

# The Encore Bulletin

## ENCORE EXPERIENCES

AT HARLEYSVILLE

312 Alumni Avenue  
Harleysville, PA 19438

Phone: 215.256.6900

Fax: 215.256.9132

[www.EncoreExperiences.org](http://www.EncoreExperiences.org)

**Encore Experiences Hours**

**Monday-Friday**

8:00 AM to 4:00 PM

occasional evening and weekend programming

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 at 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

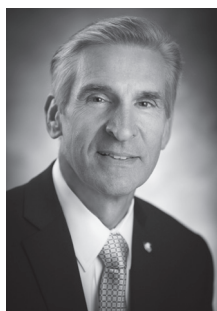
For next day reservations you must call by 1:00PM the previous day. To cancel your reservation, you must call TransNet at 215-542-7433.

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).

### INSIDE THIS ISSUE:

Director's Report.....	2
Daily Lunch Specials.....	3
Encore Wellness.....	4, 5
Encore Finance.....	6
Attorney Talk.....	6
May/June Calendars.....	7-10
Welcome New Members.....	8
Encore Enrichment.....	11
Encore Recreation.....	12, 13
Article of Interest.....	15
Meet Our Friends.....	16

## K. Leon Moyer to Receive Pillar Award



K. Leon Moyer, retired President and CEO of Univest Bank and Trust Co. will be honored as the 2015 Pillar of the Community by Greater Harleysville and North Penn Senior Services during its annual dinner on Thursday, June 18 at the William Penn Inn, Gwynedd.

Leon is being recognized for his 44 years of strong leadership at Univest Bank and Trust Co. and outstanding service to our local community.

Leon started with Univest as a management trainee in 1971 and quickly found his passion for helping others. Whether he was serving as a Branch Manager, a Commercial Loan Officer, Chief Credit Officer, Chief Operating Officer or President and CEO, he never lost sight of the importance of getting to know his customers, aligning financial solutions to meet their individual needs and serving the local community.

Throughout Leon's 44 years at Univest, he earned the respect of customers, employees, community leaders and peers across the financial services industry for his integrity, compassion, attention to detail and unwavering commitment. In addition to his day-to-day responsibilities, Leon shared his expertise and leadership with 14 different organizations as he volunteered on boards and committees.

Leon provided 18 years of leadership in various capacities on the Dock Woods Community board

of directors. As Chairman, an historic event brought forth the affiliation of Dock Woods and Souderton Mennonite Home to create Living Branches. Leon remained chairman of the new combined board and served in that capacity for another two years. In 2008 he chaired the North Penn United Way Campaign and in 2013 was honored as a North Penn United Way Super Hero. Leon's local community service included volunteer work with the Indian Valley Boys & Girls Club and Indian Creek Foundation. Leon has been a member of Souderton-Telford Rotary for 12 years and continues to remain active in retirement. During his career, he was also active with various chambers of commerce and served on the boards of directors for the Indian Valley Chamber and the Central Bucks Chamber.

Leon's service extended to organizations focused on education and faith – two of his passions. He was on the board of directors for Penn View Christian School and on the board of associates for Messiah College. Leon held various leadership roles at Souderton Mennonite Church and served on the finance committee for Spruce Lake Retreat. Passion for the community and banking go hand-in-hand. Univest's culture of giving enabled Leon to reach out to the neighborhoods in which he lives and works to make a difference. In addition to his service to various nonprofit organizations throughout our region, Leon was equally dedicated to giving back to the banking industry.

*Continued on Page 15*

## Free Shingles Shots at Encore Experiences

We are pleased to announce that Montgomery County Aging and Adult Services, in collaboration with the county's Health Department, has chosen Encore Experiences for their Shingles Outreach Project. You will be able to receive a shingles shot at no cost on Tuesday, June 2, if you are 60 years of age or older and a resident of Montgomery County, by appointment only.

If you have seen the commercials on TV, you know that shingles, also known as zoster or herpes zoster, is a painful skin rash, often with blisters, that is caused by the varicella zoster virus, the same virus that causes chickenpox. Anyone, even if you are healthy, who has had chickenpox can develop shingles because the virus remains in the nerve cells of the body after chickenpox goes away and can reappear many years later causing shingles. You can't catch shingles from another person with shingles. However, a person who has never had chickenpox (or chickenpox vaccine) could get chickenpox from someone with shingles.

The most common complication of shingles is severe pain where the rash was. This pain can be debilitating. There is no treatment or cure for this pain. Other symptoms of shingles can include fever, headache, chills and upset stomach. Shingles may also lead to serious complications involving the eye. Very rarely, shingles can also lead to pneumonia, hearing problems, blindness, brain inflammation, or death. Other information you might find of interest: there are more than one million cases of shingles each year in our country; one out of every three people 60 years old or older will get shingles; one out of six people older than 60 years who get shingles will have severe pain, which can last for months or even years; for one in five people, severe pain can continue even long after the rash clears; and finally, one in four people who get shingles will experience some type of complication.

