

Readers' Theater *Opening Night Performance*

We are a few short weeks away from our **Opening Night ZOOM Performance of "Mother Goose, Make Your Case!"** at 7pm on Saturday, July 17, starring our very own GHPSS Cast of Seniors. Tickets will be available in early July. For more information visit our website at www.ghnpss.org/news.

We are thrilled to have as our Theater Director, Kate McShane, the President of the Methacton Community Theater Board of Directors. She is eager to share all aspects of the theater arts with Seniors at GHPSS. During the past decade, Kate has been involved in prop making, theatrical makeup, producing and directing. Some recent credits include Prop Maker: "Scrooge the Musical," Prop Maker: "The Music Man," Producer: "Oliver," Theatrical Makeup: "Oliver," Director: "The Foreigner", Director: "Incorruptible," Director: "The Complete Works of William Shakespeare" (abridged) (revised), Theatrical Makeup: "The Little Mermaid," Theatrical Makeup: "Beauty and the Beast," Producer: "Honk Jr.," Theatrical Makeup: "The Addams Family," Producer: "Hope and Gravity," Director: "It's a Wonderful Life: A Live Radio Play," and Director: "Between Kitsch and Quarantine." It is her particular pleasure to bring new actors and new works to the stage. When she is not making theater, Kate enjoys reading, baking, and spending time with her family.

If you are interested in joining the Theater Troupe, call 215-362-7432 to sign up as there is another performance planned for the Fall.



***Honoring Abington – Jefferson Health
and ALL Front Line Workers***

THURSDAY, SEPTEMBER 23, 2021

In-Person • 6pm to 9pm

Indian Valley Country Club, 650 Bergey Road, Telford, PA 18969

**Event information and tickets
available online at www.ghnpss.org**





A Message From the Executive Director

Greetings Friends!

As I write this newsletter, conditions seem to be improving. The weather is warming, and restrictions are loosening. Many of you have contacted me directly wondering "when are we going to open up the senior centers?" My hope is, that by the time you read this, we are either open or are in the process of opening but, if we are not, the short answer is "hopefully soon". We are just

as eager to have you back as you are to return!

Question and answer section for your review:

Q: Do you have time-frame as to when you might open?

A: We do not have a date yet. Our goal is once Montgomery County goes below a 5% positivity rate for several weeks, GHPSS plans to open.

Q: What will opening look like?

A: We will open slowly with a certain percentage capacity and gradually increase that percentage based upon guidance.

Q: What should I prepare for upon entry at either Center?

A: Please prepare for a temperature check and possibly questions related to potential exposure to COVID-19. These questions could be updated, shortened, or eliminated by the time we open based on conditions at that time.

Q: Will vaccination status be requested, or will a vaccine be required to enter?

A: GHPSS will not be asking members, participants, or staff for their vaccination status. A COVID-19 vaccine will not be required for entry.

Q: Will masks be required for entry?

A: This is unknown at this time, but the mask mandate is loosening. Like other requirements, we will await guidance as to whether masks will be mandated. If you feel more comfortable wearing a mask, even if it is not required, please feel free to do so.

Q: Will congregate lunches resume?

A: Yes, congregate lunches will resume. As of this printing, we plan to continue "Grab and Go" lunches at Encore Experiences until we can open both Encore and PEAK at 100% capacity.

Q: Will in-person programs resume?

A: Yes, in-person programming will slowly resume once we begin to open. We plan to bring back most of the in-person programming.

Q: Will virtual programs continue?

A: Yes, even with the resumption of in-person programming, GHPSS will be continuing some virtual programs into the future.

Please remember that everyone has endured a challenging year. GHPSS strives to maintain an inclusive culture where all are welcome at both our Senior Centers. We request that if you discuss politics, religion, or personal health decisions, that you do so respectfully.

I cannot wait for the day to meet and welcome each and every one of you back to The PEAK Center and Encore Experiences. Until then, know that we continue to keep YOU in the forefront of all that we do.

