



November-December/2015

The Encore Bulletin

ENCORE EXPERIENCES
IN HARLEYSVILLE
312 Alumni Avenue
Harleysville, PA 19438
Phone: 215.256.6900

Fax: 215.256.9132
www.EncoreExperiences.org
Encore Experiences Hours
Monday-Friday
8:00 AM to 4:00 PM

occasional evening and weekend programming

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

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

TransNet Rider Information

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

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

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

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

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National Evaluation of the Nutrition Services Program

Encore Experiences in Harleysville is taking part in an important research project for the United States Department of Health and Human Services, Administration for Community Living, which helps support meal programs like ours. The purpose of this study is to better understand how nutrition services for older Americans help the people who receive them. Mathematica Policy Research, an independent research company, is conducting the study.

On Monday, November 30, an interviewer from Mathematica will visit Encore Experiences. This person will ask a small number of people at the center to schedule an in-person interview for later during that week. The interview will include questions about what you eat and drink, and

about your participation in our meal program. Your experiences will represent thousands of others who could not be included in the study. Your participation in the study will not affect the services you receive from our meal program or any other program.

As Encore Experiences continues to thrive and grow, we depend greatly upon raising the funds that help us to open our doors each day. Our inclusion in this study and the outcomes will be valuable for us to share with existing and potential donors to our organization. We are very proud to have been selected to participate in this nationwide study and encourage you to take part in the conversation if the interviewer approaches you!

Facebook Keeps Families in Touch



Using social media tools, grandparents stay involved in the lives of far-flung grandkids.

Like a lot of older adults, Hal Mozer likes to keep in touch with family. But with three grown children and six grandchildren, it's not always easy. So Mozer, 84, has turned to Facebook. Through it, he sees pictures of his daughter's family in New Jersey. He sees quick updates from his teenage grandkids. He's shared his own travel photos from Russia and Alaska. And he's had a lot of fun doing it. "I'm an old man," said Mozer, a retired electrical engineer from Bellevue. "I don't do things that aren't fun."

Facebook is a free website that lets users share photos and comments on day-to-day activities.

Users can set their preferred level of privacy so that only approved people — Facebook "friends" — see the material a user posts. Friends can also exchange private messages. Some people use Facebook to meet friends and find old ones, but many use it to strengthen relationships they already have.

Another service — Skype, a software application — can be used for video-chatting with faraway grandkids. Both parties need an account and webcam, which is a video camera that generates Internet images. Although the equipment is not free, there are no long-distance charges for computer-to-computer conversation through Skype, even if someone is overseas.

Facebook and Skype are "a great way for (older people) to keep track of the lives of people who are important to them," said Doug Shadel,

AARP Washington state director. In Washington, 70 percent of people age 45 and older who use the Internet have at least one social media account, according to a survey AARP Washington conducted last year. More than two-thirds said social networking sites are a great way to stay in touch. The results dovetail with a national trend: Online users ages 50 to 64 make up the fastest-growing group of social media users, according to a 2010 report by the Pew Research Center.

Through Facebook, Mozer has kept in touch with people he's met while traveling. He's heard from a distant relative in Israel. He also follows news from groups he supports, such as Planned Parenthood. He mostly uses it, however, to keep in touch with his family. He finds Facebook great for staying in touch with his busy grandkids, including 19-year-old Keisha Peterson, who rarely uses the phone or mail, but like most young adults, is a big user of social media. "If it weren't for Facebook and email, I would probably not talk to my grandparents much, as well as aunts, uncles and a great aunt," she said.

You may want to gift yourself and your grandchildren during this holiday season by staying in touch more often using Facebook and Skype. You and they will be glad you did!

Join us on Friday, November 6 at 9:30 AM for a Facebook class and Friday, December 4 at 9:30AM for Gmail. Registration is required along with a minimal fee. See Page 11 for more details.

Source: Vanessa Ho, AARP

Inclement Weather Alert

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



Director's Report



Within the last few weeks you should have received in the mail an appeal letter for our Annual Appeal campaign. I know this is a very busy time of year but I hope you will allow me just a few minutes to speak on behalf of the campaign and why it is so important to our centers, Encore Experiences in Harleysville and The PEAK Center in Lansdale.

As you may know, we receive approximately 45% of our budget from Montgomery County Aging and Adult Services. In fact they are our largest funder and we are very grateful for them. We receive approximately 10% of our budget from United Ways of North Penn and Greater Philadelphia and Southern New Jersey. We also receive grants from foundations and hold two fundraising events each year. We greatly appreciate your payments for various classes and membership dues. But, all of that is still not enough to cover all of our expenses and we depend on you to make an additional donation at the end of each year.

Annual Giving provides the most direct route to help our centers. Unlike endowment funds, which are maintained for long-term stability, Annual Giving funds are immediately available and can be used right away. For example; \$50 given to the annual fund is the equivalent of \$1,150 in endowment; \$100 the equivalent of \$2,300.

I need hardly add that contributions of any amount are appreciated and will be put to good use. I offer my warmest thanks to our members who have supported Annual Giving so regularly and so generously in the past. I know that you will continue to do so and hope that others will join the cause with similar enthusiasm. Gifts of any size are welcome, and it's easy to give: you can donate online at www.ghnpss.org, by using the form printed in the newsletter or by using the return envelope that you received in the mail with the request letter.

