

# The Encore Bulletin

## Encore Experiences at Harleysville

312 Alumni Avenue  
Harleysville, PA 19438

Phone: 215.256.6900

Fax: 215.256.9132

[www.EncoreExperiences.org](http://www.EncoreExperiences.org)

### Encore Experiences Hours

Monday-Friday

8:00AM 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 at Harleysville or The PEAK Center, or on our web sites and/or newsletters, are not necessarily endorsed in any way by GHNPS; nor are the opinions of speakers necessarily the opinions of GHNPS; nor are the representations and information presented tested or reviewed for accuracy or reliability by GHNPS.

### TransNet Rider Information

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

The PEAK Center at 215-362-7432  
Encore Experiences at 215-256-6900

For next day reservations you must call by 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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## Volunteering! It's Good for You!

Volunteering has long been a common ethic in the United States, with people each year giving their time without any expectation of compensation. While these volunteer activities may be performed with the core intention of helping others, there is also a common wisdom that those who give of themselves also receive. Over the past two decades we have seen a growing body of research that indicates volunteering provides individual health benefits in addition to social benefits. This research has established a strong relationship between volunteering and health: those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer. Comparisons of the health benefits of volunteering for different age groups have also shown that older volunteers are the most likely to receive greater benefits from volunteering, because volunteering provides them with physical and social activity and a sense of purpose at a time when their social roles are changing. Some of these findings also indicate that volunteers who devote a "considerable" amount

of time to volunteer activities (about 100 hours per year) are most likely to exhibit positive health outcomes. Some researchers hypothesize that younger volunteers may not experience the same benefits from volunteering because of the greater likelihood that their volunteering may be, in some sense, obligatory (e.g., tied to other responsibilities, such as parenting). In contrast, the volunteer activities of older persons are more likely to be discretionary and provide them with a purposeful role in their community; for these reasons, the experience of volunteering is more likely to be beneficial to them.

We are incredibly blessed with our volunteers here at Encore Experiences and The PEAK Center. We hope that you get back as much as you give us every day. Join us as we celebrate you on Friday, April 24 (see page 12). It is just a small way to thank you for all you do for us. We could not do it without you!

*Adapted from Corporation for National  
& Community Service*

## Happy 45th Birthday, Earth Day



Wednesday, April 22, 2015, marks the 45th celebration of Earth Day in the United States — a day when we can all take time to appreciate the connection between our environment and health.

A healthy environment is key to leading a healthy life. At Health and Human Services (HHS), we strive to maintain healthy environments for all Americans, and I hope you will work to make your community a healthy one too. Local parks establish venues for our children to play while adults exercise. Trails facilitate active lifestyles through biking and walking instead of driving. Step outside and enjoy your outdoors.

Keeping our planet healthy helps keep each and every one of us healthy. Taking simple actions to conserve energy and water can help reduce waste and cut carbon pollution. You can make a

difference by turning off the lights when you leave a room, turning off the water while you brush your teeth, shopping locally and taking a bike ride instead of driving. Remember to recycle your paper, bottles and cans. Don't forget to deliver outdated and discarded cell phones, computers, and printers to electronic waste recycling facilities. Simple sustainable activities like these can help protect our environment and our health.

Please join HHS in celebrating Earth Day and go for a walk outside. Enjoy the fresh air and beautiful scenery while you stay active. Please be mindful that the "green actions" we take today help protect our wonderful planet for our children. Learn more about being green on Monday, April 20, by attending the Green Drop program and by watching the DVD The Works: Garbage on Tuesday, April 21. This Earth Day, April 22, join us in going green to be healthy.

*Source: Secretary Kathleen Sabelius, HHS.Gov*

## 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/](http://www.soudertonsd.org/schools/closings/)



# Director's Report



As I reflect upon my first month as the new Executive Director of Greater Harleysville and North Penn Senior Services, I am so incredibly grateful for the opportunity to lead two wonderful centers, Encore Experiences and The PEAK Center in the New Year.

In my short time here I have been so impressed with the passion and dedication of the board members, staff, and volunteers for both centers. These individuals work hard to fulfill our mission of helping older adults remain active and independent; whether that be through preparing and serving nutritious lunch meals for our participants, offering an array of wellness and fitness programs, providing opportunities for ongoing learning, working tirelessly to be sure that seniors are receiving the benefits that are available to them, and finally offering opportunities for participants to volunteer and give back to their communities.

In my short time here I have also come to understand and appreciate the importance that the centers play in the lives of our active older adults. This became more evident to me just around the holidays. Holidays often remind us of family members and friends who are no longer with us, as well as traditions of the past. For older adults who are already dealing with health issues, grief or depression, the swell of holiday emotions can sometimes be overwhelming. I spoke privately with several of our participants, who expressed the importance of being around friends and the support system that the centers provide. One participant referred to the center as a "life saver."

I am proud to lead an organization that offers that comfort to so many.

In my short time here I have been amazed by the generosity of our participants and members. Over the past few weeks we have received numerous donations to the Annual Appeal for both Encore and PEAK and they are still coming in! These contributions are so important to our centers and I want to thank everyone who has made a donation.

