

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

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

occasional evening and weekend programming

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

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

TransNet Rider Information

For new trip reservations to and from The PEAK Center or Encore Experiences call:

The PEAK Center at 215-362-7432

Encore Experiences at 215-256-6900

For next day reservations you must call by 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).

INSIDE THIS ISSUE:

Director's Report.....	2
Daily Lunch Specials.....	3
Encore Wellness.....	4, 5
Encore Finance.....	6
July/August Calendars.....	7-10
Welcome New Members.....	8
Encore Enrichment.....	11
Encore Recreation.....	12, 13
Article of Interest.....	15
Attorney Talk.....	15
Meet Our Friends.....	16

Save the Date! Day of Caring 2015

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

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

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

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

Day of Caring Project

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

I confirm my income level is below:

☐ \$33,499 for single household

☐ \$45,599 for two person household

☐ I am age 62 or above

Service Requested
(please circle)

Lawn mowing

Trimming hedges

Pulling weeds

Raking

Other - please specify

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

GHPSS Website Launch is Coming!



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

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

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

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

Mark your calendars for these upcoming website tutorial programs:

Encore Experiences
August 10 11:00 AM

The PEAK Center
August 11 11:00 AM

Director's Report



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

- A shared lobby area**
- Family friendly central gathering area
 - Reception and greeting desk
 - WiFi enabled
 - North Penn Commons Café operated by Manna on Main Street
- Advanced Living Communities**
- 60 independent residential apartments for older adults
 - Health suite
 - Library
 - Computer center
 - Community room with kitchen

- Manna on Main Street**
- Spacious and comfortable dining area
 - Expanded choice food pantry
 - Increased food preparation capacity in a larger kitchen
 - Access to multiple shared areas for client education
- The PEAK Center**
- Arts center
 - Program rooms for fitness classes, clubs and group meetings, special presentations, and celebrations
 - Fitness room
 - Dining room where lunch will be served Monday - Friday

- The Lansdale Area Family YMCA (A branch of the North Penn YMCA)**
- New six-lane lap/recreation pool with diving blocks
 - Family pool with slides and water features
 - New family, men’s, and women’s locker rooms
 - New membership services area
 - New sauna, steam room and whirlpool facilities
- We will continue to keep you informed on the construction progress and new collaborative programs being planned by the partners. We look forward to sharing pictures and exciting benchmarks as we move closer to welcoming you to North Penn Commons and the new PEAK Center facility!

Warm Regards,
Katie



- GHPSS STAFF MEMBERS**
- Katie Walker
Executive Director
- Becky Carver
Administrative Assistant/Bookkeeper
- Susan Andersen
Communications Manager
- ENCORE EXPERIENCES STAFF MEMBERS**
- Kay Pagni, *Assistant Director & Social Services Coordinator*
- Michele Ross, *Program Director*
- Beth Knize, *Meal Coordinator*
- Teresa Ascher, *Administrative Assistant*

- THE PEAK STAFF MEMBERS**
- Sandi Hertler
Welcome Desk Manager
- Jennifer Metzger
Assistant Director
- Carol Costlow
Social Services Coordinator
- Steve Zurad
Meal Assistant

- GHPSS Board of Directors**
- Dan McKee, President
- Mary Metz, Vice President
- Tammy Towers, Secretary
- Bob Schoen, Treasurer
- Sheri Strouse, NP Liaison
- Charles Gardner
- Anna Crouse
- Katie Farrell
- Mark Hoffman
- Robert Iannozzi
- Jason Klaskin
- Andrew Santana
- Deb Santoro
- Hervey Schofield
- Louise Shaheen



Members Council Notes

By the time you get this Bulletin you will have noticed some of the changes to the lobby Beth discussed with us at the May meeting. Improvements planned by the Staff include new arrangement, possible new colors, and getting rid of the couch. Reactions were positive all around.

We should remind each other that swiping or signing in at the front desk is critically important to Encore’s accounting and funding. Non-registrants are welcome as guests but should check with Teresa in the office.

Charlie Gardner

Dues Are Due

Membership Form

It's not too late!