Thank you again for considering this important donation. We appreciate your ongoing support of Encore Experiences and The PEAK Center.

With Best Wishes,
Katie



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

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Michele Ross, *Program Director*
Beth Knize, *Meal Coordinator*
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Members Council Notes

By now the lobby paint is dry and we are enjoying the cool fall breezes as we continue to welcome new members to Encore Experiences.

We are so lucky to have a growing number of active and

lively-minded seniors. Encore is a chance to experience a rewarding "second performance." As a new member, you will find that this bulletin

is filled with low cost or free activities that support the health of body and mind and strengthen your membership in our community. Another plus: Lunch is well-served and tasty!

To hear what's going on and how we are working together come to the Members Council Meeting, first Tuesday of the month at 12:30 PM. Hear the news first!

Charlie Gardner

Please Consider Making a Donation!

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

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

Make checks payable to GHPSS
Mail to:
Encore Experiences at Harleysville
312 Alumni Avenue
Harleysville, PA 19438

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

Your Response Is Greatly Appreciated!

"We're wishing you every joy and blessing during this holiday season."

The Encore Experiences
Staff

VOLUNTEER DRIVERS NEEDED

The PEAK Center in Lansdale is anticipating that they will again be a distribution site for donated Thanksgiving dinners. If they are chosen to participate, the distribution will occur during the week of Thanksgiving.

Please consider volunteering to pick up boxes of food at a distribution site in Spring House to bring them to PEAK or to deliver them in the North Penn area.

Please contact Carol at 215-362-7432 to volunteer.

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

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

Encore Experiences in Harleysville and The PEAK Center in Lansdale are supported in part by funding received from Montgomery County Office of Aging and Adult Services. We are participating agencies of the North Penn United Way and the United Way of Greater Philadelphia and Southern New Jersey. Other sources of support include grants, wills & bequests, corporate donations, foundations, special events and individual contributions.

The official registration and financial information of Greater Harleysville and North Penn Senior Services may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.

Like us
on Facebook!



A Unit of the National Council on Aging



EncoreCafé



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

The Special of the Day is subsidized by grants from:

*Aging and Adult Services of
Montgomery County*

*United Way of GPSNJ
NP United Way
BNY Mellon Charitable Trusts
Clemens Foundation*

*Fourjay Foundation
Genuardi Foundation
TD BankNorth Foundation
The Patricia Kind Foundation
The Philadelphia Foundation
Walmart Foundation*

November Daily Lunch Specials (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
Roast Beef on Foccocia w/Roasted Reds Caramelized Onions & Spinach Pickled Cauliflower Berry Parfait ²	Citrus Soy Glazed Salmon Filet Sesame Soba Noodles Steamed Broccoli Mandarin Oranges ³	Grilled Chicken with Watermelon Salsa Potato Salad Whole Wheat Roll Oatmeal Cookie ⁴	Asian Noodle Fish Bowl Vegetable Egg Roll Orange Slices Fortune Cookie ⁵	Glazed Pork Loin with Pineapple Salsa, Yellow Squash Watermelon & Arugula Salad Brownie ⁶
Turkey with Apple, Kale & Fennel with Cheddar Cheese Wrapped in Sundried Tomato Tortilla Fudgy Coconut Oat Cookie ⁹	BTLT on Sourdough French Toast Fresh Fruit Cup Chocolate Mousse Tart ¹⁰	Chicken Cobb Salad with Avocado, Tomatoes, Bacon, Hard Boiled Egg & Beets Dark Chocolate Dipped Frozen Bananas ¹¹	Grilled Chicken Flatbread with Bacon Jam, Roasted Tomatoes, Arugula and Mozzarella Cheese Ice Cream ¹²	Fish Tacos Corn Tortillas, Pickled Cabbage, Salsa and Avocado Yogurt Crema ¹³
Meatball Sub Provolone Cheese Pesto & Whole Grain Pasta Salad Yogurt & Fruit Parfait ¹⁶	Baked Ham Pineapple Stuffing Green Beans Berry Phyllo Tart ¹⁷	Asian Chicken Salad in a Lettuce Wrap Cold Sesame Noodle Salad Fortune Cookie ¹⁸	Turkey and Pie OH MY! Special Luncheon No Café Service ¹⁹	Seafood Stuffed Portobello Mushroom w/Spinach & Roasted Peppers & Fresh Basil Served on Brown Rice Fresh Fruit ²⁰
Pulled Pork BBQ Slaw Oven Baked Sweet Potato Fries Raspberry Oat Bar ²³	Oven "Fried" Chicken Legs & Thighs Cucumber Dill Salad, Baked Beans Watermelon Slice Strawberry Short Cake ²⁴	Roast Beef on Foccocia w/Roasted Reds Caramelized Onions & Spinach Pickled Cauliflower Berry Parfait ²⁵	Encore Experiences Closed Happy Thanksgiving ²⁶	Encore Experiences Closed ²⁷
St. Andrew's Day Celebration No Café Service ³⁰	Encore Café Hours <i>Breakfast 8:00AM to 10:00AM</i> <i>Lunch 11:30AM to 1:00PM</i>	<div> <p>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.</p> </div>		

