

July-August/2014



THE PEAK CENTER

NEWS & NOTES

Summer Hours:

Please note that we close Fridays at 3:00PM from Memorial Day-Labor Day.



The PEAK Center in Lansdale
1292 Allentown Road
Suite A
Lansdale, PA 19446
215-362-7432
www.peakcenter.org

PEAK CENTER HOURS
Monday – Thursday
8:30 AM – 4:00 PM
Fridays May 30 – August 29
8:30AM – 3:00PM

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.

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United Ways Plan Days of Caring Projects



North Penn United Way and the United Way of Greater Philadelphia and Southern New Jersey are planning Days of Caring Projects for September 2014.

volunteers available. You will be contacted for a site visit from United Way to review your request prior to confirmation of service.

All are welcome to apply. Outdoor projects and projects located on or near the Dock Village, Walnut Meadows, and Neshaminy Falls Communities will be preferred to minimize volunteer travel time. Please complete form on Page 2.

Day of Caring United Way of Greater Philadelphia and Southern New Jersey
September 20, 2014

Vanguard Group Volunteers

We are requesting a Days of Caring project from United Way of Greater Philadelphia and Southern New Jersey to deep clean and organize Encore Experiences' kitchen, storage room, janitor's closet, wash windows and more...

This project will be on a Saturday and should not interfere with any of our regularly scheduled programming.

Anyone interested in helping with this project is encouraged to contact the office and be added to the volunteer sheet. If you are unable to help with cleaning, we encourage you to stop by for a moment and thank the volunteers who are working.

North Penn United Way Day of Caring
Outdoor Home Maintenance
September 17, 2014

Various Community Business Volunteers

Last year in September 2013, North Penn United Way volunteers helped individuals with small projects at home. Power Washing, Weeding, Raking, Mulching, Light Painting, and Window Washing were some of the projects that were completed. This year we will again be offering you help at home.

To qualify for this service you must be 62 years of age or older, meet income requirements (below \$33,499 for individual/below \$45,599 for couple), and live in the North Penn United Way service area. To find out if you qualify, simply call Encore Experiences at 215-256-6900 or The PEAK Center at 215-362-7432. At that time you may also sign up for services you would like to request. Requests will be filled depending on the type of service needed and the number of

NATW & National Night Out

National Association of Town Watch (NATW) is a non-profit organization dedicated to the development and promotion of various crime prevention programs including neighborhood watch groups, law enforcement agencies, state and regional crime prevention associations, businesses, civic groups, and individuals devoted to safer communities. The nation's premier crime prevention network works with law enforcement officials and civilian leaders to keep crime watch volunteers informed, interested, involved and motivated. Since 1981, NATW continues to serve thousands of members across the nation.

The introduction of National Night Out, "America's Night Out Against Crime," in 1984 began an effort to promote involvement in crime prevention activities, police-community partnerships, neighborhood camaraderie and send a message to criminals letting them know that neighborhoods are organized and fighting back. NATW's National Night Out program culminates annually, on the first Tuesday of August.

Tuesday, August 7th 1984 the first year of the National Night Out, 2.5 million Americans took part across 400 communities in 23 states.

The seed had been planted.

National Night Out now involves over 37.8 million people and 16,124 communities from all fifty states, U.S. Territories, Canadian cities, and military bases worldwide.

The traditional "lights on" campaign and symbolic front porch vigils turned into a celebration across America. Peskin said, "It's a wonderful opportunity for communities nationwide to promote police-community partnerships, crime prevention, and neighborhood camaraderie. While the one night is certainly not an answer to crime, drugs and violence, National Night Out represents the kind of spirit, energy and determination to help make neighborhoods a safer place year round. The night celebrates safety and crime prevention successes and works to expand and strengthen programs for the next 364 days."

Come out and join your community for the 2014 National Night Out Against Crime celebration!

The event will be held at the Franconia Township Community Park on Allentown Road on Tuesday, August 5 6:00PM until 9:00PM.