Finally in my short time here I have become extremely grateful for the amazing support system we have established for both centers. Our support system comes to us in the form of volunteers in our centers, especially in the kitchen and cafes. It comes to us from numerous community organizations such as Montgomery County Aging and Adult Services, The North Penn Community Health Foundation, The North Penn United Way, The Greater Philadelphia and Southern New Jersey United Way, The VNA Foundation and so many more. And finally, what would we do without the support of our friends at Lower Salford Township... Where do I begin? From fixing our toilets to checking on leaks, to moving tables, the "township guys," as we affectionately call them, are here for us whenever we need them. THANK YOU!

So one of my first lessons learned during my short time here is that it does not take long to recognize a good thing when you see it. And I see wonderful things in our staff, volunteers, participants, supporters and in our communities. We can only continue to get better and together, provide the services that our active older adults so greatly appreciate.

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*  
TBA, *Office Manager*

### PEAK STAFF MEMBERS

Sandi Chiriano  
*Welcome Desk Manager*  
Jennifer Metzger  
*Assistant Director*  
Carol Costlow  
*Consumer Resources & Education 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



The Members Council welcomed me as President for 2015 at our monthly meeting on January 6th.

Our meetings are brief but motions and announcements are of interest to members at large. We hope to see attendance grow. Minutes are posted on the bulletin board in the lobby.

In a brief discussion about café seating, there was a consensus that seating at tables should be friendly and non-exclusive. As at any public venue, the best way to save a seat is to sit in it. Pulling up an additional chair when desired is a welcoming gesture.

Charles Gardner

*The purpose of the Council is to promote fellowship, suggest programs and activities of interest to the members, and to support and initiate funding for the center.*

### Please Consider Making a Donation!

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

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

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Harleysville, PA 19438

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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 at Harleysville and The PEAK Center in Lansdale.

Encore Experiences at Harleysville and The PEAK Center in Lansdale are supported in part by funding received from Montgomery County Office of Aging and Adult Services. We are participating agencies of the 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.

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*

## March Daily Lunch Specials (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
Monte Cristo <sup>2</sup> with Maple Syrup Fresh Fruit Salad Cookie	Chicken Pot Pie <sup>3</sup> with Puff Pastry Mixed Greens Salad Pumpkin Squares	Sloppy Joe <sup>4</sup> on Whole Wheat Bun Roasted Sweet Potatoes Mandarin Orange	Tilapia Imperial <sup>5</sup> with Asparagus Kale & Mini Pierogie Salad Fruit	Baked Eggplant Parmesan <sup>6</sup> Mixed Greens Salad Fresh Fruit
Pork & Sauerkraut <sup>9</sup> Roasted Root Vegetables Stewed Apples	Broccoli & Cheddar <sup>10</sup> Baked Potato Quinoa, Kale & Apple Salad Chocolate Chip Cookie	Turkey Chili with <sup>11</sup> Cornbread Topping Caesar Salad Fruit	Chicken & Corn Chowder <sup>12</sup> Whole Wheat Roll Fresh Fruit	Mediterranean Tuna with <sup>13</sup> Capers and Dill on Mini Croissant Vegetable Soup Chocolate Mousse Tart
Open Faced Crab Sandwich <sup>16</sup> with Avocado Mayo & Lettuce Cranberry Grain Salad Macaroons	Chicken Parmesan <sup>17</sup> on Focaccia Sun Chips Grapes & Yogurt	Tomato Olive & <sup>18</sup> Rosemary Quiche Mixed Greens with Mandarins & Cranberries Oatmeal Cookie	<b>St. Patrick's Day Luncheon</b> <sup>19</sup>  <b>No Café Service</b>	Tilapia Imperial <sup>20</sup> with Asparagus Kale & Mini Pierogie Salad Fruit
Chicken Pot Pie <sup>23</sup> with Puff Pastry Mixed Greens Salad Pumpkin Squares	Monte Cristo <sup>24</sup> with Maple Syrup Fresh Fruit Salad Cookie	Sloppy Joe <sup>25</sup> on Whole Wheat Bun Roasted Sweet Potatoes Mandarin Orange	Potato Gnocchi <sup>26</sup> Turkey Bologonase Mixed Greens Salad Grapefruit Slices Frozen Yogurt	Baked Eggplant Parmesan <sup>27</sup> Mixed Greens Salad Fresh Fruit
Meatloaf <sup>30</sup> Red Skin Smashed Potatoes Edamame & Corn Succotash Apple Crisp	Chicken & Waffles <sup>31</sup> Grapefruit & Greens Salad with Apple Cider Vinegar Yogurt & Fruit Parfait		<b>Encore Café Hours</b> <i>Breakfast 8:00AM to 10:00AM Lunch 11:30AM to 1:00PM</i>	