December Daily Lunch Specials (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
	Glazed Pork Loin with Pineapple Salsa, Yellow Squash Watermelon & Arugula Salad Whole Wheat Roll Brownie ¹	Turkey with Apple, Kale & Fennel with Cheddar Cheese Wrapped in Sundried Tomato Tortilla Fudgy Coconut Oat Cookie ²	Seafood Stuffed Portobello Mushroom w/Spinach & Roasted Peppers & Fresh Basil Served on Brown Rice Fresh Fruit ³	Chicken Cobb Salad with Avocado, Tomatoes, Bacon, Hard Boiled Egg & Beets Dark Chocolate Dipped Frozen Bananas ⁴
Grilled Chicken Flatbread with Bacon Jam, Roasted Tomatoes, Arugula and Mozzarella Cheese Ice Cream ⁷	Fish Tacos, Corn Tortillas Pickled Cabbage, Salsa & Avocado Yogurt Crema Chocolate Chip Cookies ⁸	Meatball Sub Provolone Cheese Pesto & Whole Grain Pasta Salad Yogurt & Fruit Parfait with Granola ⁹	Oven Fried Chicken Cucumber Dill Salad Baked Beans Strawberry Shortcake ¹⁰	Asian Chicken Salad in a Lettuce Wrap Cold Sesame Noodle Salad Fortune Cookie ¹¹
BTLT on Sour Dough French Toast Fresh Fruit Cup Mousse Tart ¹⁴	Seafood Stuffed Portobello Mushroom w/Spinach & Roasted Peppers & Fresh Basil Served on Brown Rice Fresh Fruit ¹⁵	A Dickens Christmas Luncheon No Café Service ¹⁶	Baked Ham with Pineapple Stuffing Green Beans Whole Grain Roll Berry Phyllo Tart ¹⁷	Tomato Stuffed with Waldorf Tuna Salad Whole Grain Roll Brownie ¹⁸
Pulled Pork BBQ Slaw Oven Baked Sweet Potato Fries Raspberry Oat Bar ²¹	Oven Roasted Chicken Ka-bobs Corn on the Cob Wild Rice Fruit ²²	Roast Beef on Foccocia w/Roasted Reds Caramelized Onions & Spinach Pickled Cauliflower Berry Parfait ²³	Citrus Soy Glazed Salmon Filet Sesame Soba Noodles Steamed Broccoli Gingerbread Cookie Day! ²⁴	Encore Experiences Closed Merry Christmas ²⁵
Grilled Chicken with Watermelon Salsa Potato Salad Whole Wheat Roll Oatmeal Cookie ²⁸	Asian Noodle Fish Bowl Vegetable Egg Roll Orange Slices Fortune Cookie ²⁹	Glazed Pork Loin with Pineapple Salsa, Yellow Squash Watermelon & Arugula Salad Brownie ³⁰	Turkey with Apple, Kale & Fennel with Cheddar Cheese Wrapped in Sundried Tomato Tortilla Fudgy Coconut Oat Cookie ³¹	Encore Experiences Closed Happy New Year! January 1

Encore Wellness



Encore Integrative Health *Services*

Reiki

Fridays, November 6 and December 4
By appointment starting at 9:00 AM
Provided by Rose Marie Grauer,
Practitioner Facilitator
Cost: \$7.00 for thirty minutes

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

Foot Reflexology

Tuesdays, November 10, 17 and December 8, 15
By appointment starting at 10:00 AM
Cost: \$7.00/fifteen minutes; \$15.00/thirty minutes
Provided by Susan Andersen, 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)

Wednesdays, November 18 and December 16
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.

Acupuncture Lecture and Treatments

Thursdays, November 19 and December 17
Lecture 12:00 PM-12:30 PM
Treatments group setting 12:30 PM- 2:00 PM
Provided by Kim Niezgoda,
Board Certified Licensed Acupuncture

Come with your questions. Learn how it may help relieve pain in your body, reduce the effects of stress, and lower your blood pressure. Join this community treatment, seated comfortably with other attendees.

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

DVD Chair Exercises

Stay Fit While You Sit All classes begin at 9:30 AM

WHOGA

Wednesdays, November 4 and December 2, 30
(Note: also offered every Wednesday at 1:30 PM)
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.

Dr. Chen's Tai Chi

Wednesdays, November 11 and December 9
Enhance your body-mind harmony in a chair

Chair Stretch Meditation

Wednesdays, November 18 and December 16
This is an easy going chair stretch and mediation.

Dr. Chen's Exercises

Wednesdays, November 25 and December 23
Warm-up and stretching forms in a chair

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

Yoga

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

*Zumba Gold

Tuesdays 1:30 PM Cost: \$2.00

Encore *Screenings*

Diabetic Shoe Fitting

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

*Glucose Testing

Quarterly (call for next date) 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
November: Mindful Eating During the Holidays
December: "Stay in Circulation: Talking About Peripheral Arterial Disease"
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.

www.TowneMonitoring.com



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Let's Talk

Friday, December 11 12:30 PM
Register by December 4
Facilitator: Kay Pagni

It's not easy to talk about how you want the end of your life to be but it is one of the most important conversations you can have. Using the starter kit provided by The Conversation Project, you will get your thoughts together so you can then have the conversation, not in the intensive care unit, but around your kitchen table with your loved ones.