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

July 1, 2015 - June 30, 2016

Name (s): _____

Address: _____

City, State, Zip: _____ Phone: _____

\$20.00 Annual Membership (one person)	
Includes bulk mailing of the Encore Bulletin	\$ _____
\$10.00 ONLY if requesting first class mail	\$ _____
\$5.00 per additional household member	\$ _____
Additional Donation	\$ _____
For an additional \$10.00, also receive The PEAK Center newsletter and benefits	\$ _____
Total Enclosed	\$ _____

Please make checks payable to:

Encore Experiences in Harleysville

312 Alumni Avenue

Harleysville, PA 19438

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

ACCREDITED BY NATIONAL INSTITUTE OF SENIOR CENTERS

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*

July Daily Lunch Specials (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
	Encore Café Hours <i>Breakfast 8:00AM to 10:00AM Lunch 11:30AM to 1:00PM</i>	Mushroom & Asparagus Strata Mixed Greens Salad Whole Grain Roll Fresh Fruit 1	Oven "Fried" Chicken Legs & Thighs Cucumber Dill Salad, Baked Beans Watermelon Slice Strawberry Short Cake 2	Encore Experiences Closed 3
Baked Ham with Pineapple Stuffing Green Beans Whole Grain Roll Berry Phyllo Tart 6	Tomato Stuffed with Waldorf Tuna Salad Whole Grain Roll Brownie 7	Pulled Pork BBQ Slaw Oven Baked Sweet Potato Fries Raspberry Oat Bar 8	Oven Roasted Chicken Ka-bobs Corn on the Cob Wild Rice Fruit 9	Roast Beef on Foccocia w/Roasted Reds Caramelized Onions & Spinach Pickled Cauliflower Berry Parfait 10
Citrus Soy Glazed Salmon Filet Sesame Soba Noodles Steamed Broccoli Mandarin Oranges 13	Grilled Chicken with Watermelon Salsa Potato Salad Whole Wheat Roll Oatmeal Cookie 14	Asian Noodle Fish Bowl Vegetable Egg Roll Orange Slices Fortune Cookie 15	Glazed Pork Loin with Pineapple Salsa, Yellow Squash Watermelon & Arugula Salad Whole Wheat Roll Brownie 16	Turkey with Apple, Kale & Fennel with Cheddar Cheese Wrapped in Sundried Tomato Tortilla Fudgy Coconut Oat Cookie 17
Seafood Stuffed Portobello Mushroom w/Spinach & Roasted Peppers & Fresh Basil Served on Brown Rice Fresh Fruit 20	Chicken Cobb Salad with Avocado, Tomatoes, Bacon, Hard Boiled Egg & Beets Dark Chocolate Dipped Frozen Bananas 21	Grilled Chicken Flatbread with Bacon Jam, Roasted Tomatoes, Arugula and Mozzarella Cheese Ice Cream 22	Fish Tacos Corn Tortillas, Pickled Cabbage, Salsa and Avocado Yogurt Crema Chocolate Chip Cookies 23	Meatball Sub Provolone Cheese Pesto & Whole Grain Pasta Salad Yogurt & Fruit Parfait with Granola 24
BTLT on Sourdough French Toast Fresh Fruit Cup Mousse Tart 27	Oven "Fried" Chicken Legs & Thighs Cucumber Dill Salad, Baked Beans Watermelon Slice Strawberry Short Cake 28	Seafood Stuffed Portobello Mushroom w/Spinach & Roasted Peppers & Fresh Basil Served on Brown Rice Fresh Fruit 29	"Brunch" Stuffed Pepper with Egg, Hash Browns, Peppers, Ham Mixed Greens Salad Fresh Melon 30	Asian Chicken Salad in a Lettuce Wrap Cold Sesame Noodle Salad Fortune Cookie 31