*Continued on Page 14*







# 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*

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Encore Café Hours</b> <i>Breakfast 8:00AM to 10:00AM Lunch 11:30AM to 1:00PM</i>	We allow people to take meals out to eat for lunch. However, if you are eating in, we respectfully request you wait until others are served before requesting an additional meal for take-out.		Asian Chicken Salad <sup>1</sup> in a Lettuce Wrap Cold Sesame Noodle Salad Fortune Cookie
BTLT on <sup>4</sup> Sourdough French Toast Fresh Fruit Cup Mousse Tart	Seafood Stuffed <sup>5</sup> Portobello Mushroom w/Spinach & Roasted Peppers & Fresh Basil Served on Brown Rice Fresh Fruit	Oven "Fried" Chicken <sup>6</sup> Legs & Thighs Cucumber Dill Salad, Baked Beans Watermelon Slice Strawberry Short Cake	Baked Ham with <sup>7</sup> Pineapple Stuffing Green Beans Whole Grain Roll Berry Phyllo Tart	Tomato Stuffed <sup>8</sup> with Waldorf Tuna Salad Whole Grain Roll Brownie
Pulled Pork BBQ <sup>11</sup> Slaw Oven Baked Sweet Potato Fries Raspberry Oat Bar	Oven Roasted Chicken Ka-bobs <sup>12</sup> Corn on the Cob Wild Rice Fruit	Roast Beef on <sup>13</sup> Foccocia w/Roasted Reds Caramelized Onions & Spinach Pickled Cauliflower Berry Parfait	Citrus Soy Glazed <sup>14</sup> Salmon Filet Sesame Soba Noodles Steamed Broccoli	Grilled Chicken <sup>15</sup> with Watermelon Salsa Potato Salad Whole Wheat Roll Oatmeal Cookie
Asian Noodle Fish Bowl <sup>18</sup> Vegetable Egg Roll Orange Slices Fortune Cookie	Glazed Pork Loin with <sup>19</sup> Pineapple Salsa, Yellow Squash Watermelon & Arugula Salad Whole Wheat Roll Brownie	Turkey with Apple, <sup>20</sup> Kale & Fennel with Cheddar Cheese Wrapped in Sundried Tomato Tortilla Fudgy Coconut Oat Cookie	Mushroom & <sup>21</sup> Asparagus Strata Mixed Greens Salad Whole Grain Roll Fresh Fruit	<b>Picnic Themed Lunch</b> <sup>22</sup>
<b>Encore Experiences Closed</b> <sup>25</sup>  <b>Memorial Day</b>	Fish Tacos <sup>26</sup> Corn Tortillas, Pickled Cabbage, Salsa and Avocado Yogurt Crema Chocolate Chip Cookies	Meatball Sub <sup>27</sup> Provolone Cheese Pesto & Whole Grain Pasta Salad Yogurt & Fruit Parfait with Granola	Asian Chicken Salad <sup>28</sup> in a Lettuce Wrap Cold Sesame Noodle Salad Fortune Cookie	"Brunch" Stuffed <sup>29</sup> Pepper with Egg, Hash Browns, Peppers, Ham Mixed Greens Salad Fresh Melon

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

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Ham with <sup>1</sup> Pineapple Stuffing Green Beans Whole Grain Roll Berry Phyllo Tart	Tomato Stuffed <sup>2</sup> w/ Waldorf Tuna Salad Whole Grain Roll Brownie	Oven "Fried" Chicken <sup>3</sup> Legs & Thighs Cucumber Dill Salad, Baked Beans Watermelon Slice Strawberry Short Cake	BTLT on <sup>4</sup> Sourdough French Toast Fresh Fruit Cup Mousse Tart	Seafood Stuffed <sup>5</sup> Portobello Mushroom w/Spinach & Roasted Peppers & Fresh Basil Served on Brown Rice Fresh Fruit
Oven Roasted Chicken <sup>8</sup> Ka-bobs Corn on the Cob Wild Rice Fruit	Pulled Pork BBQ <sup>9</sup> Slaw Oven Baked Sweet Potato Fries Raspberry Oat Bar	Citrus Soy Glazed <sup>10</sup> Salmon Filet Sesame Soba Noodles Steamed Broccoli	Roast Beef on <sup>11</sup> Foccocia w/Roasted Reds Caramelized Onions & Spinach Pickled Cauliflower Berry Parfait	<b>Picnic in the Park</b> <sup>12</sup>  <b>No Café Service</b>
Glazed Pork Loin with <sup>15</sup> Pineapple Salsa, Yellow Squash Watermelon & Arugula Salad Whole Wheat Roll Brownie	Asian Noodle Fish Bowl <sup>16</sup> Vegetable Egg Roll Orange Slices Fortune Cookie	Mushroom & <sup>17</sup> Asparagus Strata Mixed Greens Salad Whole Grain Roll Fresh Fruit	Turkey with Apple, <sup>18</sup> Kale & Fennel with Cheddar Cheese Wrapped in Sundried Tomato Tortilla Fudgy Coconut Oat Cookie	Chicken Cobb Salad <sup>19</sup> with Avocado, Tomatoes, Bacon, Hard Boiled Egg & Beets Dark Chocolate Dipped Frozen Bananas
Grilled Chicken Flatbread <sup>22</sup> with Bacon Jam, Roasted Tomatoes, Arugula and Mozzarella Cheese Ice Cream	Fish Tacos <sup>23</sup> Corn tortillas, Pickled Cabbage, Salsa and Avocado Yogurt Crema Chocolate Chip Cookies	<b>Wedding Reception Luncheon</b> <sup>24</sup>  <b>No Café Service</b>	"Brunch" Stuffed <sup>25</sup> Pepper with Egg, Hash Browns, Peppers, Ham Mixed Greens Salad Fresh Melon	Asian Chicken Salad <sup>26</sup> in a Lettuce Wrap Cold Sesame Noodle Salad Fortune Cookie
Seafood Stuffed <sup>29</sup> Portobello Mushroom w/Spinach & Roasted Peppers & Fresh Basil Served on Brown Rice Fresh Fruit	BTLT on <sup>30</sup> Sourdough French Toast Fresh Fruit Cup Mousse Tart			



# Encore Wellness



## Pickleball

When aficionados describe pickleball as one of the fastest growing sports in the country, the inevitable question is, "Wait. What? Pickleball? What kind of name for a game is that?"