Please Note:

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

Encore Wellness



Eating Healthy During the Holidays

As we approach yet another holiday season we look forward to visiting family, giving/receiving gifts, and most importantly – FOOD!

While it is rare that families are serving healthy options for Thanksgiving or the other holidays celebrated in the States, it falls on the eater to make the right decision to avoid gaining what some surveys say is up to 8 lbs. on average the whole season. Unfortunately the older one gets, the slower one's metabolism works and the harder it gets to fight off the holiday pounds and other potential health hazards. High cholesterol, an increase in blood pressure and foods that can cause inflammation to joints are just some of the things to keep in mind – particularly for older adults. Below are some holiday health tips to help keep a balanced health plan during the holiday season:

1. Take a Walk after Large Meals

After large meals in particular it is natural to want to rest. While sleep during the holidays is important, it has the potential to allow food to sit. As food sits, particularly carbs, it does not turn into energy for your body. Instead it gets stored into fat cells. Throughout life it is important to keep a somewhat active lifestyle to age healthily. A walk, even if it

isn't very far or fast, can do wonders for your body both during the holidays as well as the rest of the year. To make it the best – include the whole family in your walk!

2. Wash Hands Frequently

With family visiting from all over, they can carry all kinds of potentially harmful bacteria. To combat this, just remember to wash your hands. Kids in particular should also wash their hands to both prevent and stop the spread of any sickness going around the house.

3. Drink Plenty of Water

With all the food, alcohol and activities, your body runs a higher risk of dehydration. Water is good on many levels for your body. Water helps flush out toxins and cleanse the body faster than any other drink because it contains replenishing electrolytes. Water can help stop you from over eating by making you feel full faster. After a plate, drink a glass of water and see if you still want another plate. A lot of times, food goes in faster than your body can process it for digestion. While you may be on plate #2, your brain may just now be getting the message that it is full from plate #1. By then it is too late and you will be REALLY full!

6. Seek Flavoring Alternatives

Butter, Salt and Pepper are staples of our culture for our dinner tables. Try to avoid simply adding salt and butter without tasting the food first. Often times there are plenty of additives already in the food. Seek out more spices to substitute for the salt and butter. If you use butter for bread, try dipping it in gravy already on your plate or making a sandwich with what you already have chosen to eat.

7. Watch Your Carbohydrates

The most common carb on the table is going to be bread. Dinner rolls and biscuits are heavy things to eat and can fill you up fast. The reason for this is that carbohydrates are used in your body for energy – so your body almost craves it. Watch how many bread rolls you take at the table. Carbohydrates also can cause inflammation of joints and muscles – particularly along the spinal cord and back. Most importantly, ENJOY THE HOLIDAYS! The above are simply recommendations to assist in the good health you keep all year. If you think you can be healthier, than that may be a great New Year's resolution.

Join us on Wednesday, November 11 at 12:30 PM for Healthy Holidays presented by ShopRite.

Source: www.seniorsguideonline.com

Wellness Programs

Get Ready for the Holidays

Wednesday, November 4 12:30 PM

Presented by Officer Kimberly Kratz,
Lower Salford Police Department

"Tis the season for shopping, salutations and various seasonal scams as perennial as poinsettias." Learn about the most common scams.

Be Calm Coloring

Mondays, November 9 and December 14
10:00 AM

All materials are provided but you may choose to bring your own. Join us today as we color beautiful images to help us relax and explore the artist inside us.

Dispelling Common Hospice Myths

Monday, November 9 12:30 PM

Presented by Kara Nikles, Crossroads

Hospice focuses on living as fully as possible.

Half Hour to Health

Tuesday, November 10 12:30 PM

Presented by Towamencin Family Chiropractic

Learn about the four pillars of health: nutrition, exercise, brain & spinal cord, & mental well-being.

Healthy Holidays

Wednesday, November 11 12:30 PM

Presented by Cierra Robbins, RD, LDN

Registered Dietitian for ShopRite in Hatfield

The holidays are a great time to be with loved ones, relax, and eat our favorite goodies. But by the end of the eggnog, left-over turkey sandwiches, and

Programs are free unless otherwise noted.

grandma's famous apple pie, our scales are waving the white flag! This year, try a few simple steps to enjoy the holidays while keeping the pounds at bay. This presentation will include samples of delicious better-for-you holiday recipes.

Gift of Life

Thursday, November 12 12:30 PM

Presented by Gift of Life

Donor Program Philadelphia

Give life a second chance through organ and tissue donation. Hear how to become a donor, the process, who gets them and how the decisions are made.

Recipes with Teresa

Monday, November 16 12:30 PM

Presented by Teresa Ascher

Cost: \$5.00; Register by November 12

Great ready for your company ahead of time. Make delicious popular dishes days before you need it. Freeze it first and then when it is needed take it out and reheat it. Recipes will be shared today along with a cooking demonstration and food sampling.

Medication Safety

Wednesday, November 18 12:30 PM

Presented by The Medicine Shoppe

Get ready for the holidays. Family gatherings will be happening and homes will be filled with family and friends. Prescription Medication safety is a priority. Today you will learn how you can safeguard your family. Do not miss this vital presentation. Prevention is the answer.

My Life, My Health!

