

Staff Reflecting on 2020

What a year 2020 has been. One of the things that continues to amaze me is the thoughtfulness I am privileged to witness among the Encore and PEAK community. From tangible gifts given to share with Seniors in need like supermarket gift cards and can openers to intangible gifts to lift the spirit such as encouragement and humor, I am surrounded by incredible, caring people. To be a small part fills me with gratitude.

As we enter 2021, our goal is to stay CONNECTED! Staff is just a phone call away, Monday through Friday, 8am to 4pm to assist you. We hope you will join one of our amazing and fun ZOOM classes and hope to see you all again soon, in-person.

Deb Hunsberger



At the turning of the year, I find myself pausing and reflecting on the past 9 months. The decision to “pause” our onsite services twice this year had a hard impact on all of us, but happy memories also come to mind ... the joy on Zooming for the first time after weeks of separation, the party like atmosphere when we reopened September 21, the care we showed each other by wearing masks, social distancing and using every drop of hand sanitizer available, to name a few.

I felt deep admiration as I remembered how well we adapted as we struggled to get used to the new normal ... the Senior led advocacy that took place to resume exercise classes, coupled with sheer will and commitment to regain lost ground and stay physically strong and healthy, and the belated celebration of Ruth Schaffer's 100th birthday, when Bingo resumed.

Most memorable was witnessing the anonymous “Helpers” behind the scenes. I remember Mr. Rogers quoting his mother (Nancy McFeely Rogers) in times of trouble, “Look for the

Helpers,” she said, “You will always find the people who are helping.”

PEAK Seniors sprang into action by offering to cover the expense of classes and by making and donating masks. Some were out in front, leading Bingo games, helping with Technology, teaching computer classes, researching literature for Story Time, conducting Bong Sul classes and Wii bowling. The caring that I witnessed every day was inspiring, whether it involved helping someone at Bingo, assuring that everyone had a seat and the Bingo cards they needed ... no detail was overlooked.

I witnessed resiliency, caring and strength of heart. The disappointment brought on by the pandemic, was overshadowed by the “Helpers” described above by Mrs. Rogers. Having a front row seat to witness these “Angels” in action has sustained me and given me much to look forward to in the New Year. I wish the same for each one of you.

Donna Byrne

What Seniors Are Saying About GHN PSS

“We appreciate all your work, cooking, setting up, serving, counting, etc. so that we can have a lovely meal—rain, wind, shine, etc. doesn’t stop you! Thank you.”

Bobbe & Tom

“Thank you so much for your thoughtfulness and all the lunches you served us and the smiles and hello’s to welcome us during these epidemic times.”

Lorriane



A Message From The Executive Director

HAPPY 2021! I have not yet spoken to anyone who was sorry to see the year 2020 end!

As we start a new year I suggest that we re-set our minds to view life with renewed optimism. I'm not proposing that we pretend that there are not real and sometimes painful aspects of life. I am encouraging each of us to put extra, intentional energy into focusing on

positive, uplifting aspects of our lives. Maybe you can get that mindset started by recalling the joy that the people in the photos you see in the room where you are sitting right now have brought to you. Perhaps you can jump start it by re-reading some holiday cards and celebrating the people who sent them to you. Possibly making a phone call to a friend or family member to wish them a Happy New Year will bring you joy and a smile.

Our attitudes and our efforts will have a big effect on making 2021 'HAPPY.' Some situations and circumstances are out of our control every year, but the way that we deal with circumstances and the mindset which we use in coping with them can have a lot to do with whether this will be a "Happy" year or 365 days of trying to endure and survive. My hope and prayer is that each of us will enter this year with renewed optimism and determination to focus on the positive aspects of life that every one of us has.

GHPSS is working to make 2021 a "Happy" and "Positive" year for Seniors. With that in mind, and while acknowledging that circumstances are rapidly changing these days, I want to highlight some new programs that are intended to bring a smile to your face and joy to your heart. Take a look at "Mindful Meditation" or "YoHa" classes. Consider participating in "Coffee Talk With Staff" or "Brain Games." Think about exploring "Virtual Tai Chi" or "Book Club." Great meals await anyone from PEAK, Encore or Seniors from the community. Social Services such as Medicare Counseling, assistance with LIHEAP and access to Senior Benefits are available via phone. Updates on our programs, services and the "Pause" in our on-site programs are available via our website.

I want to close with a word of thanks. The Seniors across our region that we have served and continue to serve, our Board of Directors and our Staff join me in expressing incredible appreciation for the financial support that has kept Encore Experiences and The PEAK Center from becoming victims of COVID-19. It is only through the abundant generosity of our donors on all levels that we are able to continue to provide services. We sincerely acknowledge, give thanks for and encourage your continuing loyalty.

Happy 2021!

