

A Journey to Retirement

Greetings Friends!

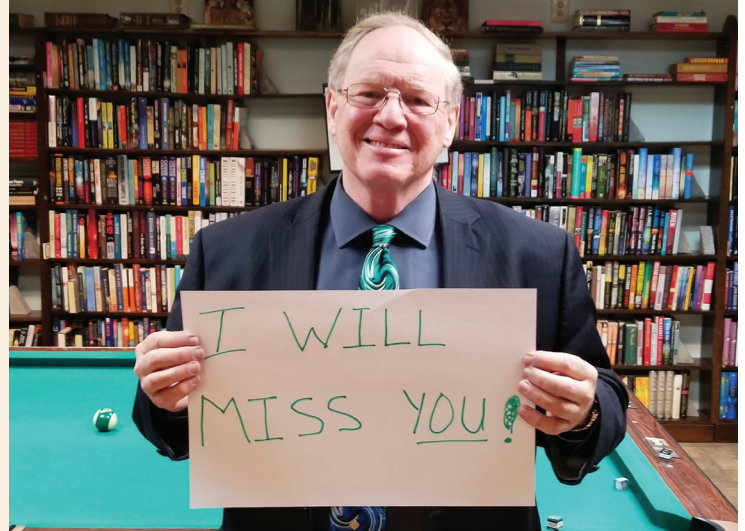
I sure hope March and April will bring lots of sunshine and warmth. Spring is the season for flowers and trees to wake up and start growing and I am hopeful we can all take a hint from the sunshine, sprouting leaves and perky flowers to get out there and get moving in one way or another. A walk, a little gardening, some exercising or any other activity is good for us at any age.

By the time you receive this newsletter you will probably be aware that I have moved into the "Retirement" stage of my journey. It has been a HUGE pleasure and honor to serve as the Executive Director of Greater Harleysville and North Penn Senior Services. In the midst of constantly changing times since I began 3 years ago, GHPSS has clearly and diligently sought to serve the Seniors of our region through whatever changes circumstances required.

I want to thank the Staff of GHPSS who serve at Encore Experiences and at The PEAK Center for their dedication to the Seniors we work with in person and "virtually." They put energy, creativity and commitment into what they do every day. I also want to thank the Board of Directors for their support. The Board, under the leadership of their excellent Executive Committee, has always had the interests and well-being of Seniors front and center in their decisions.

Finally, I want to thank the MANY very special friends that have given smiles, good wishes, encouragement and support through the 42 years of my service in the non-profit sector. Recent circumstances have prevented us from physically being in each other's presence, but every day I draw upon the very strong image of your kindness, support and many, many smiles. I have always seen my work as a witness to God among his wonderful people. It is you, as the people that I have worked with, that have given me the most joy.

Blessings and Peace. Paul



The Holiday Packet Was a HUGE Success

With virtual classes, Seniors are able to connect with their peers, but not everyone has access to a computer or the internet. GHPSS wanted to find a way to connect with Seniors who are not regularly interacting with each other and decided to try mailing out a three-week series Holiday Packet.

We had close to 180 Seniors request to receive this packet over three weeks and they LOVED the activities! Tom and Bobbe said, "Thank you so much for the Holiday Packets. What a GREAT idea. We loved the recipes, stories, Christmas carols and info on the staff members. The puzzles were fantastic!" Another member of Encore said, "I loved the crafts and puzzles and sent some of them to my grandkids to enjoy."

Having the ability to touch the lives of Seniors in ways other than phone calls and virtual classes is very important to GHPSS. Sharing an encouraging word, showing how much we care, and assisting in any way possible is our mission...and we LOVE doing it!

We are especially thankful to the volunteers who came out each week to help us assemble the packets. We could not have done it without them!



A Message From the President Board Chair

The Board of Directors of Greater Harleysville and North Penn Senior Services - the PEAK Center and Encore Experiences announce the retirement of Executive Director Paul Nye. Paul's tenure as Executive Director will end February 19, 2021.

Paul has been an integral part of GHNPSS over the last few years. We greatly appreciate his steadfast leadership, dedication, passion for helping seniors and for everything he has done for the centers. Under Paul's leadership "GHNPSS" has served thousands and thousands of senior citizens in our region. His contributions and relationships with the members, his team, the board, and community leaders will always be valued and remembered.