The moniker is a matter of debate; some say it comes from a dog named Pickles that was owned by the family of Washington State Congressman Joel Pritchard, who invented the game in 1965. However, Pritchard's widow has said she started using the term because "the combination of different sports reminded me of the pickle boat in crew where oarsmen were chosen from the leftovers of other boats."

Pickleball combines elements of tennis, badminton, and pingpong. It's played on a badminton-sized, 20-foot-by-44-foot court, over a low net, with a perforated plastic ball (similar to

a Wiffle ball) and lightweight paddles resembling those used in pingpong. Singles or doubles can play and matches typically go to 11 points.

According to the USA Pickleball Association, the game is "exploding in popularity," particularly at community and retirement centers, with more than 2,000 sites in all 50 states registered with the association.

Locally, the game is played at both the Indian Valley and the North Penn YMCA. Join The PEAK Center on May 15th at 12:30 PM as Alicia Fergus from the Indian Valley branch and a few of her friends come in and explain the game, and give us a demonstration. We would love to bring Pickleball to The PEAK Center – come and see if you would be interested in playing!

## EncoreFitness

For a full description of classes, call 215-256-6900

**What is durable, stylish, and can help you decrease your carbon footprint? The answer is: Reusable water bottles. Why not bring along a reusable water bottle to your fitness class? Make sure you put your name on it.**

### Ballroom Dancing

Cost: \$4.00

*Experienced:* Thursday Evenings 5:30-6:30 PM

*Beginner:* Thursday Evenings 6:45-7:45 PM

Learn the Fox Trot, Cha Cha, Jitterbug, and Waltz.

### Core Fitness

Thursdays 9:15 AM Cost: \$2.00

### Jitterbug Dancing

Classes resume in September

### Line Dancing

Thursdays 10:15 AM Cost: \$2.00

### MERCK Fitness Room

Anytime

### The Pace Setters

Mondays 8:00 AM

Meet at Encore Experiences

### 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

### \*Zumba Gold

Tuesdays 1:30 PM Cost: \$2.00

## EncoreScreenings

### 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

Quarterly on Mondays 10:00 AM

July 6

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.

### Help Yourself to Healthy Living

Second Thursday of each month 12:30 PM

Provided by Abington Health

*May-Skin Cancer Awareness*

*June-The Low Down on High Blood Pressure*

Support Group for anyone managing chronic health conditions. Prior registration is appreciated for preparation purposes.

### 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.

### Protecting Benefits for Seniors

A new law allows anyone who was enrolled in the PACE or PACENET programs as of Dec. 31, 2012, to remain eligible for the low-cost prescription drug programs through December 2015 even if Social Security cost-of-living increases push them over the maximum income limit allowed by the programs. Representative Godshall co-sponsored Act 12 of 2014, which extended eligibility to older Pennsylvanians who would have lost their benefits due to an upward adjustment in Social Security earnings. For more information on PACE, PACENET and other programs, call 1-800-225-7223.

### Please Note:

\*Programs/events marked with \* are specifically targeted to persons age 60 and over. Everyone is welcome to participate regardless of age.



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# Encore Wellness



## Wellness Programs

*Programs are free unless otherwise noted.*

### Reiki

Fridays, May 1 and June 5

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.

### Osteoarthritis and Knee Pain

Friday, May 1 12:30 PM

Presented by John R. Reynolds,

MPT Souderton Rehabilitation Center

Learn about the "wear and tear" disease, Osteoarthritis, and how it affects your knees. While it can worsen over time, there are steps you can take now to lessen its impact on your life.

### Matter of Balance

Mondays, May 4, 11, and 18,

June 1, 8, 15, and 22 9:30 AM-11:30 AM

Maximum 14 participants

Presented by Montgomery County

Health Department

This 8-week evidence-based program is designed to help you cope with fears about falling. Learn ways you can increase your activity levels while decreasing your risks for falling. Topics covered include: fear of falling, fall prevention, managing concerns about falling, and hazards in the home.

### Osteoporosis,

### LivMD Demonstration

Tuesdays, May 5, 12, 19, and 26 9:00 AM – 10:00 AM

Lectures and demonstrations are free

Cost: \$10.00 for vibration platform session

Presented by: Frank J. Ciuba, DPT MS Certified Osteoporosis Exercise Specialist Level 3 Titleist Medical Professional

Osteoporosis causes bones to become weak and brittle-so brittle that a fall or even mild stresses can cause a fracture. Learn about the Meeks Method, an evidence based approach which has been shown to reduce a person's likelihood of compression fractures. Frank will be demoing the LivMD low intensity vibration platform, which has shown to build bone mass in research studies and is non-pharmacologic.

### WHOGA

Wednesdays, May 6, 13, and 27 June 3 and 17

9:30 AM-10:15 AM

WHOGA: Wellness, Happiness, Opportunity for Gentle Activity WHOGA is a gentle activity that brings all the benefits of yoga to individuals seated in a chair.

### Benefits of Exercise

Wednesday, May 6 12:30 PM

Presented by Kristi Goodwin,

Montgomery County Health Department

The health benefits of regular exercise and physical activity are hard to ignore. Join us today if you need more convincing and learn how easy it can be.

### Windowsill Herbs

Thursday, May 7 12:30 PM

Cost: \$5.00

Grow your favorite herbs indoors. Growing herbs indoors on a sunny windowsill can provide a convenient source of fresh basil, dill, rosemary, thyme, and other herbs. With a little planning and some good cultural techniques, your indoor herb garden will thrive.