Sincerely,


Paul A. Nye

Greater Harleysville and North Penn Senior Services Staff

The PEAK Center

Donna J. Byrne
Site Manager

Carol Costlow
Social Services Coordinator

Heather Shutters
Administrative Assistant

Alice Lee
Administrative Assistant

Encore Experiences

Deborah Hunsberger
Site Manager and Social Services Coordinator

Karen Feher
Administrative Assistant

Cindie Wood
Meal Coordinator

Kathy Dillon
Meal Assistant

Organizational Support

Paul A. Nye
Executive Director

Jim McCarthy
Bookkeeper

Connie Maurer
Marketing Communications Coordinator and Development Specialist

Encore Experiences in Harleysville

312 Alumni Avenue
Harleysville, PA 19438
215-256-6900

The PEAK Center in Lansdale

North Penn Commons
606 E. Main Street, Suite 1003
Lansdale, PA 19446
215-362-7432


www.ghnps.org

Encore and PEAK Hours:

M-F: 8:00 AM to 4:00 PM

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GHPSS Education and Services for Seniors

AARP SMART Driver Course

In-person instruction is suspended until March 2021, at the earliest. The AARP SMART Driver Course is available online at <https://www.aarpdriversafety.org>. The cost is \$21.95 for AARP members and \$27.95 for non-members.

AARP Tax Preparation Program

BIG CHANGES COMING to Maintain Safe Conditions for All

At the time of this printing, tentative plans are being considered to offer ONLY virtual tax preparation with minimal in-person contact for the exchange of tax documents. Our priority is to keep all participants, volunteers, and taxpayers safe and healthy. This will be a much more limited service. Please check the GHPSS website or call each Center in January for up-to-date information.

APPRISE Medicare Counseling

Free unbiased counseling for Medicare benefits and Medigap insurance is offered by trained volunteers. If you are enrolled in a Medicare Advantage plan that does not suit your current health needs, you have January, February, and March to change to a different Medicare Advantage plan for the remainder of the year.

PEAK: Counseling available by phone. Call 215-362-1076 to request help.

Encore: Counseling available by phone. Call 215-256-6900 or email dhunsberger@ghnpss.org to schedule.

Legal Counseling

PEAK: Legal consultations are available by phone. Call 215-362-7432 to schedule or email ccostlow@ghnpss.org.

Encore: Legal consultations are available by phone or ZOOM. Call 215-256-6900 or email dhunsberger@ghnpss.org to schedule.

Low-Income Heating Assistance Program (LIHEAP)

This program is accepting applications now through April 9, 2021 or until funds run out. Paper applications are available, or it can be completed online at www.compass.state.pa.us. Income eligibility guidelines for homeowners and renters have been published for the 2020-21 heating season.

Property Tax/Rent Rebate

Applications for the 2020 tax year will be available by early February. If you qualify, you can receive a rebate up to \$650. The North Penn School District continues to offer an additional rebate to its residents, but they must have already received the PA Property Tax/Rent Rebate for 2019. If you received the state's rebate for 2019, you can apply to the school district for their additional rebate through June 30, 2021. Learn more, get an application, and get help from the Social Services Coordinator at the Center.

Do You Need Help?

Are you looking for food stamps or SNAP benefits or Medicaid applications? Do you wonder if you might be eligible? Do you know if you qualify for the monthly food box for seniors? Do you need help with all the forms or understanding the mail from these programs? Call the Social Service Coordinator at PEAK or Encore for more information.

Senior Testimonials

Edna and Sam first contacted The PEAK Center for help in February 2019. We assisted them in applying for various benefits which have eased their monthly budget and improved their health coverage. We also referred them to our Grab and Go Lunch program at Encore Experiences. They gratefully pick up meals several times a week and enjoy nutritious meals along with the familiar, smiling faces that boost their spirits during these challenging times.

In Loving Memory
John "Jack" Horner

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GHPSS

Grab and Go Menu

January 2021

Reserve your lunch by calling 215-256-6900.

Reservations are required and must be placed by 12 Noon on the Friday of the previous week. **Lunch pick-up at Encore Experiences Monday - Friday from 11:30am to 12:30pm under the portico.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Senior Lunches Sponsor   NextKeyMove.com		1 CLOSED NEW YEAR'S HOLIDAY
4 Pierogies with Mushrooms and Onions Corn, Apple Roll and Butter 1% Milk	5 Pineapple Chicken Brown Rice Broccoli Roll and Butter Mandarin Oranges 1% Milk	6 Pork Loin, Sauerkraut, Mashed Potatoes, Applesauce 1% Milk	7 Paprika Chicken Green Beans Herb Rice Roll and Butter Mixed Fruit 1% Milk	8 Grilled Salmon Spanish Rice Snap Peas Roll and Butter Mixed Fruit 1% Milk
11 Chicken Parmesan Mixed Vegetables Roll and Butter Mandarin Oranges 1% Milk	12 Baked Haddock with Tomato Compote Wild Rice Mixed Fruit Roll and Butter 1% Milk	13 Low Carb Beef Stew Roll and Butter Peaches 1% Milk	14 Grilled Chicken Salad with Balsamic Dressing, Feta Cheese, Cranberries and Pecans Roll and Butter 1% Milk	15 Meatloaf with Mushroom Gravy Garlic Mashed Potatoes, Green Beans, Apple Roll and Butter 1% Milk
18 Eggplant Parmesan Mixed Vegetables Roll and Butter Mandarin Oranges 1% Milk	19 Ground Beef Stroganoff Mixed Vegetables Roll and Butter Peaches 1% Milk	20 Chicken Marsala Wild Rice Broccoli Roll and Butter Peaches 1% Milk	21 Baked Ziti Roasted Vegetables Roll and Butter Mixed Fruit 1% Milk	22 Fish and Chips with Tartar Sauce Fries Mixed Vegetables Roll and Butter Apple and 1% Milk
25 Pulled Pork Brown Rice Bean Trio Roll and Butter Apple 1% Milk	26 Special Lunch (Standard Donation) Shepherd's Pie topped with Mashed Potatoes, Roll and Butter, Fruit Dessert 1% Milk	27 Sausage with Peppers and Onions Roasted Potatoes Snap Peas Apple 1% Milk	28 Italian Chicken Stew Vegetables Roll and Butter Peaches 1% Milk	29 Baked Haddock with White Wine Tomato Sauce Garden Rice Green Beans Roll and Butter Mixed Fruit, 1% Milk

