

Harleysville Senior Center

FLYER

A Newsletter of the Harleysville Senior Center

Inside this issue:

Director's Report	2
Missy's Musings	3
Meet A Member	4
Programs	5
Special Events	6
Events Calendar	7-10
HSC Photo Album	11
Health & Wellness	12
Services Available	12
Keeping Fit	13
Kay's Korner	13
Ask The Esquire	14
In Memoriam	14
Lunch Menu	15
Trips	16

Philip A. Clemens Named 2009 Pillar of the Community

Philip A. Clemens, chairman and CEO of Clemens Family Corporation, will be honored at the Harleysville Senior Center's Pillar of the Community dinner, Friday, May 1, 2009 at the Indian Valley Country Club. Mr. Clemens is being recognized for his longstanding service to the greater Harleysville area.

Mr. Clemens has spent his entire working career with the family business. He began working in the legacy business, Hatfield Quality Meats, on a part time basis while going to school. He began his full-time career in 1967 while attending Peirce College. His career has allowed him to work in all areas of the business. He began on the clean-up crew and worked his way to be the CEO and President of the Company. He began both the Data Processing and Human Resource Departments. He spent 20 years of his career in Human Resources.

In 2000 Mr. Clemens became Chairman and CEO of The Clemens Family Corporation – a holding company. He currently serves as the CEO of all of the businesses in the Clemens Food Group: Hatfield Quality Meats, Country View Family Farms, PV Transportation, Wild Bill's Foods, Nick's Sausage, CFC Logistics, and Smiling

Porker Farms. He also serves as the CEO of Clemens Development which is the real estate arm of the Corporation with several holdings including Hatfield Pointe and Clemens Business Center. The Corporation has annual sales in excess of \$550 million, employs about 2,200 people, and markets products all over the US with a concentration in the northeast part of the US.

Mr. Clemens is active in our community and other organizations. He serves as the Chairman of the Board of Trustees of Lancaster Bible College; former Chairman and member of the Executive Committee of the American Meat Institute; Board member of A. Duda and Sons, Oviedo, FL.; Delaware Valley Wholesale Floral Group, Sewell, N.J.; Ambassador Foundation; Center for Ministry Advancement; Three Springs Ministries; and North Penn United Way. Previously he served as a Board Member on Harleysville Savings Bank; Furman Foods; Profit Sharing Council of America; and Highland Lake Bible Conference. He is active in Calvary Church of Souderton where he serves on the Elder Board and teaches adults and he is a ten year volunteer with the American Red Cross. He was an elected Borough Councilor for Souderton Borough; member of Gover-

nor Rendell's Economic Summit and still serves on Senator Mike Brubaker's and Representative Scott Boyd's Business Advisory Committees.

Mr. Clemens received the American Meat Institute's Industry Advancement Award, the highest award given in the meat industry; the Knowlton Award for innovation in the meat industry; Pride of Peirce for outstanding alumni of Peirce College; Philadelphia Area Sunday School Association's Superintendent of the Year; the Research Institute of America for the outstanding management suggestion of the year; the North Penn United Way Volunteer Service Award; and the Penn Foundation's Adventure of Excellence Award.

Mr. Clemens has been married to Linda for 36 years and has 3 adult children – Julie who works in the family business; Beth, married to Paul College and serving as a missionary in Indonesia; and Ruth, married to Brett Harris and is a school teacher in North Carolina. He also has 4 grandsons – all in Indonesia. His hobbies are hunting and fishing.

Anyone interesting in helping to organize and/or attend the Pillar of the Community event on May 1st, is encouraged to call Robin at the HSC office 215-256.6900.

Executive Director

Robin Burstein

Asst. Director/Social Services

Kay Pagni

Program Director

Missy Mundy

Communications Manager

Susan Andersen

Meal Coordinator

Bobbie Kepler

Office Staff:

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Kathryn Teats

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Anna Crouse

Mary Grossi

Mark Hoffman, Esq.