## April Daily Lunch Specials (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
<div>                     We allow people to take meals out to eat for lunch. However, if you are eating in, we respectfully request you wait until others are served before requesting an additional meal for take-out.                 </div>		Pork & Sauerkraut <sup>1</sup> Roasted Root Vegetables Stewed Apples	Chicken & Corn Chowder <sup>2</sup> Whole Wheat Roll Fresh Fruit	Open Faced Crab Sandwich <sup>3</sup> with Avocado Mayo & Lettuce Cranberry Grain Salad Macaroons
Potato Gnocchi <sup>6</sup> Turkey Bologonase Mixed Greens Salad Grapefruit Slices Frozen Yogurt	Sausage & White Bean Stew <sup>7</sup> Roasted Beets, Parsnips, Turnips & Sweet Potatoes Blueberry Tart	Tomato Olive & <sup>8</sup> Rosemary Quiche Mixed Greens with Mandarins & Cranberries	Chicken Parmesan <sup>9</sup> on Focaccia Sun Chips Grapes & Yogurt	Turkey Chili with <sup>10</sup> Cornbread Topping Caesar Salad Fruit
Sloppy Joe <sup>13</sup> on Whole Wheat Bun Roasted Sweet Potatoes Mandarin Orange	Monte Cristo <sup>14</sup> with Maple Syrup Fresh Fruit Salad Cookie	Tilapia Imperial <sup>15</sup> with Asparagus Kale & Mini Pierogie Salad Fruit	Chicken Pot Pie <sup>16</sup> with Puff Pastry Mixed Greens Salad Pumpkin Squares	<b>Greek Easter Luncheon</b> <sup>17</sup>  <b>No Café Service</b>
Meatloaf <sup>20</sup> Red Skin Smashed Potatoes Edamame & Corn Succotash Apple Crisp	Turkey & Quinoa <sup>21</sup> Stuffed Pepper Mixed Greens Salad Orange Slices	Field Greens Salad with <sup>22</sup> Grilled Chicken, Pear, Feta & Candied Nuts Brownie	Baked Eggplant Parmesan <sup>23</sup> Mixed Greens Salad Fresh Fruit	<b>Volunteer Appreciation Luncheon</b> <sup>24</sup>  <b>No Café Service</b>
Pork & Sauerkraut <sup>27</sup> Roasted Root Vegetables Stewed Apples	Chicken & Waffles <sup>28</sup> Grapefruit & Greens Salad with Apple Cider Vinegar Yogurt & Fruit Parfait	Broccoli & Cheddar <sup>29</sup> Baked Potato Quinoa, Kale & Apple Salad Chocolate Chip Cookie	Turkey Chili with <sup>30</sup> Cornbread Topping Caesar Salad Fruit	

# Encore Wellness



## Prevention of Falls

Falls are one of the most common geriatric syndromes threatening the independence of older persons. Between 30 and 40 percent of community-dwelling adults older than 65 years fall each year, and the rates are higher for nursing home residents. Falls are associated with increased morbidity, mortality, and nursing home placement. Most falls have multiple causes. Risk factors for falls include muscle weakness, a history of falls, use of four or more prescription medications, use of an assistive device, arthritis, depression, age older than 80 years, and impairments in gait, balance, cognition, vision, and activities of daily living. Physicians caring for older patients should ask about any falls that have occurred in the past year. Assessment should include evaluating the

circumstances of the fall and a complete history and physical examination, looking for potential risk factors. The most effective fall prevention strategies are multifactorial interventions targeting identified risk factors, exercises for muscle strengthening combined with balance training, and withdrawal of psychotropic medication. Home hazard assessment and modification by a health professional also is helpful. Encore Experiences is offering Matter of Balance an 8-week evidence-based program designed to help you cope with fears about falling. Learn more about this program in the Health and Wellness section on Page 5.

*Source: SHOBHA S. RAO, M.D., University of Texas Southwestern, Dallas, Texas*

## 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-Mondays, April 6 and 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

**March:** Catching Better Z's" – Sleeping disorders and tips for a better night's rest

**April:** Relaxation – Tips and techniques to de-stress

Provided by Abington Health

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.

## Montgomery County Senior Games (MCSG)

Monday, May 4 to Friday, May 8

Celebrating 30 years of friendly competition! The games 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 recreation events in order to maintain physical and mental well-being. Check out the site: [www.montcoseniorgames.com](http://www.montcoseniorgames.com) or see Michele for more information.



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## 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. Why not bring along a reusable water bottle to your fitness class? Make sure you put your name on it.

### Ballroom Dancing

Cost: \$4.00

*Experienced:* Thursday Evenings 5:30-6:30 PM

*Beginner:* Thursday Evenings 6:45-7:45 PM

Learn the Fox Trot, Cha Cha, Jitterbug, and Waltz.

### Core Fitness

Thursdays 9:15 AM Cost: \$2.00

### Jitterbug Dancing

Wednesdays March 4, 18 and April 1, 15

1:00 PM Instructor Stu Sanfield

Cost: \$4.00 per class

or \$10.00 individual; \$15.00 couple for eight weeks

Registration is required for eight week sign up

The Jitterbug is a popular swing dance, also known as the Lindy Hop and East Coast Swing.

### 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

### \*Zumba Gold

Tuesdays 1:30 PM Cost: \$2.00

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# Encore Wellness



## Wellness Programs

*Programs are free unless otherwise noted.*

### WHOGA

Wednesdays, March 4 and 18, April 1, 15, 29  
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 as WHOGA brings body, mind and spirit together.

### Reiki

Fridays, March 6 and April 3

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.

### Yoga for Beginners

Fridays, March 6 and 20 and April 3 and 17  
10:00 AM

Want to create a new you? With Gaiam Rodney Yee's Yoga for Beginners DVD, you will learn accurate posing and workout techniques. You will receive mind-centering and mistake-eliminating instruction.

### Rosen Method Movement

Fridays, March 6 and 20 and April 3 and 17  
1:00 PM

Gentle movements set to a variety of lovely music on a DVD. Designed to lubricate the joints, ease breathing, improve flexibility, and deepen awareness of the body and more. Move easily, age gracefully.