This four-time national award-winning event has become one of the premier community events in Montgomery County!



Director's Report

Each year I think the summer is going to be a time to relax, regroup, and refresh for the activity season to start again in the fall. Each year I am surprised and happy to see at

Encore Experiences and The PEAK Center, the summer is just as active and interesting as any other time of year. As you read through this newsletter you will find in addition to our regularly scheduled programs and services, there are programs on Summer Safety, Using New Technologies, Staying Safe in Your Homes, Gardening, and more! We also will be distributing Farmers' Market Checks to those who are eligible. We continue to emphasize the importance of being screened to discover benefits you may be missing and plan for our September United Way Days of Caring projects!

In addition to all that, the North Penn Commons project is on track for our late summer / early fall 2015 opening for The PEAK Center. Ground breaking was held on June 10 and as you drive by, you will see construction happening on our site. We are working with the architects and have finalized the floor plan and will soon choose interior finishes. We continue to work closely with our partners, North Penn YMCA, Manna

on Main Street, and Advanced Living, to discover areas where we can share resources and deliver the best programs for you in that space. The website is now live. For more information visit www.northpenncommons.org

We are also completing our strategic planning and re-accreditation process. This is the time when we review our goals and priorities as an organization and plan the areas to focus our growth for the next few years. We have discussed this planning process at special committee meetings, members' meetings, staff meetings, and board meetings. If you have not had an opportunity to share your thoughts and want to contribute to this process, please make an appointment to stop by my office. I would love to hear from you.

This newsletter is being sent to all 2013-2014 members even if you haven't yet renewed your membership. Our membership year is July 1 - June 30 each year. Please remember to renew your membership as soon as possible to ensure uninterrupted delivery of your newsletter. Program listings can also be found on our website www.ghnpss.org

*I hope to see you soon,
Robin*

STAFF MEMBERS

- Robin Burstein
Executive Director
- Sandi Chiriano
Welcome Desk Manager
- Jennifer Metzger
Assistant Director
- Carol Costlow
Consumer Resources & Education Coordinator
- Becky Carver
Administrative Assistant/Bookkeeper
- Susan Andersen
Communications Manager
- Steve Zurad
Meal Assistant

BOARD OF DIRECTORS

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

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 at Harleysville and The PEAK Center in Lansdale.

Encore Experiences at 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 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.

Day of Caring Project

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____
 E-mail _____



I confirm my income level is below:

- \$33,499 for single household
- \$45,599 for two person household
- I confirm I am age 62 or above

Service Requested (please circle)

- Lawn mowing
- Trimming hedges
- Pulling weeds
- Raking
- Other - please specify

Please complete this form and submit to the office at Encore Experiences or The PEAK Center.

Dues Are Due July 1, 2014-June 30, 2015

MEMBERSHIP FORM FOR RENEWALS

Your \$20.00 annual membership fee includes 6 bi-monthly issues of the newsletter, voting rights at Members' Advisory Committee 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 2015.

Name (s): _____
 Address: _____
 City, State, Zip: _____
 Phone: _____
 Email: _____

\$20.00 Annual Membership (one person)
 Includes bulk mailing of PEAK News & Notes \$ _____
 \$10.00 ONLY if requesting first class mail \$ _____
 \$5.00 per additional household member \$ _____
 Additional Donation \$ _____
 Total Enclosed \$ _____

Please complete and return to:

The PEAK Center
1292 Allentown Road
Suite A
Lansdale, PA 19446

WELCOME NEW MEMBERS!

- ANNE BEYER
- DARLENE CIANCI
- DEBORAH CROMWELL
- JOHN CROMWELL
- FREDERICK DAVIS
- JEAN DAVIS
- WENDY GEISINGER
- JOHN KLIMA
- DOROTHY MOREE
- LYNN STICKLER
- QIN SUN

Thank you for respecting our center's daily 'quiet hour' in the main room every day from 9:00 AM to 10:00 AM.