Jason Klaskin

Jon Klass

Diane Kropf

Robert Schoen

Regular Center Hours:**Mon - Fri 9:00 AM - 5:00 PM****Evenings & Weekends as Noted**www.harleysvilleseniorcenter.org

Harleysville Senior Center is a private non-profit agency established to promote the well-being of senior citizens age 55 and above. Our members come from Salford, Lower Salford, Upper Salford, Skippack, Perkiomen, Lower Frederick, Towamencin, and Schwenksville—as well as other parts of Montgomery County, Bucks County and Philadelphia.

We are an equal opportunity employer—all programs and services are offered without regard to race, religion, political affiliation or personal background.

Harleysville Senior Center is funded in part by Montgomery County Aging & Adult Services. We are a North Penn United Way agency. Other funding sources include grants, wills & bequests, corporate donations, special events, and individual donations.

Members Phone:
215.256.9137

Office Phone:
215.256.6900

Fax: 215.256.9132

Director's Report

As I sit here thinking about what to say in this article, I feel you must be a little frustrated by some of our exciting plans because even though there has been some progress

(United Way Days of Caring, Lighting Renovations, and Thermostat replacement) there is still so much I have promised to do that has not been accomplished (carpeting/flooring, kitchen renovations). The reason we have not yet replaced the carpeting/flooring is because it will require us to close the Center for several days and we know that when we renovate the kitchen we will have to close for several days (maybe even weeks) and do not want to be closed from providing service twice.

In many ways the kitchen project has been a game of 'hurry up and wait' and I am not the most patient person you will ever meet. I want results, I need results. Well the project is moving along. We have a finalized design and plan to send the project out for bid in February. If we are lucky, we will find the right contractor who can work within our budget and complete the project over the summer. At the end of summer or early fall we will have a grand re-opening celebration. At least that is the plan for now. As you know, plans are always subject to change.

So let me step back a moment. We decided to change our name to Encore Experiences at Harleysville. The word Encore refers to activities pursued later in life. 'Encore Careers' are becoming popular among the baby-boomer generation when referring to retirement from their original occupations and choosing to return to work. Last September the Federal Government approved the '2008 Encore Service Act'. And the Wall Street Journal retirement section is now called 'Encore: A guide to Retirement Planning and Living'. Encore Experiences is what we offer. I know many of you are concerned, you like the name Harleysville Senior Center, and you are comfortable with it. The reality is that you will come no matter what we are called, because you

know the wonderful programs and services we provide. People now just aging into being eligible to take advantage of our programs and services are different from you. They don't consider themselves senior and don't want to be seen that way by others. We will be slowly introducing the name change over the next several months and when we re-open with the new kitchen, will re-open as Encore Experiences.

Something else will be new. The state held a nutrition summit in the fall of 2008. Montgomery County has been holding some meetings recently to share the information learned at the summit with Senior Center directors and staff. Bobbie and I have been attending these meetings and have more big plans for the re-opening! The summit attendees said (1) They did not want to sit at meal at one time, but would prefer (limited) open seating; (2) They wanted more meals made from scratch with more natural ingredients; and (3) They wanted choices. To address these concerns: (A) We are looking at offering lunch seating 11:30 – 1:00 and you would be welcome to sit and start on your schedule – at your leisure; (B) We will be making more food from scratch – perhaps even starting a volunteer group to work in the new kitchen cutting and chopping and preparing items for the next day's menu; and (C) We will offer choices – if you don't want the full meal, you may have a salad, or a sandwich.

Details are yet to be decided – but Bobbie will be hard at work figuring out what we need to do to make this happen. The congregate meal pricing for those eligible will still remain a voluntary anonymous contribution, but we will also be open to the public and will invite others to come to Encore Café for lunch at a reasonable cost.

Here is something that we are not waiting for the re-opening to do... We will be welcoming Susan and Matt Ander-

sen's baby, Calvin into our family. This article is being written before his birth, but you are reading it after he is already born. We are sorry to see Susan leave her position as social services coordinator – but thrilled to see her take on the role of 'mom'. We also will not be losing Susan forever... She will work for us from home as communications manager as well as return to the Center on occasion and visit us, perhaps schedule some foot reflexology or a computer class.