GHNPS

Grab and Go Menu

February 2021

Reserve your lunch by calling 215-256-6900.

Reservations are required and must be placed by 12 Noon on the Friday of the previous week. **Lunch pick-up at Encore Experiences Monday - Friday from 11:30am to 12:30pm under the portico.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pierogies with Mushrooms and Onions Corn, Apple Roll and Butter 1% Milk	2 Pineapple Chicken Brown Rice Broccoli Roll and Butter Mandarin Oranges 1% Milk	3 Pork Loin, Sauerkraut, Mashed Potatoes, Applesauce 1% Milk	4 Paprika Chicken Green Beans Herb Rice Roll and Butter Mixed Fruit 1% Milk	5 Grilled Salmon Spanish Rice Snap Peas Roll and Butter Mixed Fruit 1% Milk
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15 Eggplant Parmesan Mixed Vegetables Roll and Butter Mandarin Oranges 1% Milk	16 Ground Beef Stroganoff Mixed Vegetables Roll and Butter Peaches 1% Milk	17 Chicken Marsala Wild Rice Broccoli Roll and Butter Peaches 1% Milk	18 Baked Ziti Roasted Vegetables Roll and Butter Mixed Fruit 1% Milk	19 Fish and Chips with Tartar Sauce Fries Mixed Vegetables Roll and Butter Apple and 1% Milk
22 Pulled Pork Brown Rice Bean Trio Roll and Butter Apple 1% Milk	23 Special Lunch <i>(Standard Donation)</i> Sloppy Joe Sandwich Cole Slaw Fresh Baked Cookie 1% Milk	24 Sausage with Peppers and Onions Roasted Potatoes Snap Peas Apple 1% Milk	25 Italian Chicken Stew Vegetables Roll and Butter Peaches 1% Milk	26 Baked Haddock with White Wine Tomato Sauce Garden Rice Green Beans Roll and Butter Mixed Fruit, 1% Milk



Senior Lunches Sponsor

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Program calendars are available on our website at www.ghnps.org. To request a copy emailed to you or sent in the mail, please call either Encore Experiences at 215-256-6900 or The PEAK Center at 215-362-7432.

HELP WANTED — We are looking for Volunteers in the following areas:

MUSIC: musician to play for occasional ZOOM sessions to provide entertainment or to give beginner lessons. Hours vary depending on session (approx. 2 hrs/week)

ART: Teacher to provide ZOOM lessons for Seniors 1-2 hrs/week (drawing and painting)

ARTS & CRAFTS: Facilitator to provide ZOOM arts/crafts classes for Seniors. Approx. 2 hrs/week.

READING THEATER: Director to provide a ZOOM Reading Theater for Senior performers / coaching and mentoring acting skills for scripts that are to be read. Hours to be determined.

WRITING COACH: Provide guidance to Seniors with writing projects (journaling, essays, short stories, etc.).

Pay Rate: A BIG Thank you and the good feeling of providing service to Seniors in the North Penn and Harleysville community! *If interested, please call 215-362-7432.*

Please consider joining our weekly, popular Coffee Talk ZOOM gatherings or one of our many other virtual classes. We are continually adding new, fun, informative, and exciting online programs such as a Cooking Class with Chef Cindie (from Encore), ZOOM activities with Heather and Alice (from PEAK), Art Classes, Where's GHNPS, and more. We are also looking to expand the popular YoHa (Yoga and Laughter) to twice a week. If you are interested in trying a class, visit our website and register. We would love to have you join us!

My Life My Health (formerly The Chronic Disease Self-Management Program) is set to begin in March 2021. It will cover important topics to manage your health such as techniques to deal with problems such as frustration; fatigue, pain and isolation; appropriate exercise for maintaining and improving strength, flexibility, and endurance; appropriate use of medications; communicating effectively with family, friends, and health professionals; nutrition; decision making; and how to evaluate new treatments. This class is set to be held in-person at Encore Experiences at the time of this printing. **For more information call 215-256-6900.**