### Turning 65: Medicare Matters

Thursday, May 7 7:00 PM

Ed Savitsky, Apprise Counselor

Register by Monday, May 4

If you are like most 64 year olds, you are busy with your life, not thinking too much about Medicare. Perhaps you are younger than 65, and are helping to care for a parent or spouse, and need help navigating through the Medicare maze.

Join us to learn about:

\*Medicare basics including parts A, B, C, & D

\*Coverage, eligibility & enrollment

\*Information for those still employed

\*And much more!

Evening  
Program!

### Mini Health Fair

Wednesday, May 20 9:30 AM-12:30 PM

Offered by Abington Health Lansdale

Join us today for a morning filled with informational talks and presentations. All exercise classes are free today!! Health brochures and a healthy light breakfast will be available along with door prizes. Prevention is the key to good health.

### Acupuncture Lecture and Treatments

Thursdays, May 21 and June 18

Lecture 12:00 PM; Treatments by appt. 12:30 PM

Treatment Cost: \$20.00

Provided by Kim Niezgodna,

Board Certified Licensed Acupuncturist

Learn how and why this style of community treatment is effective and so beneficial, especially on a consistent basis.

### Dispelling Hospice Myths

Thursday, May 21 12:30 PM

Presented by Crossroads

Myth: Hospice is giving up.

Truth: Hospice is medical care toward the goal of comfort and dignity for someone whose life is drawing to a close. It is, in fact, the "something more" for someone who has been told nothing more can be done for them.

### Foot Reflexology

Fridays, May 22 and June 19

By appointment starting at 9:00 AM

Cost: \$7.00/fifteen minutes

Provided by Sue Taylor, Certified Reflexologist

Reflexology is a relaxing and revitalizing therapy. The gentle stroking of the feet will improve your blood circulation and reduce the effects of stress upon your body. If you are unable to make your appointment, please call Encore Experiences so that others on the waiting list may have a chance.

### Parkinson's Support Group

Fourth Wednesday of the month 1:00 PM

May 27 Topic- News in Neurology

Presented by: Dr. Anishee Undavia,

Grandview Hospital

June 24-No group meeting today

July 22-Picnic at Arbour Square

695 Main Street, Harleysville

Note: All future sessions after the picnic will be held at Arbour Square

This group is open to the public. A support group is not a substitute for medical treatment or professional counseling and it is not a replacement for family and friends.

### Massage Therapy (table/chair)

Fridays, May 29 and June 26

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/half an hour; \$50.00 for one hour

Enjoy a relaxation and healing experience through the combination of energy and massage therapy modalities that benefits the whole person, body, mind, emotions and spirit.

### Shingles Shots

By Appointment only. See front page article.

### Prescription Drug Misuse

Wednesday, June 3 12:30 PM

Presented by Montgomery County

Health Department

Prescription drug use is on the rise. With that comes a rise in abuse and misuse. This session will target older adult's concerns, and offer a wellness discussion.

### Veterans Mini Expo

Wednesday, June 10 9:00 AM - 1:00 PM

Presented by Robert Haley,

USMC Veteran Liaison Vitas Healthcare

This Expo is intended for active military and veterans of all ages, men and women, from all branches of service and their families. It is being held to ensure that eligible individuals are aware of the benefits they have earned. Resources, vision screenings, light refreshments will all be available for this great event.

### Vision Screenings

Thursday, June 11 10:00 AM

Register by Wednesday, June 10

Provided by Montgomery County Blind Association

June is Cataract Awareness month. Today take a preventative step in the right direction by having your vision checked.



# EncoreFinance



## Attorney Talk

The new Power of Attorney Law, effective January 1, 2015, requires two witnesses, whose signatures **MUST** be notarized. They are witnessing the signature of the person granting the Power of Attorney and must, therefore, be in his/her presence. And the signature of the person granting it must be notarized. So, if there are out-of-town persons who would like to be a witness, for example, this presents a logistical problem.

Second, if a husband/wife grants a Powers of Attorney to each other (not uncommon), each cannot then be a witness for the other. Under the old law, this was not the case; that has now changed.

Third, the new law specifically requires certain

powers must be granted involving trusts; gifting; changing beneficiaries; delegating authority; and survivorship of annuities, retirement plans. It is presumed if there is certain language in the document, that these powers are granted. Gifting by an agent is an issue: that person must be an ancestor, descendent or spouse, unless the document grants the agent the express authority to make transactions for the agent's benefit.

All this arose from the Vine case, where a Power of Attorney was relied upon by a third party, but was void due to the incapacity of the grantor. So, they passed a new law.

*Written by: Attorney Mark Hoffman*

## 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 4/2015):

Family Size	Annual	Monthly	Weekly Income
1	\$15,301	\$1,276	\$294
2	\$20,709	\$1,727	\$398
3	\$26,117	\$2,177	\$502

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.



*Longtime friends, Billie, who just turned 100, and Kay, spend some time chatting before tax appointments.*

## A Big Thank You

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

We value the services of Joe Heaney, Cindy Benavage, Les Duman, Joe Hagan, Barry Hunsicker, Arlen Nyce, Neil and Carol Randall, Nancy Remy, and Joyce Williams.

*Thank you for all you do for us!*

## FinanceServices

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

### 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. Don't leave money on the table that could help you.

### 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 Tuesdays through Fridays, beginning June 9. Please call Encore before coming to center to be sure vouchers are still available. Income eligibility and Montgomery County residency required

### Financial Advice

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

### Legal Advice

Attorney Mark Hoffman offers his expertise on the third Friday of each month.

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

This is a seasonal program

### 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 2014 tax year are available at Encore Experiences.

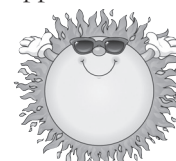
If you qualify for this program, you can receive a rebate up to \$650. You must have been 65 by Dec. 31, 2014, with a maximum household income level of \$35,595 for a homeowner and \$15,255 for people who rent. Widows and widowers age 50 or older and people with disabilities over 18 may also qualify. In computing income, only 50% of Social Security and Railroad retirement benefits are counted.

