

Pillar of the Community *Honor a Front Line Worker*

We are so excited to hold the Pillar of the Community celebration in person this year on Thursday, September 23, 2021 at the Indian Valley Country Club in Telford, PA.

Over the past 18 months, we have endured many difficult challenges, especially with older adults. Due to social distancing, along with business and organization closures, many have felt the effects of isolation and either confronted the possibility of or contracted COVID-19.

Front Line Workers such as doctors, nurses, paramedics, police officers, bankers, restaurant and grocery store workers, pharmacists, counselors, and therapists

have been essential in addressing these challenges and we want to honor them for their bravery, courage, strength, compassion, and care for those in the community.

Typically, The Pillar of the Community celebrates an individual who exemplifies leadership, but this year there are too many heroes to choose from so we decided to honor them all! We invite you to join us in honoring Abington – Jefferson Health and recognizing all Front Line Workers. If you are unable to attend but would like to honor a special person who was helpful to you during the pandemic, you have an opportunity to include them on the Wall of Heroes which will be featured at the event. Each commemoration is only \$10. If you wish to honor or remember someone special, visit www.ghnpss.org/news, stop by Encore or PEAK to pick up a form or call one of the Centers and give them the information. The submission deadline is September 8.

If you are a lifetime member and would like to attend the event, please call 215-256-6900 to let us know you wish to attend and what your meal choice is.



Changes at The PEAK Center

This summer has offered many changes for GHNPS. We opened our doors to in-person activities, said goodbye to a couple of staff, and had one staff member change their role.

We were sad to say farewell to two staff members at The PEAK Center: Alice Lee, Administrative Assistant, and Donna Byrne, Site Manager. Their hardwork and dedication to serving Seniors will be greatly missed, but we wish them well in their new endeavours. We are excited to announce that Heather Shuttles, former Administrative Assistant, has stepped into the Site Manager position at The PEAK Center. We are beyond thrilled to have Heather advance in her career and serve seniors in a new way. **When you see Heather, be sure to congratulate her!**





A Message From the Executive Director

Greetings Friends!

Fall is approaching! It's the wonderful time of year when the air starts to have a slight chill, the days get shorter, children return to school, and eventually the trees display their beautiful colors which are hidden from us throughout the spring and summer months. There is something very special about the fall season in the area we live.

Greater Harleysville and North Penn Senior Services has reopened our doors and hopefully will be back to a full slate of programs and congregate meals by the time you are reading this. In this ever-changing situation that we face, it can be challenging to predict what next week or next month will bring. With the rapid pace of change, we will continue to keep everyone updated as best as possible as to our additions or subtractions based on the conditions at that time.

I can say without a doubt that our staff, volunteers, and participants are thrilled to be back and thrilled to have everyone back! Whether you join us every day, occasionally, or just on our virtual programs, it's been great to see everyone's smiling faces! It is worth noting that we are continuing with a slate of virtual programming even as we slowly get back to a full calendar on our in-person programming schedule.

Our annual "Pillar of the Community" Celebration will be held September 23 honoring all "front line workers" who deserve this award after all the sacrifices they have made on our behalf over the last year. The event will be held from 6-9 pm at the Indian Valley Country Club. Please contact us if you are interested in purchasing individual tickets. Proceeds from this event fund all the great programs offered by Greater Harleysville and North Penn Senior Services.

Have a wonderful fall!

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

Heather Shutters
Site Manager

Carol Costlow
Social Services Coordinator

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.ghnpss.org

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youtube.com/channel/UChwatE08Y_yXb3n9LtHHHuw



GHPSS Education and Services for Seniors

AARP SMART Driver Course

AARP has suspended all its in-person classes through October 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. Call the Social Service Coordinator at PEAK (215-362-7432) or Encore (215-256-6900) for more information.

Farmers' Market Vouchers

The Farmers' Market Vouchers are available while supplies last. **The last day for giving out vouchers will be Sept. 30.** 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 through November 2021. Check with your favorite farm stand to learn its hours of operation.

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.

Legal Counseling

PEAK: Free legal consultations will be available September 28 and October 26. Call 215-362-7432 to request an appointment.

Encore: Free Legal consultations will be available September 17 and October 15. Call 215-256-6900 to request an appointment.

PA Property Tax/Rent Rebate

Applications for the 2020 tax year are available and must be submitted by Dec. 31, 2021. 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.

Do You Need a Ride to Our Centers?

To schedule transportation through TransNet, please call Encore Experiences at 215-256-6900 or The PEAK Center at 215-362-7432.



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Bridging Cultures

Peter Stinson, Executive Director of GHNPSS, met with the Montgomery County Korean Seniors Association on June 24 to grow the relationship between the Korean seniors and The PEAK Center, where culture specific programs are offered.



Help Yourself To Healthy Living

Join these informative virtual classes to enhance your health and live well.

THURSDAY, SEPTEMBER 2 AT 12:30

Topic: Flu, COVID and Respiratory Illness

Learn how to prevent the flu, COVID and other respiratory illnesses or minimize your symptoms and maximize recovery should you get one of these illnesses this Fall.

THURSDAY, OCTOBER 7 AT 12:30

Topic: Dizziness and How You Minimize It

Many seniors suffer from dizziness (syncope) and falls are a major cause of injury. Please join us to learn how to minimize your risk of developing dizziness.

In Loving Memory

Lois Detweiler
Millie Stunkard
Doris Ross

John Rich
Zoila Salazar

Harleysville

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Lunch Menu

September 2021

Reserve your lunch by calling 215-256-6900.

