

# The Encore Bulletin

**ENCORE EXPERIENCES**

**IN HARLEYSVILLE**

**312 Alumni Avenue  
Harleysville, PA 19438**

**Phone: 215.256.6900**

**Fax: 215.256.9132**

**www.EncoreExperiences.org**

**Encore Experiences Hours**

**Monday-Friday**

**8:00 AM to 4:00 PM**

occasional evening and weekend programming

**\*Summer Hours: We close Fridays at**

**3:00 PM from Memorial Day-Labor Day**

It is our policy to request that each attendee completes a participant registration form. This helps us apply for additional funding and gives us vital information in case of incident/emergency. Thank you for your cooperation.

All speakers, products, services or advertisements which are presented as part of the Greater Harleysville and North Penn Senior Services activities at Encore Experiences in Harleysville or The PEAK Center, or on our web sites and/or newsletters, are not necessarily endorsed in any way by GHNPS; nor are the opinions of speakers necessarily the opinions of GHNPS; nor are the representations and information presented tested or reviewed for accuracy or reliability by GHNPS.

**TransNet Rider Information**

For new trip reservations to and from The PEAK Center or Encore Experiences call:

The PEAK Center at 215-362-7432

Encore Experiences at 215-256-6900

For next day reservations you must call by 1:00PM the previous day. To cancel your reservation, you must call TransNet at 215-542-7433.

If your call is not answered by an operator, listen closely for the prompts and follow the prompts for Mid County Transportation or Valley ParaTransit (whichever applicable).

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## Syed Afzal to Receive Pillar of the Community Award



Syed Afzal, founder and CEO of Pdc Machines, Inc., will be honored as the 2016 Pillar of the Community by the Greater Harleysville and North Penn Senior Services during its annual dinner on Thursday, May 19, at the William Penn

Inn, Gwynedd. Syed is being recognized for his many contributions to the community both locally and abroad.

Syed received his bachelor's degree in Mechanical Engineering at Osmania University in Hyderabad, India. In 1965 he came to the United States to enroll at Princeton University where he received his Master's Degree and was Research Assistant in the Mechanical Engineering/Aerospace Science Department. Formal education was followed by ten years of employment first as a project engineer then chief engineer for PPI Pressure Products. In 1977 Syed began Pdc Machines as a one-man business operating out of his home garage, dedicating his work to trouble-shooting chemical engineering equipment problems and providing design services to a handful of clients. Today, Pdc Machines is a second generation family-owned and operated multi-million dollar leader in providing engineered solutions for gas and chemical processing equipment world-wide.

The success of Syed's business and living one of the five pillars of the Muslim faith has made possible the creation of The Zubaida Foundation.

Established in 2005, this non-profit organization is named to honor his Mother and to continue her dream of working for others with compassion. The foundation was initially formed to arrange and hold congregational prayers, educational programs, social activities, interfaith dialogues and peace efforts of all faiths in conformity with the teachings of Islam. The beneficiary of all that the foundation does is the community and Syed's understanding of community is far reaching.

Not one to forget his roots, the foundation has built an orphanage, schools, and an engineering college in his hometown of Hyderabad. Soup kitchens and food pantries have been established and receive ongoing contributions in Yardley and the Greater Trenton areas, and annually 16 high school students, including four from North Penn High School, are recipients of academic scholarships enabling them to get a head start on their college education. Syed, his family, and the foundation have made significant contributions to such local agencies as Manna on Main Street, The North Penn Commons One Four All Campaign, Pearl S. Buck House and Museum, the North Penn United Way, the North Penn Mosque, and now Greater Harleysville and North Penn Senior Services.

Syed and his wife, Birgitta, met at Princeton and have been married for almost fifty years. Their union has blessed them with sons, Kareem and Mateen, and daughter, Aisha, as well as eight grandchildren. The Afzal name and mission will continue for years to come because the family foundation is in its infancy stage of development with the goal of becoming self-sustaining. In doing so, Syed will be following his parents' example and responding to the Zakat pillar of Islam, that is, "Give what you love the most."

## Senior Farmers' Market Nutrition Program

The US Department of Agriculture offers the Senior Farmers' Market Nutrition Program (SFMNP) which awards grants to States, United States Territories, and federally-recognized Indian tribal governments to provide low-income seniors with coupons that can be exchanged for eligible foods (fruits, vegetables, honey, and fresh-cut herbs) at farmers' markets, roadside stands, and community supported agriculture programs. In Fiscal Year (FY) 2014, grants were awarded to 51 State agencies and federally recognized Indian Tribal Organizations to operate the SFMNP. These

benefits are provided to eligible recipients for use during the harvest season, which is June through November in Pennsylvania.

The purposes of the Senior Farmers' Market Nutrition Program are to:

(1) Provide resources in the form of fresh, nutritious, unprepared, locally grown fruits, vegetables, and herbs from farmers' markets, roadside stands and community supported agriculture programs to low-income seniors,

*Continued on Page 15*

# Director's Report



Spring has sprung! We thought it would never arrive, as winter always seems to linger on but it is here and we are happy!

Speaking of spring, it is around this time of the year that everything feels renewed. Flowers begin to bloom and the sun shines and warms the air. It is also around this

time of the year that you have the opportunity to renew your membership with Encore Experiences and The PEAK Center. Although membership at either center is not required to participate in our programming, it does have a few benefits that we believe you will enjoy! For an annual membership renewal of \$20.00 (Membership runs July 2016 – June 2017) you will receive:

- A bi-monthly newsletter mailed directly to your home. The Encore Bulletin and PEAK News and Notes provide a variety of great articles and information regarding what is taking place in the centers. You will have a leg-up on the daily lunch and stay informed about on-going events. (You will receive the newsletter from the Center to which you pay your membership fee. To join both Centers and receive both newsletters, the cost is just an additional \$10 per year.)
- Voting rights at Members' Council Meetings

- Free program member status at either Indian Valley or Lansdale YMCA (a \$50.00 annual value)
  - 10% off any service (excluding oil change) at Just Cruisin' Auto Service Center
  - 10% off Good Neighbor Pharmacy products at Rann Pharmacy
  - \$5.00 off purchase of \$50.00 or more at Harleysville Ace Hardware
  - Coupon for one free lunch at the Encore Cafe and The PEAK Center during the month of your birthday
  - Coupons for \$1.00 off breakfast, \$1.50 off lunch, and \$5.00 off dinner at the Main Street Diner
  - \$5.00 off \$40 or more at Wilsons Hardware
  - 10% off any service at Bob Adams Auto
  - \$1.00 off any fitness class (excluding line dance) at Encore Experiences
  - One free fitness class at The PEAK Center
- Additionally, your membership at either center helps to support the good works of Greater Harleysville and North Penn Senior Services.

If you are not already a member of either center, we hope you will consider. If you are, we look forward to your renewal!