Kay has a degree in social work – and that is where her heart is. Although she has enjoyed her time as program director, she will easily transition into the role of social services coordinator. This is fabulous, because many people who use the social service coordinator need to share some intimate stories and information. We already know and trust Kay and sharing information and receiving support from her will be nothing new to many of us.

Our newest employee is Missy. We are thrilled to have Missy join our team! She is bright and creative, and as Kay said while we were interviewing, I think Missy is the person who can help us reach the 'next level' with our programming. She will provide a nice balance of respecting what we do and what you enjoy and adding new and exciting programs to the mix.

So even though I started this article being frustrated with how long it takes to make things happen, upon second thought and reviewing what I just wrote I will just sit and be grateful for how far we have come and that the path we are on is leading us to wonderful new experiences.

Robin

Digital TV Conversion Deadline extended to July 12, 2009

Call the HSC for assistance in applying for the converter box voucher (value \$40.00).

Project HEARTH has volunteers available to help set up your digital converter box. Call HSC 215-256-6900 to make arrangements for this free service.

Harleysville Boy Scouts are here to help!

Troop 91 would like to help. This is a FREE service provided to you! Most work is done on weekends & adult supervision is provided. Contact HSC Office at 215-256-6900 to schedule.

Do you need assistance with:

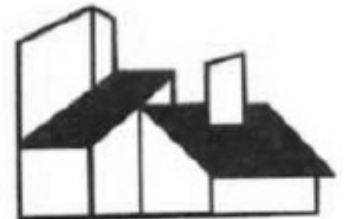
- ◇ Spring/fall lawn clean-up
- ◇ Garage/shed clean out
- ◇ Installing/battery change of smoke detectors
- ◇ Installing/removing window air conditioners
- ◇ Short-term lawn maintenance
- ◇ Other maintenance chores



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Missy's Musings

I can't believe two weeks have flown by already! It's been wonderful learning all about Harleysville Senior Center, and you've all welcomed me with open arms. I thought for my first article, I should tell you all a little about myself and how I ended up here.

My background is primarily in non-profit fundraising, however, last year I branched out on my own and started a small business called Lilypad Gift Baskets. I knew the first few months would be busy ones with research and product design and marketing. I also knew that this business would be mostly seasonal (the winter holidays being the busiest!) and I would want to get a part time job.

When I thought about what kind of job I would have, I figured I would have to settle for something less than perfect. One day I said to my husband, "Ideally, I'd love to work in non-profit, somewhere close to home, where I can use my experience in event planning.....but I'll never find that." A few short days later, I saw the posting for the Program Director job here and I actually laughed out loud! I never thought I would find everything I was looking for – it seemed too perfect. The description of this position fit every one of my criteria. Non-profit, special planning, and 4 miles from home!

I've often found in my life that if I really want something, I need to say it out loud.

My husband Will and I have been married for 2 years and are the proud owners of 2 dogs, Lily and Penny!

I look forward to getting to know all of you! Feel free to stop by and say hello – my door is always open!

Missy

Members Council News

I am proud to announce that the Member's Council was able to donate \$3,000 to the Center from funds raised at the Bazaar! Thank you to all who helped make the Bazaar a success!

As noted in the Director's Report, as the Center moves toward implementing some of the suggestions from the PA Nutrition Summit, we will be forming a nutrition subcommittee. The goal of this subcommittee is to review the menu with Bobbie and recommend changes that will improve our meals program. The com-

mittee will meet quarterly – if you are interested in joining, please see Robin.

Changes in the by-laws were presented in January. In February, we voted and approved all changes. These changes ensure our by-laws are more in line with our current practices. A copy of the by-laws will be posted on the bulletin board. Additional copies are available on request.

Our Members Council meetings are held the first Tuesday of every month at 12:30 pm. I hope to see you there!

Mary

Make Your Weigh to Ocean City

While becoming healthier!



Gourmet Weight Wise is sponsoring a contest to see who can lose the most weight in Montgomery County.