### Gourmet Weight Wise

Healthy Kitchen = Healthy Lives  
Tuesdays, Mar 10 - June 16 12:30 PM  
Katie Marger, R.D.

Come to our nutrition classes this spring and learn all the facts that will help you shop and cook better, easier, and healthier. Each of the classes will feature a food category and what you should look for when purchasing. Cooking ideas and recipes will be yours to enjoy.

### Acupuncture Lecture and Treatments

Thursdays, March 19 and April 16  
Lecture 12:00 PM ; Treatments by appt. starting at 12:30 PM

Cost for treatment: \$20.00

Provided by Kim Niezgoda,  
Board Certified Licensed Acupuncture

Learn how and why this style of community treatment is effective and so beneficial, especially on a regular consistent basis.

### Foot Reflexology

Fridays, March 20 and April 17  
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.

### I've Fallen and I CAN Get Up!

Wednesday, March 25 1:00 PM

Presented by Alaina Eichinger

Falling down isn't what it used to be. Remember falling as a child and jumping right up, pretending it was no big deal? Even a minor fall can make us overly cautious. Conquer that fear of falling today. Come and learn how to get up safely after a fall.

### Parkinson's Support Group

Fourth Wednesdays of the month

March 25 and April 22 1:00 PM

March 25 topic: I've Fallen and I CAN Get Up!

Presented by Alaina Eichinger

April 22 topic: LSVT LOUD speech treatment for Parkinson's disease

Presented by Diane Campbell, MA, CCC-SLP  
Grandview Hospital

Learn about a speech treatment program which improves loudness, vocal quality and overall intelligibility of speech, and is designed specifically for individuals with Parkinson's disease. Parkinson's disease is a serious illness, but there are reasons for hope. Learn the signs and symptoms, treatments that reduce symptoms along with things you can do to improve your overall health.

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 for family and friends.

### Massage Therapy (table/chair)

Fridays, March 27 and April 24

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 for one hour

You will be provided with a relaxation and healing experience through the combination of energy and massage therapy modalities that benefit the whole person, body, mind, emotions and spirit.

### R.E.S.P.E.C.T.

Reaching Elders and Seniors with Preparedness Education, Concepts & Tools

Thursdays, April 9, April 16, and April 23  
12:30 PM-1:30 PM

Presented by Donna Castelblanco

Respect is a multi-session disaster preparedness education program designed by the American Red Cross to specifically address the needs of seniors. Must attend all three to receive the benefits.

### Osteoporosis Low Back Pain

Friday, April 10 12:30 PM

Presented by: John R. Reynolds,  
MPT Souderton Rehabilitation Center

This gathering is especially for those who experience

pain from Osteoarthritis in their spine. Learn about this "wear and tear" disease, and how it affects your spine. Receive a coupon for a free screening.

### CAR FIT

Wednesday, April 15 10:00 AM

Rain date will be Monday, April 20

Register by April 8

Presented by Kristi Goodwin, MSPH,

Community Health Educator,

Montgomery County Health Department

CarFit is a FREE, interactive and educational program that teaches you how to make your personal vehicle "fit" you to increase safety and mobility when you hit the road. Key areas to be examined include adequate space from the steering wheel, proper seat belt use, and properly adjusted head restraints. Learn how to use and adjust your safety devices. Each checkup takes about 20 minutes— this is not a driving test or mechanical inspection.

### Matter of Balance

Mondays, April 27, May 4, 11, and 18,

June 1, 8, 15, and 22 9:30AM-11:30AM

Register by April 20 Maximum 14 participants

Provided by Montgomery County  
Health Department

This is an 8-week evidence-based program designed to help you cope with fears about falling. Learn ways you can increase your activity levels while decreasing your risks for falling. Topics covered include: fear of falling, fall prevention, managing concerns about falling, and hazards in the home. Join us for group discussions and activities that will target your concerns.

**Save the dates! Details available in the office.**

### Osteoarthritis and Knee Pain

Friday, May 1 12:30 PM

### Windowsill Herbs

Thursday, May 7 12:00 PM

### Mini Health Fair

Wednesday, May 20 9:30 AM-12:30 PM

### Veterans Mini Expo

Wednesday, June 10 9:00 AM- 1:00 PM

#### Please Note:

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

#### 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.

# EncoreFinance



## Unclaimed Property for You!

Each year the PA Treasury Department receives millions of dollars in unclaimed property, such as abandoned bank accounts, forgotten stocks, uncashed checks, certificates of deposit, life insurance policies, safe deposit box contents, and recovered stolen property. Unclaimed property is any financial asset that was left with a "holder" without activity or contact for five years or more. By law, at the end of the five year period, holders must transfer all abandoned property to the PA Treasury Department. The Treasury Department must maintain custody of any unclaimed property until it is claimed by its rightful owner. There is no time limit for claiming your property. Once you prove ownership, the property will be returned to you without charge.

You may have unclaimed property if:

- You were named as a beneficiary on a life insurance policy.

- You opened a savings account and forgot about it or your account went inactive because you did not make deposits or withdrawals for a period of time.
- You moved, forgot to change your address at the post office, and had money coming to you.
- You left your job to start a new one, and never received your final paycheck.
- You forgot to redeem a gift certificate and it expired.