See you soon,  
Katie



## GHPSS STAFF MEMBERS

- Katie Walter  
*Executive Director*
- Becky Carver  
*Administrative Assistant/Bookkeeper*
- Susan Andersen  
*Communications Manager*

## ENCORE EXPERIENCES STAFF MEMBERS

- Kay Pagni, *Assistant Director & Social Services Coordinator*
- Michele Ross, *Program Director*
- Beth Knize, *Meal Coordinator*
- Teresa Ascher, *Office Manager*

## THE PEAK CENTER STAFF MEMBERS

- Sandi Hertler  
*Welcome Desk Manager*
- Sherry Rocchino  
*Program Coordinator*
- Carol Costlow  
*Social Services Coordinator*
- Steve Zurad  
*Meal Assistant*

## GHPSS Board of Directors

- Dan McKee, President
- Mary Metz, Vice President
- Tammy Towers, Secretary
- Bob Schoen, Treasurer
- Sheri Strouse, NP Liaison
- Charles Gardner
- Anna Crouse
- Katie Farrell
- Mark Hoffman
- Robert Iannozzi
- Andrew Santana
- Deb Santoro
- Hervey Schofield
- Louise Shaheen

# Members' Council Notes



If you are a Monday or Wednesday person, please consider coming on a "first" Tuesday sometime in order to attend the council meeting held after lunch at 12:30PM. Don't let the Trivia people

have all the fun... More notes: a croquet clinic will be hosted by volunteers at the Mennonite Heritage Center on Sundays in May (2:00 to 4:00PM) starting May 8... the June 15 trip to Independence Historical Park (via SEPTA) will allow members to visit the historical sites very economically.

*A theme worth consideration by Encore members is "Seniors helping Seniors." Many such opportunities occur during the week at Encore in Harleysville. The office will help you find opportunities to volunteer in ways that suit your capabilities and that make a big difference to others. Also, if you think of improvements or desire changes, please write them down. Suggestions or questions are all read and evaluated by our staff.*

Have a happy May and June,  
Charlie Gardner

## Dues Are Due

Your \$20.00 annual membership fee includes 6 bi-monthly issues of "The Encore Bulletin," voting rights at Members' Council meetings and local discounts. Additional household members may join for \$5.00 each. If you just joined for the first time and paid your dues in April or May already, your membership is good until June 2017.

## Membership Form

July 1, 2016 - June 30, 2017

Name (s): \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

\$20.00 Annual Membership (one person)  
Includes bulk mailing of the Encore Bulletin \$ \_\_\_\_\_

\$10.00 ONLY if requesting first class mail \$ \_\_\_\_\_

\$5.00 per additional household member \$ \_\_\_\_\_

Additional Donation \$ \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

Please make checks payable to:  
Encore Experiences at Harleysville  
312 Alumni Avenue  
Harleysville, PA 19438

Greater Harleysville and North Penn Senior Services is a 501(c)3 nonprofit corporation as determined by the IRS.

Greater Harleysville and North Penn Senior Services operates two senior center facilities: Encore Experiences in Harleysville and The PEAK Center in Lansdale.

Encore Experiences in Harleysville and The PEAK Center in Lansdale are supported in part by funding received from Montgomery County Office of Aging and Adult Services. We are participating agencies of the North Penn United Way and the United Way of Greater Philadelphia and Southern New Jersey. Other sources of support include grants, wills & bequests, corporate donations, foundations, special events and individual contributions.

The official registration and financial information of Greater Harleysville and North Penn Senior Services may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.

Like us  
on Facebook!



A Unit of the National Council on Aging





# EncoreCafé



Welcome to Encore Café! The Special of the Day at the Encore Café provides a lunchtime meal to eligible adults, aged 60 and older or disabled, or the spouse of an eligible person. Eligible persons are requested to make an anonymous, voluntary contribution of \$2.00 for the daily lunch special. The Café is also open to the entire community and everyone is welcome. The community member price is \$6.95. Other soup, salad, and sandwich options are available at reasonable prices. When possible, we try to incorporate fresh and local produce to prepare meals.

The Special of the Day is subsidized by grants from:

*Aging and Adult Services of  
Montgomery County*

*United Way of GPSNJ*

*NP United Way*

*BNY Mellon Charitable Trusts*

*Clemens Foundation*

*Fourjay Foundation*

*Genuardi Foundation*

*TD BankNorth Foundation*

*The Patricia Kind Foundation*

*The Philadelphia Foundation*

*Walmart Foundation*

*W.W. Smith Charitable Trust*

## May Daily Lunch Specials (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Pot Pie Tossed Green Salad <sup>2</sup>	<b>Ninety Plus Birthday Party</b> <b>No Café Service</b> <sup>3</sup>	Flatbread Pizza with Turkey Sausage, Roasted Red Peppers & Mozzarella Greek Salad <sup>4</sup>	Taco Salad with Corn Chips <sup>5</sup>	<b>Greek Easter Luncheon</b> <b>No Café Service</b> <sup>6</sup>
Sweet & Sour Pork Sliders Potato Salad Homemade Pickles <sup>9</sup>	Grilled Salmon Wild Rice Citrus & Jicama Salad <sup>10</sup>	Veggie Lasagna Mixed Greens Salad Yogurt and Fruit Parfait <sup>11</sup>	French Dip with Au Jus Sweet Potato Bites <sup>12</sup>	Grilled Chicken Caesar Salad with Housemade Croutons Fresh Fruit <sup>13</sup>
Monte Cristo Green Salad <sup>16</sup>	Chicken Salad Stuffed Tomato on a Bed of Greens <sup>17</sup>	Spinach & Feta Phyllo Pie Fresh Fruit Salad <sup>18</sup>	Sloppy Joe on Whole Wheat Role Pineapple & Celery Slaw <sup>19</sup>	Herb Crusted Flounder Roasted Tomatoes & Mac-n-Cheese <sup>20</sup>
Oven Baked Cheesesteak Eggrolls with Marinara Green Salad <sup>23</sup>	Roasted Turkey with Pesto Mayo Roasted Peppers & Spinach on Foccocia Potato Salad Fresh Fruit <sup>24</sup>	Spinach Salad with Grilled Chicken, Strawberries and Nuts Housemade Dressing <sup>25</sup>	Tuna Salad Nicoise Baby Potatoes, Green Beans, Tomatoes & Kalamata Olives Lemon Vinaigrette <sup>26</sup>	Stuffed Peppers with Sausage, Quinoa, Spinach, Sundried Tomatoes & Caramelized Onions Fresh Fruit <sup>27</sup>
<b>Encore Experiences</b> <b>Closed</b> <b>Memorial Day</b> <sup>30</sup>	Flatbread Pizza with Turkey Sausage, Roasted Red Peppers & Mozzarella Greek Salad <sup>31</sup>	<div>                     We allow people to take meals out to eat for lunch at a cost of \$4.00 per meal. However, if you are eating in, we respectfully request you wait until others are served before requesting an additional meal for take-out.                 </div>		