### 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.





# EncoreEnrichment



## 19th Amendment to the U.S. Constitution: Women's Right to Vote (1920)

The 19th amendment guarantees all American women the right to vote. Achieving this milestone required a lengthy and difficult struggle; victory took decades of agitation and protest. Beginning in the mid-19th century, several generations of woman suffrage supporters lectured, wrote, marched, lobbied, and practiced civil disobedience to achieve what many Americans considered a radical change of the Constitution. Few early supporters lived to see final victory in 1920.

Beginning in the 1800s, women organized, petitioned, and picketed to win the right to vote, but it took them decades to accomplish their purpose. Between 1878, when the amendment was first introduced in Congress, and August 18, 1920, when it was ratified, champions of voting rights for women worked tirelessly, but strategies for achieving their goal varied. Some pursued a strategy of passing suffrage acts in each state—nine western states adopted woman suffrage legislation by 1912. Others challenged male-only voting laws in the courts. Militant suffragists used tactics such as parades, silent vigils, and hunger strikes. Often supporters met fierce resistance.

Opponents heckled, jailed, and sometimes physically abused them.

By 1916, almost all of the major suffrage organizations were united behind the goal of a constitutional amendment. When New York adopted woman suffrage in 1917 and President Wilson changed his position to support an amendment in 1918, the political balance began to shift.

On May 21, 1919, the House of Representatives passed the amendment, and two weeks later, the Senate followed. When Tennessee became the 36th state to ratify the amendment on August 18, 1920, the amendment passed its final hurdle of obtaining the agreement of three-fourths of the states. Secretary of State Bainbridge Colby certified the ratification on August 26, 1920, changing the face of the American electorate forever. Join us on Thursday, June 4 at 12:30PM for One Woman, One Vote PBS DVD Documentary and on Friday, May 8 to meet and talk with Senator Mensch.

*Source: National Archives' Digital Classroom*

## 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. Local grocery store coupons are accepted.

### 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 2:00 PM

This discussion group with Mark Hoffman uses a series of pamphlets that he wrote called "Little Studies." No particular point of view is advocated.

**May Topic: Honore de Balzac**

**June Topic: Groucho Marx**

### Photography

Second Friday of the month 10:00 AM

Instructor: Walt Fitzgerald

This class emphasizes PC based digital photography. You will progress to some of the more technical aspects of using the computer to enhance your photos. All levels welcome. If you have a camera and/or laptop, please bring it.

### 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 out.

## Congratulations Beth!



Beth (R) pictured with Susan Wenrick (L).

### Best Practice for Congregate Meal Program

was presented to Beth Knize, the Meal, Menu and Café Coordinator for Encore Experiences in Harleysville. Susan, who works for Montco AAS, nominated Beth for the award. This program functions as a traditional congregate meal program, while operating as a café model with wait staff serving food to older adults. Each day, the program offers the traditional congregate meal as well as a "special of the day," including approved a la carte items such as salads, soup and sandwiches. The café offers a flexible seating time with no reservations necessary. Most food items are prepared from scratch by Ms. Knize, and include ingredients from Encore Experiences garden when possible. The program relies on senior and community volunteers, partnering with local business volunteers who assist with preparing the food and serving those who attend.

## EnrichmentPrograms

*Programs are free unless otherwise noted.*

### Senator Bob Mensch

Friday, May 8 12:30 PM

Today you will have the opportunity to ask the Senator questions, discuss state related matters, and address state issues.

### Say Cheese! It's Picture Day!

Friday, May 15 10:00 AM by appointment

Photographer, Bob Pagni, will be here again to take your picture. Bring your smiles. Do not miss out on this great opportunity. Sign up today.

### Annual Spelling Bee

CAN YOU SPELL HILARIOUS?

Friday, May 15 1:00 PM

Register by Thursday, May 14

Official Bee Pronouncer: Susan Wenrick,

Contract Manager

Montgomery County Aging and Adult Services

Do you have what it takes to claim the first place medal? Don't miss your chance to be a part of this year's Bee.

### Memorial Day Remembrance

Friday, May 22 12:30 PM

Presented by Mike Regiment

Join us for a re enactor demonstration today.

*We are the Dead. Short days ago*

*We lived, felt dawn, saw sunset glow,*

*Loved and were loved, and now we lie*

*In Flanders fields. ~John McCrae*

## EnrichmentServices

### Computer Use

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

### Library

Looking for a good book? Check out our library and the vast array of biographies, romance novels, fiction, and non-fiction works. Books are donated on a regular basis so you never know what you'll find!



# Encore Recreation



## Water: How Much Should You Drink Every Day?

Water is essential to good health, yet needs vary by individual. How much water should you drink each day? It's a simple question with no easy answers. Studies have produced varying recommendations over the years, but in truth, your water needs depend on many factors, including your health, how active you are and where you live. Although no single formula fits everyone, knowing more about your body's need for fluids will help you estimate how much water to drink each day.

Every system in your body depends on water and lack of water can lead to dehydration. Even mild dehydration can drain your energy and make you tired. Every day you lose water so for your body to function properly, you must replenish its supply by consuming beverages and foods that contain water. So how much fluid does the average, healthy adult living in a temperate climate need? The Institute of Medicine determined that an adequate intake (AI) for men is roughly about 13 cups (3 liters) of total beverages a day. The AI for women is about 9 cups (2.2 liters) of total beverages a day. Everyone has heard the advice, "Drink eight 8-ounce glasses of water a day." That's about 1.9 liters, which isn't that different from the Institute of Medicine recommendations. Although the "8 by 8" rule isn't supported by hard evidence, it remains popular because it's easy to remember. Just keep in mind that the rule should be reframed as: "Drink eight 8-ounce glasses of fluid a day," because all fluids count toward the daily total.