You can search your name or those of family and friends in the Unclaimed Property database at <http://www.patreasury.gov/unclaimedProperty.html> or by calling 1-800-222-2046. The Treasury Department will assist you free of charge. If you would like assistance with this research, call Kay to make an appointment on Monday, March 23 between 11:30-3:00 PM.

Here are a few things you can do to keep your property from becoming unclaimed:

- Keep accurate records of bank accounts, stocks, safe deposit boxes, life insurance policies and other financial matters and share their location with someone you trust.
- Make contact with all financial institutions holding any savings, checking, IRA, certificate of deposit and all other accounts at least once every three years.
- Cash all checks for dividends, insurance benefits and wages. If you stop receiving dividends, contact the company that issues the dividends.
- Be sure to notify all financial institutions if you change your address.

*Excerpted from PA Treasury website:  
<http://www.patreasury.gov/>*

## Commodity Supplemental Food Program (CSFP)

The CSFP is a USDA Food Program that is designed to improve the health and nutrition of senior citizens. You must be at least 60 years of age and your total household income must be at or below the following:

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

To register for this program, please see 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.

Food  
for you!

## Tax Preparation for 2014 Tax Year

### By appointment

Tax preparers will be available to assist you with your 2014 taxes. Income eligibility applies.

*Please call  
to schedule your appointment.*

## FinanceServices

*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.

### 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)

LIHEAP will be accepting applications until April 3 for the current heating season. This program helps low-income households pay their heating bills. LIHEAP is a grant; you don't have to pay it back. Income Guidelines 2014-2015 for Homeowners and Renters:

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

Add \$6,090 for each additional person

Apply online at [www.compass.state.pa.us](http://www.compass.state.pa.us) or pick up an application at Encore Experiences.

### 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.

### 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



## Enrichment Programs

*Programs are free unless otherwise noted.*

### The Festival of Purim

Thursday, March 5 During Lunch

Celebrated every year on the 14th of the Hebrew month of Adar (late winter/early spring). It commemorates the salvation of the Jewish people in ancient Persia from Haman's plot "to destroy, kill and annihilate all the Jews, young and old, infants and women, in a single day." Join us today to learn about the Book of Ester and more about this festival.

### Albert Einstein: Physicist, Philosopher, Humanitarian

Thursdays, March 5 to April 2 12:45PM

30 minutes per lecture

The Great Courses, Taught by: Professor Don Howard University of Notre Dame

*Lecture 10 and 11:* Philosophical Challenge of the New Physics and Einstein's Philosophy of Science  
*Lecture 12 and 13:* Zionism, Pacifism, and Internationalism and Einstein the Inventor and Musician

*Lecture 14 and 15:* On the Road to the New Quantum Mechanics and Quantum Mechanics and Controversy

*Lecture 16 and 17:* Einstein in Princeton- The Lonely Quest and Is Quantum Mechanics Complete?

*Lecture 18 and 19:* The Expanding Universe and Einstein and the Bomb- Science Politicized

Join us for an adventure of learning without the exams through a video format.

### Honor Flight

Wednesday, March 11 12:30 PM

Presented by Robert Haley,

USMC Veteran Liaison, Vitas Healthcare

An Honor Flight is conducted by non-profit organizations dedicated to transporting to Washington, D.C. as many veterans as possible to see the memorials of the respective war(s) they fought at no cost to the veterans. Currently these organizations are focused on bringing veterans of WWII and the Korean War but all are welcome. The veterans are generally escorted by volunteer guardians, who help them during the trip to D.C. Join us for this important presentation and learn more.

### iPad Basics

March 20 6:00 PM to 8:00 PM

Location: Encore Experiences

\$5.00 for Peak And Encore Members,

\$10.00 for non-members

Registration required

Offered by Steve and Anita Brown

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

### AARP 4 Hour Refresher Driving Course

Wednesday, April 1 12:00 PM-4:00 PM

Instructor Les Duman

Cost: \$15.00 for AARP members;

\$20.00 for non-members (increased fee)

This refresher course is appropriate for those who have completed the full course in the past three years. 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.

### Inside Alcoholics Anonymous

Wednesday, April 8 1:00 PM-1:45 PM

A&E Real Life DVD

Alcoholics Anonymous (AA) is an international mutual aid fellowship founded in 1935 by Bill Wilson and Dr. Bob Smith in Akron, Ohio. AA states that its primary purpose is "to stay sober and help other alcoholics achieve sobriety."

### iPad Advanced

April 17 6:00 PM to 8:00 PM

Location: Encore Experiences

\$5.00 for Peak And Encore Members,

\$10.00 for non-members

Registration required

Offered by Steve and Anita Brown

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

### Green Drop

Monday, April 20 12:30 PM

Presented by Brad Connard

Unfortunately, recycling garments and household items is an often overlooked, but important, way to keep the planet green! By collecting and recycling millions of pounds of clothing and household items, we are reducing greenhouse gases emitted into the atmosphere and raising important dollars for great American charities. Learn the fast and easy way to donate.

### The Works: Garbage DVD

Tuesday, April 21 12:30 PM 60 minutes

The average person tosses 102 tons of garbage away in their lifetime. Every year we use enough plastic film to cover food to shrink-wrap the state of Texas. Is there any hope? Join us today with the History Channel and learn more about garbage, where it goes, and what we can do to help.

## Enrichment Groups

### Bells

First Friday of the month 10:30 AM

No need to know how to read music.