Peter Stinson, Executive Director

GHPSS Staff

Organizational Support

Peter Stinson
Executive Director

Jim McCarthy
Bookkeeper

Connie Maurer
Marketing Communications Coordinator and Development Specialist

Encore Experiences

Deborah Hunsberger
Site Manager and Social Services Coordinator

Karen Feher
Administrative Assistant

Cindie Wood
Meal Coordinator

The PEAK Center

Donna J. Byrne
Site Manager

Carol Costlow
Social Services Coordinator

Heather Shuttles
Administrative Assistant

Alice Lee
Administrative Assistant

Ways to Contact Us

Encore Experiences in Harleysville

312 Alumni Avenue
Harleysville, PA 19438
215-256-6900
M-F: 8:00 AM to 4:00 PM

The PEAK Center in Lansdale

North Penn Commons
606 E. Main Street, Suite 1003
Lansdale, PA 19446
215-362-7432
M-F: 8:00 AM to 4:00 PM

www.ghpss.org

Follow Us On:

facebook.com/ghnpss

instagram.com/encoreandpeak

youtube.com/channel/UCHwatE08Y_yXb3n9LtHHHuw



GHPSS Education and Services for Seniors

AARP SMART Driver Course

AARP has suspended all its in-person classes through August 2021. Call PEAK at 215-362-7432 to get up-to-date information.

APPRISE Medicare Counseling

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

PEAK: Call 215-362-1076 to request counseling by phone.

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

Farmers' Market Vouchers

Eligibility requirements for 2021: 1) you must be 60 years or older, and 2) a Montgomery County resident, and 3) you must have income below \$23,828/yr. or \$1,986/mo. for a single person and \$32,227/yr. or \$2,686/mo. for a couple. If you qualify, each person will receive \$24 in vouchers which can be used at farmers' markets to purchase fresh produce grown in PA. Once the vouchers are available, they can be used June-November 2021. Check with your favorite farm stand to learn its hours of operation.

The Farmers' Market Voucher Program for this year will be handled by mail, just like last year. The application can be requested from either Center or downloaded from our website along with the Basic Rules of the program. Complete your application and mail it back to the Center. Once it has been received and approved, your vouchers will be mailed to you while supplies last.

Low Income Heating Assistance Program (LIHEAP)

This is a seasonal program that will accept new applications beginning Nov. 1, 2021. For more information, go to

www.compass.state.pa.us.



GHPSS' Executive Director, Peter Stinson, volunteered to help with springtime improvements at the North Penn Commons campus, home of The PEAK Center.

Legal Counseling

PEAK: Free legal consultations will be available by phone July 27 and August 24. Call 215-362-7432 to request an appointment.

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

Property Tax/Rent Rebate

Applications for the 2020 tax year are available and must be submitted by June 30, unless the deadline has been extended. If you qualify, you can receive a rebate up to \$650. New for 2021: you can apply online for this rebate at the PA Dept. of Revenue's myPATH website at <https://www.revenue.pa.gov/OnlineServices/mypath/Pages/default.aspx>.

Also, the North Penn School District is offering an additional rebate for its residents, but you must have already qualified for and received the PA Property Tax/Rent Rebate for 2020. You can apply to the school district for their additional rebate through June 30, 2022. Learn more, pick up applications and get help from the Social Services Coordinator at either Center.

Do You Need Help?

Are you looking for food stamps or SNAP benefits or Medicaid applications? Do you know if you qualify for monthly food boxes? Do you need help with the forms or mail from these programs? Call the Social Service Coordinator at PEAK (215-362-7432) or Encore (215-256-6900) for more information.



HOME SAFE HOME.

Behind our commitment to safety, there's nearly 50 years of experience providing peace of mind and exceptional senior living.

We can't wait to meet you. Open for tours 7 days a week! Ask about our amazing move-in incentives!

THE LANDING
OF TOWAMENCIN

A Whole Lotta Heart

900 Towamencin Ave • Lansdale, PA
(215) 259-5220 • TheLandingOfTowamencin.com

 A LEISURE CARE COMMUNITY

Getting Fit on ZOOM

Many seniors are taking the opportunity to stay fit in the privacy of their own homes by participating in GHNPS's virtual wellness classes such as Tai Chi and YoHa. Not only do they get a good workout, they have a lot of fun too!