## June Daily Lunch Specials (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Encore Café Hours</b> <i>Lunch 11:30AM to 1:00PM</i>		BLT Quiche Green Salad Fresh Melon <sup>1</sup>	Chicken Pot Pie Tossed Green Salad <sup>2</sup>	Taco Salad with Corn Chips <sup>3</sup>
Grilled Salmon Wild Rice Citrus & Jicama Salad <sup>6</sup>	Sweet & Sour Pork Sliders Potato Salad Homemade Pickles <sup>7</sup>	French Dip with Au Jus Sweet Potato Bites <sup>8</sup>	Grilled Chicken Caesar Salad with Housemade Croutons Fresh Fruit <sup>9</sup>	Veggie Lasagna Mixed Greens Salad Yogurt and Fruit Parfait <sup>10</sup>
Chicken Salad Stuffed Tomato on a Bed of Greens <sup>13</sup>	Herb Crusted Flounder Roasted Tomatoes & Mac-n-Cheese <sup>14</sup>	Spinach & Feta Phyllo Pie Fresh Fruit Salad <sup>15</sup>	Monte Cristo Green Salad <sup>16</sup>	Sloppy Joe on Whole Wheat Role Pineapple & Celery Slaw <sup>17</sup>
Spinach Salad with Grilled Chicken, Strawberries and Nuts Housemade Dressing <sup>20</sup>	Stuffed Peppers with Sausage, Quinoa, Spinach, Sundried Tomatoes & Caramelized Onions Fresh Fruit <sup>21</sup>	<b>Baseball Luncheon</b> <b>No Café Service</b> <sup>22</sup>	Oven Baked Cheesesteak Eggrolls with Marinara Green Salad <sup>23</sup>	Roasted Turkey with Pesto Mayo Roasted Peppers & Spinach on Foccocia Potato Salad <sup>24</sup>
BLT Quiche Green Salad Fresh Melon <sup>27</sup>	Taco Salad with Corn Chips <sup>28</sup>	<b>Independence Day BBQ</b> <b>No Café Service</b> <sup>29</sup>	Chicken Pot Pie Tossed Green Salad <sup>30</sup>	

# Encore Wellness



## Encore Integrative Health *Services*

### Reiki

Fridays, May 6 and June 3  
By appointment starting at 9:00 AM  
Provided by Rose Marie Grauer,  
Practitioner Facilitator  
Cost: \$7.00 for thirty minutes

Reiki is a form of palm healing, a gentle but powerful tool to balance body, mind, heart, and spirit, using an individual's own natural latent healing energy.

### Foot Reflexology

Fridays, May 13 and June 10  
By appointment starting at 10:00 AM  
Cost: \$7.00/fifteen minutes;  
\$15.00/thirty minutes  
**Payment due at time of registration**  
Provided by Susan Andersen,  
Certified Reflexologist

Fridays, May 20 and June 17  
By appointment starting at 9:00 AM  
Cost: \$7.00/fifteen minutes  
**Payment due at time of registration**  
Provided by Sue Taylor, Certified Reflexologist  
Reflexology is a relaxing and revitalizing therapy. Improve your blood circulation and reduce the effects of stress upon your body. We always have a waiting list so sign up early.

### Acupuncture Treatments

Thursdays, May 19 and June 16  
Group setting treatments 12:00 PM- 2:00 PM  
Treatment Cost: \$20.00  
Provided by Kim Niezgoda,  
Board Certified Licensed Acupuncture

The service requires a sign up. You may do this in two ways. Call Kim directly at 215-500-3399 or email her at kim.niezgoda@gmail.com. You may choose to come and sit in on a session and ask questions with no charge. Learn how it may help relieve pain in your body, reduce the effects of stress, and lower your blood pressure. Join this community treatment, seated comfortably with other attendees.

### Massage Therapy (Table/Chair)

Fridays, May 27 and June 24  
By appointment starting at 9:00 AM  
Provided by A Body Balanced by Heidi Puppo,  
Licensed Massage/Bodywork Therapist  
Cost: Chair \$1.00 per minute;  
Table \$25.00/thirty minutes; \$50.00 for one hour  
Enjoy a relaxing and healing experience through the combination of energy and massage therapy modalities that benefit the whole person, body, mind, emotions and spirit.

## Encore *Fitness*

For a full description of classes, call 215-256-6900  
*\*Programs/events marked with \* are specifically targeted to persons age 60 and older. Everyone is welcome to participate regardless of age.*

### Ballroom Dancing

*Experienced:* Thursday Evenings 5:30-6:30 PM  
*Beginner:* Thursday Evenings 6:45-7:45 PM  
Cost: \$4.00  
Learn the Fox Trot, Cha Cha, Jitterbug, and Waltz.

### Core Fitness

Thursdays 9:15 AM Cost: \$2.00

### DVD Chair Exercises

Stay Fit While You Sit  
By request when a room is available.

#### Options to choose from:

*Happy Thoughts Tai Chi*  
Enhance your body-mind harmony in a chair  
*Chair Stretch Meditation*  
This is an easy going chair stretch and mediation.  
*WHOGA Chair Yoga*  
Wellness, Happiness, Opportunity  
for Gentle Activity  
*Dr. Chen's Exercises*  
Warm-up and stretching forms in a chair

### Line Dancing

Thursdays 10:15 AM Cost: \$2.00

### MERCK Fitness Room

Anytime

### Stretch and Tone

Mondays, Wednesdays, Fridays  
9:45 AM Cost: \$2.00

### \*Tai Chi

Mondays and Wednesdays  
10:45 AM Cost: \$3.00

### Walkaerobics

Mondays, Wednesdays, Fridays  
9:00 AM Cost: \$2.00

### Wii

We have Wii when there is a room

### Yoga

Fridays, 9:00 AM Cost: \$3.00  
Instructed by Terri Kuenzer  
A mind, body and soul experience you will not want to miss! No prior experience needed.

### \*Zumba Gold

Tuesdays 1:30 PM and Fridays 1:15 PM  
Cost: \$2.00



## Encore *Screenings & Other*

### Diabetic Shoe Fitting

First Wednesday of each month; By appointment  
Diabetics on Medicare may receive one pair of shoes and inserts per year. Your first visit includes an evaluation and foot measurement. When scheduling appointment, please verify insurance coverage. Bring your Medicare and supplemental insurance cards to appointment as well as the name and phone number of your primary care physician.

### \*Glucose Testing

Monday, August 1 10:00 AM  
Provided by Bayada Nurses

A nurse will be here to test your blood glucose level. Fasting is not required, but if you have breakfast, it is best to limit your sugar intake.

### Health Checks

First Wednesday of each month 9:30 AM  
Provided by Abington Health  
Blood pressure and weight checks. Jane is here to answer any questions you may have.

### Help Yourself to Healthy Living

Second Thursday of each month 12:30 PM  
Provided by Abington Health

### May – "Staying Active with Arthritis"

"Arthritis" is not just a word doctors use when they talk about painful, stiff joints. In fact, there are many kinds of arthritis, each with different symptoms and treatments. Most types of arthritis are chronic, but this does not mean you should stop moving. Get up and check out this month's "Help Yourself to Healthy Living" to get the low down on staying active.

### June - "Heart Attack vs. Brain Attack"

Many people are unaware of the major differences that distinguish a heart attack from a brain attack. The two terms are often used interchangeably. There are significant differences between a heart attack and a brain attack and understanding them can make a world of difference when it comes to protecting yourself and the ones you love!

### We have Wii

When room is available

### Be Calm Coloring

By request  
We will find you a table to color, relax at and explore the artist inside you.



# Encore Wellness



## Ivy Hill Therapeutic Equestrian Center Is Coming To Encore!



Ivy Hill Therapeutic Equestrian Center is coming to Encore Experience on Wednesday, May 11 at 10:30 AM. An information presentation and discussion on the benefits of equine-

assisted activities for the senior adult will be given by Donna Carlson, Development Director of Ivy

Hill, and Grace Emmell-Leister, geriatric educator and equestrian.

"The activity of engaging and interacting with these beautiful horses does wonders for the older adult," explained Emmell-Leister, who is also a member of Ivy Hill Foundation's Board of Directors.