August Daily Lunch Specials (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
Pulled Pork BBQ Slaw Oven Baked Sweet Potato Fries Raspberry Oat Bar 3	Meatball Sub Provolone Cheese Pesto & Whole Grain Pasta Salad Yogurt & Fruit Parfait with Granola 4	Fish Tacos Corn Tortillas, Pickled Cabbage, Salsa and Avocado Yogurt Crema Chocolate Chip Cookies 5	Baked Ham with Pineapple Stuffing Green Beans Whole Grain Roll Berry Phyllo Tart 6	Tomato Stuffed w/ Waldorf Tuna Salad Whole Grain Roll Brownie 7
"Brunch" Stuffed Pepper with Egg, Hash Browns, Peppers, Ham Mixed Greens Salad Fresh Melon 10	Oven Roasted Chicken Ka-bobs Corn on the Cob Wild Rice Fruit 11	Roast Beef on Foccocia w/Roasted Reds Caramelized Onions & Spinach Pickled Cauliflower Berry Parfait 12	Citrus Soy Glazed Salmon Filet Sesame Soba Noodles Steamed Broccoli Mandarin Oranges 13	Grilled Chicken with Watermelon Salsa Potato Salad Whole Wheat Roll Oatmeal Cookie 14
Asian Noodle Fish Bowl Vegetable Egg Roll Orange Slices Fortune Cookie 17	Glazed Pork Loin with Pineapple Salsa, Yellow Squash Watermelon & Arugula Salad Whole Wheat Roll Brownie 18	Turkey with Apple, Kale & Fennel with Cheddar Cheese Wrapped in Sundried Tomato Tortilla Fudgy Coconut Oat Cookie 19	Mushroom & Asparagus Strata Mixed Greens Salad Whole Grain Roll Fresh Fruit 20	Chicken Cobb Salad with Avocado, Tomatoes, Bacon, Hard Boiled Egg & Beets Dark Chocolate Dipped Frozen Bananas 21
Grilled Chicken Flatbread with Bacon Jam, Roasted Tomatoes, Arugula and Mozzarella Cheese Ice Cream 24	Fish Tacos Corn Tortillas, Pickled Cabbage, Salsa and Avocado Yogurt Crema Chocolate Chip Cookies 25	Meatball Sub Provolone Cheese Pesto & Whole Grain Pasta Salad Yogurt & Fruit Parfait with Granola 26	"Brunch" Stuffed Pepper with Egg, Hash Browns, Peppers, Ham Mixed Greens Salad Fresh Melon 27	Asian Chicken Salad in a Lettuce Wrap Cold Sesame Noodle Salad Fortune Cookie 28
BTLT on Sourdough French Toast Fresh Fruit Cup Mousse Tart 31				

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.

Encore Wellness



Encore Integrative Health *Services*

Acupuncture Lecture and Treatments

Thursdays, July 16 and August 20

Lecture 12-12:30PM

Treatments by appointment 12:30-2:00 PM.

Treatment Cost: \$20.00

Provided by Kim Niezgoda,

Board Certified Licensed Acupuncture

Come with your questions about acupuncture, 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 Encore attendees.

Foot Reflexology

Fridays, July 17 and August 14

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.

Massage Therapy (table/chair)

Fridays, July 31 and August 28

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 benefits the whole person, body, mind, emotions and spirit.

Reiki

Friday, August 7

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. It universally honors and coexists with all belief systems.

Encore *Fitness*

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

What is durable, stylish, and can help you decrease your carbon footprint? The answer is: Reusable water bottles. Bring along a reusable water bottle to your fitness class and make sure you put your name on it.

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

Jitterbug Dancing

Classes resume in September

Line Dancing

Thursdays 10:15 AM Cost: \$2.00

MERCK Fitness Room

Anytime

The Pace Setters

Mondays 8:00 AM Meet at Encore Experiences

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

WHOGA

Wednesdays 9:30 AM-10:15 AM

WHOGA: Wellness, Happiness, Opportunity for Gentle Activity WHOGA is a gentle activity that brings all the benefits of yoga to individuals seated in a chair. Experience joy and well-being.

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

Please Note:

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

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

Quarterly on Mondays July 6 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.

Help Yourself to Healthy Living

Second Thursday of each month 12:30 PM

Provided by Abington Health

July: Cholesterol-Just the Facts

August: What is Congestive Heart Failure?

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

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.



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Encore Wellness



Cellulitis

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

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

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

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

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

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

Source: www.pccares.org

Tragedy Doesn't Take a Vacation

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

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

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

Source: American Red Cross

Wellness Programs

Programs are free unless otherwise noted.

Avoiding Lyme Disease

Resource material available throughout July. Lyme disease is now found in every county in Pennsylvania. Your first line of defense is to avoid tick-infested areas, which is about anywhere outdoors. Be sure to pick up the resource material and learn prevention facts.

There Is No Place Like a Safe Home

Wednesday, July 15 12:30 PM

Presented by Kristi Goodman, Montgomery County Health Department

Our homes fulfill many needs. The most basic is protection from the elements and intruders. Once we are warm and secure, other needs arise. Comfort and a place for self-expression are vital for our well-being. A home gives a feeling of independence. Home accidents are a major source of injuries. A simple fall can become a serious, disabling injury that limits independence.