Paul has the passion for empowering mature adults to be the best they can be, providing a caring environment for programs and services, and providing a rich environment for healthy and productive aging. Paul has put in countless hours towards our fund-raising efforts with much success! This work has allowed both PEAK and ENCORE to flourish and serve our members effectively. We will miss his energy and enthusiasm.

Throughout this process, we will work to assure a seamless transition in leadership and continued excellent service at Encore Experiences in Harleysville and the PEAK Center in Lansdale.

The Board of Directors and staff wish Paul all the best as he takes the time to enjoy his retirement, make time for himself and pursues other interests and projects. We wish him health and happiness in his retirement.

Best Regards,

Sheri Strouse
President Board Chair
Greater Harleysville North Penn Senior Services



Greater Harleysville and North Penn Senior Services Staff

The PEAK Center

Donna J. Byrne
Site Manager

Carol Costlow
Social Services Coordinator

Heather Shuttles
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

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.ghnpss.org

Encore and PEAK Hours:

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

Follow Us On:

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GHPSS Education and Services for Seniors

AARP SMART Driver Course

All driving classes are suspended through March. Call PEAK at 215-362-7432 to get up-to-date information.

AARP Tax Preparation Program

Due to changing conditions caused by the COVID-19 pandemic, the most up-to-date information can be obtained by calling the Centers: Encore 215-256-6900 or PEAK 215-362-7432.

APPRISE Medicare Counseling

If you are enrolled in a Medicare Advantage plan that does not suit your current health needs, you have until the end of March to change to a different Medicare Advantage plan or to original Medicare plus a Part D plan for the remainder of the year.

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

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: Free 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. New 2020-21 income eligibility guidelines for homeowners and renters have been published.

Property Tax/Rent Rebate

Applications for this rebate are available now, based on your 2020 income and property taxes or rent paid. 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>.

The North Penn School District is still offering an additional rebate to its residents, but you must have already qualified for the PA Property Tax/Rent Rebate for 2019. If you qualified for 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 (215-362-7432) or Encore (215-256-6900) for more information.

A Note of Appreciation

"I truly appreciate all the time you've been putting in, and hard work you guys have been doing, and keep doing, so we all can keep having so much fun!"

Colleen

A Salute to David Sang-Soon Lee

The Founding Chairman the *Montgomery County Korean Seniors' Association*,

Mr. David Sang-Soon Lee, died on January 12th at the age of 92. Mr. Lee was a leader in his community and an advocate for additional services for Korean Americans. During his time as Chairman the organization became a strong partner of Greater Harleysville & North Penn Senior Services, especially our PEAK Center site in Lansdale. The PEAK Center has offered various in-person programs prior to the pandemic and continues to currently offer virtual programs for our Korean American partners. We thank Mr. Lee for his legacy of service and we look forward to building upon the foundation he initiated with additional programs in the future.



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Grab and Go Menu

March 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 |
| 8 Chicken Parmesan Mixed Vegetables Roll and Butter Mandarin Oranges 1% Milk | 9 Baked Haddock with Tomato Compote Wild Rice Mixed Fruit Roll and Butter 1% Milk | 10 Low Carb Beef Stew Roll and Butter Peaches 1% Milk | 11 Grilled Chicken Salad with Balsamic Dressing, Feta Cheese, Cranberries and Pecans Roll and Butter 1% Milk | 12 Meatloaf with Mushroom Gravy Garlic Mashed Potatoes, Green Beans, Apple Roll and Butter 1% Milk |
| 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> Gourmet Macaroni and Cheese with Ham, Green Beans, Pineapple Dessert 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 |
| 29 Pierogies with Mushrooms and Onions Corn, Apple Roll and Butter 1% Milk | 30 Pineapple Chicken Brown Rice Broccoli Roll and Butter Mandarin Oranges 1% Milk | 31 Pork Loin, Sauerkraut, Mashed Potatoes, Applesauce 1% Milk |  | |

GHNPS

Grab and Go Menu

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

Check Out These Exciting NEW Virtual Programs!

