

Greek Easter Luncheon

Friday, April 29 11:30 AM
Cost: \$10.00 Register by April 22
No café service

On this day Anna Crouse will be honoring the memory of her father and former member, Athos, by cooking a delicious Greek feast right in Encore's kitchen. This has become a wonderful annual event that no one wants to miss. How many chocolate bunnies does it take to fill a candy jar? Find out today.

Ninety Plus Birthday Party

Tuesday, May 3 11:30 AM
Cost: \$10.00 Register by April 22
Will you be ninety or older before the end of this year? If yes, then you are the guests today. We are asking a few requests from our special guests. We will have a short survey to fill out and we are asking for a picture to borrow from your childhood or a current one. All will enjoy a delicious lunch, birthday cake, and a special guest that may sing Happy Birthday to you. How much did a gallon of milk cost in 1921? Join us today and you will find out.

Trivia Night

Friday, June 3 7:00 PM; Doors open at 6:00 PM
Cost: \$15.00 per person BYOB
Register by May 27

Join us for this annual event that gets better and bigger each year. There will be great categories, snacks, raffles, competition, and fun. Open to the public so invite your neighbors, family and friends. Form teams from four to no more than eight. See Michele if you do not have enough for a team.

Baseball Luncheon

Wednesday, June 22 11:30 AM
Cost: \$10.00 Register by June 13
Today come dressed in your favorite baseball team jersey. It could be professional, college, or even your old high school jersey. Do not have a jersey? How about a hat? That will do too. Popcorn and Peanuts and Cracker Jacks are some of the treats you will get. Enjoy a ball park themed lunch and refreshing kegged root beer.

Recreation *Activities*

Art Class

Mondays 1:00 PM Cost: \$2.00
Instruction from Pat Wilson-Schmid. Bring your materials; easels are available.

Billiards

Anytime

Bingo For Bucks

Mondays 1:45 to 3:30 PM
Cost: \$1.00/card (2 games/card)
Note: Doors open at 1:30PM. Low vision Bingo cards are available upon request.

Bowling

Fridays 10:00 AM Cost: \$2.75/game
Earl Bowl Lanes, 392 Morwood Road, Earlington.
Ask at the counter to join the Encore Experiences in Harleysville League.

Cards

Anytime; most groups meet on Thursdays 12:30 PM

Chess

Anytime

Croquet and Shuffleboard

Anytime, weather permitting; Location, park across from center. Equipment is available at Encore Experiences.

Mah Jongg

Mondays 12:30 PM

Woodcarving Class

Thursdays 9:30 AM

Haircuts

Tuesday mornings \$6.00

Call Encore for appointment
at 215-256-6900



Celebrating 2016 at Encore's New Year's event. Shown from L to R: Shirley and Lin, Patti and Paul, Dick and Dot.

Encore Recreation



Recreation 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.

Automobile (Van) to Scranton

Wednesday, May 25; Register by May 2

Depart from Encore: 8:00 AM

Return approximately: 7:00 PM

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

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

Train to the City of Brotherly Love, Philadelphia

Wednesday, June 15; Register by June 1

Depart time from Pennbrook train station

Lansdale: approximately 8:20 AM

Return: approximately 3:00 PM

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

Automobile to Pennypacker Mills, Schwenksville

Saturdays, June 4 and June 25

Meet at Pennypacker at 10:00 AM

Cost: \$2.00 suggested donation for each event

June 4th Civil War Reenactment

June 25th Vintage Baseball

Bus to the Phillies vs Braves Game

Wednesday, July 6; Register by April 25

Game time: 1:05 PM

Depart from Encore: 10:30 AM

Return: approximately 5:00 PM

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

Van to the Pearl S. Buck Estate Ghost Tour, Perkasie

Sunday, October 30

Depart 3:00 PM

Cost: \$35.00

Price includes transportation and estate fee.

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

Plane to the Albuquerque Balloon Fiesta

September 29, 2016 Six days

Cost for a double: \$1899 plus airfare

8 meals included: 5 breakfasts and 3 dinners

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

Bus to Ladore Lodge Waymart, Pennsylvania

Monday, October 3-Friday, October 7

\$50.00 deposit will hold your spot

Join us in 2016 for a spectacular time!

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

Spotlight on Washington, D.C.

May 2017
Spend 5 memorable nights in the heart of Washington, D.C. Tour the iconic and storied U.S. Capitol Building, explore the Smithsonian's Air & Space Museum, experience a narrated tour of Arlington National Cemetery.