Stanford University's Chronic Disease

Self-Management Program

Lay Leader's Training Workshop

Tuesdays, November 24, December 1, 8, 15

9:00 AM-4:00 PM

Location: Encore Experiences

Register by Nov. 10; class size limited

Free for Encore and The PEAK Members;
\$30.00 non-members

Facilitated by Paula Klauger and Kay Pagni

This program will help you or someone you know live a productive life while coping with conditions like diabetes, hypertension, pain and anxiety. These highly interactive sessions focus on building skills, sharing experiences, instilling confidence, and providing support. At the end of this training, you will be able to lead an evidenced-based SDSMP workshop, if you desire. Lunch, snacks and materials will be provided.

Let's Talk

Friday, December 11 12:30 PM

Register by December 4

Facilitated by Kay Pagni

It's not easy to talk about how you want the end of your life to be but it is one of the most important conversations you can have. Using the starter kit provided by The Conversation Project, you will get your thoughts together so you can then have the conversation, not in the intensive care unit, but around your kitchen table with your loved ones.

EncoreFinance



FinancePrograms

Wills

Friday, November 20 12:30 PM

Presented by Susan Strong,
Legal Aid of Southeastern PA

Understand the importance of a will. Do you need one? What is in a will? What do you need to do to start a will and protect your assets?

Power of Attorney

Thursday, December 3 12:30 PM

Presented by Michelle Berk, Esquire

A Power of Attorney is a legal document that appoints an "Agent" to represent you and handle specific issues for you. Depending upon the terms of the Power of Attorney, your Agent could be authorized to make financial and health care decisions on your behalf.

Did You Know???

Retired Pennsylvanians receiving Social Security or other pension funds whose incomes are under \$19,200 annually may register one passenger car or non-commercial light truck at a reduced rate.

Instead of the regular \$36 fee for a passenger vehicle or truck, you pay just a \$10.00 processing fee.

The discount does not apply to title fees, transfer fees or sales tax, just a vehicle registration fee.

Commodity Supplemental Food Program (CSFP)

The CSFP is a USDA Food Program that is designed to improve the health and nutrition of senior citizens. You must be at least 60 years of age and your total household income must be at or below the following (Updated 4/2015):

Family Size	Annual	Monthly	Weekly Income
1	\$15,301	\$1,276	\$294
2	\$20,709	\$1,727	\$398
3	\$26,117	\$2,177	\$502

To register for this program, please see Kay and bring with you:

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

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

Nondiscrimination Statement

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

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

-REMINDER-

Open Enrollment Period runs from December 15 through December 7th. General Information Session with Apprise Counselor, Ed Savitsky, will be held on Wednesday, November 4 at 1:00 PM.

GIVING TUESDAY MONTCO

December 1, 2015

Giving Tuesday Montco is part of a national celebration of generosity. It's a day to give a gift that makes an impact – right here in our own community. It's a way to let your values be part of your holiday giving.

GivingTuesdayMontco gives you the chance to contribute to the great work being done to make Montgomery County a healthier, stronger, and better community for all.

Want to give back to Encore Experiences?

1. Go to www.givingtuesdaymontco.org
2. Choose Encore Experiences in Harleysville by clicking on our logo.
3. You'll be led to our Donate Page on website and you can go from there!

We are grateful for your consideration in giving back to us!

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.

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.

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

Don't forget to use your checks before Nov. 30th. There is still plenty of fresh produce available at farmers' markets.

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)

The Low Income Home Energy Assistance Program (LIHEAP) will open for applications as of November 2, 2015, for the coming heating season. Eligible low income households will receive a grant applied directly to their account with their energy supplier. The proposed income guidelines for 2015-16 for homeowners and renters are as follows:

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

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

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. The application deadline has been extended to December 31, 2015.

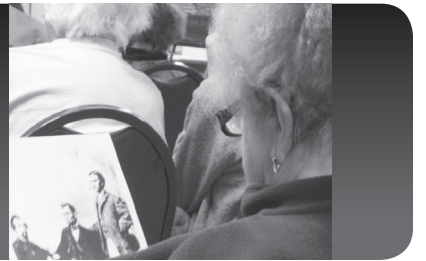
TransNet

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



Conversations for Life, Conversations for Living

Singer and songwriter, Kris Kristofferson, begins his "Please Don't Tell Me How the Story Ends" with: "This could be our last goodnight together. We may never pass this way again. Just let me enjoy 'till it's over. Or forever. Please don't tell me how the story ends." It's funny how one thought can lead to another and even become a game changer. "We may never pass this way again." is a powerful reminder to make the most of today because you just don't know about the next minute, hour, or day. Life is so full of would haves, should haves, and could haves that aren't realized until it is too late. You think there's always tomorrow. What if tomorrow doesn't come? Let's talk....