### 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 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: Armand Hammer**

**April Topic: Soldat: An Average**

**German Soldier in WWII**

### Photography

Second Friday of the month 10:00 AM

Instructor: Walt Fitzgerald

This class emphasizes PC based digital photography. You will progress to some of the more technical aspects of using the computer to enhance your photos. All levels welcome. If you have a camera and/or laptop, please bring it.

### 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.

## Enrichment Services

### Computer Use

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

### Library

Looking for a good book? Check out our library and the vast array of biographies, romance novels, fiction, and non-fiction works. Books are donated on a regular basis so you never know what you'll find!



# Encore Recreation



## Recreation Programs

*Programs are free unless otherwise noted.*

### Second Annual Trivia Night

Friday, March 6 7:00 PM

Doors open at 6:30 PM

Cost: \$15.00 per person

Register in the office by Friday, March 6

Includes light snacks and refreshments. BYOB, small coolers please. Outside food is welcomed. Cash prizes, 50/50 and other raffles. Organize a table of up to eight or allow us to allocate you a team.



### Saint Patricks Day Luncheon

Thursday, March 19 11:30 AM

Cost: \$7.00; No Café Service

Entertainment provided by Ode to Joy

Register by Monday, March 9

Chef Beth will add to the festivities with some traditional Irish fare. Everyone is Irish on Saint Patrick's Day, so wear your green!

### Greek Easter Luncheon

Friday, April 17 11:30 AM

Cost: \$7.00; Register by April 10

No Café Service

Reserve a table with your friends for four or more. Anna Crouse, Center Board Member, is again honoring the memory of her father, Athos Dems, by preparing a special Greek Easter Luncheon for us. The Greek Orthodox Easter brings religious traditions and festive foods together in a joyous celebration. Ode to Joy will be here today to bring music for this special event.

### Volunteer Appreciation Luncheon

Friday, April 24 11:30 AM

No Café Service; Register by April 13

Reserve a table with your friends of four or more. Cost: Non-volunteers \$7.00 Encore Experiences' volunteers are invited as our guests.

A delicious lunch and dessert along with musical entertainment will be enjoyed by all. GHNPSS realizes that every volunteer makes a contribution. We appreciate and recognize the important role volunteers play in the successful delivery of our programs and services. We could not be as effective as we are without the support of our wonderful, dedicated, volunteers. If you do not volunteer (yet), please join us and show your appreciation for your friends who do.

### The Judge (DVD)

Thursday, April 30 12:30 PM

141 minutes

Big city lawyer, Hank Palmer, returns to his childhood home where his father, the town's judge, is suspected of murder. Hank sets out to discover the truth and, along the way, reconnects with his estranged family.

### Picnic in the Park

Friday, June 12

11:30 AM – 1:00 PM

Alvin Alderfer Park

420 Oak Drive Harleysville

Cost: \$7.00; No Café Service

Register by Monday, June 1

Join with members of our sister organization The PEAK Center. This 20 acre facility will be the place to be today. Enjoy a delicious picnic lunch and entertainment by none other than Elvis himself.

### Wedding Reception

Wednesday, June 24

Cost: \$7.00; Register by June 10

Encore Experiences is having a wedding reception. But, there will not be a bride and groom at the head table. We are asking for everyone to bring in a picture of themselves at a wedding. You can be the bride, groom, groomsman, bridesmaid, ring bearer, mother of the bride etc. We will scan the picture and return it to you. During the reception we will present a slide show of all these pictures. We will all enjoy a trip down memory lane and guess who is in those beautiful pictures. It will be an old fashioned reception with a delicious meal, wedding cake, and music to dance the afternoon away.



*Shou-Du, Mu-Shi, Xi Mei, and Fuquan enjoy the moments in the Encore Café.*

## 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.*

### Day Trips:

#### 9/11 Memorial Museum

Wednesday, June 17

Departure 7:15 AM Encore Experiences

Return time approximately 8:00 PM

Cost: Adults \$73.00; Seniors \$67.00;

Veterans \$69.00

Register at Encore Experiences

by Wednesday, June 3

The National September 11 Memorial Museum serves as the country's principal institution concerned with exploring the implications of the events of 9/11, documenting the impact of those events and exploring 9/11's continuing significance.

Price includes bus, driver gratuity, and entrance into the museum. There is a café at the museum where you may purchase light snacks. You are able to bring snacks on the bus. No glass allowed. We will be stopping for dinner at the Bridgewater Commons Mall which offers a large food court on our return trip. School is out for the summer. Think about asking the grandchildren, family and friends. This trip will fill up fast, so do not delay.

#### Ladore Lodge

Monday-Friday August 31-September 4, 2015

Departure from Encore Experiences

Cost: \$270.00/double; \$395.00/single

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

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

## 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.



## Senior Prom!

Saturday, April 11

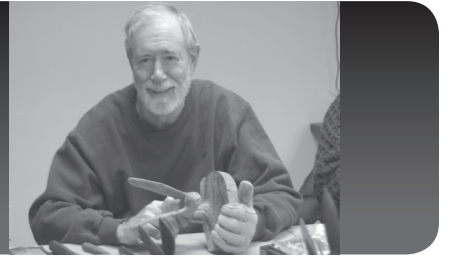
5:30 PM-8:30 PM

**Souderton Area High School**  
**Theme: Jukebox Era 1950's!**  
**Cost: \$8.00 per person**

The Souderton Area High School Leo Club is pleased to announce its upcoming annual Senior Prom. Guests will enjoy an enchanting evening of live music, a full dinner, dessert, coffee, dancing and a photo booth. Tickets may be purchased at Encore Experiences or at the door.