**Highlights from
The PEAK Center's News & Notes**
(these listings are held at The PEAK Center in Lansdale
1292 Allentown Road, Suite A, Lansdale)

Benefits Screening

Monday, March 14 12:30 PM

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

Unclaimed Property

Monday, April 11 12:30 PM

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

History of Lansdale

Monday, April 18

Presented by Dick Shearer

from Lansdale Historical Society

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

**Contact The PEAK Center
for more information
at 215-362-7432**



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Where the Money Goes

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

- 46% of our funding in 14-15 was provided by Montgomery County Aging and Adult Services (MCAAS). MCAAS is in its 40th year of operation and serves the over 160,000 residents aged 60 and over in Montgomery County, as well as other populations in need of service. MCAAS plays a key role in the human services system within Montgomery County by assisting low-income adults, families, and physically disabled adults to achieve self-sufficiency and independence.

- 17% of our funding in 14-15 was provided through grants from several foundations including The North Penn Community Health Foundation, The Patricia Kind Foundation, The Connelly Foundation, TD Bank, W.W. Smith Charitable Trust, The VNA Foundation of Greater North Penn and The Fourjay Foundation. Grants present a unique challenge for non-profits as it is difficult to budget for them as they are never guaranteed and depend on measurable outcomes specific to programs and services.

- 9% of our funding was provided by The North Penn United Way and Greater Philadelphia and Southern New Jersey United Way. The North Penn United Way provides funding specifically for the congregate meal program and Greater Philadelphia United Way provides funding for overall center operations.

- 9% of our income in 14-15 was raised through special events. These events include our Pillar of The Community Event and The PEAK of Autumn Wine Tasting.

- 5% of our income was raised through donations from our Annual Appeal mailing, corporate and individual contributions, and donations from Members' Council as a result of the hard work done by our volunteers at Encore's Saturday BINGO.

- 4% of our income was derived from program revenue. This includes programs like Tai Chi, Fit for the Future and Special Lunches (Not the congregate meal program).

- 2% of our funding in 14-15 was donated by several local municipalities including Lower Salford, Montgomery Township, Upper Salford, and Upper Gwynedd Townships.

- 2% is derived from membership dues. These are dollars paid by participants that choose to contribute the annual \$20.00 membership fee that provides them a copy of the Center newsletter and a few other nice incentives.

- 2% of our revenue is from miscellaneous income such as newsletter advertising and spare change donations.

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

Greeters Meeting

WEDNESDAY, APRIL 6
11:30 AM

This is an opportunity to refresh
your skills and address any
concerns or questions you may have.

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In Memoriam



Barbara Beischel
Evelyn Cullingsford
Merle Landes
Phyllis Landes
Lola Nebelong
Wayne Richards
Walter Taylor
Zizhi Zhu

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



WILLIAMS-BERGEY-KOFFEL
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J. Lowell Bergey, F.D., Supervisor

Formerly Bergey Funeral Home of Harleysville &
Moyer-Williams Funeral Home of Souderton
Crematory on premises

Director's Report

Continued from Page 2

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

to find out more about these and other exciting volunteer opportunities. Finally, as we begin to head into Spring and shake off the cold winter months, I want to encourage participants at Encore and PEAK to get involved with Members' Council. Members' Council meetings are held the FIRST Tuesday of each month at Encore and the THIRD Tuesday of each month at The PEAK Center at 12:30 PM. Members' Council meetings are a wonderful

opportunity for you to get updates on upcoming activities and to voice your input and feedback. Involvement from our participants in Members' Council helps us to learn what your needs are as an active older adult and allows us to share important information about the center. So come to a meeting, get involved! Thank you for being a part of our centers!
*See you soon,
Katie*

Volunteering-A Path to Your Future

Continued from Cover Page

The good news is that it's never too late to pursue your dreams through volunteering. Yes, volunteering is the right thing to do and is its own reward. America's 1.5 million nonprofit organizations count on volunteers to deliver their important, often lifesaving, programs and services. Nearly 65 million people respond to the call for service and participate in some type of voluntary activity each year. But volunteering isn't just about helping others; it's also a chance to learn new things, meet new people, and, frankly, have some free fun. From lowering stress to boosting self-confidence, volunteering offers many health benefits—especially for older adults. Doing good helps people lead better, healthier lives. Start

reaping these mental and physical health benefits today: Decrease your risk of depression. Volunteering with and for others increases social interaction and helps build a support system based on common commitment and interests—both of which have been shown to decrease depression. Enjoy a sense of purpose and fulfillment—and increase your self-confidence while you're at it! Stay physically and mentally active. Volunteer activities get you moving and thinking at the same time. Reduce stress levels. By savoring your time spent in service to others, you'll feel a sense of meaning and appreciation—both given and received—

which can be calming. Experience “The Happiness Effect.” Helping others has that effect—so the more you volunteer, the happier you become! Please join us as we recognize and celebrate the volunteers who have dedicate their time to Encore Experiences and its participants over the last year at our Volunteer Recognition Luncheon on April 15.