The Winner will have the use of a vacation home in Ocean City, NJ for one week in September!

1. *Each* contestant who would like to participate must officially register in a senior center either before the contest begins or no later than the 2nd week of the Program.
2. *Each* registered participant must come to a minimum of six Gourmet Weight Wise classes and be weighed in.
3. *Weights* will be documented each week. The winner of the contest will be based on the weight lost from the first week of the class.



Office of Inspector General (U.S. Dept. of Health) recognizes and studies best care practices at Gwynedd Square!

The office of Inspector General of the U.S. Dept. of Health & Human Services is conducting a study to learn what specific practices make good nursing homes so successful. Too often nursing home residents suffer from malnutrition, bedsores and decline in walking and other skills. The federal government has identified some of the best nursing homes in the country to study what works so well for them.

They sent a team to Gwynedd Square to learn why Gwynedd Square has one of the lowest rates of weight loss, bedsores and functional decline in the country. They also went to learn how the family owned and operated center has such stability and longevity in their staff when the rest of the nursing home industry has staff turnover rates of over 90%. Only a handful of nursing homes in the country were honored to be part of the study.

17th Annual Senior Citizens ART SHOW held at Gwynedd Square



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Meet A Member: Bonnie and Carl Jewell



Life for Bonnie Jewell, and her brother Frank, began in Warren, Ohio. As a high school student she was active in several activities but most memorable were being chosen as

Homecoming Queen and representing her state in a national forensics competition. Not long after graduation, Bonnie moved to Toledo to begin studying for her nursing degree. This career of 40 years often found her assigned to the operating room and finally working in psychiatrics.

Carl Jewell's extracurricular activities in his Girard, Ohio high school included debate and chorus. Where he spent most of his waking hours, however, was working in his Dad's drug store. With his Mother a nurse, and his Father a pharmacist, it isn't a surprise that this only child would also pursue the sciences. Following graduation from Ohio Northern with his pharmacy diploma in hand, Carl was immediately drafted into the Army to be stationed in Germany.

Perhaps it was their mutual interests in speech and science that first attracted these college students to each other. Their friendship of five years evolved to a wedding ceremony performed by Bonnie's uncle in 1957. This couple then became a family with the arrival of Jenni-

fer and Jeffrey and later three grandchildren, and ragdoll cats, Toby and Magic. Occupational moves took them to various cities throughout Ohio as well as Parkersburg, WVA until finally settling in Towamencin in 1976.

Almost fifty years as a pharmacist did not keep Carl from continuing with his love of music as he has been involved in many choral groups throughout the Philadelphia area and has been a member of the Mendelssohn Club of Bucks County for fifteen years. The Jewells often find themselves in the theatres of New York City and Center City, and reminisce about their three cruises to the Greek Isles and another to Spain.

It was our nutritious lunch program that first brought Bonnie and Carl to our doors three years ago. Since that time, their circle of friends has widened along with their participation in parties, dances, trips, and special lectures. As much as their love of music brings them joy, we too find much delight in their daily company at our Center.

L & Found
O
S
T



Think you lost something at our Center? Check out our lost & found basket under the Greeter's desk.

Unclaimed items left for more than 3 weeks will be discarded or sold at our bazaar.

HSC Partners with RSVP

Sounds like alphabet soup doesn't it? HSC – Harleysville Senior Center has entered into a partnership agreement with RSVP – Retired Senior Volunteer Program of Montgomery County. As some of you may remember promoting volunteerism, both at the Center and for other area organizations, was one of the recommendations that came out of our strategic planning process completed November of 2007.

RSVP promotes volunteerism, particularly among persons 55 years of age and older, and provides opportunities for them to pursue their interests and use their abilities to help meet needs in Montgomery County.

Because of the success of their program, they needed to find a location that offered them more space. We decided that based on their goals and our strategic planning recommendations, Harleysville Senior Center would be the perfect location for RSVP's new home.