Parkinson's Support Group

July 22-Picnic at Arbour Square 11:30 AM

695 Main Street, Harleysville

Note: All future sessions will be at Arbour Square

This group is open to the public. A support group is not a substitute for medical treatment or professional counseling and it is not a replacement

Red Cross Volunteering

Wednesday, July 29 12:30 PM

Presented by the American Red Cross

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

Calm Down and Get Your Zentangle On

Wednesday, August 5 12:30 PM

Presented by Randall Taylor-Craven

Cost: \$10.00 per person due on the day of the service

Register by July 31

Zentangle is a pen and ink technique that encourages creativity and relaxation with the use of invented repetitive pattern. Tools and equipment are included.



Pain in The Neck?

Friday, August 28 12:30 PM

Presented by Dr. Claire DeFazio, Windsor Hills Family Chiropractic Center

While enjoying vacation time with your family and friends, be mindful of the strain traveling can put on your body. Thinking ahead can help make your trip more enjoyable, and your back and neck will thank you. Preparation and mindfulness are key to not letting pain ruin your fun. Learn about proper stretching for tight neck and upper back.

Prime Time Health Walk

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

Sponsored by Aging and Adult Services

Fischer's Park; Register by August 26

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

EncoreFinance



Money Saving Tips

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

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

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

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

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

Have fun and safe travels!

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.

Finance Programs

A Step Ahead in Identity Theft

Wednesday, July 8 12:30 PM

Presented by Lower Salford Police Department

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

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

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.

Finance Services

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

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. Don't leave money on the table that could help you.

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.

Farmers' Market Vouchers

Vouchers will be distributed Tuesdays through Fridays. Please call Encore before coming to center to be sure vouchers are still available. Income eligibility (\$21,775/Single, \$29,471/couple) and Montgomery County residency required.

Financial Advice

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

Legal Advice

Attorney Mark Hoffman offers his expertise on the third Friday of each month.

Low-Income Heating Assistance Program (LIHEAP)

This is a seasonal program

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 2014 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, 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. As of this writing, the application deadline is June 30, 2015.

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.

Encore Enrichment



Embracing Your Age

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

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

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

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

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

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

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

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

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

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

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

Source: www.aplaceformom.com

Enrichment Programs

Programs are free unless otherwise noted.

GHPSS Website Tutorial

Monday, August 10 11:00 AM

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

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.

AARP 8 Hour Driving Course

Tuesday, August 19 and Wednesday, August 20
9:00 AM – 1:15 PM

Instructor Les Duman

Cost: \$15.00 for AARP members;

\$20.00 for non-members

Bring your driver's license to the class.

This course covers the normal changes in vision, hearing, and reaction time. Learn how to operate your vehicles more safely in today's increasingly challenging driving environment. You will also receive a thorough review of the "rules of the road," with an emphasis on safety strategies.

For your safety and the safety of the wait staff, please use the coat racks in the hallway and the back of the Wambold Room. Placing your coats on the back of the chairs makes the dining room even more crowded. Thank you for your cooperation.

Enrichment Groups

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. Local grocery store coupons are accepted.

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 1:00 PM*

***Program time is changed to 1:00 PM during July and August.**

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

July Topic: Vladimir Putin

August Topic: Henry II

Digital Photography

Second Friday of each month

By appointment starting at 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.

Philately, A Hobby for Everyone

New!

Tuesdays 10:00 AM – 11:30 AM

Few hobbies match the flexibility of stamp collecting. Suitable for nearly all ages, you can collect stamps all 12 months of the year regardless of the climate where you are located. 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.

Enrichment Services

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!

EncoreRecreation



Top 10 Health Benefits of Chess

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

Here are the Top 10 Health Benefits of Chess:

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

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

games like chess are less likely to develop dementia than their non-board-game-playing peers. The saying "use it or lose it" certainly applies here, as a sedentary brain can decrease brain power. All the more reason to play chess before you turn 75.

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

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

Optimizes memory improvement: Chess players know that playing chess improves your memory, mainly because of the complex rules you

have to remember, as well as the memory recall needed when trying to avoid previous mistakes or remembering a certain opponent's playing style. Good chess players have exceptional memory performance and recall. A study of Pennsylvania sixth-graders found that students who had never before played chess improved their memories and verbal skills after playing.

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

Source:

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

RecreationPrograms

Programs are free unless otherwise noted.

Movies

When it is hot outside join us for a movie inside where it is cool.

All movies began at 12:30 PM

The Second Best Exotic Marigold Hotel

Wednesday, July 1

Rated PG Two hours

As the Best Exotic Marigold Hotel has only a single remaining vacancy - posing a rooming predicament for two fresh arrivals - Sonny pursues his expansionist dream of opening a second hotel.