"It is empowering, uplifting, and a joyous experience at any age," continued Emmell-Leister.

"We are excited to share our program and our beautiful facility with our senior community."

For the past 17 years, Ivy Hill Therapeutic

Equestrian Center has tailored programs to meet the physical, emotional, behavioral and psychological needs of children and adults that face life challenges.

"Our Silver Reins and Golden Saddles Senior Days program is unique and ground-breaking," said Carlson. "We aim to enrich and expand personal growth opportunities for our older adults, as well as improve physical strength, balance and well-being."

To learn more or to sign up for Ivy Hill's Senior Days, join us on May 11 at 10:30 AM.

## Joint Replacement

Normally, all of the parts of the knee or hip joint work together and the joint moves easily and without pain. However, disease or injury can disturb the normal functioning of a joint, which can result in hip pain, muscle weakness, and limited movement. With longer life expectancies and greater activity levels, joint replacement is being performed in greater numbers on younger patients thanks to new advances in artificial joint technology.

How Do I Know If Joint Replacement Is Right For Me?

When joint pain is severe and interferes with daily activities and work, joint replacement may be an option. The hip pain you experience from arthritis and joint degeneration can:

- Be constant or it can come and go
- Occur when you are moving or motionless for some time
- Be located in one spot or in many parts of your body

The knee and hip pain and the stiffness of joint degeneration may be worse during certain times of the day, or after certain activities such as:

- Walking
- Climbing stairs
- Getting in and out of a chair

Individuals with arthritis may even feel uncomfortable or have pain while resting or sitting in a chair or lying down. They may be uncomfortable at night, and the pain may wake them up.

Joint degeneration can eventually make it extremely difficult for individuals to work and enjoy themselves. It also can make it difficult for individuals to care for themselves.

Tips for Healthy Joints

- One of the best ways to avoid or reduce joint discomfort is to lose excess body weight. Less weight equals less stress on your joints.
- Be sure to get adequate amounts of vitamin C and calcium. Vitamin C is necessary to form the formation of collagen that supports joint tissue. Calcium helps build strong bones, which reduces stress on joints.
- Stretching and strengthening activities can help maintain your range of motion, build

muscle and promote flexibility. Some activities to consider include gardening, walking, bicycling and swimming. Talk with your physician about which exercises are right for you.

- Keep moving. Sitting or standing all day can cause joint stiffness. When possible, alternate between these two positions, ideally every 30 minutes.
- Remember to warm up and cool down every time you exercise to prevent injury and promote flexibility.
- Exercise in groups. It's motivating, it's social, and it builds self-esteem as you accomplish your goals together.
- If you're having a hard time staying motivated to exercise regularly, consider adding music to your routine. Purchase a portable music player and bring along the tunes while you walk, jog, etc.

Join us on May 4th at 12:30 PM for a discussion about joint replacement for aging joints, management, physical therapy and life after the replacement.

*Resource: Rothman Institute*

## Wellness Programs

### Joint Replacement

Wednesday, May 4 12:30 PM

Presented by Frank J. Ciuba, DPT MS

Certified Osteoporosis Exercise Specialist Level 3  
Titleist Medical Professional

Learn about joint replacements for aging joints-  
management, physical therapy and life after the  
replacement.

### Equestrian Therapy

Wednesday, May 11 10:30 AM

Presented by

Ivy Hill Therapeutic Equestrian Center

Today you will hear about a program and an  
opportunity. A program that focuses on the  
physical, social and cognitive benefits for people  
age 50 and older. You may have an opportunity  
for a horse to become your partner and be a  
therapeutic tool in achieving a variety of goals.

*Programs are free unless otherwise noted.*

### Eating Healthy While on Vacation

Friday, June 3 12:30 PM

Presented by Teri Wassel,

Montgomery County Health Department

Summer time is a great time to take a vacation.  
You can still eat healthy and have fun. Learn  
about your local harvest and receive a calendar  
and booklet on how to store and buy produce.

### Healthy Bones

Wednesday, June 8 12:30 PM

Presented by Lutheran Community

It is true that you can lose bone as you age. This  
can cause osteoporosis, where bones can become  
so thin that they break. Good news: it is not a  
natural part of aging and there is plenty you can  
do to keep your bones strong and healthy. Join us  
today to learn just how to do that.

### MOTHER'S DAY PROJECT

Mothers and mothers-to-be who  
travel through the doors of the WIC  
(Women Infant and Children) center  
in Lansdale have hope that their  
children will get the nutrition that is  
needed for them to thrive and be well  
taken care of. This Mother's Day how  
about if we help two mothers-to-be?  
There will be two diaper bags in the  
lobby. Help us fill these diaper bags  
with some needs and wants to help  
two new mothers. There will be a list  
of suggested items near the bags. No  
food items please. Bring your items in  
by Wednesday, May 4.

A Happy Mother's Day to all mothers  
here and in spirit.

# EncoreConsumer Education

## EncoreConsumer Services

For information or to schedule an appointment for any of these services, contact Kay Pagni at 215-256-6900

### Benefits Screenings

You may be eligible for benefits that you are not currently receiving! Come for a quick screening to determine if you may be eligible.

### Credit Counseling

Call 610-275-4357 directly to schedule your Encore appointment with Nikki Holcroft, Genesis Housing Corporation.

### Evening Social Service Assistance

The Social Services Coordinator will be available evenings by appointment to help you with eligibility for benefits, family caregiver issues, provide information and referrals, and assist with other matters.

### Farmers' Market Vouchers

Vouchers will be distributed Mondays, Tuesdays and Wednesdays beginning June 6. Please call Encore before coming to center to be sure vouchers are still available. Income eligibility and Montgomery County residency required. Please see box on this page for details.

### Financial Advice

Michael Toth offers services as needed to help with financial advice and planning.

### Legal Advice

An attorney from Fox Rothschild is available by appointment on the second Friday of the month from 9:00-10:00 AM.

### Low-Income Heating Assistance Program (LIHEAP)

This is a seasonal program available November to April.

### Medicare Advice

Ed Savitsky guides you through the Medicare maze the first Wednesday of each month.

### Notary Service

Claire Schumaker, Notary, volunteers her services for Encore Experiences' members.

### Outreach

Are you or someone you know homebound and can benefit from services provided at our Center? We will reach out to those who may need assistance.

### Property Tax/Rent Rebate

Property Tax and Rent Rebate applications for the 2015 tax year are available at Encore Experiences. If you qualify for this program, you can receive a rebate up to \$650. You must have been 65 by Dec. 31, 2015, with a maximum household income level of \$35,000 for a homeowner and \$15,000 for a renter. Widows and widowers aged 50 or older and people with disabilities over 18 may also qualify. In computing income, only 50% of Social Security and Railroad retirement benefits are counted. The application deadline is June, 30, 2016.

### TransNet

Free shared ride service to Encore Experiences is available if you are age 65 or older. Rides must be booked at least one day in advance by calling Encore Experiences by 1:00 PM. Inquire in the office for TransNet registration information. To cancel a Transnet ride, please call Transnet directly at 215-542-7433.

### Veterans Service

A Montgomery County Office of Veterans Affairs representative will meet with veterans and/or spouses to discuss opportunities and claims upon request.