The agreement, which provides RSVP with space at no fee, offers many benefits in return. For more than three decades RSVP of Montgomery County has been the critical

link to help mature residents interested in community service to find just the right challenge. Jacqui Baxter, North Penn Field Coordinator, will be working for RSVP in the Personal Services room at Harleysville Senior Center every Monday and Thursday.

This provides us the opportunity to meet our goals without the costs of an additional staff person. Additionally Jacqui will be available to help with our internal coordination of volunteers too. A lot of benefits to the community for letting them use a little space.

Special programs for RSVP volunteers include: Adult Literacy, America Reads, Apprise (which if anyone has had an appointment here with Ed Savitsky – he is an Apprise volunteer), Eldercare Corps, Family Literacy, Homefriends, Protégé, Response, SAGE, Speakers Bureau, and Volunteer Executive Consultants. For more information on any of these programs stop by and introduce yourself to Jacqui next time you are at the Center. Who knows, she may just find the right project for you to be involved with too. We wish them much success here and hope to have a long-term relationship on this project.

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Programs You Won't Want To Miss

ART CLASS

Get your creative juices flowing at our Monday afternoon art class. Each week, at 1:00 PM, instruction is available in all media. Each student works at his or her own pace, with individual instruction from Pat Wilson-Schmid. Bring your materials; easels are available at the Center. Members may display their work in the art hallway.

\$1.00 class fee.

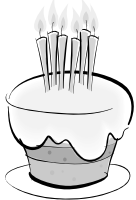
BINGO FOR BUCKS

Bingo for Bucks is held every Monday afternoon, from 1:00 PM until 3:00 PM (except if there is a special program on tap).

Cards are one dollar each, two games per card. Light refreshments served.

BIRTHDAY LUNCHEON

Bobbie cooks up a special birthday luncheon for the last Monday of each month. Cake and ice-cream top off this always delicious meal. Members whose birthdays fall during the month eat free! Come blow out the candles with us.



BRIDGE, PINOCLE, & SKIP-BO

Our card players meet every Thursday at 1:00 P.M. Players at all levels are welcome to join the fun.

COIN CLUB

Do you have some old coins you'd like to know the value of or want to get the latest in the series of State Quarters? Coin Club is the place to be. Stop by the 2nd Thursday of each month, at 2:00 P.M. Who doesn't love to talk about money?

COMPUTER USE

Free Internet access is available for our members. Just stop by to use the computer in the library. Call to set up an appointment if you need assistance on navigating the web.



GOURMET WEIGHT WISE

Cooking demonstrations, delicious sampling, healthy recipes prepared for and by YOU and advice on weight control. Come join these fun and healthy sessions! Join us Thursdays at 1:00 PM. Classes will resume on April 16 and run through June 18.

KNIT OR CROCHET

Are you trying to figure out how to cast on? How about choosing the correct hook for a crochet project? Join us every Wednesday at 1:00 PM for friendship and information exchange.

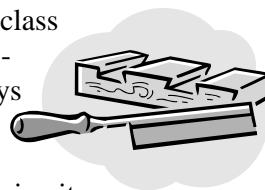


TUESDAY TRIVIA

What country's famine inspired *Live Aid*? What Revolutionary War spy from Connecticut got caught by the enemy after only a few days on the job? What movie character was "Afraid, alone and three million light years from home"? How many *Major League Baseball* teams today are named for birds? Team members try to answer these types of brain-teasers every Tuesday morning from 10:00-11:30 AM while having lots of laughs at the same time!

WOODCARVING

This ongoing class is open to anyone who enjoys working with wood or who would like to give it a try. Instructor Art Herbicek is glad to show newcomers the ropes every Thursday from 9:30 AM-11:30 AM. Donations accepted for materials as needed.



PERKIOMEN VALLEY ART CENTER

PVAC programs are held at Harleysville Senior Center. All programs are free and open to the public. Doors open at 7:00 PM; program begins at 7:30 PM.

