

Getting to Know our New Executive Director

On March 1, Peter Stinson started as the Executive Director for GHPSS. He comes with an impressive background and brings us many years of non-profit business management, fundraising and leadership experience...along with lots of enthusiasm to serve older adults!

We thought you might be interested in knowing more about him on a personal level, so we asked him various questions to give you some insight.



Where did you grow up?

I lived in Union County NJ until I was 10 and then moved to Doylestown where I grew up and still live.

What is your hidden talent?

I drive a manual transmission car and prefer it over automatic!

What are you looking forward to in 2021?

I am looking forward to our extended family Christmas party in December which was unfortunately cancelled in 2020. I am also looking forward to returning to sporting events.

If you could spend one day in someone else's shoes, whose would they be and why?

Tough question. While I don't have one particular person in mind, I often find myself wondering what a given place would have looked like at different points throughout history. Sometimes I will walk through Doylestown and wonder "what did this look like 100 years ago?" It would be neat to see places that I frequent from someone's shoes that lived 100 or 200 years ago.

As a child, what did you want to be when you grew up?

When I was younger, I wanted to be a politician so I could change the world. As I have grown up, I've found that working in the nonprofit sector is actually changing the world, so I feel like I'm fulfilling my life mission and am in a much better place than if I had wound up in politics.

What is one of your favorite memories?

I've visited Ireland a few times as we have extended family there. My grandfather came over to the US when he was young. My cousins have been so kind as to show me the family tree and take me to a variety of places of significance. I was able to walk into the small 3 room house my grandfather grew up in (which is now abandoned and wide open) and the small church he was baptized in.

Where is your happy place?

Wildwood Crest, NJ!

What is the best advice you have ever been given?

My grandfather would say "everything in moderation".

What is a dream you have that you've yet to achieve?

I'd love to have a place at the Jersey Shore one day. There is no such thing as "too much beach time"!

What is your most fulfilling accomplishment and why?

In the first year I played football when I was younger, I wound up being a starter and won the "Most Improved Player" award. While it may not seem like much, it took almost a year of training. My grandfather told me "Do everything they tell you and go to every single weightlifting session and off-season workout. Also, run on your own a few times per week". The idea was to work hard, do not miss any details, and persevere. That was a fulfilling accomplishment because it set the stage for me to always work hard, pay attention to details, and persevere in every area throughout my life.

What are you excited to do in your role as Executive Director?

I am excited to meet everyone at PEAK and Encore when we can fully open. I am looking forward to sharing stories and laughter together at all our programs and events after this challenging situation finally ends.

What qualities do you value in the people with whom you spend time with?

Love, humor, honesty, and loyalty. I enjoy spending time with my fiancé, family, and friends. Some friends are from childhood and some I have made in the recent years. I also enjoy relating to people of all ages. From my 2-year-old niece to one of my best friends who is 85, there is so much joy and laughter to be shared and wisdom to be learned.

What is one thing in your bucket list you hope to achieve in the next couple of years and why?

When I think "bucket list", travel comes to mind. While I consider myself a homebody, there are a few places I would like to visit in the next couple years including the Pacific Northwest, Quebec City/ Montreal, and Italy.

What's one thing about you that surprises people?

I maintain a rigorous workout regimen that includes weightlifting, running, walking, and yoga. In the summertime, I add bike rides and golf to the mix. Many of these activities are done outdoors which only adds to the enjoyment. It helps me feel physically and mentally "my best" and keeps me at the top of my game.

What is your greatest fear?

My greatest fear is not making the most of each and every precious day that I have in this life.



A Message From the President Board Chair

In the previous newsletter I wrote about Paul Nye, then our Executive Director, retiring in February of this year. We were sad to see him go, but are excited for him to enjoy more time with his grandson and having the ability to explore hobbies and new experiences.

Soon after Paul's last day at GHPSS, Peter Stinson started as the new Executive Director. He has a B.A. from Saint Joseph's University and brings many years of experience in the area of non-profit business management, fundraising, public relations, relationship building, volunteer management and leadership.

Peter is filled with enthusiasm to serve and recently stated, "I'm thrilled to begin as the new Executive Director leading a team that provides outstanding programs and resources for our local seniors." He has jumped right in and is already reaching out to Seniors by participating in some virtual classes and greeting people in the Grab and Go lunch line at Encore Experiences.

Please read the story on the front of this newsletter to get more insight into who Peter is. Perhaps you will even see him in a virtual class if you attend. I encourage you to attend our virtual classes and connect with other Seniors. The number of classes being offered are growing as is the attendance. As much as we wish we could see you all in person, we are not quite there yet. Virtual classes are a nice alternative to in-person classes as you are able to see friendly faces and chat with friends you may have not seen in a while.