Summer Safety for Seniors

As we continue to experience long, hot summers, it is becoming vitally important that we understand symptoms of heat related illnesses. Our bodies work hard every day to maintain a normal temperature. Excessive heat forces our body to work harder than normal, which often is the root cause of heat-related illness. Essentially the heat forces our bodies to work beyond their limits. For older adults, this can be a dangerous - and even deadly - problem. With awareness and preventative measures, it is possible to enjoy a healthy, active summer.

As older adults, we don't 'feel the heat' the way younger people do, and so might not be aware of the risks of high temperatures. Physiologically, as we age our bodies lose some natural ability to regulate temperature making us more susceptible to temperature changes in the environment. One such change is that the subcutaneous layer of fat beneath the skin, which acts as a natural insulation to heat and cold, dwindles. Also because we perspire less, it's harder for us to keep cool which also increases our risk of becoming overheated.

Another major issue we experience due to prolonged heat exposure is dehydration. People age 65 and older can lose our sense of thirst. We also have less ability to perspire, which is a mechanism to release heat from the body. In addition, chronic health problems such as diabetes, high blood pressure, and heart disease, and certain medications we take can make us more susceptible to dehydration and can cause increased sensitivity to sunlight.

Continued on Page 11

Wellness Programs

Sleep Disorders

Tuesday, July 15 12:30 PM No cost
Presented by Dr. Donald Sesso,
Berger Henry ENT Group

Most of us have experienced trouble sleeping at one time or another. This is normal and usually temporary, due to stress or other outside factors. But if sleep problems are a regular occurrence and interfere with your daily life, you may be suffering from a sleep disorder. The lack of quality sleep can have a negative impact on your energy, emotional balance, and health. Let's learn about the causes and solutions and get you on your way to a good night's sleep!

Chiropractic Care – Is It For You?

Tuesday, July 29 12:30 PM No cost
Presented by Portolese Family Chiropractic

Chiropractic care emphasizes the importance of improving your health in an effort to reduce the risk of pain and illness in the first place. Given the option, most people would prefer to be healthy and avoid illness if possible, and chiropractic care can help those people achieve their health and wellness goals. If you are already in pain, chiropractic care offers a unique way to provide relief. Join us and learn more!

Maximize Your Memory

Thursday, August 7 12:30 PM No cost
Presented by Abington Health Systems

There is no such thing as a "bad memory", and everyone can improve their memory, as long as you are not suffering from memory loss as part of a medical condition. If you want to improve your memory, there are a number of things you can do, from eating blueberries to using a variety of mnemonic devices. If you're optimistic and

dedicated, you'll be able to improve your memory! Join us to learn some helpful tips!

Caring for the Caregiver

Thursday, August 14 12:30 PM No cost
Presented by Crossroads Hospice, Inc.

"Caregiving is universal. There are only four kinds of people in the world: those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers." Rosalyn Carter

If you have ever been a caregiver, you know how difficult it can be, and how much you wished for help that didn't come. You may feel overwhelmed and alone. Despite its challenges, caregiving can also be rewarding. Join us to learn what you can do to make the caregiving process easier for yourself. Learn how to take care of yourself while taking care of others.

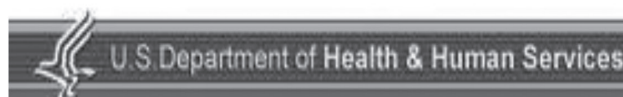


Gwynedd Square Nursing Center

773 Sumneytown Pike, Lansdale, PA (215) 699-5000

www.GoodNursingHome.com

US Government Rating: 5 out of 5



Visit www.Medicare.gov Fewer than 10% earn 5 Stars

Family owned & operated since 1980

Fitness

Ballroom Dancing

Location: Encore Experiences at Harleysville
Cost: \$4.00

Experienced: Thursday Evenings 5:30 - 6:30PM
Beginner: Thursday Evenings 6:45 - 7:45PM
Come out and learn the Fox Trot, Cha Cha, Jitterbug, and Waltz.

