



Seniors Giving Back During the Coronavirus (COVID-19)

We are living in unprecedented times, and coming together as a community is vitally important. People of all ages have been volunteering to assist those in need, including our beloved Seniors.

Seniors from both Encore and PEAK have been volunteering their time in many ways such as calling others to check in and say hi, helping with technology, fixing sump pumps, delivering food and medication, and making cloth masks. Seniors from the Korean group from PEAK got together and delivered masks to Einstein Medical and Manna on Main Street, and also cleaned up Bark Park.

We can all make a difference in one way or another and we are so grateful for all of our volunteers and Seniors who care about their community and want to help.



Hee C. Yun delivering masks to Manna on Main Street



Doo S. Park, Hyun J. Yu, and Jong Y. Kim cleaned up Bark Park with Soo B. Oh and Jae H. Hwang (not pictured)



Cuisine for a Cause

TAKE-OUT DINNER

July 17, 2020

Order by 12 Noon on Wednesday July 15.
Reservations required. Pickup under the portico
at Encore Experiences in Harleysville from
4-6pm on Friday, July 17.

Benefits Seniors through services at Greater Harleysville and North Penn Senior Services

—Menu—

Spaghetti Alla Bolognese with
a side of Italian Sausage
Tossed Salad with Dressing
Roll with Butter and Spumoni Cake

Full Course Meal: \$20 per person

To order call **215-256-6900** or
visit **bit.ly/cuisineforacause**



A Message From The Executive Director

You might have noticed this is not the normal newsletter. As I write this column I am aware that as recently as this morning I received a phone call that will change the newsletter's appearance YET AGAIN because of the impact of the Pandemic. It seems like each time I find a system, make a decision or look forward to a "conclusion" things change. This "COVID" experience has certainly

switched from a sprint to a marathon! In whatever format it comes to you I hope you will enjoy the updates this newsletter provides.

Since March 13 when the Governor's mandate closed the doors of our Centers for gatherings of people we have gone through multiple stages and transitions at GHNPS. We are categorized as an essential service so staff could continue to work on designated projects while adhering to the health protocols of masks, social distancing and other preventive procedures. Initially much of the staff worked from home or came to our offices on a very limited basis. Most recently, as we continue to adhere to required precautions, we are basically at our Centers but are not permitted to have anyone but staff on site.

We are more than busy meeting the current needs of our members and also looking ahead to plan for the future. Perhaps you are aware that we are doing "Grab and Go" lunches at Encore, "English as a Second Language," "Tech Tutoring," "Book Club" and other classes on Zoom, providing Tai Chi, Zumba and other activities on our website, scheduling legal aid and tech tutoring conference calls, making phone calls to members, distributing Farmers' Market Coupons, providing social services via phone and continuing to add to our current services.

There are some great new opportunities planned and other helpful options still being explored. We have the new "Cuisine for a Cause" summer dinners, we just hosted a Blood Drive in the Lobby at PEAK, our "virtual" Pillar of the Community event is scheduled for August 13, we are arranging to offer fresh vegetables for our participants to take home, and we expect to offer new tech classes and other helpful, healthy and fun activities are on the way.

We miss being with our Seniors, we miss providing some of the helpful services that are on hiatus, and we look forward to finding more wonderful ways to serve. Stay safe and I hope to see you soon.

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

Steve Zurad
Meal 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

Follow Us On:

 facebook.com/ghnps

 instagram.com/encoreandpeak



GHPSS Education and Services for Seniors

Telephone APPRISE Medicare Counseling

Free unbiased counseling for Medicare benefits, Medigap insurance and Medicaid is offered by trained volunteers.

PEAK: Medicare Counseling available by phone. Call 215-362-1076 to schedule.

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

Farmers' Market Vouchers

The Farmers' Market Voucher Program for this year will be handled by mail. The application can be downloaded from our website or requested from either Center. Please review the Basic Rules of the program also found on our website. Call either **Encore** at 215-256-6900 or **PEAK** at 215-362-7432 for an application, then fill it out and mail it back to us. Once it has been received and approved, your vouchers will be mailed to you. Vouchers are now \$6 each; each person who qualifies is entitled to one set of vouchers totaling \$24 to be used at a participating farm stand. Please check with your favorite farm stand to learn its hours of operation.