A chat about life's end over coffee and cake doesn't sound like everyone's cup of tea. It could, however, be a way to get you talking about a subject you can't escape and is often avoided. This is what inspired Jon Underwood to create the non-profit death café in 2011, based on the 2004 Swiss Café Mortel movement. As he saw it, Western society has long outsourced discussions about death to doctors, nurses, priests, and undertakers. The result, says Jon, is that you have lost control of one of the most significant events you ever have to face. The "Boomers" especially see the need for this movement as your viewpoints are often different from the preceding generations and you are able to talk more openly about unpopular things in life. The goal of the Death Café is not to be morbid but to raise death awareness with the view of helping you make the most of your (finite) lives. It is a group directed discussion of death with no agenda, objectives or themes. Once it gets started, the conversation guides itself. Some people want to talk about creating wills and advance medical directives. Others prefer to share near-death

experiences and communicating with the dead. There's often the question of what happens after death – is there a heaven or hell? Different views on death held by religious traditions also commonly arise. Death Cafes have spread quickly around the world. In the United States it was started in Ohio but can now be found in at least five other states. The New York City pilot Death Café "attracts a wonderfully curious bunch of both listeners and storytellers – ranging from Reiki masters and professors to retired cops and social workers" according to its blog.

Too often you don't want to think about "how the story ends." That's understandable but also a little naïve to not have put your house in order. Another tool that helps you think about how you want to live your life is The Gift of Grace. This is a card game that helps you share your wishes and values with the people who care about you. With this game writing about what you want in life and how you want to be remembered can be incredibly powerful. Taking it a step further, sharing what you write with people you care about can help you and your loved ones understand each other more deeply. "What habit makes your life worth living?" is one of the questions asked with this tool.

There are a dozen reasons to avoid thinking about how you make today as meaningful as possible and preparing for the unknown. Fear is often at the top of this list. Knowledge, however, reduces fear and so does knowing that you are as prepared as you can possibly be for whatever tomorrow brings. "Just let me go on loving and believing. Til it's over..." Join Kay on Friday, December 11, at 12:30 PM to begin the conversation.

*Source: The Guardian;
www.meetup.com; www.buffingtonpost.com*

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.

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.

November Topic: Vladimir Putin

December Topic: No group this month

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.

Stamp Club

Tuesdays 10:00 AM – 11:30 AM

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

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! Do you have a reading disability, or a vision challenge? The Free Library of Philadelphia's Library for the Blind and Physically Handicapped offers free services by mail:

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

Enrichment Programs

Technology Tips

Instructed by Teresa Ascher

All start at 9:30 AM

Cost: \$5.00 per class; Limit 5 per class

Facebook Messenger

Friday, November 6

Gmail

Friday, December 4

AARP Driver Refresher Course

Friday, November 13 9:00 AM-1:00 PM

Instructed by 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.

Honey Bees, Honey and Other Hive Products

Tuesday, November 17 12:30 PM

Presented by Walt Fitzgerald

This presentation is back by popular demand. Feedback from the previous session indicated that there should be more time for questions and answers so bring yours. Honey treats will be available. One lucky person will win a sweet prize!

Reader's Theatre

Wednesday, December 16 following lunch

The Gift of the Magi

Presented by Encore Experiences Members

"The Gift of the Magi" is a popular Christmas story about love and sacrifice. The work is one of the most famous stories by O. Henry, an American writer.

Programs are free unless otherwise noted.

Encore Recreation



Recreation Programs

Movies

All begin at 12:30 PM

The Best Years of Our Lives

Monday, November 2

The story concentrates on the social re-adjustment of three World War II servicemen, each from a different station of society.

The Deer Hunter

Friday, November 6

An extraordinarily powerful film tracks a group of steelworker pals from a Pennsylvania blast furnace to the cool hunting grounds of the Alleghenies to the lethal cauldron of Vietnam. Friendship and courage.

Little Women

Monday, November 23

On November 29, 1832 in Germantown Pennsylvania Louisa May Alcott was born. Join us as we learn about the lives of four sisters—Meg, Jo, Beth, and Amy March.

A Christmas Carol

December 14, 17 and 18

See a different version of A Christmas Carol each day.

Crafts with Linda

A gift for you or your friends

All classes begin at 9:30 AM

Registration is due two weeks prior to the class

Painted vases with flower pens and painted inspiration plates

Wednesday, November 11

Cost: \$7.00

Adorable paper trees

Wednesday, November 12

Cost: \$3.00

Wonderful bowls made from lamp shades

Thursday, November 18

Cost: \$7.00

Tile coaster for everyone

Thursday, December 3

Cost: \$3.00

Programs are free unless otherwise noted.

Turkey and Pie Oh My!

Thursday, November 19 11:30 AM

Cost: \$7.00 No Café Service

Register by November 11

Glorious turkey, vegetable sides, and the grand finale is reserved for the beautiful pie.

Saint Andrews Day Luncheon

Monday, November 30 11:30 AM

Cost: \$7.00; No Café Service

Register by November 17

Today the world celebrates St Andrew's Day, Scotland's national day. There will be parties galore in Scotland, events around the world, and we will be having our own celebration here at Encore.

Youth Choir

Friday, December 4 12:30 PM following lunch

Get in the holiday spirit with a local youth choir singing Christmas songs and bringing joy to everyone.

Dickens Christmas Luncheon

Wednesday, December 16 11:30 AM

Cost: \$7.00 No Café Service

Register by December 9

We've decked the Center and trimmed the tree. Now it is time to sit down and enjoy a delicious meal. Stay for the Reader's Theater The Gift of the Magi, which follows lunch.

Ugly Sweater Day

Friday, December 18 ALL DAY

Who knew there is actually an Ugly Sweater Day? National Ugly Christmas Sweater Day was started in 2011 and is an opportunity for people everywhere to wear an ugly Christmas sweater throughout the entire day.