## Farmers' Market Vouchers



The annual Farmers' Market checks, or vouchers, can be used in local farmers' markets to purchase fresh produce grown in PA. Eligibility requirements:

- 1) You must be 60 years or older and
- 2) a Montgomery County resident, and
- 3) you must be living on a limited income. This year's income limits will be \$21,978, or \$1832/month for singles and \$29,637, or \$2470/month for a couple. If you are qualified, each individual will receive \$20.00 worth of vouchers. Please bring proof of your age and residency in Montgomery County.

Distribution will begin on Monday, June 6 and continue on Mondays, Tuesdays and Wednesdays while supplies last.

## A Big Thank You

...to AARP volunteers who assisted more than 200 individuals or couples in completing state and federal income tax applications.

Thank you to:

Joe, Joyce, Neil, Carol, Arlen, Joe, Nancy, Les, Cindy, Barry

*We appreciate all that you do for us!*

## Commodity Supplemental Food Program (CSFP)

The CSFP is a USDA Food Program that is designed to improve the health and nutrition of senior citizens. You must be at least 60 years of age and your total household income must be at or below the following (Updated 4/2016):

Family Size	Annual	Monthly	Weekly Income
1	\$15,444	\$1,287	\$297
2	\$20,826	\$1,736	\$401
3	\$26,208	\$2,184	\$504

To register for this program, please see Kay and bring with you:

- Proof of Age (Driver's License);
- Proof of Residency (Utility bill, Driver's License);
- and Proof of Gross Income (Statement from Social Security, Pension Statement, etc.).

The monthly CSFP Food Package contains: 4 vegetables, 2 juices, 2 fruits, 1 protein, 2 cereals, 1 protein alternate, milk product, carbohydrate, and 2 lbs. cheese.

#### Nondiscrimination Statement

In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint alleging discrimination, write USDA, Office of Adjudication, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call, toll free, (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay at (800) 877-8339 or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

## Looking for Community Resources?

Call or Search 211

You can ask for help from Kay, but what if she wasn't available? There is a new, easy to use directory of health and human service programs that lists resources like food pantries, emergency shelters, transportation, health clinics, rent or utility assistance, legal help, and more. [www.211sepa.org](http://www.211sepa.org)

If you need additional assistance or don't have internet access you can also dial 2-1-1 to speak directly with an Information & Referral Specialist.



# EncoreEnrichment



## In What Ways Might You Change Your World?

Encore Experiences at Harleysville is pleased to announce that in May 2016, Instar Learning Alliance will be offering an interactive, lively workshop that will challenge you to discover your own creativity and problem solving capabilities.

Instar Learning Alliance is an educational non-profit organization that is reframing the concept of creativity and problem solving for our local senior population. Based, in part, on the research from the International Center for Studies in Creativity and the work of Dr. Gene Cohen, founder of the Center of Aging, Health and Humanities, Instar Learning Alliance provides opportunities for senior citizens to unlock their creative potential and join with others to experience the steps to more innovative thinking.

Learning a creative problem solving process will strengthen your critical thinking skills, increase your self-confidence and change the way you view daily challenges. This stimulating workshop will invite you to practice deferred judgment and flexibility in your thinking, which will provide more opportunities for personal growth.

Instar's Introduction to Creative Problem Solving workshop is conducted over four comprehensive sessions. They will be held at Encore on the following consecutive Wednesdays from 12:30 PM to 2:00 PM: May 11, May 18, May 25, June 1

To register, please contact Michele at: 215.256.6900 or mross@ghnpss.org

Space is limited, so be sure to register today!

## EnrichmentPrograms

*Programs are free unless otherwise noted.*

### How to Play Chess DVD

Wednesdays, May 4 to July 27 (No lesson on May 11)  
12 lessons 10:00 AM – 11:00 AM

Learn chess from an International Master and renowned teacher in these intensively illustrated, easy –to-understand lessons for players at all levels.

### Interactive Creative Problem Solving Workshops

Wednesdays, May 11, 18, 25 and June 1 12:30 PM  
Presented by Ginger Bernd, Instar Learning Alliance  
Register by May 9

Limited space so sign up early

You will be engaged in all steps of the process from the identification of a challenge, to learning and practicing the rules for divergent and convergent thinking, to formulating challenge statements, to choosing solutions and finding acceptance for their solution. Participants will work in groups and experience the steps to more innovative thinking.

### Annual Spelling Bee

Tuesday, May 31 12:30 PM

Register by Friday, May 27

Official Pronouncer: Susan Wenrick

As spellers from across the country and around the globe gather to take part in the annual Scripps National Spelling Bee, Encore will be having their annual Bee too. Some Bee trivia.... Frank Neuhauser won the very first Scripps Bee in 1925 correctly spelling gladiolus. We welcome and encourage all seniors from Montgomery County to join us.

### DVD Showing for National American Eagle Day

Monday, June 20 12:30 PM

This day is observed each year to honor our national symbol, raise awareness for protecting the Bald Eagle, and to assist in the recovery of their natural environments. The Bald Eagle is both the national bird and the national animal of the United States of America and appears on its Seal.

## EnrichmentGroups

### Clip and Save

Every Monday 10:00 AM

Cutting coupons does not just save you money, it allows you to maintain strength by building up the tiny muscles in the palms of your hands.

### Coin Club

Second Thursday of the month 2:00 PM

Do you have some old coins that you think are valuable? Join us to discuss current coin news.

### Little Studies

Third Friday of the month

This discussion group with Mark Hoffman uses a series of pamphlets that he wrote called "Little Studies." No particular point of view is advocated. Little Studies will begin at 1:00 in June, July and August.

**May Topic: Barry Goldwater 2:00 PM**

**June Topic: Georg Hegel 1:00 PM**

### Digital Photography

Second Friday of each month 10:00 AM

Instructor: Walt Fitzgerald

One-on-one sessions are available. Indicate your interest when making appointment.

### Stitch and Chat

Every Thursday 9:30 AM

Join others who enjoy quilting, knitting, crocheting, or other needle work, and meet for friendship and fun. Instruction available from Naomi and Rosetta.

### Group Trivia

Every Tuesday 10:00 AM

This group is for anyone who loves answering or learning about trivia. If you don't know an answer, your teammates can help you.

### Stamp Club

Tuesdays 10:00 AM – 11:30 AM

Embrace this opportunity to gather and talk stamps, trade stamps and in general, share a common interest. Adjourn at 11:30 AM in time for a delicious lunch.

## EnrichmentServices

### Computer Use

Use our computers to create letters, documents or spreadsheets or spend time e-mailing the grandkids on the Internet.

### Library

A vast array of biographies, romance novels, fiction, and non-fiction works available. Books are donated on a regular basis so you never know what you'll find! Do you have a reading disability, or a vision challenge? The Free Library of Philadelphia's Library for the Blind and Physically Handicapped offers free services by mail:

Braille books and magazines, audio books and magazines, large print books and more. Visit them on their Facebook page – facebook.com/lbphflp See Michele for more information.

### Armed Forces Day Care Package Project

MONDAY, MAY 2-FRIDAY, MAY 20

Armed Forces Day is Saturday, May 21. Let us honor those who answered the call to serve. Show them we appreciate their efforts, by sending them a care package filled with needs and cards of appreciation. A box will be in the lobby along with a list of suggested items to donate.

Freedom is not free.