Telephone 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. Call 215-256-6900 to schedule or email dhunsberger@ghnpss.org.

Low-Income Heating Assistance Program (LIHEAP)

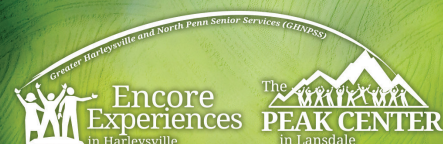
This is a seasonal program that will accept new applications beginning November 1, 2020. For more information, go to www.compass.state.pa.us.

Property Tax/Rent Rebate

Applications for the 2019 tax year are available and must be submitted by December 31, 2020. If you qualify, you can receive a rebate up to \$650. Also, the North Penn School District is offering an additional rebate for its residents. Learn more, pick up applications and get help from the Social Services Coordinator at the Center.

Do You Need Help?

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? 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.



Activities, Arts, Culture,
Enrichment, Wellness & More

MEMBERSHIP

Purchase or Renew Your Membership TODAY!

At GHPSS you will find meaningful social connections, fun activities, ways to stay healthy, delicious and nutritious lunches, and opportunities to explore your creative side.

Whether you join at Encore Experiences or The PEAK Center, we encourage you to take advantage of the variety of activities, classes and events offered at both Centers. By becoming a member, it's like you are joining two centers for the price of one!

MEMBERSHIP OPTIONS

Yearly Membership

\$36 individual; \$60 per couple

Includes:

- Full color, bi-monthly newsletter mailed to you
- 4 class coupons to use for fee required classes (value \$12)
- One free "Special Meal" (value \$8)
- Priority for a tax preparation appointment when scheduled during the first week
- Program membership at the Indian Valley or Lansdale YMCA
- Entry into a Gift Card Raffle

Lifetime Membership

\$250 individual; \$450 per couple (one-time fee)

Includes: The same benefits of the Yearly Membership **PLUS** the associated number of tickets to either our Pillar of the Community or Toast & Taste of Autumn event **PLUS** your membership will automatically be renewed each year without additional cost to you!

Harleysville

SINCE 1915 **BANK**

Stop by our Harleysville or Lansdale branches
to learn more about our **Rewards Checking** products!



Harleysville Branch
215-256-8828



Lansdale Branch
215-855-1011

Visit harleysvillebank.com for more information

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FDIC



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Inquire about our amazing move-in
incentive! Call **215.259.5220** to book
your personalized virtual tour today!

THE LANDING

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GET TO KNOW ABINGTON – LANSDALE HOSPITAL

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- Excellence in
providing a high quality
patient experience



For appointments, call 215-481-MEDI (6334).
JeffersonHealth.org/AbingtonLansdale



**Abington
Jefferson Health**

HOME OF SIDNEY KIMMEL MEDICAL COLLEGE

RECIPE: Rice Cakes with Fire Jelly**PREP TIME: 5 minutes****SERVING SIZE: 12 whole to 48 quarters****INGREDIENTS:**

1/3 cup of peach preserves
 2 tsp. minced jalapeno pepper
 12 mini rice cakes
 2 tsp. of cream cheese (tub style)
 1 tsp. snipped fresh rosemary

**DIRECTIONS:**

In small bowl combine preserves and jalapeno pepper.

Spread rice cakes with cream cheese then top with preserve and pepper mixture. Sprinkle with rosemary and enjoy.

You can cut each cake in half or quarters if desired.

NOTES:

Rice cakes are good for people with gluten issues as they are gluten free. So if you smear a nut butter on, like nutella or peanut butter it makes for a healthy substitute for regular bread or crackers. Plus they have a nice crunch! Or use cream cheese and top with apple slices or berries. The sky is the limit!

The Pillar of the Community Celebration is Going Virtual!