You may need to modify your total fluid intake depending on how active you are, the climate you live in, and your health status. If you exercise or engage in any activity that makes you sweat, you need to drink extra water to compensate for the fluid loss. How much additional fluid you need depends on how much you sweat during exercise, and the duration and type of exercise.

Hot or humid weather can make you sweat and requires additional intake of fluid. When you have a fever, vomiting or diarrhea, your body loses additional fluids. In these cases, you should drink more water. In some cases, your doctor may recommend oral rehydration solutions. On the other hand, some conditions, such as heart failure and some types of kidney, liver and adrenal diseases, may impair excretion of water and even require that you limit your fluid intake.

Generally, if you drink enough fluid so that you rarely feel thirsty and your urine is colorless or light yellow, your fluid intake is probably adequate. If you're concerned about your fluid intake or have health issues, check with your doctor or a registered dietitian. He or she can help you determine the amount of water that's right for you. To ward off dehydration and make sure your body has the fluids it needs, make water your beverage of choice. It's also a good idea to drink a glass of water with each meal and between each meal.

*Source: Mayo Clinic*

## 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.*

### Day Trips:

#### 9/11 Memorial Museum

Wednesday, June 17

Departure 7:15 AM Encore Experiences

Return time approximately 8:00 PM

Cost: Adults \$73.00, Seniors \$67.00,

Veterans \$69.00

Sign up at Encore Experiences or The PEAK Center by Wednesday, June 3

The National September 11 Memorial Museum serves as the country's principal institution concerned with exploring the implications of the events of 9/11, documenting the impact of those events and exploring 9/11's continuing significance.

Price includes bus, driver gratuity, and entrance into the museum. There is a café at the museum where you may purchase light snacks. You are able to bring snacks on the bus. No glass allowed. We will be stopping for dinner at the Bridgewater Commons Mall, which offers a large food court on our return trip. School is out for the summer. Think about asking the grandchildren, family and friends. This trip will fill up fast, so do not delay.

#### Ladore Lodge

Monday-Friday August 31-September 4, 2015

Encore Experiences \$270/double; \$395/single

Balance due July 1

Sign up at Encore Experiences or The PEAK Center

This year Ladore's theme is "Jungle."

Enjoy Ladore's NEW outdoor recreation area including an 18 hole handicap accessible miniature golf course, international league sized bocce and shuffle board courts as well as a newly enclosed heated pool. There is biking, nature walks, paddle boats, and pontoon boat rides on Ladore's prestigious and beautiful 265 acre lake. Join us for a fabulous safari. Prices include lodging, transportation, driver tips, eleven meals and snacks. Limited income? See Michele to find out about the senior scholarship assistance opportunity.

## Recreation Programs

### Movies:

*Cinderella Man*

Wednesday, May 13 12:30 PM – 2:55 PM

One man's extraordinary fight to save the family he loved. Based on a true story.

*The Best Exotic Marigold Hotel*

Thursday, May 14 12:30 PM-2:30 PM

To make the most of their meager retirement savings, a group of British seniors move to India to live out their golden years at the Marigold Hotel. But upon arrival, they discover the once-lavish resort has wilted considerably.

*One Woman One Vote*

Thursday, June 4 12:30 PM – 2:00 PM

On June 6, 1872 Susan B. Anthony was fined for voting. Join us today for the documentation of the seventy year battle for woman suffrage and the passage of the Nineteenth Amendment to the Constitution.

### Trivia Night

Friday, May 29 7:00 PM

Doors open at 6:30 PM

Cost: \$15.00

Register in the office by Friday May 29

Includes light snacks and refreshments BYOB  
Small coolers please. Outside food is welcomed.



*Programs are free unless otherwise noted.*

Cash prizes, 50/50 and other raffles. Organize a table of up to nine or allow us to allocate you a team.

### Picnic in the Park

Friday, June 12 11:30 PM – 1:00 PM

Alvin Alderfer Park, 420 Oak Drive Harleysville

Cost: \$7.00

No Café Service; Register by Monday, June 1

Join with members of our sister organization, The PEAK Center. This 20 acre facility will be the place to be today. Enjoy a delicious picnic lunch and entertainment by none other than Elvis himself.

### Wedding Reception

Wednesday, June 24

Cost: \$7.00; Register by June 10

We are having a wedding reception, but there will not be a bride and groom at the head table. We are asking everyone to bring a picture of themselves at a wedding. You can be the bride, groom, groomsman, bridesmaid, ring bearer, mother of the bride etc. We will scan the picture and return it to you. During the reception we will present a slide show of all these pictures. Let's enjoy a trip down memory lane and guess who is in those beautiful pictures. It will be an old fashioned reception with a delicious meal, wedding cake and more.

### Did You Know???

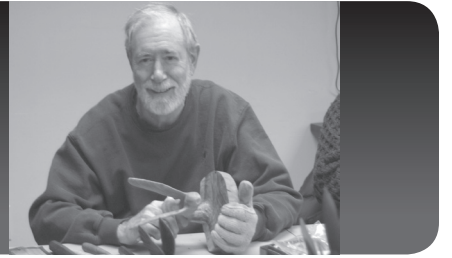
Retired Pennsylvanians receiving Social Security or other pension funds whose incomes are under \$19,200 annually may register one passenger car or non-commercial light truck at a reduced rate.