Cathie



Lillian

Esther Miller presented a fruit bouquet from Edible Arrangements as a thank you to our tax volunteers at The PEAK Center!



Left to right: Peter Stinson, Richard, Susie, Irv, and Carol Costlow

*In Loving
Memory*

Ann Bray
Joyce Luscombe

Harleysville

SINCE 1915 BANK

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to learn more about our **Rewards Checking** products!



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Grab and Go Menu

July 2021

Reserve your lunch by calling 215-256-6900.
Reservations are required on Friday by Noon for the following week.
Drive-up service for your Grab and Go Lunch at Encore Experiences
is Monday - Friday from 11:30am to 12:15pm under the portico.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Special Lunch July 13 BLT on White Bread Macaroni Salad Summer Surprise Dessert, 1% Milk			1 Grilled Chicken Salad with Balsamic Dressing, Feta Cheese, Cranberries and Pecans Roll and Butter 1% Milk	2 Meatloaf with Mushroom Gravy Garlic Mashed Potatoes, Green Beans, Apple Roll and Butter 1% Milk
5 CLOSED July 4th Holiday	6 Ground Beef Stroganoff Mixed Vegetables Roll and Butter Peaches 1% Milk	7 Chicken Marsala Wild Rice Broccoli Roll and Butter Peaches 1% Milk	8 Baked Ziti Roasted Vegetables Roll and Butter Mixed Fruit 1% Milk	9 Fish and Chips with Tartar Sauce Fries Mixed Vegetables Roll and Butter Apple and 1% Milk
12 Pulled Pork Brown Rice Bean Trio Roll and Butter Apple 1% Milk	13 Special Lunch <i>(Standard Donation)</i> BLT on White Bread Macaroni Salad Summer Surprise Dessert, 1% Milk	14 Sausage with Peppers and Onions Roasted Potatoes Snap Peas Apple 1% Milk	15 Italian Chicken Stew Vegetables Roll and Butter Peaches 1% Milk	16 Baked Haddock with White Wine Tomato Sauce Garden Rice Green Beans Roll and Butter Mixed Fruit, 1% Milk
19 Pierogies with Mushrooms and Onions Corn, Apple Roll and Butter 1% Milk	20 Pineapple Chicken Brown Rice Broccoli Roll and Butter Mandarin Oranges 1% Milk	21 Pork Loin Sauerkraut Mashed Potatoes Applesauce 1% Milk	22 Paprika Chicken Green Beans Herb Rice Roll and Butter Mixed Fruit 1% Milk	23 Salmon Spanish Rice Snap Peas Roll and Butter Mixed Fruit 1% Milk
26 Chicken Parmesan Mixed Vegetables Roll and Butter Mandarin Oranges 1% Milk	27 Baked Haddock with Tomato Compote Wild Rice Mixed Fruit Roll and Butter 1% Milk	28 Low Carb Beef Stew Roll and Butter Peaches 1% Milk	29 Grilled Chicken Salad with Balsamic Dressing, Feta Cheese, Cranberries and Pecans Roll and Butter 1% Milk	30 Meatloaf with Mushroom Gravy Garlic Mashed Potatoes, Green Beans, Apple Roll and Butter 1% Milk