### PA HERO WALK

Saturday, May 28

Registration: 9 AM- 9:45 AM

Start: 10:00 AM

Location:

Trinity Lutheran Church  
1000 West Main Street, Lansdale

This Memorial Day weekend put on your walking shoes and walk to benefit Pennsylvania Veterans. Entertainment provided by East Coast's famous "Red Hill Band."

# Encore Recreation



## Recreation Programs

### Movies

Anyone can bring a child into this world, but it takes a true man to be a father. Join us to watch some movies that portray fatherhood\*.

All movies start at 12:30 PM

### Grandma

Tuesday, May 10

A grandmother tries to help her granddaughter deal with life's challenges.

### Modern Marvels: Locomotives

Friday, May 13

Saturday, May 14 is National Train Day. Train enthusiasts and supporters around the nation celebrate National Train Day each year at hundreds of locations across the country. Watch and experience the excitement today.

### Bridge of Spies

Tuesday, May 17

During the Cold War, an American lawyer is recruited to defend an arrested Soviet spy in court, and then help the CIA facilitate an exchange of the spy for the Soviet captured American U2 spy plane pilot, Francis Gary Powers.

### \*Courageous

Tuesday, June 7

While they consistently give their best on the job, good enough seems to be all they can muster as dads. But they are quickly discovering that their standard is missing the mark

### \*Indiana Jones and the Last Crusade

Tuesday, June 14

When Dr. Henry Jones Sr. suddenly goes missing while pursuing the Holy Grail, eminent archaeologist Indiana Jones must follow in his father's footsteps and stop the Nazis.

### American Eagle

Monday, June 20

In the 1960s, the bald eagle was on the brink of extinction caused by the pesticide DDT and other human pressures. Once declared an endangered species, the eagle has come soaring back, yet most people know little about the eagle beyond its striking appearance.

### \*Life is Beautiful

Tuesday, June 21

When an open-minded Jewish librarian and his son become victims of the Holocaust, he uses a perfect mixture of will, humor and imagination to protect his son from the dangers around their camp.

### A Walk in the Woods

Tuesday, June 28

After spending two decades in England, Bill Bryson returns to the U.S., where he decides the best way to connect with his homeland is to hike the Appalachian Trail with one of his oldest friends.

### Ninety Plus Birthday Party

Tuesday, May 3 11:30 AM

Cost: \$10.00

*Programs are free unless otherwise noted.*

Will you be ninety or older before the end of this year? If yes, then you are the guests today. We are asking a few requests from our special guests. We will have a short survey to fill out and we are asking for a picture to borrow from your childhood or a current one. All will enjoy a delicious lunch, birthday cake, and a special guest that may sing Happy Birthday to you. How much did a gallon of milk cost in 1921? Join us to find out.

### Greek Easter

Friday, May 6 11:30 AM

Cost: \$10.00; No Café service today

On this day Anna Crouse will be honoring the memory of her father and former member, Athos, by cooking a delicious Greek feast right in Encore's kitchen. This has become a wonderful annual event that no one wants to miss. We do not want to forget about chocolate bunnies. Look for them on your table.

### Let's Talk Baseball

Mondays, May 9 & 23 and June 6 & 20

10:30 AM

Join us for a talk about America's pastime.

### Stamp Presentation

Tuesday, May 24 10:00 AM

Stamp collecting is known as one of the world's most popular hobbies. Find out all you need to know today to begin a collection or learn about the stamps that will be displayed.

### Third Annual Trivia Night

Friday, June 3 7:00 PM; Doors open at 6:30 PM

Cost: \$15.00 per person; Register by Friday, May 27 Includes light snacks and refreshments. BYOB, small coolers please. Outside food is welcomed. Cash prizes, 50/50 and other raffles. Organize a table of four to eight or allow us to allocate you a team.

### Baseball Luncheon

Wednesday, June 22 11:30 AM

Cost: \$10.00; Register by June 13

Come dressed in your favorite baseball team jersey. It could be professional, college, or even your old high school jersey. Do not have a jersey? Wear a baseball hat. Popcorn and Peanuts and Cracker Jacks are some of the treats you will get. Enjoy a ball park themed lunch and refreshing kegged root beer. Bring the grandchildren, your camera and sign up early.

### Independence Day BBQ

Wednesday, June 29 11:30 AM

Alderfer Park Oak Avenue, Harleysville

Cost: \$10.00; Register by June 22

Let us celebrate America's birthday at the park. How about joining us under the pavilion for an old fashioned picnic lunch? Enjoy grilled chicken, potato salad, baked beans, lemonade like grandma used make and strawberry shortcake the best during strawberry season. There will be entertainment, games and American flags for all.

## Recreation Activities

### Art Class

Mondays 1:00 PM Cost: \$2.00

Instruction from Pat Wilson-Schmid. Bring your materials; easels are available.

### Billiards

Anytime

### Bingo For Bucks

Mondays 1:45 to 3:30 PM

Cost: \$1.00/card (2 games/card)

**Note: Doors open at 1:30PM. Low vision Bingo cards are available upon request.**

### Bowling

Fridays 10:00 AM Cost: \$2.75/game

Earl Bowl Lanes, 392 Morwood Road, Earlington.

Ask at the counter to join the Encore Experiences in Harleysville League.

### Cards

Anytime; most groups meet on Thursdays

12:30 PM

### Chess

Anytime

### Croquet and Shuffleboard

Anytime, weather permitting; Location, park across from center. Equipment is available at Encore Experiences.

### Mah Jongg

Mondays 12:30 PM

### Woodcarving Class

Thursdays 9:30 AM

Instruction is available. Donations accepted for materials as needed.

### Haircuts

*Tuesday mornings \$6.00*

Call Encore for appointment  
at 215-256-6900

### Audio Book

### Appreciation Month



During the month of June pick up information about an opportunity to get books for people who are not able to read books because of vision problems, even if the problems are temporary.

You will learn more about The Free Library of Philadelphia, The Library for the Blind and Physically Handicapped and The Talking Book Center.



# Encore Recreation



## Recreation Trips

**Trips Policy:** Trips are filled on a first come-first served basis. Trips are non-refundable, non-transferable. If you must cancel, please contact the office as soon as possible. If you are single and looking for double occupancy, contact the office and we will try to accommodate. Payment is due at time of registration.

### Take your Automobile to Pennypacker Mills, Schwenksville

Saturdays, June 4 and June 25

There is a \$2.00 suggested donation for each event

*June 4th Civil War Reenactment*

Meet at Pennypacker at 10:00 AM

*June 25th Vintage Baseball at its Best*

Meet at Pennypacker at 1:00 PM

See Michele if there is a carpooling request.

### Train to the City of Brotherly Love Philadelphia

Wednesday, June 15; Register by June 1

Depart time from Pennbrook train Station

Lansdale: approximately 8:20 AM

Return: approximately 3:00 PM

Ride the train to the birthplace of our nation.

Visit Independence Hall, The Constitution Center

and Carpenters Hall. If you'd like to get a ticket

to Independence Hall in advance see Michele. All

fees including food and the train are on your

own. Anyone 65 or older rides the train for \$1.00.

Walking is involved.

### Take a Bus to Ladore Lodge

Waymart, Pennsylvania

Monday, October 3-Friday, October 7

\$282 per person double occupancy

\$417 per person single occupancy

Includes transportation both ways, lodging and

meals. One of their newest additions at Ladore

is their enclosed pool. This area is over 7,500 sq

ft and features a glass enclosure on three sides,

deco lighting, two comfortable seating areas with a

number of loungers, tables w/umbrellas and chairs.