Instead of the regular \$36 fee for a passenger vehicle or truck, you pay just a \$10.00 processing fee.

The discount does not apply to title fees, transfer fees or sales tax, just a vehicle registration fee.



# Encore Recreation



## 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 at 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.

#### INTERESTED IN...

- helping in our garden? It's that time of the year.
- learning how to play Bridge?
- playing pool?
- joining a golf league?
- Philately? (The study of stamps and postal history. You do not have to own stamps)

CALL ENCORE AND ASK FOR MICHELE TO DISCUSS YOUR INTERESTS!

#### Haircuts

*Tuesday mornings \$6.00*

Call Encore for appointment  
at 215-256-6900

#### Highlights from

#### The PEAK Center's News & Notes

(these listings are held at The PEAK Center in Lansdale  
1292 Allentown Road, Suite A, Lansdale)

#### My Funeral: My Way

**Friday, May 22 12:30 PM No cost**

**Presented by Angela Hope DeSimone**

Death is one topic that many people feel dreadfully uncomfortable discussing. Planning a funeral, burial, or service for a loved one can be devastating. So, why would you consider planning such a morbid event in advance? Well, it's because you may have the slightest desire to be included in at least a few of the decisions when planning your own funeral, burial or services. Join us to learn more about how to create a Funeral Journal.

#### Living Gluten Free

**Tuesday, May 26 12:30 PM No cost**

**Presented by Sondra Weidman**

Everyone is talking about being gluten free these days. But what does it really mean? How does it help you physically? And how do you go about being gluten free? Join us and learn all about it, including what to buy in the grocery store, how to order in a restaurant, and some new recipes!



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

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[www.GoodNursingHome.com](http://www.GoodNursingHome.com)

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# Spring Cleaning

Finally, it's spring - the time of year when we purge the closets, clean the clutter and welcome the peace of mind that comes from organized living. To get the party started, professional organizers offer these tips on what items to toss right away – or better yet, donate to an organization that can make good use of them.

**\*Unworn clothes** – take advantage of the new, warmer season to analyze your cold-weather gear. If you haven't worn something in the past 12-18 months, you no longer need it. Either donate to your favorite charity or try reselling at a consignment shop or online.

**\*Unnecessary paperwork** – sure you need to hold on to some paperwork for an extended period of time, but beyond that you may be storing an unnecessary number of useless hard copies. Keep only the prior month's bill for a given account, as most information is now available online.

**\*Office supplies** – acknowledge that those dried-out pens are never coming back from the dead. Get rid of office supplies that haven't been utilized in a year.

**\*Old electronics** – unused gadgets, not to mention the associated tangle of cords, are taking up space and causing confusion as to what goes with what.

**\*Unmatched items** – this goes for socks that have lost their pairing partner, pot lids missing pots, plastic storage lids without their containers (or vice versa), and bed linens that don't belong to a set. Do you really need all those sets of sheets, blankets and towels?

**\*Expired kitchen items** – pantry items like vitamins and supplements have expiration dates, as do herbs and spices. Check label dates on foods that are both in your pantry and in your freezer.

**\*Old makeup and nail polishes** – keeping makeup

too long not only leads to clutter, but can also be a hazard as makeup expires. Cream products typically expire within six months to a year after purchase while mascara often lasts three months before becoming a bacteria threat.

**\*Books** – even if you haven't made the swap and do your reading on a Kindle or tablet, sort through your favorite books then donate the rest to your local library or assistive living/nursing home facility. Give someone else the pleasure of a good read.

**\*Garage clutter** – you will most likely find a jumble of old electronic equipment, cords and cables, gadgets, paint, tools and countless other items that you no longer need. Keep only what you know you will use and donate or toss the rest.

Source: [www.today.com/home/spring-cleaning](http://www.today.com/home/spring-cleaning)

# Free Shingles Shots at Encore Experiences

Continued from Cover Page

You should talk to your healthcare professional about getting a one-time dose of the shingles vaccine. This vaccine was licensed in 2006 and in clinical trials, the vaccine reduced the risk of shingles by 50%. It can also reduce pain in people who still get shingles after being vaccinated. The shingles vaccine is considered a safe way to protect your health but it is good to know that a vaccine, like any medicine, could possibly cause serious problems, such as allergic reaction. However, the risk of a vaccine causing serious harm, or death, is extremely small. No serious problems have been identified with the shingles vaccine. Vaccine side effects are usually mild and temporary.

Some people experience mild reactions, such as headache or soreness, swelling, or itching where the shot was given. These reactions could last a few days.

Again, please check with your doctor to make sure you are a good candidate for the shingles vaccine, especially if you have a weakened immune system or have allergies to certain components of the vaccine. Once you have been cleared, call Encore Experiences, at 215-256-6900, to schedule your appointment.

Source: *Kahyn Roberts, RN, BSN, Supervisor Public Health Nursing, Montgomery County Health Department*

## InMemoriam

As of March 18



Wolfgang	Albrecht
Joan	Buckley
Harold	Carver
Joseph	Clower
Agnes	Cunningham
Florence	Detwiler
Lawrence	Dougherty
Howard	Gluckman
Esther	Kemmerer
Anna	Kline
Beverly	O'Toole
Joseph	Whiteside
Francis	Zawcollr

*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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# K. Leon Moyer to Receive Pillar Award

*Continued from Cover Page*

Leon was involved with the Pennsylvania Bankers Association for 10 years, serving on the board of directors, and policy and advisory committees. In addition, he shared his expertise as Chairman of the Board for the Political Action Committee. Leon is a lifetime member of the Risk Management Association, an organization in which he served on the Community Bank

Council, as a board member for the Philadelphia Chapter and also Chapter Chairman for the East Central PA Chapter.