Tune in on August 13, 2020 at 7pm for a fun filled virtual event honoring Gary Volpe—Entrepreneur, Volunteer, Philanthropist, and Community Leader. This event will feature a fun celebration, Silent Auction and Raffle for \$250! You won't want to miss it. All proceeds from this event go to the programs and services for Seniors at GHNPSS. More info will be sent out closer to the event.

If you would like to purchase a raffle ticket which includes a leaf for the Tribute Tree that will be featured at both of our locations and highlighted during the virtual event, please visit bit.ly/PillarRaffle, email: cmaurer@ghnpss.org or call 215-256-6900. Raffle tickets are \$10 each. Be sure to let us know the name of your tribute!

PILLAR
 OF THE COMMUNITY
 Greater Harleysville and North Penn Senior Services

August 13, 2020

7:00pm

Honoring Gary Volpe



COME, JOIN US ...

for a new life at
**Lutheran Community
at Telford!**



Friendly and engaging,
the Lutheran Community
at Telford offers a wide
range of residence
options including

- ◇ Independent Living
- ◇ Personal Care
- ◇ Memory Care
- ◇ Healthcare
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along with services and
amenities that make life
here a **JOY**.

For more information
or to schedule a tour,
call 267-328-4874.



**Lutheran
Community
at Telford**

12 Lutheran Home Drive | Telford, PA 18969
www.lctelford.org | Follow us on Facebook!

A *Graces*
Inspired
Ministries
Community

Live Inspired —



THE COMMUNITY AT
ROCKHILL

3250 State Road, Sellersville, PA 18960
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The Community at Rockhill.
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- ◇ Independent Living
- ◇ Personal Care
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and amenities make living
here carefree. Discover your
new home, designed to suit
your style.

For more
information
or to schedule
your tour, call
267-289-2757

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Inspired
Ministries
Community

PICTURE PUZZLER

If you find the correct letter for each clue, you'll spell a word that should make you

HAPPY!

1. Find a letter that is in



but not in



2. Find a letter that is in



but not in



3. Find a letter that is in



but not in



4. Find a letter that is in



but not in



5. Find a letter that is in



but not in



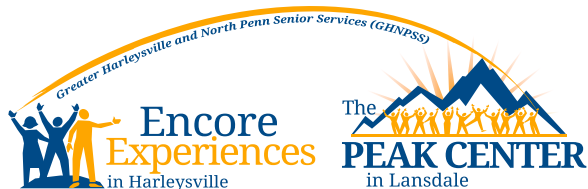
Write your letters again here to spell out the word. _____

Answer: SMILE

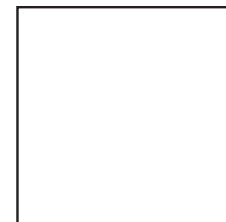


Joking Around

A woman on the phone to her friend; I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for Seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.



Greater Harleysville and North Penn Senior Services
 312 Alumni Avenue, Harleysville, PA 19438
Electronic Service Requested



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 TIME SENSITIVE MATERIAL

<First Name> <Last Name>
 <Address1>, <Address2>
 <City>, <State> <Zip>

Take Classes Online with GHNPS

Virtual Art and Wellness classes are being offered online! Visit www.ghnps.org, select the Center you attend and click on "Enrichment" and "Wellness" tabs to access the virtual classes. Other online classes via Zoom will be offered in the near future. **Stay tuned!**

In Loving Memory

**Romaine Wade,
 Kathleen (Kay) Pagni
 Sharon Cole, Nancy Hartnett
 Mary Jane Reeves, and
 Mary D. Schnee**

Join The Bucks-Mont Senior Golf League

Both men and women 55 years and older are welcome to join. Play 9 holes weekly from April to October. To join this safe, low cost, and high fun activity contact Tom Engleman at 215-715-9809 or visit www.bucksmontgolf.com.



GRAB AND GO MEALS

First-come, first-served.

Drive-in pick up under the portico at the front entrance of Encore Experiences.

**Daily Pick Up
 Monday thru Friday
 11:30am to 12:30pm**

Donations are greatly appreciated but not required.



Depending on the guidance from the state and county government, grab and go meals will be offered until further notice. Check our website for any updates at www.ghnps.org/news.