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



Lots of festive spirit enjoyed during Encore's holiday luncheon.



Join us! ARBOUR SQUARE | *Lifelong Learning Series*

A “Taste” of Italy

Thursday, March 31 • 2:00pm
at Main Street at Arbour Square

Let's explore one of the richest cultures in the world by learning more about their art and traditions. Join us as we snack on Italian delights and discuss famous master artist Giovanni Boldini.

Seating is limited. Call 215-315-7762 to RSVP.

A Kentucky Derby Celebration

Saturday, May 7 • 1:00–3:00 pm

Enjoy hors d'oeuvres, beverages, live music, and games with prizes! Then, tour our beautiful community!

RSVP by April 29 to 215-315-7762.

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Meet Our Volunteers



Life's most persistent and urgent question is: "What are you doing for others?" (Martin Luther King, Jr.) This quote comes to mind as Americans across the country answer that question by coming together on the King holiday to serve their neighbors and communities. It is our nation's way of transforming Dr. King's life and teachings into service that helps to empower and strengthen local communities. In his address to the United States Catholic Conference of Bishops, Pope Francis told those gathered that "Life is lived authentically in a concrete commitment to our neighbor. This is, by serving. To serve involves something special, to which we must be attentive. Serving means caring for their vulnerability. Caring for the vulnerable of our families, our society, our people...with a love which finds expression in whatever tasks we, as citizens, are called to perform. It is people of flesh and blood, people with individual lives and stories, and with all their frailty... that we are asked to protect, to care for and to serve."

We at Encore Experiences make up our own community of members and participants. Some of you may have become too frail to join us on a regular basis but still stay connected through newsletters and donations. Others are still fortunate to be engaged in most of what we have to offer.

All of you, indeed, have your own individual lives and stories.

An integral part of our senior center community are the many volunteers who give of yourselves day in and day out, making it possible for us to continue to open our doors. You have your own reasons why you do the tasks that you do in our community. You may be responding to Dr. King's question, demonstrating in a concrete way what you do for others. You may be embracing the teachings of your particular faith by committing to a particular need at the center. Perhaps you recognize that by extending yourselves to others you are gaining enormous health and social benefits. The tasks that you perform as a volunteer at Encore may give you a sense of purpose, a reason to get up each morning. Whatever your reason(s), we are blessed each and every day by your presence and your service.

On Friday, April 15, we will be celebrating you, our volunteers, with a special luncheon. On this day we will be recognizing the thousands of hours you have given to us this year, often with a song in your heart or a skip to your step, because you see our needs and respond generously. You help all of us and we are extremely grateful for all you do for and with us.

You Have the Power

Continued from Cover Page

According to the FAO from 2012-2014 there were about 805 million hungry people on earth. This organization predicts that by eliminating food loss and wasted food, we would have enough food to feed all the chronically undernourished. They also expect that we wouldn't have to increase food production or put additional pressure on our natural resources to do so. Instead of feeding landfills, you should be feeding people. You can donate different types of food to many different types of organizations. In 2012 the U.S. Dept. of Agriculture National School Lunch Program provided nutritionally balanced, low-cost or free lunches to more than 31 million children each school day. By reducing wasted food nationwide, in homes and schools, you can help feed our country's children.

You have the power to prevent food waste by buying and ordering only the food you will eat. When you dine at Encore, for instance, please let your server know if you will not eat a roll, dessert or any other item being served that day. If you ate a late breakfast and are not particularly hungry, you can ask for a smaller portion. We invite and encourage you to join us in our efforts to keep costs at a minimum while we "Reduce, Reuse, and Recycle" not only in recognition of Earth Day but every day our doors are open for you.

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

Montgomery County Senior Games

Monday, May 9 - Friday, May 13

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

Digital Photography Group

DO YOU WANT TO:

- Take worthwhile photographs?
- Learn how to edit?
- Snap unique shots like fireworks?
- Enhance and/or correct your images?
- Send more than one photo in an email?

Meets the second Friday of every month from 10:00 AM to 11:30 AM and by special appointment as schedule allow.

Join us!

CONTACT WALT AT FITZGERALD106@COMCAST.NET OR CALL THE OFFICE AT 215-256-6900



Mary Metz, Board member, spends some time at Encore volunteering with her sons.
Thank you to the Metz family!

Greater Harleysville and North Penn Senior Services (GHNPS) operates both Encore Experiences in Harleysville and The PEAK Center in Lansdale. The mission of Greater Harleysville and North Penn Senior Services is to provide access to programs and resources that help older adults live independently and remain active. Both centers offer a place of comfort, fellowship and care to the seniors in our community.

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