Take advantage of this opportunity to get away at

a reasonable price. In some cases individuals may

qualify for a scholarship.

### Take a Van to the Pearl S. Buck Estate Ghost Tour, Perkasie

Sunday, October 30

Depart 3:00 PM

Cost: \$35.00

Price includes transportation and estate fee.

## Lightning Safety Awareness Week

June 13-17

This week pick up safety tips about lightning safety. Summertime means a lot more of us will be spending time in the great outdoors. It also is the peak season for one of our nation's deadliest weather phenomena—lightning.

## RETIRED AMERICAN FLAG COLLECTION

*All during the month of May and part of June*

As we get ready for Memorial Day we think about displaying our American flag. If you find your flag is tattered and it is ready to be retired do you really know what to do with it? Never throw an American flag in the trash. There are flag retirement boxes at the following locations: the Lower Salford Township building; Ace Hardware, Route 63, Harleysville; the 4-H Club along Route 113 or you may bring it to Encore Experiences.

In June, Boy Scout Troop 105 will hold a ceremony to properly retire all of the flags that have been collected. The ceremony is open to the public. It is a moving ceremony as Boy Scouts cut each stripe and stars and then burn them in a proper fashion. See Michele for date, time and location.

**Highlights from  
The PEAK Center's News & Notes**  
(these listings are held at The PEAK Center in Lansdale  
1292 Allentown Road, Suite A, Lansdale)

### Book Club

Monday, May 2 10:30 AM

Book: The Things They Carried

by Thomas O'Brien

A classic work of American literature that has not stopped changing minds and lives since it burst on the literary scene, The Things They Carried is a ground-breaking meditation on war, memory, imagination and the redemptive power of storytelling.

Monday, June 6 10:30 AM

Book: Tomorrow is Now

by Eleanor Roosevelt

In bold, blunt prose, one of the greatest First Ladies of American history traces her country's struggle to embrace democracy and presents her declaration against fear, timidity, complacency, and national arrogance. An open, unrestrained look into her mind and heart as well as a clarion call to action, Tomorrow is Now is the work Eleanor Roosevelt willed herself to stay alive to finish writing.

**Contact The PEAK Center  
for more information  
at 215-362-7432**



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# Is There a Religious Generation Gap?

The notion of a generation gap has been around for decades, but apparently it's becoming even more pronounced. In a study by the Pew Research Center it was reported that there is a widening chasm between generations, especially when it comes to values, beliefs and religion. Ah yes, religion – something that has been at the heart of conflicts for thousands of years. You often hear stories about college students disavowing their parents' religion, parents of gay or lesbian couples not accepting their children's relationship, grandparents worrying their grandchildren aren't being raised in the family's faith tradition, or family gatherings for religion-based holidays and celebrations being tense and uncomfortable because not all share the same set of values and beliefs.

You could ask: If most religions are based on love, why do religious differences cause such conflict? It's not an easy question to answer, but the following ideas may help families who feel divided by differences in religion and spiritual beliefs:

- Find common ground. Look for elements of your beliefs that are similar and focus on those. Try to find the basics of universal love within your spiritual views, and embrace those common elements together. Can you agree that you are all seeking meaning in life and celebrate that fact together, accepting that you don't all seek it in the same way?
- Use positive communication skills. Be available to your family members, respect them as you wish them to respect you, and really listen.

- Set compassionate boundaries. You may not want to engage in discussions about religion, because they always seem to lead to arguments and pain, or you simply may not want to participate in religious practices that are not your own. You should try to be accepting and compassionate, but you should also be clear about what you will and won't do – and communicate that to your relatives in a loving and diplomatic way.
- Agree to disagree. In some cases, it may be best to keep the topic of religion off limits at family gatherings. It doesn't mean either party has been defeated. On the contrary, it means the parties value their family relationship so much that they want to protect it.

Source: AARP.org

## Your Suggestion, Our Response

**Suggestion:** Hi, I really enjoy many of the Encore activities. We're lucky to have such a great facility & staff. One thing that bothered me from Day #1. Why is there such a foul odor between the sets of outside doors. Can something be done?

**Response:** We are so happy to hear you enjoy coming to Encore! Please come and speak to one of our staff in the office about this odor you mention. I do not believe we have been informed about this and would like to speak with you directly about what it is you are smelling.

**Suggestion:** Perhaps an appropriate song after pledge of allegiance at Members Council Meeting?

**Response:** We think that is a very nice idea. We will pass this along to the Member Council leadership for consideration.

**Suggestion:** Could you put a "flea market" container on the table where people bring their leftovers. Also, let people know about the cards in the back for sale.

**Response:** The FREE Table in Wombold Room is available

to people to donate items. Unfortunately we are not able to accommodate for left over perishable items for health safety reasons. We will be sure to let everyone know about the cards!

**Suggestion:** Label walkers and canes with address labels.

**Response:** Anyone using a walker or cane is welcome to utilize an address label from our office supplies to label their items. Great idea to help people keep track of their things if they are misplaced!

**Suggestion:** Can we have our chair replaced in the lobby or have another chair to replace it. We need another chair-not a stacking chair as it is too low.

**Response:** Thank you for reminding us about the chair in the lobby. We are going to work on fixing the wheel and hope to have it back in the lobby soon!

**Suggestion:** Put name on paper in your coat pocket in case you forget it!

**Response:** Great idea! We will ask Member Council to pass this idea around.

**Suggestion:** Maybe diced onions could be added to the string beans, and or the rice.

**Response:** We will be sure to pass this along to our chef, Beth. She may consider making those additions to her recipes!

**Suggestion:** I would like to organize a senior spelling bee, but I need some help researching how it is done. Is there any support I can look to?

**Response:** This is your lucky day! We actually organize a Senior Spelling Bee at Encore and it is scheduled for May 31, 2016. Please check in with Michele Ross our Program Director about getting involved with the planning or to become a participant.



*Your input is important to us.  
Drop your suggestion in the  
box located in the lobby.*

# Harleysville

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## In Memoriam



Bernie Geiser  
Doris Hanson  
Della Iannelli  
Helen Jagger  
Deborah Liddle  
Wayne Richards  
D. Lorraine Warner  
William White

*These participants enriched our fellowship by their presence at Encore Experiences. We are glad that the Center was part of their lives and we will miss them.*



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# Senior Farmers' Market Nutrition Program

*Continued from Cover Page*

(2) Increase the domestic consumption of agricultural commodities by expanding or aiding in the expansion of domestic farmers' markets, roadside stands, and community supported agriculture programs, and

(3) Develop or aid in the development of new and additional farmers' markets, roadside stands, and community supported agriculture programs.

## Who is eligible for SFMNP benefits?

Low-income seniors, generally defined as individuals who are at least 60 years old and who have household incomes of not more than 185% of the federal poverty income guidelines, are the targeted recipients of SFMNP benefits. Income includes social security benefits, wages, etc. For Pennsylvanians in 2016, a single person can have a maximum income of \$21,978, or \$1,832/month, and a couples' income can be no more than \$29,637, or \$2,470/month.