Bowling

Tuesdays at Facenda Whitaker, E. Norriton
Thursdays at Earl Bowl, Souderton
12:15 PM sign-up; bowl at 12:30 PM
Cost: \$8.25 at Facenda Whitaker;
\$7.50 at Earl Bowl

Fit for the Future I

Tuesdays and Fridays 9:00 - 10:00 AM
No charge
A Peer Led Exercise Group

Fit for the Future II

Tuesdays 12:45 - 1:45 PM
Fridays 10:30 - 11:30 AM
Cost: \$4.00
Taught by Kim Zimmerman

Formerly named Healthy Steps in Motion, this program has a new name, but is the same great class! Routines include stretching, walking, flexibility & strength training. Join us to exercise with this friendly group.

Fitness Center

Tuesdays and Thursdays 9:30 - 11:30 AM
When room is available

Great news! We now have the okay to use the fitness center room! If you are interested, you must be evaluated to use it by Kim Zimmerman. A PEAK Center employee will be on hand if you need anything. See Sandi at the Welcome Desk to set up time to be evaluated.

Line Dancing

Thursdays
Beginner: 12:30 - 1:00 PM
Experienced: 1:00 - 2:00 PM
Cost: \$4.00 Instructed by John Long

John Long teaches all: from beginner to advanced, even those with multiple left feet! Beginner class participants are welcome to stay for experienced class at no additional charge.

Semi-Personal Trainer

Call or visit the Welcome Desk for appointment
Cost: \$10.00 per individual participant

Kim Zimmerman offers one hour long semi-personal training sessions for up to three participants at a time. Sign up today for the individual attention you deserve.

Strong WoMen (for Women and Men)

Mondays and Wednesdays 9:00 - 10:00 AM
Note: New session begins July 21
Fee: \$28.00/6 weeks; drop-in fee: \$5.00/class
Weight bearing exercise and low-impact strength training.

Tap Dancing

Thursdays 10:30 - 11:30 AM
Cost: \$4.00

This class is energetic and fast moving. Join John Long and our PEAK Tappers. You will be surprised to find that you can also click those heels. Beginners are welcome to come the first half hour, stay to observe the "pros" or just jump in.

Total Body Toning

Wednesdays 10:15 - 11:15 AM
No charge

Peer-led program designed to increase flexibility and strength while reducing the fear of losing balance. Through the use of bands and leg weights, the exercises are modified to match your individual needs and abilities.

Wii Bowling

Wednesdays, July 2, 16; August 6, 20 10:00 AM
No charge

Experience the health and social benefits of this fun program. This could be your game! Standing or seated, no heavy ball or strange shoes.

Zumba Chair

Wednesdays 12:45 - 1:30 PM
Cost: \$4.00

If you love Latin and Middle Eastern sounds, but the motion seems too risky...Zumba CHAIR is the exercise class for you.

Zumba Gold

Mondays 1:15 - 2:15 PM
Cost: \$4.00

Enjoy this aerobic exercise class conducted to the sounds of the Caribbean with a bit of the Mediterranean thrown in. Take it at your own pace.

*Tai Chi

Tuesdays 10:15 - 11:15 AM
Cost: \$4.00

Tai Chi movements reinforce balance, coordination, flexibility, muscle relaxation, body awareness & mental concentration.

*Yoga

Thursdays 8:45 - 10:00 AM
Cost: \$4.00

Instructed by Ruby Considine
Tough to get up and down? PEAK's Yoga teacher is so FLEXIBLE, she can teach you to do Yoga from a chair. Seated, standing or lying down, you'll love it.

WELLNESS SCREENINGS

Glucose Clinic

4th Tuesday of the month 9:30 - 10:30 AM
No charge

Offered 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.

Abington Community Health Screenings

2nd Tuesday of the month 10:00 - 11:30 AM
No charge

Offered by Abington Health Services
See the nurse to discuss health concerns and have your blood pressure checked.