The Secret Life of Walter Mitty

Friday, July 10

Rated PG One hour 54 minutes

Dreams not only come true in the wonderful "The Secret Life of Walter Mitty," they're the stuff of everyday life.

American Sniper

Friday, July 24

Rated R Two hours

U.S. Navy SEAL Chris Kyle (Bradley Cooper) takes his sole mission -- protect his comrades -- to heart and becomes one of the most lethal snipers in American history

Monuments Men

Wednesday, August 12

Rated PG-13

During World War II, the Nazis steal countless pieces of art and hide them away. Some over-the-hill art scholars, historians, architects and other experts form a unit to retrieve as many of the stolen masterpieces as possible.

Chess Tournament

Make The Right Move.... Play Chess

Wednesday, July 15 9:00 AM

Registration is recommended, but not required

Multiple games will be played simultaneously in tournament format. Competition rules will be determined according to the number of players and their familiarity with the game. All rules will be discussed right before the competition begins. Seniors, students, we welcome the intergenerational opportunity to compete with each other and share the excitement of the game. School's out for the summer, so grandparents invite the grandchildren. Encore Experiences has many sets and boards or you may choose to bring your own favorite. This will be informal. Souvenir prizes and snacks will be furnished by volunteers. Stay for lunch.

RecreationTrips

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.

DayTrips:

Christmas in July

The Christmas Tree Shops Allentown

Wednesday, July 22 9:30 AM

Cost: \$18.00

Register by July 15

Sign up early space is limited

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

Quakertown Farmer's Market Trip

Friday, July 31

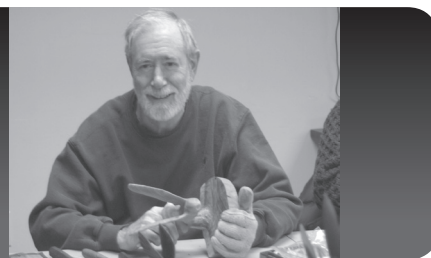
Departure from The PEAK Center: 10:00 AM

Return to The PEAK Center:

Approximately 1:30 PM

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

Encore Recreation



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
Instruction is available. Donations accepted for materials as needed.

INTERESTED IN...

- helping in our garden? It's that time of the year.
- learning how to play Bridge?
- playing pool?
- joining a golf league?
- Philately? (The study of stamps and postal history. You do not have to own stamps)

CALL ENCORE AND ASK FOR MICHELE TO DISCUSS YOUR INTERESTS!

Haircuts

Tuesday mornings \$6.00

Call Encore for appointment
at 215-256-6900

Highlights from

The PEAK Center's News & Notes

(these listings are held at The PEAK Center in Lansdale
1292 Allentown Road, Suite A, Lansdale)

Tea on Tuesdays

Tuesdays July 7, 14, 21, 28 &
August 4, 11, 18, 25

12:30 pm to 1:30 PM & 2:30 PM to 3:30 PM
By now almost everyone has heard of the acclaimed series Downton Abbey. If you haven't, it is a chronicle of the lives of the Crawley family and their servants, beginning in the years leading up to World War I. Every Tuesday we will be enjoying some tea while we watch an episode from season one. Beat the heat and join us!

Pelvic Floor Disease

Tuesday, August 18 12:30 PM
Presented by Gina Coffey

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



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

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Walking Is the Best Wonder Drug for Senior Citizens

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

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

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

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

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

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

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

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

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

Changes in Our Nutrition Services Begin

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

According to Montgomery County Aging and Adult Services (AAS), if you eat a meal at the center, you will only be permitted to take home whole fresh fruit, prepackaged bread, pastries,

cookies and baked goods as well as unopened fruit juices. Participants are not permitted to take other foods out of the center. We will not be held responsible for other foods that leave the center or any medical condition which might result from these foods.

In addition to the above new policy, our take-out meal program is now on a private-pay basis. This means that if you order a take-out meal, it will

cost you \$4.00 per meal and the money will be collected and put in the cash register at the time of purchase. The income from these meals will stay with Encore and not be returned to AAS.

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



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InMemoriam

As of May 4



Edward Badame
Raymond Bosler
Betty Grasse
William Gray

David Milke
Francis Miller
Lester Myers
Dorothy (Dot) Wahl

*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.*



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Attorney Talk

I am discussing aging. We all get older from the day we are born. As time advances, with an ever-lengthening period behind us, one must ask: now what? These are some thoughts. First, America is a young country and, therefore, reflects mostly "young" values. So, for example, women movie stars after a certain age are offered fewer roles but, shortly thereafter, can play older women. Think of Bette Davis in her youth versus Whatever Happened to Baby Jane where she is a crazed person. Men, on the other hand, are treated differently: As one ages, one may become "distinguished." Think of Cesar Romaro, Richard Gere or Harrison Ford. So, the role models are not helpful.