# 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 at 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.

### Haircuts

Tuesday mornings \$6.00  
Call Encore for appointment at 215-256-6900

### Best Wishes Katie Teats!

*Thank you for your  
contributions to  
GHNPS.*

**Enjoy  
your family!**



### Highlights from

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

### Stroke Prevention

Tuesday, March 31 12:30 PM  
Presented by Bayada Health

If you're like most Americans, you plan your future. When you take a job, you examine its benefit plan. When you buy a home, you consider its location and condition so that your investment is safe. Today, more and more Americans are protecting their most important asset—their brain. Are you? A stroke can be devastating to individuals and their families, robbing them of their independence. It is the most common cause of adult disability. Join us to learn ways we can prevent a stroke from occurring.

### Philadelphia Art Museum

Tuesday, April 14 12:30 PM  
Cost: \$4.00 per person

Reserve at the Welcome Desk by April 7  
American Art Exhibit: Join us as a docent from the museum reviews three centuries of paintings, furniture, sculpture and decorative arts, with a special emphasis on Philadelphia's rich traditions. Refreshments will be served.



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

## Gwynedd Square Nursing Center



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# Attorney Talk

A Power of Attorney is a document which gives authority to a designated person (agent) to step in the shoes of the person giving the permission, to do what that person would do. A new law was passed effective January 1, 2015, in which those who rely on this permission, such as banks, were granted new safeguards. There was an issue because the person granting the power may have created confusion about what their intent was at the time the power was given, meaning the agent could make a decision against the one who granted the authority, meaning a conflict arose.

The new law requires an item by item granting of authority, specifically stating what can and cannot

be done. For example, the ability to create or modify a trust.

Also, there are mandatory requirements, such as the agent must act in accordance with the reasonable expectation of the principal. The old Power of Authorities signed before January 1, 2015 are still good, provided they conform to the law at the time. Some scrivener's may have granted unspecific powers in blanket form to an agent. This you cannot do after January 1, 2015. Before that date, it is okay, but even then was not good practice. The rules have now been tightened.

Written by: Attorney Mark Hoffman



JOIN US AS WE  
HONOR  
THOSE VETERANS

In 2011 the U.S. Senate unanimously passed a resolution to provide Vietnam veterans with the chance at a proper welcome. Recognizing the final withdrawal date of all combat and combat-support troops from Vietnam, March 30 honors these veterans by its designation as "Welcome Home Vietnam Veterans Day."

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



**This Spring!**

Expanding Horizons  
Indulging your passion for life-long learning.

**Thursdays, April 2, 9, 16, 23**

Save Thursdays in April for a wonderful life-long learning series hosted by the Expanding Horizons Committee. Registration forms, fees, and topics will be available in Encore Experiences' office in the future.

Held at:  
**Souderton Mennonite Home,  
207 West Summit Street Souderton**

*A one-time registration fee applies. For detailed descriptions of programs and instructors, please stop in the office to pick up your brochure.*

*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.*



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# Intergenerational Chess Results

Ten players completed games before lunch on Monday, January 19.

A Liberty Bell was awarded to Dan Dowlin, 10, for winning three games.

Fans of the game were pleased to see three boards in simultaneous play.

Written by: Thera Mills



*Another successful and fun Chess tournament at Encore. Everyone did great!*

**In Memoriam**

*As of January 19*



Betty Hahn  
Margaret James  
William Kalb  
Annette Keplinger  
William Kump  
Marie Lewis  
Warren Long  
Mildred McClure  
Alice Packer  
Doris Renner  
Charles Rieker  
Harry Sailer  
John Santos  
Richard Timmons  
Ruth Wait  
Louise Wells  
Patricia Yoder

*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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1292 Allentown Road - Lansdale PA 19446  
Phone: 215-362-0227 - Fax: 215-362-8242





# When Should Seniors Stop Driving?

If you have concerns about a loved one's ability to drive, addressing them promptly could be a matter of life and death. It may be tempting to procrastinate -- to talk to him next week or before the first snowfall, for example -- but think how you'd feel if the delay led to an automobile accident that resulted in a serious injury or death.

Considering the possible consequences should help you overcome your hesitation -- but that doesn't mean it will be easy. It's awkward and painful to have to inform seniors that they aren't capable of doing something as basic and essential as driving the car. For them, it's another humiliating reminder of their growing inability to take care of themselves and manage the tasks of daily life.

As difficult as it is, if you have reason to believe that your loved one could be dangerous behind the wheel, it's important to deal with the issue sooner rather than later -- because later could be too late.

Here are some signs that it may be time for you to have that difficult conversation.