Chronic Care Support Group...the Nurse Is in

2nd Friday of the month 10:30 - 11:30 AM
Note: Will resume in September

No charge
Offered by Abington Health Services
Join us to share concerns and ask questions. Learn tips to manage your chronic conditions.



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Fitness Center Use

Great news! We now have the okay to use the fitness center room! If you are interested, you must be evaluated to use it by Kim Zimmerman. The room is available to PEAK Center participants:

- **Tuesdays and Thursdays**
- **9:30 to 11:30 AM only when room is available**

See Sandi at the Welcome Desk to set up a time to be evaluated.

SERVICES

Consumer Education

Foster Grandparent Program

Monday, July 21 12:30 PM No Cost

Presented by Family Services of Montgomery County

If you are 55 or better, and you are willing to put the knowledge, skills and experience you've earned over your lifetime to work helping children who have exceptional needs, consider becoming a Foster Grandparent. Join us and meet Tricia Reedy Jones, Program Director and two of our own volunteers who make a difference every day!

National Night Out

Tuesday, August 5 12:30 PM No cost

Presented by Towamencin Police Department

National Night Out is a community & police awareness raising event in the US, held the first Tuesday of August. It has been held annually since 1984 and is sponsored by the National Association of Town Watch. The event is meant to increase awareness about police programs in communities, such as drug prevention, town watch, neighborhood watch, and other anti-crime efforts. Join us to learn more about safety for seniors and what our area is doing for National Night Out.

Consumer Resources

For information or to schedule an appointment for any of these services, please contact Carol Costlow at 215-362-7432 unless otherwise noted.

APPRISE Medicare Counseling

Tuesdays 9:30 AM-11:30 AM

By Appointment; No charge

Bob Sykes, Medicare insurance counselor, answers your questions about Medicare benefits, medigap insurance & Medicaid. Please call 215-362-1076 to request an appointment.

Benefits Screenings

You may be eligible for benefits that you are not currently receiving! Come in for a quick screening to determine if you may be eligible. Don't leave money on the table that could help you. Call today for an appointment to find out.

Legal Counseling

Fourth Tuesday of the month 12:00 PM

July 22 & August 26 By Appointment;

No charge

Attorney Jack Dooley provides free legal consultations. Schedule appointment at the Welcome Desk.

Property Tax/Rent Rebate

Property Tax and Rent Rebate applications for the 2013 tax year are available at The PEAK Center. If you qualify for this program, you can receive a rebate up to \$ 650. In general you must be 65 by Dec. 31, 2013, with a maximum household income level of \$35,000 for a homeowner and \$15,000 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. Deadline to apply is December 31, 2014.

TransNet

Free shared ride service to The PEAK Center is available if you are aged 65 or older. Rides must be booked at least one day in advance by calling The PEAK Center by 11:00 AM. Inquire at The Welcome Desk for TransNet registration information. To cancel a Transnet ride, please call TransNet directly at 215-542-7433. If you are calling after hours, please follow the prompts to reach Mid-County Transportation.

Quakertown Farmers' Market Trip

Sponsored by the Office of Aging and Adult Services
No charge!

Friday, August 8

Departure: 10:00 AM

Arrival back to PEAK: Approx. 2:30 PM

Space is limited; sign up at the Welcome Desk!

Farmers' Market Checks

Farmers' Market Checks, available through the Farmers' Market Nutrition Program, will be distributed starting the second week of June at The PEAK Center and at Encore Experiences.

PEAK Center Times

Thursdays, 8:30 - 4:00

These checks can be used in local farmers' markets to purchase fresh produce grown in PA. Eligibility requirements:

- 1) you must be 60 years or older,
- 2) a Montgomery County resident, and
- 3) living on a low income. Income limits are \$21,590 for singles and \$29,101 for a couple. If you are qualified, each individual will receive four \$5 checks. Please bring with you proof of your age and residency in Montgomery County.

NOTE: Not all farmers' market stands accept the Farmers' Market Nutrition Program checks. Remember to ask before making your purchase.