Annual Gingerbread Cookie Decorating

Thursday, December 24 9:00 AM

The wonderful smell of ginger, decorating and sampling all in one day. Help us today to make dessert for our members. Bring the grandchildren and make memories.

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:

Sight and Sound and Shady Maple

A Christmas Story

Wednesday, December 9

Cost: \$96.00 per person; Register by November 6
Depart Encore Experiences at 8:45 AM

Go back in time and witness the greatest birth in history when Miracle of Christmas returns to Lancaster County, PA. Be surrounded by the bustling village of Bethlehem as camels, horses, donkeys and villagers pass by. Be transported to the hillside where legions of angels descend upon the shepherds to proclaim, "The Savior is born!" Price includes, your ticket to the show, your dinner at Shady Maple and the tip for the bus driver. All you need that day is yourself, friends and family.

Ladore Lodge 2016

Waymart Pennsylvania

Monday, October 3-Friday, October 7

\$50.00 deposit will hold your spot

Join us in 2016 for a spectacular time! More information in the January/February newsletter.

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

Philadelphia Art Museum - Audubon to Warhol: The Art of American Still Life

Thursday, November 19 12:30 PM

Cost: \$3.00 per person

Register by November 5

at The PEAK Welcome Desk

The first survey of American still life in three decades, Audubon to Warhol: The Art of American Still Life features 130 oil paintings, watercolors, and works in other media representing the finest accomplishments in the genre from its beginnings in the early 1800's to the Pop Art era of the 1960's. Join us as a docent from the Philadelphia Art Museum brings a presentation of this exhibition to us while we enjoy some light refreshments.

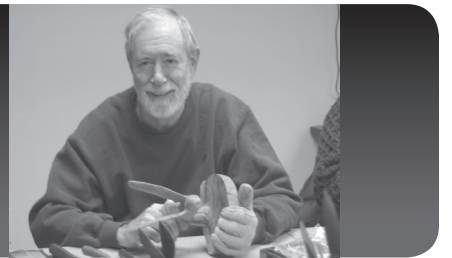


**Contact The PEAK Center
for more information at 215-362-7432**



Thank you to everyone who attended the Charlie Zahm Celtic Concert Fundraiser to raise money for a new walk-in refrigerator. (From L to R, 1st photo: Tadd, the Fiddler, Charlie Zahm 2nd photo: Marge and Cal, Charlie Zahm)

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. Wood Carvers Display Day is December 17. Santas, birds and more will be displayed.

Senior Games 2016

Monday, May 9 - Friday, May 13
www.montcoseniorgames.com

OPERATION WARM FEET

Collecting November through December

Donate new warm socks for our local homeless veterans. They served our country so we can be free. Let us do all we can to help them now.

Thank a veteran every day.

Fill the Stockings by the Fire

Monday, December 1
to Friday, December 11



In the month of December look for the fireplace, stockings and a collector's train set display.

Help fill the stockings with new, unused toiletries for The Laurel House in North Wales.

Laurel House is dedicated to the vision of ending domestic violence in each life, home and community.

INTERESTED IN...

- 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

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Your Suggestion, Our Response

S: We need more tables for cards. We have so many people learning...but no room for them to sit.

R: We would be happy to set up more tables for card players. Please come and speak to a staff member in the office when you are in need of additional tables and we will be happy to help you.

S: Bridge Class

R: This is your lucky day! We do offer Cards (usually a group playing Bridge) at Encore Experiences every Thursday at 12:30 PM.

S: Since we may not take food home from our plates, I suggest offering half servings of meatball subs, fish tacos, BTLT to save food that some of us cant eat. The server could take orders at the table these days.

R: We think this is a helpful suggestion! Often there are guidelines that we must follow regarding the amount of food that must be served, for example we must serve 3 ounces of a protein in a meal. Therefore it may be difficult to serve half portions but we will continue to work on being less wasteful with the meals we are serving.

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



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InMemoriam



Claude Heckler

Hazel Moyer

Arthur Herbicek

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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www.advancedlivingcommunities.org
1292 Allentown Road - Lansdale PA 19446
Phone: 215-362-0227 - Fax: 215-362-8242



Attorney Talk

What happens when a person is on Social Security Disability before he becomes a senior citizen, remains on disability, and then reaches retirement age? The answer is the disability converts automatically to an old age pension.

What happens if a person is working before he turns 66 (the present retirement age) and is in an accident, which does not settle or go to trial until he is older than 66? The answer is an age 65, if he signs up for Medicare and if Medicare pays any money out, Medicare could assert a lien to recover the money paid out from any settlement.

What happens if the same accident is work-related and is governed by the Pennsylvania Workers Compensation Act? In that situation, before the retirement age, it would not matter. After retirement age, however, the employer could assert a lien, authorized by the workers compensation act, as an offset against a settlement, because the worker is eligible for retirement. It would matter, further, if the worker was or was not receiving Social Security, because you do not have to receive it at age 66 and deferring it would have consequences because this person is not taking an old age pension. Some people don't take Medicare at 65 that and those people would not have a lien; but under the workers compensation act and the original Medicare statute from 1965, as it is now applied, would require approval of any settlement by Medicare, so that their interests are protected.

These are some of the issues we face with an aging work force.