GHNPS

Grab and Go Menu

August 2021

Reserve your lunch by calling 215-256-6900.
Reservations are required on Friday by Noon for the following week.
Drive-up service for your Grab and Go Lunch at Encore Experiences
is Monday - Friday from 11:30am to 12:15pm under the portico.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Eggplant Parmesan Mixed Vegetables Roll and Butter Mandarin Oranges 1% Milk	3 Ground Beef Stroganoff Mixed Vegetables Roll and Butter Peaches 1% Milk	4 Chicken Marsala Wild Rice Broccoli Roll and Butter Peaches 1% Milk	5 Baked Ziti Roasted Vegetables Roll and Butter Mixed Fruit 1% Milk	6 Fish and Chips with Tartar Sauce Fries Mixed Vegetables Roll and Butter Apple and 1% Milk
9 Pulled Pork Brown Rice Bean Trio Roll and Butter Apple 1% Milk	10 Special Lunch (Standard Donation) Waffle topped with Sausage Gravy Hash Browns Fruit Dessert 1% Milk	11 Sausage with Peppers and Onions Roasted Potatoes Snap Peas Apple 1% Milk	12 Italian Chicken Stew Vegetables Roll and Butter Peaches 1% Milk	13 Baked Haddock with White Wine Tomato Sauce Garden Rice Green Beans Roll and Butter Mixed Fruit, 1% Milk
16 Pierogies with Mushrooms and Onions Corn, Apple Roll and Butter 1% Milk	17 Pineapple Chicken Brown Rice Broccoli Roll and Butter Mandarin Oranges 1% Milk	18 Pork Loin Sauerkraut Mashed Potatoes Applesauce 1% Milk	19 Paprika Chicken Green Beans Herb Rice Roll and Butter Mixed Fruit 1% Milk	20 Salmon Spanish Rice Snap Peas Roll and Butter Mixed Fruit 1% Milk
23 Chicken Parmesan Mixed Vegetables Roll and Butter Mandarin Oranges 1% Milk	24 Baked Haddock with Tomato Compote Wild Rice Mixed Fruit Roll and Butter 1% Milk	25 Low Carb Beef Stew Roll and Butter Peaches 1% Milk	26 Grilled Chicken Salad with Balsamic Dressing, Feta Cheese, Cranberries and Pecans Roll and Butter 1% Milk	27 Meatloaf with Mushroom Gravy Garlic Mashed Potatoes, Green Beans, Apple Roll and Butter 1% Milk
30 Eggplant Parmesan Mixed Vegetables Roll and Butter Mandarin Oranges 1% Milk	31 Ground Beef Stroganoff Mixed Vegetables Roll and Butter Peaches 1% Milk	 <p>CELEBRATE <i>National Waffle Day</i> ON AUGUST 10</p>		

Programs to Look Forward to in July & August

All classes are virtual unless otherwise noted.

HELP YOURSELF TO HEALTHY LIVING (HYTHL)

Thursday, July 1: 12:30pm – 1:30pm

Topic: Anyone can develop Asthma at any age! Please join us to learn the physiology, signs, symptoms, and triggers for asthma and what triggers to avoid! We will also discuss the importance of COVID-19 vaccination for individuals who have Asthma! Presented by Abington - Jefferson Health.

Thursday, August 5: 12:30pm – 1:30pm

Topic: Chronic Obstructive Pulmonary Disease (COPD). Please join us to learn about the physiology, signs, symptoms, and treatment for COPD. We will also discuss the importance of COVID-19 vaccination and mask wearing recommendations for individuals who have COPD. Presented by Abington - Jefferson Health.

TAI CHI FOR ARTHRITIS

Fridays, July 2 to August 6: 1pm – 2pm

Tai Chi for Arthritis is a 6 session program with each session lasting 45 minutes to 1 hour. Exercises can be done seated or standing. Medical authorities agree that suitable exercise for people with arthritis should incorporate components that can improve muscular strength, flexibility, and fitness. This class will be in-person. If safety becomes an issue, the class will switch to virtual. This county-sponsored, evidenced-based program is free to attendees.

COOKING CLASSES WITH CHEF CINDIE

Friday, July 16: 1pm – 2pm via Zoom (2pm – 3pm if in-person)

"Peachy Keen:" This class will focus on recipes that use peaches; some savory, some sweet.

Friday, Aug. 20: 1pm – 2pm via Zoom (2pm – 3pm if in-person)

"For the Love Of Lemons:" On National Lemonade Day, enjoy learning some recipes that highlight lemons.

If class is held in-person there will be a \$20.00 fee with each attendee receiving recipes and samples of the food featured during that class. Chef Cindie's virtual classes are filmed and featured on our YouTube channel at www.youtube.com/channel/UCHwatE08Y_yXb3n9LtHHHuw.

MANAGING LOW BACK PAIN

Thursday, July 22: 1pm – 2pm

Feeling older and creakier than your age? Learn how to get control over aches and pains and manage back pain to live life to your fullest. Presented by Core 3 Physical Therapy.