*No program in March
April 15—TBA*

Coin Club News

By Joe Lamack



We had twelve members for our December meeting. The Hawaii "D" Mint Quarters were available and were picked up by several members. A few members stopped in to pick up other State Quarters to complete their collections. This concludes the State Quarter program for 2009. The District of Columbia and five U.S. Territories will be released this year. The District of Columbia was slated for release in late January. Approximately two months later the sequence continued with Puerto Rico, Guam, American Samoa, the U.S. Virgin Islands and the Commonwealth of the Northern Mariana Islands. These will be available at our monthly meetings.

The January 2009 meeting was well attended. Three members stopped in to pick up the Hawaii "D" Mint Quarters. If you're into coin collecting, 2009 should be an exciting year with the release of the Presidential Dollars, the Presidential Spouse coins, the Six Territory Quarters, the Four Lincoln pennies and the new Native American dollar coin.

Please don't forget if anyone has coins put away, don't take them to a bank or coin counter for redemption. Bring them to one of our meetings or call the Center. They will contact me and you can decide where and when to meet to determine their value.

Please don't forge the Red Box at the Greeter's Desk.

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Introduction to Computers: Microsoft Word & Excel

Fridays, March 27 & April 3
1:00pm - 2:30pm

See Page 6 for Details.



Come use our NEW computers, available for participants to use, located in our library. These were provided by a gener-

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afghans, tissue box covers and more!



Special Events

Strike Up the Band Tuesday, March 3 1:00 PM

It's fun to think of spring in the middle of winter! Join the Harleysville Entertainers as they start preparing for their Spring Concert on Tuesday, March 3rd at 1:00 PM. Any one and every one is welcome to join this fun group.

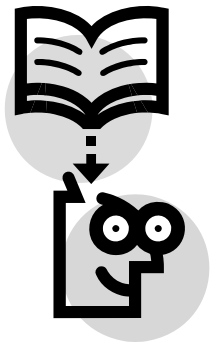
St. Patrick's Day Party featuring the Toe Tappers Tuesday, March 17



You know we won't let March 17th pass without a celebration and we are thrilled to invite you to the Toe Tappers special St. Patrick's Day Show. The hour long tap dance performance will follow the special Irish luncheon prepared by Chef O'Bobbie. Our seating is limited, so don't wait too long to register for this grand afternoon of delicious food and heart-warming entertainment. The cost of both is \$5.00 payable in the main office.

The basis of Mark Hoffman's discussion group is a series of pamphlets he wrote called "Little Studies" outlining a certain person's approach to life and dealing with various topics. It is hoped that this will stimulate thinking and no particular point of view will be pushed. The March 20th topic will be *Gustav*

Little Studies Fridays, March 20 and April 17 2:00 PM



The basis of Mark Hoffman's discussion group is a series of pamphlets he wrote called "Little Studies" outlining a certain person's approach to life and dealing with various topics. It is hoped that this will stimulate thinking and no particular point of view will be pushed. The March 20th topic will be *Gustav*

Flaubert, and the April 17th meeting will focus on *Frederick Douglass*. Materials will be provided at the time of registration, which is one week prior to the class.

Evening Dances Friday, March 27 7:00- 10:00 PM Friday, April 24 7:00- 10:00 PM



The Music Masters will be returning to HSC on both Friday, March 27, and Friday, April 24. The cost of the dance is \$9.00 payable at the door and includes light refreshments. A good time is guaranteed, so bring your friends!

Introduction to Computers: Microsoft Word & Excel Fridays, March 27 & April 3 1:00pm – 2:30pm

Mark Roberts will teach an Introduction to Computers course on March 27 and April 3. The course will cover the basic use of Microsoft Excel (March 27) and Microsoft Word (April 3) as well as any questions you might have about using a computer! Space is limited, so sign up soon!

Healthy Steps for Older Adults 50+ A Falls Prevention Program for You! Tuesdays, March 31 & April 7 10:30 AM—1:30 PM (lunch included) Registration ends March 13

This two-day workshop will cover: improving better balance/preventing falls, eating healthy for bone & muscle strength, developing better communication with your doctor and more! You will also participate in a physical skills screening, strength & energy stretching, Healthy Steps Bingo and other fun activities. Participants will receive a colorful guide with helpful information and useful resources to

refer to after the workshop ends. Contact Kay for more information .