Be sure to sign up for the trip to the Quakertown Farmers' Market on Friday, August 8

while supplies last

Saturday Bingo at Encore Experiences

\$20.00 per person admission
\$5.00 specials packet

Second Saturday of each month

July 12 & August 9

1:00 - 4:00 PM

Payout:

\$50.00 payout regular games

4 specials pay \$75.00

Coverall pays \$200.00

lunch available for purchase

Commodity Supplemental Food Program (CSFP)

Food for you!

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:

| Family Size | Annual | Monthly |
|-------------|----------|---------|
| 1 | \$15,171 | \$1,265 |
| 2 | \$20,449 | \$1,705 |
| 3 | \$25,727 | \$2,145 |

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.

"The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or a part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer."

Looking for Community Resources?

Call or Search 211

You can ask for help from Carol, but what if she wasn't available? There is a new easy to use directory of health and human service programs to find resources like food pantries, emergency shelters, transportation, health clinics, rent or utility assistance, legal help, and more. <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.

Programs

Movies

Showtime is 10:00 AM

For rating, length and list of actors, contact The Welcome Desk at 215-362-7432

The Monuments Men (PG-13)

Wednesday, July 9

Noah

Wednesday, July 23

The Grand Budapest Hotel (R)

Wednesday, August 13

Labor Day (PG-13)

Wednesday, August 27

Discover Lansdale!

Tuesday, July 8 12:30 PM No Cost

Discover Lansdale's mission is to connect and galvanize all sectors of our community — individuals, businesses, non-profit organizations and government — by creating a unified movement that promotes, produces, and maintains a clean, healthy, safe Borough for our families, friends, and guests. Join us to learn more about this organization and how we can Discover Lansdale!

Picnic in the Park

Friday, July 11 11:30 AM-1:00 PM

Bull Pen Pavilion at Fischer's Park

2225 Bustard Road, Towamencin Township

\$7.00 per person; Register by Monday, July 7

Join with members of our sister organization Encore Experiences at Harleysville. Enjoy 77

acres of wooded native species, miles of soft surface nature trails, a butterfly garden, bocce pits (bring own equipment), and beautifully covered picnic areas. Enjoy a delicious lunch along with birch beer on tap.

Members Advisory Council (MAC)

Meetings on the third Wednesday of every month at 12:30 PM July 16 and August 20

The Members' Advisory Committee (MAC) is made up of members like you. The objective is to give you a voice in conveying your feelings, good, bad and indifferent. We need your ideas, input and help to make the Center the hub of activities for the community. Join us each month to learn the latest news! Open to all PEAK Center members!

Christmas in July

Friday, July 25 12:30 PM No Cost

Are you tired of the warm weather already? Join us to stay cool! We will be hosting an Ugly Tee Shirt Contest with a prize given, sipping on frozen hot chocolate, listening to Holiday classics and making crafts with the staff!

Art Show

Wednesday, August 6 All Day No Cost

Did you know August is American Artists Appreciation Month? Who better to celebrate than our own artists, right here at The PEAK Center? Our talented woodworking group and studio art class group will be displaying some of their favorite

pieces in our center room all day! If you would like to submit a piece to be on display, please see Jenny by August 1st. Let's support and celebrate our talent at The PEAK Center!

Grease Sing Along

Friday, August 22 12:30 PM

Cost: \$5.00 Per person; Register by August 15

Grab your poodle-skirt and saddle shoes, or dust off your leather jacket, and get ready to transport yourself to the 1950s! Spend a fun afternoon with Danny, Sandy, the T-Birds, & the Pink Ladies! Sing-a-long to GREASE favorites, like "Hopelessly Devoted to You," "You're the One That I Want", and "Summer Nights". Enjoy a special 50's themed lunch with Chili Dogs and Root Beer Floats!

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:

Quakertown Farmers' Market

Friday, August 8 No charge

Sponsored by Aging and Adult Services

Departure time: 10:00 AM

Departure Location: The PEAK Center, 1292 Allentown Road, Suite A, Lansdale, PA

Arrival back to PEAK: Approximately 2:30 PM

Space is limited, sign up at The Welcome Desk at The PEAK Center. Call 215-362-7432 for more information.