A humble man, Leon is quick to tell you he was blessed with many opportunities that were possible because of his mentors who taught him how to become a trusted leader, the support he received from his wife and family and the culture

at Univest that enabled him to live out his dream of making a difference in the lives of others.

We look forward to honoring Leon and his outstanding service to the greater Harleysville and North Penn region on June 18 at 6:00 p.m. at the William Penn Inn. He is truly a pillar of our community from which we can all learn a lot. We hope you will join us!

## Your Suggestion, Our Response

*Your input is important to us. Drop your suggestion in the box on the Greeter's Desk.*

**Suggestion:** I suggest that you place the container (suggestion box) in a more visible spot. You may get more good suggestions. Also please set the center clocks so they all have the same time or closer to the correct time.

**Response:** Thank you for your suggestion. We can certainly find a new home for the suggestion box that would encourage more feedback from our participants. We will take care of that. The clocks in the center have all been coordinated as a result of daylight savings time!

**Suggestion:** Can something be done about the two windows, it is really cold when you sit at the table to play cards. maybe plastic over them or a space heater for the back of the room.

**Response:** Thank you for letting us know that it has been cold in the lobby area. We discovered, after reading your suggestion, that the windows in the lobby area were not closed and locked properly which was most likely causing a draft. The windows have now been secured. Please let us know if you continue to experience a draft while sitting in the lobby!

**Suggestion:** Can something be done about the bathroom doors, some people really struggle with opening. Can they be electric?

**Response:** Thank you for your suggestion. Although electric doors would most likely not be feasible for our budget we would like to bring this suggestion to the attention of Members Council for further discussion. Please

join us for the next meeting which will be held on Tuesday, May 5th at 12:30 pm in The Wambold Room.

**Suggestion:** Congratulations and thank you to Beth! Perfection is the most appropriate word for your work. Thanks also to the dedicated volunteers.

**Response:** We think Beth and our volunteers are pretty amazing too! We will make sure Beth and the volunteers see your comment!



## Great News!

Greater Harleysville and North Penn Senior Services (GHNPS) is excited to announce that we will be working with Bergey Creative Group on the redesign and merger of the Encore Experiences and The PEAK Center websites! This project was made possible through a technology mini grant awarded by the VNA Foundation of Greater North Penn and a grant from the Fourjay Foundation. The new website will brand together our two centers Encore Experiences at Harleysville and The PEAK Center in Lansdale. Users will find an array of resources available and be able to easily navigate the calendar of events at both centers. We are excited to begin working with Bergey Creative to build a user-friendly, eye catching website for our participants. More information is to come on this project, so stay tuned!



*Mona and Meg display their Valentine craft.*



*Meet Teresa, our new Administrative Assistant! Stop by the office and offer a warm welcome to her.*

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## Meet Paula Klauger



You've probably seen Paula wear many hats and Halloween costumes at Encore Experiences. Over the past eleven years, she has been an instructor in Aerobics, Stretch and Tone and

On the Ball for Fitness, volunteered at our flea markets, Saturday Bingo, worked in our flower and vegetable gardens, lead water aerobics during our camping trip at the Variety Club, and drove a van to Knoebels Amusement Park so members could enjoy being kids again.

As Montgomery County's newest Prime Time Health Coordinator, Paula has co-facilitated sessions of the Chronic Disease Self-Management Program, My Life, My Health!, lead both Healthy Steps in Motion and Healthy Steps for Older Adults classes, and has begun organizing our September Prime Time Health Walk at Fischer's Park. In this role Paula is committed to making you healthier, happier, and safer. Participants in all of the Montgomery County senior centers are benefitting from her leadership.

One could wonder how and where this Horsham native began laying the foundation for all of these activities and interests. Could it be the six years of competitive figure skating that took her to France for a summer of training and performances? Certainly practicing at least three hours a day and into the early morning hours grounded Paula's work ethic and taught her about flexible scheduling.

Lycoming College also may have played a role as it was there that Paula received her degree in biology/medical technology while initiating the women's basketball program at the school. Two weeks after graduation Paula began working the night shift in the hematology department at Smith Kline Clinical Labs and after three years moved to virology and daylight hours. Later branching into sales for Hazelton Research Products, Paula had the opportunity to work with laboratories and universities throughout New York, Pennsylvania and Ohio. Not a stranger to hard work and flexible scheduling, Paula currently uses her certification in orthotics fitting both at Encore and various nursing homes, where she also trains staff on the techniques of proper splint fittings and applying orthotics.

Paula recognizes the need for balance not only in her classes but in her life. That's why she seeks leisure time activities traveling, snow skiing and swimming. When she takes time off she may be on a cruise with family and friends or scratching exciting adventures like an African Safari or the Galapagos Islands from her bucket list.

It is a pleasure to see Paula lead us to healthier living. Our participants find her to be caring, full of fun, life and energy, and a wonderful listener. It is obvious to us that she loves what she does and we are fortunate to have Paula share her expertise, enthusiasm, warmth and passion with us! Paula is more than a dedicated instructor, she is a true friend.

*For your safety and the safety of the wait staff, please use the coat racks in the hallway and the back of the Wambold Room. Placing your coats on the back of the chairs makes the dining room even more crowded. Thank you for your cooperation.*

### Something to think about...

"I am of the opinion that my life belongs to the community, and as long as I live, it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work, the more I live. Life is no "brief candle" to me. It is a sort of splendid torch which I have got hold of for a moment, and I want to make it burn as brightly as possible before handing it on to future generations."

*~George Bernard Shaw*



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Encore Experiences and  
The PEAK Center?**

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\*Cannot repackage other pharmacies medications

*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.*

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