As we enjoy the end of spring and beginning of summer, reflect on the good things in life to be thankful for and look forward to the days we can gather again safely. Those days will come, but until then, cherish the memories you are creating now.

Best Regards,

Sheri Strouse
President Board Chair
Greater Harleysville North Penn Senior Services



Greater Harleysville and North Penn Senior Services Staff

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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

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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. The vouchers can be used June- November 2021. Bring your driver's license or photo ID to receive your vouchers.

Call either Center for up-to-date information about receiving these vouchers.

Legal Counseling

PEAK: Free legal consultations will be available by phone May 25 and June 22. Call 215-362-7432 to request an appointment.

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 is a seasonal program that will accept new applications beginning Nov. 1, 2021. For more information, go to www.compass.state.pa.us.

Property Tax/Rent Rebate

Applications for the 2020 tax year are available and must be submitted by June 30. 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 2019. You can apply to the school district for their additional rebate through June 30, 2021. Learn more, pick up applications 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 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.

Healthy Steps for Older Adults



On Tuesday, June 8th and Thursday, June 10th from 9:00-11:00am, Encore is hosting an evidence-based Fall Prevention Program for adults ages 60 and over called Healthy Steps for Older Adults (HSOA).

The program is designed to increase participants' fall prevention knowledge and raise awareness on topics including home safety modifications, safe footwear, nutrition for bone health, exercise, medication management, and communication with their physician about fall prevention.

Participants will complete an assessment and the certified instructors (Claire Kuzmicki and Deb Hunsberger) will provide suggestions, referrals and resources. We hope to meet in person, yet will meet virtually, if safety requires.

To sign-up, call Encore Experiences at 215-256-6900 or The PEAK Center at 215-362-7432.



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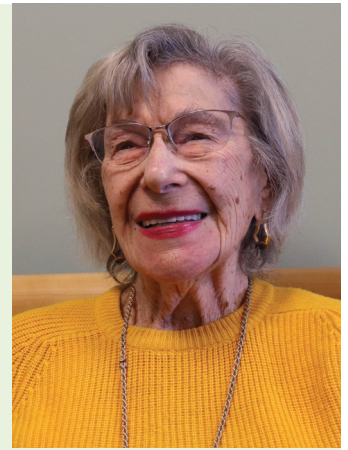
As we continue to work to provide virtual classes and tentatively plan for resumption of on-site programs, we want to hold activities based on your priorities, while honoring safety and health concerns. To that end, we have compiled a few questions below that will aid us going forward:

- As a Senior in Montgomery County, what are your current needs?
- Do you have a high desire for in-person programs and services?
- How are you feeling about resuming in-person programs and services?
- What would you need in place to feel safe at in-person programs at GHPSS?
- What programs and services do you want prioritized upon reopening?
- Are you in favor of having indoor and/or outdoors programs?
- Other comments/concerns/questions?

Please respond by phone to Donna at: 215-362-7432, or send an email to: dbyrne@ghnpss.org

Ruth Turned 101!

April 2, 2021 marked the 101st birthday of our favorite centenarian, Ruth Schaffer.



Ruth joined us for a ZOOM celebration the day before with her son, David, from her beautiful apartment.

She was feted with flowers, sweets, tons of love and well wishes from her friends, plus a rousing rendition of April Wordinger's version of "Happy Birthday."

We have missed seeing Ruth in person for the past year, but are grateful that she is able to join us virtually and knows how much she is loved by all of us who miss her.