Extended Trips:

Go Down in History- Welcome to Scranton, PA!

Wednesday, August 6

Depart Harleysville 7:00AM

Leave Scranton 6:30PM

Cost: \$60.00; 25 reservations needed by 7/3

Pennsylvania is chock-full of history, architecture and personality. Enjoy visits to the Steamtown National Historic Site and The Lackawanna Coal Mine. Relive the era of steam as the engines come back to life. Details for this trip available at The Welcome Desk.

Ladore Lodge

Friday, October 13-17, 2014

Cost: \$270/double; \$395/single

Balance due August 1

Join us in 2014 for a SPLASHING GOOD TIME! This year's theme is "Under the Sea".

1,400 acres of breathtaking woodlands and trails are yours to enjoy. Details for this trip available at The Welcome Desk.

Harleysville
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Sumneytown • Upper Providence • West Norriton

Member FDIC

EQUAL HOUSING LENDER

Summer Safety for Seniors

Continued from Page 3

So, what can we do to stay safe this summer?

- Drink plenty of fluids throughout the day, even if you don't feel thirsty. Avoid caffeine and alcoholic beverages as much as possible as they accelerate dehydration. Drink plenty of water. The body also loses sodium and potassium through sweating, so popular sports drinks can be good for rehydration also. Good nutrition and adequate fluids are especially important in the hot summer months. Remember, dehydration increases the risk of skin injury.
- Avoid direct sun exposure, especially during peak hours of 10 a.m. to 3 p.m. Keeping out of direct sunlight as much as possible is key. Seek out shaded

spots outdoors. To protect your skin from harmful UV rays, the American Cancer Society uses a catch phrase that can help you remember some useful steps to protect yourself when going out in the sun - "Slip! Slop! Slap! And Wrap!" Meaning, "Slip on a shirt. Slop on Sunscreen. Slap on a hat. And Wrap on sunglasses to protect the eyes and sensitive skin around them."

- Limit strenuous activity and exercise. Our body works hard enough during the hot days that adding strenuous physical activity can be detrimental. If you exercise regularly, try it during the early morning or late evenings or in an air conditioned facility like The PEAK Center or Encore Experiences.

Planning around the hottest time of the day can help to limit exposure to the heat.

- Take frequent breaks to cool down. When spending time out in the hot sun, it's beneficial to take numerous breaks to recover. Having a cool area in your home in which to recover can also be beneficial. Make sure your home's cooling device - whether it's an electric fan, a portable or central air conditioning - is working properly to ensure faster recovery.
- You can always join us for cool activities at The PEAK Center and Encore Experiences as well!

Source: Adapted from www.comfortkeepers.com

Areas of Interest

Bingo

Fridays 12:45 PM

Bridge-Card Game

Tuesdays 1:00 PM

Mah Jong

Wednesdays 10:30 AM

Mexican Dominos

Fridays 10:00 AM

Progressive Pinochle

Wednesdays 12:45 PM

Rummikub

Wednesdays 10:00 AM

Trivia

Mondays 12:30 to 1:30 PM

Show off your knowledge in a friendly trivia competition that will include refreshments, and plenty of fun.

Studio Art Class-Painting

Tuesdays 9:30 AM Cost: \$4.00

Instructed by Louisa Wismer

This class is for the person with some knowledge of art. New to the class? Bring any materials you may need, i.e. photo to work from, paints-water color, acrylic, oil; brushes and canvas. You may come to class & speak to the instructor regarding materials needed.

Woodcarving

Mondays 9:00 AM - 11:30 AM

All are welcome to come & work on their projects.

Open to all PEAK Center and Encore Experiences participants!