Written by: Attorney Mark Hoffman



Participants getting moving during this year's Prime Time Health Walk.



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North Penn Commons Update!



North Penn Commons in Lansdale has begun vertical construction! "Our team has worked tirelessly to coordinate the financing for the next phase of this project," said William P. Brown, Jr. CEO of Advanced Living Communities. "Our focus will now be vertical construction that can be seen from Main Street."

"The start of construction puts us one step closer towards moving into a beautiful new facility where we can work together with the partners to serve our community," said Katie Walker, Executive Director of Greater Harleysville North Penn Senior Services which operates Encore Experiences at Harleysville and The PEAK Center in Lansdale. "The Peak Center is thrilled to be part of this project," said Walker.

The campus will be home to Advanced Living Communities which will provide 60 affordable independent living apartments for seniors; a larger, upgraded space for Manna on Main Street to operate its soup kitchen, choice food pantry and the new North Penn Commons public café; and The PEAK Center, which offers programs to help older adults live independently and remain active. The North Penn YMCA is also upgraded and expanded to house a zero-entry family pool,

a six-lane multi-purpose pool, new locker rooms, and modern program spaces.

"In our new home, the same spirit that has animated Manna for 32 years will continue supported through the care of engaged volunteers, donors and neighbors," says Suzan Neiger Gould, Executive Director of Manna on Main Street. "With proven programs and by taking full advantage of new possibilities through collaborative programming, we will serve the neediest amongst us, welcoming all at our table and guided by our vision *That everyone might be fed*," says Gould.

North Penn Commons is a vibrant public center for every generation to live, learn, volunteer and thrive together – socially, physically, intellectually and spiritually. It is a partnership between four highly respected nonprofit organizations to create a vibrant public center dedicated to celebrating the dignity of every member of our community. At North Penn Commons, our community members have easy access to programs, services and facilities that foster inter-generational connections and promote the health and wellness of every member of the North Penn community.

"We are excited this project is moving forward and our partners will begin construction. North Penn Commons will be a national model our community can be proud of," said Bob Gallagher, President of the North Penn YMCA.

Applications for Advanced Living's residential apartments are now available. Anyone interested should contact an admissions coordinator at 215-362-0227 for more information. Construction is scheduled for completion late in 2016.

Join us!

ARBOUR SQUARE | *Lifelong Learning Series*

"The Greatest American Movies of All Time"

Friday, November 13 • 2:00 pm
at Main Street at Arbour Square

Let's explore the most extraordinary American movies, and hear from Yale film professor Marc Lapadula what makes them so terrific! Our discussion and video clips will highlight common elements which make these movies such pivotal works of art!

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

Festive Fun!

Wednesday, December 16 • 11:30 am
at Main Street at Arbour Square

Join us for a jolly good time as we enjoy a delicious lunch and create a holiday-themed craft!

RSVP by calling 215-315-7762.

Limited time!
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\$40,000
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Meet the Stamp Club



"Stamp collecting" is the accumulation of material related to the payment of postage and the carriage of the mails. In addition to traditional postage stamps, many philatelists – the fancy word for stamp collectors – collect covers, envelopes that carried the mail. Some individuals also collect markings or labels applied to mail including postage meters.

Few hobbies match the flexibility of stamp collecting. Individuals can begin as early as four years of age, you don't need any special weather condition to participate, and it doesn't require any special skill or great wealth. Many collect stamps for relaxation and enjoyment, while others might secretly hope they will discover a rare and elusive stamp that will make them wealthy. There are also those collectors who choose this hobby as an investment. While the American Philatelic Society does not promote this, stamp collecting is a better investment than many other hobbies. It is estimated that there are more than five million individuals in the United States who collect stamps and it has often been called "the hobby of kings and the king of hobbies."

Still very much in its infancy, the Stamp Club at Encore Experiences began only about two months ago with members appraising three stamp collections to date. The initiator, Robert Moe, is a retired Navy Captain, dentist and biology

professor. His interest in stamps started in 1955 when his grandmother gave him a shoebox full of stamps. He then bought books to organize this collection, and subscribed to catalogues to get a sense of their value. It is Robert's vision that more members will come to the center to talk about stamps. He also encourages others to come to get an unofficial evaluation of the stamps they have inherited, discover what they have in their collection that is of value, and possibly make these available to the club members.

Interacting with others is the reason why Dick, another stamp collector, joined this club. As stamps are miniature works of art, it's nearly impossible to collect them without gaining a large amount of knowledge which is transferable to other experiences and interests. While President Franklin Roosevelt may have been the most famous U.S. collector, other well-known collectors include financial gurus Bill Gross and Warren Buffet, astronaut Henry Hartsfield, actors Gary Burgh off, James Earl Jones and Patrick Dempsey, and musician John Lennon, to name just a few.

If you are like Robert, who also enjoys Woodcarving and Tai Chi, or Dick, who is a regular at the Coin Club and favors special presentations and trips, you may already participate in other programs at Encore. You are encouraged to spread your wings and the word about this new club that meets on Tuesdays from 10-11:30AM. Discover what treasures you have in your shoebox!



**Interested in belonging to both
Encore Experiences and
The PEAK Center?**

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and both newsletters!

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Digital Photography Group

Do you WANT TO:

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

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

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Part of GHNPS

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.