## How many recipients are served?

In FY 2014, benefits were available to more than 835,800 low-income seniors from the 20,248 farmers throughout the US at 3,912 farmers' markets, as well 3,177 roadside stands, and 154 community supported agriculture programs. In Pennsylvania alone, there were over 1,150 FMNP participating farmers at 828 farm stands and 202 farmers' markets.

## How does the SFMNP operate?

The SFMNP is administered by State agencies such as State Department of Agriculture or Aging. As a prerequisite to receiving Federal funds for

the SFMNP, each applying or participating State agency must submit a State Plan describing how the State agency intends to implement, operate and administer all aspects of the SFMNP within its jurisdiction. Coupons are issued to eligible SFMNP participants to buy eligible foods from farmers, farmers' markets, roadside stands, or CSAs that have been approved by the State agency to accept SFMNP coupons. The farmers, farmers' markets, roadside stands or CSA then submit the redeemed SFMNP coupons to the bank or State agency for reimbursement. The Federal SFMNP benefit level, whether a household or individual, may not be less than \$20 or no more than \$50 per each farmers' market calendar year, except for certain State agencies that were grandfathered in the SFMNP using a different benefit level. State agencies may also supplement the benefit level with State, local or private funds. Nutrition education is provided to SFMNP recipients by the State agency, often through an arrangement with a local agency.

## What foods are available through the SFMNP?

Fresh, nutritious, unprocessed fruits, vegetables, honey, and fresh-cut herbs can be purchased with SFMNP benefits. State agencies may limit SFMNP sales to specific foods that are locally grown in order to encourage SFMNP recipients to support the farmers in their own States. Certain foods are not eligible for purchase with SFMNP benefits; these include dried fruits or vegetables, such as prunes (dried plums), raisins (dried grapes), sun-dried tomatoes or dried chili peppers. Potted fruit or vegetable plants, potted or dried herbs, wild rice,

nuts of any kind (even raw), maple syrup, cider, and molasses are also not allowed. The checks can be redeemed for Pennsylvania fresh fruits and vegetables only. No processed food like jams, honey, nuts, cider or baked goods. Also citrus and other tropical fruits are not allowed.

Encore Experiences and PEAK Center will be distributing the SFMNP checks beginning in June. Check the calendar for specific dates. When you come to pick up your checks, you will need to have proof of your age and Montgomery County residency. There is an honor system with regards to proving income levels; no written proof is needed.



Source: [www.fns.usda.gov](http://www.fns.usda.gov) and [www.agriculture.pa.gov](http://www.agriculture.pa.gov)



*Rhona, Mike, and Chris enjoy Chinese New Year Lunch and festivities.*



*Dot and staff Kay, Susan and Carol pose during Ten Thousand Villages Community Day to benefit GHPSS.*

**Join us!**

## Senior Wellness Expo

Thursday, June 16 • 1:00–3:00 pm

Meet the area's premier health and wellness providers in one location!

Massages • Cooking Demonstrations • Senior recreation and Travel • Fitness Memberships  
Complimentary Screenings • Hearing and Vision Devices • and more!

*RSVP are welcome! Call 215-315-7762.*

**BLUEGRASS CONCERT**

Friday, June 24 • 2:30 pm

Join us for a free concert by the band Black Jack. Refreshments served.

*RSVP by June 17 to 215-315-7762.*

**Tai Chi for Seniors**

Every Friday • 10:00 am

Improve balance, strength, and coordination at our free weekly class.

*RSVP by to 215-315-7762.*

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## Meet Our Line Dancers



If you've ever danced, you know it is a form of exercise. Country dancing, however, is more than exercise. It is a wonderful opportunity to feel young while benefitting your heart, cardiovascular

system, and lung capacity. It helps build strong bones, aids in blood sugar control, and improves balance. Of special importance is that it can reduce the risk of Alzheimer's disease and other forms of dementia in the elderly according to a 21 year study published in the New England Journal of Medicine. By recalling steps and routines, this form of mental exercise keeps your mind young and alert. It is an experience that allows you to socialize with your friends while moving to the beat of various types of music. Physical and mental stimulation, good music, camaraderie, and feeling young – what's not to like?

Jane Renson believes she receives as much as she gives when instructing Line Dancing at Encore. She loves sharing what she knows, relishes the

look of accomplishment in the dancers' eyes as they grow in confidence, appreciates the relationships that have developed for the past nine or so years, and savors our delicious lunches. After spending time here, she feels refreshed and ready to meet whatever challenges she might face the rest of the day. A single mother since 1989, Jane shares her time with her daughter, two sons, and six grandchildren. This Macungie resident is also a devoted fan of the Eagles and Mickey Mouse.

In chatting with some of the participants, it seems that a love fest blossoms on Thursday mornings at 10:15AM. Della, Jane, Tina and Millie expressed their love for Jane both as a person and as an instructor. They equally enjoy the class for both exercise and socialization purposes. Another commonality is that they love to dance and "it beats walking around the block alone." These dancers are changing the perception of aging one line dance at a time while adding years to their lives and life to their years.

Jane, the line dancers, and the medical professionals are all encouraging you to get up and get moving. What better way to get started than to come to Thursday morning classes at Encore? Senior Line Dancing is less complicated than other forms and you are guaranteed a welcomed reception and a feeling of accomplishment with every hour.

## A Warm Thank You

*from Advocates for the Homeless of Upper Bucks*

Thank you for your thoughtfulness in helping the guests we served at the Code Blue shelter! The donations of socks, clothing, snack bars, linens and personal care items were a real bonus to the program and the guests we serve.

We appreciate you for thinking of us and providing some of the necessities of life at the shelter!

## LION'S CLUB EYEGLASS COLLECTION BOX

The Lion's Club Eyeglass Collection box is located in the Encore lobby. Donate your old and used eyeglasses! Our collected eyeglasses will be sent to the Lions Clubs Recycling Center in central New Jersey for repair and shipment to those in need in the USA and around the world (PA has no such center). Your donated glasses will make a great difference in many people's lives and standard of living.



Give the gift of sight to others. For more information about NJ Lions Clubs Eyeglass Recycling Center visit [www.njlrc.org](http://www.njlrc.org)

## Montgomery County Senior Games 2016

Monday, May 9 - Friday, May 13

Any Montgomery County resident aged 50 or older by December 31, 2015 is eligible to participate. Registration is also open to those who are not residents of Montgomery County. There are seven age categories and each age category has the opportunity to medal for first, second, and third place. See Michele for information, schedules, or locations for those that wish to watch.

## Digital Photography Group

### DO YOU WANT TO:

- Take worthwhile photographs?
- Learn how to edit?
- Snap unique shots like fireworks?
- Enhance and/or correct your images?
- Send more than one photo in an email?

Meets the second Friday of every month from 10:00 AM to 11:30 AM and by special appointment as schedule allow.

Join us!

CONTACT WALT AT [FITZGERALD106@COMCAST.NET](mailto:FITZGERALD106@COMCAST.NET) OR CALL THE OFFICE AT 215-256-6900



*Dave's attire demonstrates that you don't have to be Irish to celebrate St. Patrick's Day!*

*Greater Harleysville and North Penn Senior Services (GHNPS) operates both Encore experiences in Harleysville and The PEAK Center in Lansdale. The mission of Greater Harleysville and North Penn Senior Services is to provide access to programs and resources that help older adults live independently and remain active. Both centers offer a place of comfort, fellowship and care to the seniors in our community.*

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