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Grab and Go Menu

May 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 12:30pm under the portico.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Parmesan Mixed Vegetables Roll and Butter Mandarin Oranges 1% Milk	4 Baked Haddock with Tomato Compote Wild Rice Mixed Fruit Roll and Butter 1% Milk	5 Low Carb Beef Stew Roll and Butter Peaches 1% Milk	6 Grilled Chicken Salad with Balsamic Dressing, Feta Cheese, Cranberries and Pecans Roll and Butter 1% Milk	7 Meatloaf with Mushroom Gravy Garlic Mashed Potatoes, Green Beans, Apple Roll and Butter 1% Milk
10 Eggplant Parmesan Mixed Vegetables Roll and Butter Mandarin Oranges 1% Milk	11 Ground Beef Stroganoff Mixed Vegetables Roll and Butter Peaches 1% Milk	12 Chicken Marsala Wild Rice Broccoli Roll and Butter Peaches 1% Milk	13 Baked Ziti Roasted Vegetables Roll and Butter Mixed Fruit 1% Milk	14 Fish and Chips with Tartar Sauce Fries Mixed Vegetables Roll and Butter Apple and 1% Milk
17 Pulled Pork Brown Rice Bean Trio Roll and Butter Apple 1% Milk	18 No lunch served due to Encore being a Primary Election Polling Site.	19 Sausage with Peppers and Onions Roasted Potatoes Snap Peas Apple 1% Milk	20 Special Lunch <i>(Standard Donation)</i> Taco Salad with Taco Meat, Lettuce, Tomatoes, Cheese, Olives, Sour Cream, & Salsa, Fruit Dessert, 1% Milk	21 Baked Haddock with White Wine Tomato Sauce Garden Rice Green Beans Roll and Butter Mixed Fruit, 1% Milk
24 Pierogies with Mushrooms and Onions Corn, Apple Roll and Butter 1% Milk	25 Pineapple Chicken Brown Rice Broccoli Roll and Butter Mandarin Oranges 1% Milk	26 Pork Loin, Sauerkraut, Mashed Potatoes, Applesauce 1% Milk	27 Paprika Chicken Green Beans Herb Rice Roll and Butter Mixed Fruit 1% Milk	28 Salmon Spanish Rice Snap Peas Roll and Butter Mixed Fruit 1% Milk

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CLOSED
Memorial Day

My Life, My Health Virtual Program Encore just wrapped up hosting a virtual, evidence-based Chronic Disease Self Management program that grew out of work done by Stanford University. This program was run by Tracey Flynn and Lisa Herbst from the County of Montgomery Department of Health & Human Service – Office of Senior Services. Attendees got to know each other well and by the end became a support group to each other when dealing with chronic diseases. The program reinforced what was already known...yet, it also offered support to follow through on goals to improve health. Please consider taking this program the next time it is hosted. It truly helped these individuals to move their “New Year’s resolutions” into action. Visit our website at www.ghnpss.org to view our calendar for other programs that are being offered and to find out when My Life, My Health will be offered again.



GHNPS

Grab and Go Menu

June 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 12:30pm under the portico.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Special Lunch June 15 Sloppy Joe Sandwich, Cole Slaw, Cookie and Milk	1 Baked Haddock with Tomato Compote Wild Rice Mixed Fruit Roll and Butter 1% Milk	2 Low Carb Beef Stew Roll and Butter Peaches 1% Milk	3 Grilled Chicken Salad with Balsamic Dressing, Feta Cheese, Cranberries and Pecans Roll and Butter 1% Milk	4 Meatloaf with Mushroom Gravy Garlic Mashed Potatoes, Green Beans, Apple Roll and Butter 1% Milk
7 Eggplant Parmesan Mixed Vegetables Roll and Butter Mandarin Oranges 1% Milk	8 Ground Beef Stroganoff Mixed Vegetables Roll and Butter Peaches 1% Milk	9 Chicken Marsala Wild Rice Broccoli Roll and Butter Peaches 1% Milk	10 Baked Ziti Roasted Vegetables Roll and Butter Mixed Fruit 1% Milk	11 Fish and Chips with Tartar Sauce Fries Mixed Vegetables Roll and Butter Apple and 1% Milk
14 Pulled Pork Brown Rice Bean Trio Roll and Butter Apple 1% Milk	15 Special Lunch <i>(Standard Donation)</i> Sloppy Joe Sandwich, Cole Slaw, Fresh Baked Cookie, 1% Milk	16 Sausage with Peppers and Onions Roasted Potatoes Snap Peas Apple 1% Milk	17 Italian Chicken Stew Vegetables Roll and Butter Peaches 1% Milk	18 Baked Haddock with White Wine Tomato Sauce Garden Rice Green Beans Roll and Butter Mixed Fruit, 1% Milk
21 Pierogies with Mushrooms and Onions Corn, Apple Roll and Butter 1% Milk	22 Pineapple Chicken Brown Rice Broccoli Roll and Butter Mandarin Oranges 1% Milk	23 Pork Loin, Sauerkraut, Mashed Potatoes, Applesauce 1% Milk	24 Paprika Chicken Green Beans Herb Rice Roll and Butter Mixed Fruit 1% Milk	25 Salmon Spanish Rice Snap Peas Roll and Butter Mixed Fruit 1% Milk
28 Chicken Parmesan Mixed Vegetables Roll and Butter Mandarin Oranges 1% Milk	29 Baked Haddock with Tomato Compote Wild Rice Mixed Fruit Roll and Butter 1% Milk	30 Low Carb Beef Stew Roll and Butter Peaches 1% Milk	Free bread is distributed during Grab and Go Lunch on Wednesdays from 11:30am to 12:30pm. First come, first serve.	