1. Almost crashing, with frequent "close calls"
2. Finding dents and scrapes on the car, on fences, mailboxes, garage doors, curbs, etc.
3. Getting lost, especially in familiar locations
4. Having trouble seeing or following traffic signals, road signs, and pavement markings
5. Responding more slowly to unexpected situations, or having trouble moving their foot from the gas to the brake pedal; confusing the two pedals
6. Misjudging gaps in traffic at intersections and on highway entrance and exit ramps

7. Experiencing road rage or causing other drivers to honk or complain

8. Easily becoming distracted or having difficulty concentrating while driving

9. Having a hard time turning around to check the rear view while backing up or changing lanes

10. Receiving multiple traffic tickets or "warnings" from law enforcement officers

If you notice one or more of these cautionary signs in a loved one who is driving, you might want to register yourself or that person for a driver-improvement course. You may also want information about speaking to friends and loved ones about their driving. It's also a good idea to talk to a doctor about concentration or memory problems, or other physical symptoms that can lessen driving ability. You can also come to Encore Experiences to have yourself or your loved one's car looked at during the CarFit program on April 15th (see Page 5 ) and see if some simple adjustments can help.

In the meantime, here are six ways you can help someone if you have concerns.

1. Make it a habit to check on them often, just to chat or share some news.
2. Offer to drive to the activities they enjoy -- or help find someone else who can take them.
3. See that they're included in family outings, like their grandchildren's school events or a day at the beach.
4. Encourage them to try taking the bus on their next trip to the pharmacy, or to walk, if it isn't too far away, and offer to go with them if you can.

5. Urge them to ask for rides from friends, and to reciprocate in whatever way they can (preparing a meal, for example).

6. Help them develop new routines and interests that don't require driving, like gardening, walking, or swimming at the local pool.

Your support and involvement in their lives will make giving up the car a far less lonely and frightening prospect.

*Adapted from AARP and Caring.com*

## AARP 4-Hour Refresher Driving Course

Wednesday, April 1  
12:00 PM-4:00 PM

Instructor Les Duman

Cost: \$15.00 for AARP members;  
\$20.00 for non-members (increased fee)

This refresher course is appropriate for those who have completed the full course in the past three years. 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.

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## Meet Susan Wenrick



For those who have been to Encore over the past twelve years, Susan Wenrick should be a familiar face to you. There are many hats that Susan wears for Montgomery County Aging and Adult Services (AAS), but it

is her responsibility as Program Specialist for the Senior Centers that brings her through our doors in an official capacity. In this role, Susan reviews, administers, analyzes, monitors, provides technical assistance, and coordinates the program objectives and policies of AAS. She has worked directly with our cooks, monitoring the operations of our meal service, spoken to some of you about your satisfaction with menu items and volunteer service, requested feedback from you about our evidenced based health/exercise classes, and brought to Encore programs like the Mission Possible: Diabetes Prevention Program, the Prime Time Health Walk, and My Life, My Health! We have also benefitted from Susan's extensive work on both the Pennsylvania and Montgomery County Immunization Coalitions. The list goes on and on....

Susan is more to you and the staff than the county monitor. She is the woman who has volunteered hundreds of hours at both the center and at our fundraising events. If there was a special luncheon, she helped with the food prep, table settings, and clean-up. For the past five years, Susan has attended Saturday Bingo and volunteered as a caller, hostess, and money counter. At all of our Pillar of the Community events she has been very much a

hands-on person, doing whatever was needed from transporting Silent Auction items to the country club to cashing out sold donations at the end of a long day. Susan has been a sounding board and advisor to the staff on multiple occasions even when it wasn't connected to her job.

Not shy about mixing with the folks, Susan has shared her lighthearted spirit playing cards at the Skip-Bo table, where members may have heard stories about her passion for coaching softball to both kids and women. Justifiably proud, in 2010 they were the ASA Women's Slowpitch State Champions, and she took her girls fastpitch softball team to Nationals on three occasions. As a trained musician, Susan has also put the staff to shame as she demonstrated her skill with the electric guitar on our Wii, while generously gifting us with her delicious Christmas cookies and spicy dip appetizer. Susan has been our friend as well as our county monitor and everything written doesn't even begin to scratch the surface of what she has done at and for Encore Experiences.

It is now time for Susan to move up the career ladder at Aging and Adult Services, a position she well deserves in our eyes. As a detailed oriented, innovative professional with exceptional organizational skills, who is passionate about seniors receiving quality services, Susan will continue to use her critical thinking and leadership ability as well as her vast experiences in her new role as Administrative Officer 2/Contract Manager at Aging and Adult Services. It goes without saying that she will be missed both professionally and personally, even though she promises to visit when she can. We wish Susan much success facing these new challenges and want her to know that she will always be welcomed at this center!

### Something to think about...

"I actually attack the concept of happiness. The idea that - I don't mind people being happy - but the idea that everything we do is part of the pursuit of happiness seems to me a really dangerous idea and has led to a contemporary disease in Western society, which is fear of sadness. It's a really odd thing that we're now seeing people saying "write down 3 things that made you happy today before you go to sleep", and "cheer up" and "happiness is our birthright" and so on. We're kind of teaching our kids that happiness is the default position - it's rubbish. Wholeness is what we ought to be striving for and part of that is sadness, disappointment, frustration, failure; all of those things which make us who we are. Happiness and victory and fulfillment are nice little things that also happen to us, but they don't teach us much. Everyone says we grow through pain and then as soon as they experience pain they say "Quick! Move on! Cheer up!" I'd like just for a year to have a moratorium on the word "happiness" and to replace it with the word "wholeness". Ask yourself "is this contributing to my wholeness?" and if you're having a bad day, it is." ~ Hugh Mackay



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