We are seeking volunteers who are interested in becoming trainers for our Memory Enhancement

The UCLA Memory Training program presents effective memory-enhancing techniques to individuals in the Greater Harleysville and North Penn area. The course combines trainer presentations with group discussions, memory checks, and skill-building exercises and provides an innovative educational program for people with mild memory concerns. This program focuses on the four top memory challenges that people complain about:

- Forgetting names and faces
- Forgetting to do things in the future...like keeping an appointment, passing on a phone message, or forgetting why you walked into a room
- Forgetting where you put things like keys, glasses or a wallet
- Inability to immediately recall something you know or "tip of the tongue" memory challenge.

As an instructor, you will be trained by UCLA staff to go out in the community to teach. Each course is 2 hours, once per week, for 4 consecutive weeks. The classes are usually held in the Spring and Fall.

Training will be held this Fall. Please contact Jenny at The PEAK Center, or Michele at Encore Experiences if you would like to volunteer to be a part of bringing this innovative program to our community.



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www.advancedlivingcommunities.org



Tis the Season...to Eat Local

This is a wonderful time of year for those of us who enjoy fresh produce and those who are interested in supporting local growers. It seems as though there is a farmer's market around every corner! Perhaps you are a dedicated CSA (community supported agriculture) member who gets a sampling of produce from "your" farm each week or perhaps you are a typical shopper who enjoys the infinitely better taste of freshly harvested produce- this is your time.

Take advantage of this bountiful season by using the internet to explore food sites such as

<http://localfoods.about.com/> or <http://www.foodnetwork.com/>. You can find new recipes for your favorite foods or recipes for new produce you want to try. If you use a smart phone, download one of these free or low cost apps: Farmers' Market Locator or Fresh Food Finder.

The yearly Farmers' Market checks are available for low to moderate income senior households at The PEAK Center and Encore Experiences. These checks must be used at participating farmers' markets to purchase produce grown in PA and can be used now through November 30.

In Memoriam

As of May 27, 2014



Robert Kulp
Helen Jones
Maxine Davis

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

Highlights from The Encore Bulletin

(These listings are held at Encore Experiences, 312 Alumni Avenue, Harleysville)

Benefits of Organic

Wednesday, July 16 12:30PM

Presented by Sloane Six, Quarry Hill Farm

You may have seen organic products on the counter or at your local supermarket, but have you ever really considered what it means to be organic? Organic food is grown without chemicals: no synthetic fertilizers, pesticides, fungicides, or herbicides. Learn more on the wide range of benefits of organic products that are grown locally.

Virtual Dementia Tour

Wednesday, August 13 12:30PM- 2:30PM

Presented by Family Caregivers

Sign up by August 13

It has been said until you walk a mile in the shoes of someone else you do not know what their life is like. Take an emotional and interactive journey to experience the realities of life for persons living with Alzheimer's and Dementia disease. Call and reserve your spot.



Contact Encore Experiences for more information at 215-256-6900
312 Alumni Avenue, Harleysville, PA



MEALS ON WHEELS DRIVERS NEEDED

Generations of Indian Valley

Meals on Wheels volunteers make a huge difference in the lives of our homebound neighbors and their kindness is often a key element in helping people remain in their own homes.

Beginning July 1st, the Meals on Wheels program that serves the greater North Penn area will join with the Meals on Wheels program that serves the Indian Valley area.

For more information, and to register as a volunteer, please contact Pat McQue 215-723-8555.

Regularly scheduled volunteers as well as substitute volunteers are always needed. Volunteers of all ages are welcome!



We Need Your Feedback!

You may notice that during certain programs like the meal program and fitness classes, you will be asked to fill out a survey form on a more regular basis. We hope we can count on your cooperation. In addition to being a requirement of our funders, both Montgomery County and United Way, these surveys will give us valuable information on how we are running our programs and we can extrapolate information to make changes that will improve our organization.

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

We Need You!

at Encore Café

Café Meal Prep, Wait Staff
& Kitchen Crew

When: Monday-Friday

Call Encore Experiences at Harleysville at 215-256-6900 to learn more!

Schedule at your convenience.

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.

People Experiencing Activity, Arts & Knowledge

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