Reservations are required on Friday by Noon for the following week.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken Marsala Wild Rice Broccoli Roll and Butter Peaches 1% Milk	2 Baked Ziti Roasted Vegetables Roll and Butter Mixed Fruit 1% Milk	3 Fish and Chips with Tartar Sauce Fries Mixed Vegetables Roll and Butter Apple and 1% Milk
	6 CLOSED Labor Day Holiday	7 Special Lunch (Standard Donation) Cup of Tomato Soup Ham Salad Roll and Butter Fruit Dessert 1% Milk	8 Sausage with Peppers and Onions Roasted Potatoes Snap Peas Apple 1% Milk	9 Italian Chicken Stew Vegetables Roll and Butter Peaches 1% Milk
	10 Baked Haddock with White Wine Tomato Sauce Garden Rice Green Beans Roll and Butter Mixed Fruit, 1% Milk	13 Pierogies with Mushrooms and Onions Corn, Apple Roll and Butter 1% Milk	14 Pineapple Chicken Brown Rice Broccoli Roll and Butter Mandarin Oranges 1% Milk	15 Pork Loin Sauerkraut Mashed Potatoes Applesauce 1% Milk
	16 Paprika Chicken Green Beans Herb Rice Roll and Butter Mixed Fruit 1% Milk	17 Salmon Spanish Rice Snap Peas Roll and Butter Mixed Fruit 1% Milk	20 Chicken Parmesan Mixed Vegetables Roll and Butter Mandarin Oranges 1% Milk	21 Baked Haddock with Tomato Compote Wild Rice Mixed Fruit Roll and Butter 1% Milk
	22 Low Carb Beef Stew Roll and Butter Peaches 1% Milk	23 Grilled Chicken Salad with Balsamic Dressing, Feta Cheese, Cranberries and Pecans Roll and Butter 1% Milk	24 Meatloaf with Mushroom Gravy Garlic Mashed Potatoes, Green Beans, Apple Roll and Butter 1% Milk	27 Eggplant Parmesan Mixed Vegetables Roll and Butter Mandarin Oranges 1% Milk
28 Ground Beef Stroganoff Mixed Vegetables Roll and Butter Peaches 1% Milk	29 Chicken Marsala Wild Rice Broccoli Roll and Butter Peaches 1% Milk	30 Baked Ziti Roasted Vegetables Roll and Butter Mixed Fruit 1% Milk	Special Lunch Sept. 7 Cup of Tomato Soup Ham Salad Roll and Butter Fruit Dessert, 1% Milk	

GHNPS

Lunch Menu

October 2021

Reserve your lunch by calling 215-256-6900.
Reservations are required on Friday by Noon for the following week.

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



Thank
You!

Without the dedication of our wonderful volunteers, we would not be able to serve Seniors the way we do.

We want to thank each and every person on this list for their gracious support and service to Seniors at Encore Experiences and the PEAK Center. You are all the BEST!!!

Encore Experiences Volunteers

Barb Buis	Hailey Jones
Karen Cameron	Edie Miller
Mary Jane Fertsch	Ann Snyder
Charlie Gardner	Sonia Zemacke
Dawson Gillaspay	Dave Ross
Naomi Griffiths	Barry and Shirley Evans
Chuck Hull	Susan Buchler
Brian Engemann	

The PEAK Center Volunteers

Susie Alpine	Marna Sag
Marge Collins	Louise Shaheen
Swantje Edwards	Bob and Joan Snyder
Judy Hoffman	Mags Watts
Cathy Leahy	Mohana Padgaonkar
Lillian Maccarella	Dave Ross
Janice Masciantonio	

If you would like to volunteer with us, please call 215-256-6900 (Encore) or 215-362-7432 (PEAK).

**WE ♥ OUR
VOLUNTEERS**



A few enthusiastic members of The PEAK Center enjoyed a visit to the Philadelphia Flower Show on June 9. This trip was available through the North Penn YMCA.



Cooking Class with Chef Cindie

Join Chef Cindie from Encore Experience as she shows you how to create delicious treats you can do at home. *All classes are held on ZOOM.*



Friday, September 17 at 1:00pm

"The Apple of My Eye"

Learn different ways you can cook with apples.



Friday, October 22 at 1pm

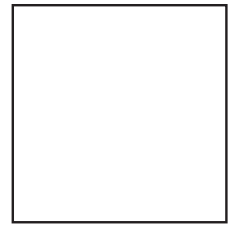
"It's Getting Chili"

Explore recipes for chili and different ways to serve it.

Greater Harleysville and North Penn Senior Services

312 Alumni Avenue, Harleysville, PA 19438

Electronic Service Requested



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.

Haircut Services are back at Encore Experiences

Haircuts by Robin on Tuesday mornings from 9am to 11am at Encore Experiences. \$10 per haircut. Please call 215-256-6900 to schedule your appointment.

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!**

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.

In-Person Exercise Classes are Back!

Both Encore Experiences and The PEAK Center are holding exercise classes in-person. Encore is featuring Tai Chi, Walking with Weights and Zumba Gold (\$3 per class). PEAK is featuring Fit for the Future and Tai Chi (\$3 per class). If you still want to stay fit via ZOOM, you can also join the YoHa classes held on Tuesdays and Thursdays. Visit www.ghnpss.org for a full list of classes.

GHNPS is on YouTube

Did you know GHNPS 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.

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 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 through Nov. 30.

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.