What Can You Do With A Box of Clementines?

Did you know that clementines are a variety of mandarin orange? They're rather tiny, quite easy to peel, and even the segments come apart smoothly. One clementine has just 35 calories and it contains 60% of your daily supply of vitamin C. It is every bit as filling as a handful of chips, which ring in at 140 calories, or candy bars, which generally have 200-300 calories! Usually, a box keeps for about 1 week on the counter or 2 weeks in the refrigerator.

Here are 13 different things you can do with mandarin oranges -- aka clementines, mandarins, or satsumas.

1. Keep a few in your **car** so that you can eat them on the go. This works best in winter. Be sure to bring the fruit only on the actual day that you are running errands. In addition to being tasty snacks, clementines make your car smell great, but remember to bring a napkin and bag along to take care of any mess.
2. Eat 3 clementines **after dinner** instead of dessert. They will help cut a craving for ice cream.
3. Keep a centerpiece bowl of clementines on the **table** to encourage more family time. Why not gather to have a treat, then stay to chat?
4. Take them along for **breakfast** when you're on the go.
5. Top a spinach or arugula **salad** with clementine segments.
6. Make a show-stopping **dessert**! First, peel and segment a clementine. Place the pieces in a fancy glass or bowl, then top with a spoonful of Greek yogurt and a drizzle of caramel sauce.
7. Fill the deli drawer of your refrigerator with clementines. This makes them easy to reach and eat for all family members. What great **at-home snacks**!
8. Take 3 clementines to eat after your next **workout** or hike instead of a sports bar. Three clementines have about 105 calories, whereas most sports bars have at least double that. For ease in eating, you can peel them and put a couple in a Ziploc bag ahead of time.
9. Segment some clementines, juice a few, then **bake** them with salmon or tilapia. Drizzle with a little olive oil and you have a winner!
10. If you fire up your **grill**, you can include these with chicken breast and grill them too. Simply place the pieces on foil. No grill? No problem! You can also broil both in the oven.
11. **Warm** a clementine in the microwave for 10 seconds in the morning. Smile. It is going to be a great day.
12. Use them in your **muesli**. Don't know what muesli is? It is a Swiss-style breakfast made with rolled oats, yogurt, fruits and nuts and there's a great intro recipe in that link.
13. **Squeeze** the juice from a few clementines over salad, along with a tiny drizzle of olive oil. Voila! Now you have a fresh, impromptu dressing that is totally sodium-free.

Did you know that satsumas are a variety of mandarin orange? They are a little larger in size, easier to peel, and they have a stronger perfume. We find them to be similar in taste to tangerines.



Greater Harleysville and North Penn Senior Services

312 Alumni Avenue, Harleysville, PA 19438

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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.

Program Development

Program planning for May and June is by definition dependent on the COVID rate in Montgomery County, but here are a few ideas that we are developing for future programs:

Gardening Workshop: We are working to identify a virtual presentation by the Penn State Extension Master Gardener Speakers' Bureau, topic to be determined.

Trip to the Flower Show: We've been in communication with local transportation companies to arrange a trip to the Philadelphia Flower Show, which is being held outside this year. Stay tuned; we are working on this and doing our best to make this happen with all the details of safety, health, vaccination status, etc. to be sorted out.

Hi-Speed Mixer: This will be an on-site event, depending on when our sites open. You've heard of speed dating, so you know the concept. This event will be expanded to allow for meeting new friends, finding folks who share the same interests, basically anyone interested in expanding their social circles. Especially helpful to those new to the area, then subject to COVID isolation. As soon as we get the "green light" to open, this event will be scheduled. We're picturing a late afternoon or early evening event with light refreshments afterwards.

Join A Virtual Class and Connect with Other Seniors!

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!

COVID Vaccine Information for Montgomery County

You may be eligible to pre-register with the county for a COVID vaccine if you meet certain criteria. For more information on qualifications and pre-registration call 833-875-3967.

Readers' Theater: Breaking News!

We are in preliminary discussion with Kate McShane, Director at the Methacton Community Theater, about leading a Readers' Theater at GHNPS. Just as the title says, the plays will be read by Seniors so no memorizing is needed! This program should be lots of fun, attracting new Seniors in the community, and will be flexible, as well. We should be able to conduct Zoom performances, followed by on-site performances eventually. Let us know if you are interested call us at PEAK, and watch the website. We'll publish more information as it develops.