NUTRITIONAL PRESENTATIONS

Wednesday, July 14: 10am – 11am

Topic: Plant Based Eating – Get your Decoder Ring. Plant based, vegan, vegetarian...there are a lot of labels and just as much confusion! Join our ShopRite dietitian for a presentation about incorporating more plant-based foods into your diet and how to make sure these diets are balanced and complete.

Wednesday, August 11: 2pm – 3pm

Topic: Fad Diets and Nutrition Myths. Another day, another diet appears on your social media feed or on the news. Join our ShopRite dietitian for a balanced look at diets, fads and some fun nutrition myth-busting!

Both classes are hosted by Jena Wood, Retail Dietitian for ShopRite in West Chester and Hatfield. Jenna has a BS in Nutrition and an MS in Community Nutrition.



BOOK CLUB (in-person at Encore and virtual)

Thursday, July 29: 6pm – 8pm

Join us for a conversation on the book Language of Flowers by Vanessa Diffenbaugh.

Thursday, August 26: 6pm – 8pm

Join us for a conversation on the book Stars of Alabama by Sean Dietrich.

BUILDING CHARACTER

Tuesday, August 3 and 10, and

Thursday, August 5 and 12: 2pm – 4pm

Performance of Monologues on Friday, August 13

These mini sessions of exercises and skill building classes will focus on developing techniques to enhance the "actor" in each of us. No experience necessary. Just join and have fun!

Greater Harleysville and North Penn Senior Services

312 Alumni Avenue, Harleysville, PA 19438

Electronic Service Requested

<Organization>

<First Name> <Last Name>

<Address1> <Address2>

<City>, <State> <Zip>



Program calendars are available on our website at www.ghnpss.org. To request a program calendar in print, please call either Encore Experiences at 215-256-6900 or The PEAK Center at 215-362-7432.

Scam Alert

Please be aware, scammers are using this pandemic to take advantage of people. Already, we are seeing scammers contacting people saying they need bank account information to deposit a stimulus check. DO NOT GIVE OUT PERSONAL INFO and HANG UP IMMEDIATELY!

Chat Buddies

Lonely? Need a pal to talk to? Looking for a "Phone Friend"? Give us a call at 215-256-6900 and we can connect you with a Chat Buddy.

Domestic Flights and REAL ID Requirement Update

The Department of Homeland Security (DHS) is extending the REAL ID full enforcement date originally set for October 1, 2021 to May 3, 2023, due to circumstances resulting from the ongoing COVID-19 pandemic. Beginning May 3, 2023, every air traveler 18 years of age and older will need a REAL ID-compliant driver's license or identification card, state-issued enhanced driver's license, or another TSA-acceptable form of identification, such as a passport, at airport security checkpoints for domestic air travel. For more information on Pennsylvania's REAL ID-compliant license, visit www.dhs.gov/real-id.

GHPSS is on YouTube

Did you know GHPSS has a YouTube channel? There you can view past virtual events, cooking classes with Chef Cindie, announcements and more. Be sure to subscribe to our channel by clicking on the "Subscribe" button.

Legal Consultations at Encore Experiences

Wendy Ashby of Ashby Law Offices, LLC will do legal consultations in-person at Encore Experiences (if safety permits) on July 16 from 8:30am to 9:30am. For more information or to schedule an appointment, call 215-256-6900.

Honor a Special Front Line Worker or First Responder You Know

Is there someone special you know who was a Front Line worker or First Responder during the pandemic? Would you like to honor them? You can do so at this year's Pillar of the Community Celebration by purchasing a spot on the Wall of Heroes display at the event. More information can be found on www.ghnpss.org/news or you can call Encore at 215-256-6900 or PEAK at 215-362-7432.

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 or visiting our website at www.ghnpss.org/news?p=402. Once it has been received and approved, your vouchers will be mailed to you, while supplies last. Vouchers are now \$6 each. Every person who qualifies is entitled to one set of vouchers totaling \$24 to be used at a participating farm stand.

Free Bread Pick Up at Encore Experiences

Free bread is distributed during Grab and Go Lunches at Encore on Wednesdays from 11:30am to 12:15pm. First come, first served.