Bingocize®

Tuesdays and Thursdays from 1:30pm to 2:30pm, starting March 2

This is an evidence-based 10-week program that combines a bingo-like game with exercise and health education. The program has been shown to increase older adults' functional fitness, health knowledge, and social engagement in a variety of settings. Each class is 1 hour in length. Program goals are to improve and/or maintain mobility and independence, learn and use health information focused on falls reduction and other health-related behaviors, and socially engage with other older adults.

Participants (Bingocizers®) complete a series of strategically inserted exercises designed to increase or decrease the intensity and volume of exercise. Health education questions are also inserted into the game. Participants rest while numbers are called for the bingo game, complete more strategically inserted exercises or health education questions, rest during number calling, and so on. This pattern is continued until a Bingocizer® wins the game. Additional games are played until all planned exercises are completed or 1 hour elapses.

You've Survived the Winter – Now What?

Tuesdays, March 2, 16, 23, 30, April 6 and April 20 at 10:30am

Join Casey Koch, from the Lincoln Center for Family & Youth, as she facilitates group discussion to identify strategies for how to be our best selves as we navigate trying times. As usual, fun & games will be part of each session.

Art Class/ Drawing

Fridays from 10am to 12pm, starting March 5

This is a 5 session group of Drawing Classes offered this year. The instructor will be Jason Rodriguez from the Greater Norristown Art League. This class will continue instruction working toward enabling you to draw anything you'd like. This class is open to beginners, as well as those who have more experience. Students who have studied with Jason have given highly positive feedback. Class size is limited to 6 students. *Fee is \$18 for the course.*

Dealing with Hearing Loss During Covid-19 and The Solutions Available to Improve Your Quality of Life.

March 17 at 10:30am

Since COVID-19 began, a lot has changed with our daily lives. One area we didn't believe it would impact is our hearing. The increased use of masks have taken away vocal cues for the hearing-impaired and our reliance on digital technology has increased. Learn about what options are available to help improve your hearing and how new technology can assist in overcoming the hurdles we now face.

Cindie's Cooking Class

Fridays, March 19 and April 16 at 1pm

Join Cindie, Chef at Encore Experiences, for cooking classes. March's class, Cooking for 1 or 2, shows you how to avoid the "leftovers for days" issue and ways to repurpose food for your next meal. April's class, Simple Snacks, gives you ideas for what to make when you need a "little something" to eat.

Happy Birthday Celebrations

Last Friday of the Month on March 26 and April 30 at 1:30pm

Join GHNPSS as we sing Happy Birthday and share warm wishes for all those who celebrate their birthdays in each month!

Wills, POAs & Advance Directives

Wednesday, March 31 at 10 am

Susan Strong, Esquire will conduct a presentation telling you "everything you wanted to know but were afraid to ask" about these all-important papers, why they are critical to have on hand and how to get your affairs in "ship-shape."

Healthy Springtime Desserts

Wednesday, April 7 at 10am

Start your Spring on a sweet note by attending this cooking demonstration and learn how to prepare a delicious treat to satisfy your sugar craving. Hosted by Teri Wassel, MS, RD, Registered Dietitian at Montgomery County Department of Health and Human Services.

Everything You Wanted to Know About Government Benefits Programs

Monday, April 12 at 10am

Carol Costlow, Social Services Coordinator at The PEAK Center, will give an overview of benefits available, eligibility requirements and the application process.

In Loving Memory

**Jim Parker
Walt Fitzgerald**

<First Name> <Last Name>

<Address1> <Address2>

<City>, <State> <Zip>



Program calendars are available on our website at www.ghnpss.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.

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 new virtual classes. We are continually adding 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, and more. If you are interested in trying a class, visit our website and register. We would love to have you join us! If you need tech assistance, please call either PEAK or Encore and we can connect you with tech help.

Grab and Go Lunches at Encore Experiences

Please call Encore at 215-256-6900 if you would like to participate in our drive thru Grab and Go lunch. Reservations are required on Friday by Noon for the following week. Requested \$2 donation. Participants drive thru from 11:30am to 12:30pm. You do not need to be present to participate. You can have a friend or family member pick up. We make it easy!

The Hearth Bakery in Lansdale donates bread which we distribute on Wednesdays. You can come just for bread, no reservation needed.