Expanding Horizons Thursdays, April 2-23

9:00 AM

Dock Woods Community

Expanding Horizons is an adult enrichment program formed to offer individuals in our community another avenue to discuss and learn about a variety of topics. The main topics for the spring series, which will be held at Dock Woods Community, include *A Novice Looks at America and the World in 2008*, *Music and the Performing Arts*, *Nature*, and *A Century of Change*. Brochures with full topic descriptions, presenter information, and registration form will be available at the Center by mid-March.

Passover Seder

Friday, April 3

\$5.00 per person 11:00 AM

Robin will once again host an authentic Passover Seder, which will incorporate both time honored as well as modern traditions, linking the message of the holiday with important lessons for life.

This program, which includes a traditional Passover meal for lunch, will begin at 11:00 AM and participants must register in the main office. **Tap dancing class will not be offered on this day.**

Greek Easter Celebration

Friday, April 17

\$3.00 per person 11:45 AM

Understanding Ourselves and the World Around Us



Funded through a special grant by the PA Humanities Council, *Understanding Ourselves*

and *the World Around Us* is a twelve month program that takes a look at our American identity and how it came into being followed by a study of other races and/or nationalities and our relationships with them. We are delighted that the PA Humanities Council recognizes the value of this program and encourage your participation.

**These Programs Are Free
& Open To The Public.**

Cross-Cultural Community Relations Friday, March 13 12:30 PM

Theresa Savard has been an Associate Professor and Coordinator of English as a Second Language at Montgomery Community College for more than ten years. In her presentation she will show that the present globalization process does not only encompass economic, financial and technological issues, but also the human cultural dimensions. The goal of this afternoon's program is to foster greater cross-cultural awareness, examine our own cultural values and sensitivity and those of our ancestors, and finally to discuss body language in communication.

India! The Land and Its People Friday, April 24 12:30 PM

"India is a country of a hundred nations and a hundred tongues, a thousand religions and two million gods...mother of history, grandmother of religions, great grandmother of traditions."

(Mark Twain) Catch a glimpse of this country which is almost a continent by itself. We will explore the diversities of its peoples, cultures, and aspirations, and develop an appreciation for a distant land that has a significant part of American dialogs. This program will be presented by Romola R. Bose, PhD, a consultant and native of the sub-continent. **To make this day even more exciting, we will be making this an "Indian Theme Day" with Bobbie preparing an authentic Indian luncheon at a cost of \$5.00. Please register in the office if you plan to join us for lunch on this very special day.**

Ellis Island and the Statue of Liberty Wednesday, June 17 7:30 AM - 6:30 PM \$25.00 per person

This trip is partially funded from the grant received from the PA Humanities Council. Please see details in the trip section of this issue on page 16.

Health, Wellness & You

All programs are free unless otherwise noted



Peripheral Arterial Disease (PAD) Wednesday, March 11, 2009
Presented by North Penn Visiting Nurses Association 12:30 PM

Peripheral Arterial Disease (PAD) is a chronic condition in which the arteries that carry blood to the legs become narrowed or clogged due to the formation of plaque, interfering with normal blood flow. Common in older adults, PAD can affect one's ability to walk and can lead to disability, amputation, heart attack and stroke. Risks association with PAD can be reduced through early diagnosis, lifestyle changes, medication or other treatments, including various types of surgery (Source: National Council on Aging). Please note: This is a rescheduled program.

Healthy At Home: Preventing Home Care Fraud Wednesday, March 18, 2009
Presented by CARIE 12:30 PM

Learn what services are covered by Medicare's home health benefit and how consumers can receive the highest quality services. Practical tips will be given on how to prevent and report suspected home health fraud.

Creative Aging Wednesday, April 8, 2009
Presented by Donald L. Cropper, RSVP Volunteer 12:30 PM

Learn the importance of a healthy lifestyle; how to have better communication with your Dr. and Pharmacist; how to be drug smart (i.e. avoiding medication mistakes and errors); discuss common diseases; and learn how to be your own advocate.