Second, older people are often portrayed either as babbling fools or wise, but crabby. There is nothing

in between. You have the Real McCoys, with "Grand Pappy Amos/the head of the clan/roars like a lion/but is gentle as a lamb" in contrast to his grandson Luke, who "beams with joy since he made Kate Mrs. Luke McCoy." Luke is obviously getting it on, while Grand Pappy Amos is not. Of course, older people are finished.

Third, advertisers prefer demographically younger audiences, because they are likely to spend money on what is advertised, whereas seniors are less likely to because they are on fixed incomes. So, we are bombarded with youthful presentations throughout the media, because that is what sells.

To be continued...

Written by: Attorney Mark Hoffman

Your Suggestion, Our Response



Suggestion:

Please make entire Encore property non-smoking. Having to walk past smokers to get into the building is disgusting. Also, smokers put their "butts" in the ceramic out front and they continue to burn and smoke. Thank you.

Response:

Thank you for bringing this to our attention. We will plan to address this issue at the next member council meeting to come up with a solution.

Suggestion:

Create a bulletin board for advertising for buy and sell.

Response:

We are happy to post any pictures of items for sale on the community bulletin board next to the greeters desk. Nice idea!

*Your input is important to us.
Drop your suggestion in the box located in the lobby.*

Yoga

New class!
Fridays, 9:30 AM Cost: \$3.00

A mind, body and soul experience
you will not want to miss!

No prior experience needed

Instructed by Terri Kuenzer



Prime Time Health Walk

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

*Sponsored by Aging
and Adult Services*

Fischer's Park; Register by August 26

This fun activity will give you an opportunity to meet folks from different senior centers, eat a delicious free lunch, breathe in some fresh air, and walk as much or as little as you are able surrounded by nature's beauty.

This year's theme is the Roaring 20s, so dig into those attic trunks!



Creating memories with our volunteers. We are so grateful for your time, service and dedication.



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Meet Mark Cashatt



Mark Cashatt has been our Tai Chi instructor extraordinaire since 1999. While he probably won't admit that his gentle, accepting, positive manner has anything to do with his success at Encore, those of you who know Mark, would agree this is one reason you keep coming back. In Mark's eyes the facts speak for themselves: Tai Chi engages the whole body, not just aching joints. It is a program that anyone can do and in any position. It allows you to sink into yourself, relaxing both sides of your body while strengthening your balance.

TaeKwon-Do and not Tai Chi began Mark's introduction into the field of marital arts. As a young man in his 20s, Mark's curiosity about self-defense and his desire to stay in shape drew him to the Pennsburg dojang, a Korean marital arts term that refers to a formal training hall or gathering place. With four years of training under his belt and the encouragement of his friends, Mark started teaching a few students in his home and only one year later, his own Souderton dojang opened. An additional Harleysville location followed then in 2007; both dojangs joined at the present Souderton location on Forman Road. In 2009 Mark was promoted to United TaeKwon-Do 7th Degree Black Belt, Master Instructor, and he and his staff are credited with training hundreds

of students in this form of marital art. So exactly what is this Tai Chi that is listed on our Monday and Wednesday calendar? Taijiquan (Tai Chi is actually slang for Taijiquan) is a marital art that originated in China. It takes from ancient teachings of philosophy and how the energy flows through the body with slow and steady-flowing movements. It is a relaxing exercise program that requires thought and visualization of the movements. Studies have shown that Tai Chi is beneficial for you if you have asthma or any other breathing issue, cardiovascular disease, hypertension, wish to improve your posture, or are recovering from a stroke.


In addition to martial arts, Mark, who is married with three adult children, enjoys camping, hiking, music, and anything that takes him outdoors. A believer in life-long learning, he has been playing the guitar and mandolin for the past ten years. While we are blessed to have Mark at Encore, he also shares his expertise at three senior residential facilities and guides the physically/mentally challenged to mirror the movements of nature that are familiar, namely animals, plants and trees while breathing deeply. We encourage all of you who have not tried Tai Chi to join Encores' special group of learners. You will feel better, think deeper, focus more and come to appreciate Mark Cashatt as we do.

Something to think about...







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

~Mary Oliver

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*Cannot repackage other pharmacies medications

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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