**Water, Water Everywhere...
 But Is it Safe to Drink?** Wednesday, April 15, 2009
 12:30 PM

Presented by Bob Walters, RSVP Volunteer

We will look at the properties of water, the hydrologic, good water versus polluted water, what causes pollution, availability of water, tap water versus bottled water, living things in water, the uses of water and water as a universal solvent, what happens to our waste water, how to conserve water, why we should conserve water, and the safety of drinking water.

Healthy Steps for Older Adults 50+

A Falls Prevention Workshop For You!

Tuesdays, March 31 & April 7, 2009

Workshop Schedule

Under the direction of Alice Lodge, Primetime Health Coordinator

10:30 AM—11:30 AM

Lunch (included as part of the program)

12:30 PM—1:30 PM

This two-day workshop will cover:

- * Improving better balance/preventing falls
- * Eating healthy for bone & muscle strength
- * Developing better communication with your doctor
- * *And more!*

You will also participate in a physical skills screening, strength & energy stretching, Healthy Steps Bingo and other fun activities.

Mark your calendar and don't miss this opportunity to learn about better balancing and fall prevention.

Participants will receive a colorful guide with helpful information and useful resources to refer to after the workshop ends.

Registration Information:

Registration ends Friday, March 13th. You will be required to complete an intake form. There will be assistance to help you complete the document.

Services Available To You

Financial Advice

Michael Toth answers your questions by appointment. Please let us know you are interested in an appointment and we will have him contact you.

Health Checks

No appointment needed. North Penn VNA offers blood pressure and weight checks and is here to answer any questions you may have on the first Tuesday of each month at 9:30 AM.

Legal Advice

Attorney Mark Hoffman offers his expertise by appointment on the third Friday of each month beginning at 10:00 AM.

LIHEAP-Low-Income Home Energy Assistance Program

The Low-Income Home Energy Assistance Program helps low-income families pay their heating bills. LIHEAP is a grant. You do not have to repay it. Call or stop in to find out if you qualify. Program closes March 31, 2009.

Medicare Advice

Ed Savitsky guides you through the Medicare maze by appointment on the second Tuesday of each month beginning at 1:00 PM.

Notary Service

Harleysville Senior Center is able to offer a notary service by Claire Schumaker. You must call the Center to arrange an appointment.

Property Tax/Rent Rebate Assistance

Call or stop by the office and Kay will help you fill out the forms you need.

Tax Preparation Assistance

Tax preparation assistance is available. Income limits apply. Appointments are first-come first-serve. Call now to schedule your appointment.

Call 215-256-6900 to schedule your appointment

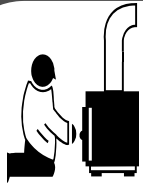
Earth Day is April

We do not inherit the earth from our ancestors, we borrow it from our children. ~Native American Proverb

On April 22, 1970, Earth Day came to fruition. What began as a small movement in the United States has now become a worldwide initiative to encourage better use of our natural resources and offer helpful ways to preserve the earth. Below are just some of the many ways you can make a difference not only on Earth Day, but everyday!

- Install a programmable Thermostat
- Replace regular light bulbs with energy efficient ones
- Don't let the water run while shaving or brushing teeth.





Don't be left in the cold!

LIHEAP can help!

The Low-Income Home Energy Assistance Program helps low-income families pay their heating bills. LIHEAP is a grant. You do not have to repay it. In order to apply, you will need: names of people in your household, dates of birth and social security numbers for all household members, proof of income for household and a recent heating bill.

Program closes March 31, 2009.

For more information, please contact Kay

KEEPING FIT AT HSC!

BOWLING

Friday, 10:00 AM; Earl Bowl Lanes, 390 Morwood Road, Earlington. Ask at the counter to join the Harleysville Senior Center League. **Cost: \$2.50/game**

LINE DANCING

Beginners are welcome at our line dancing class each Thursday, at 10:15 AM. You'll enjoy a mixture of Country Western, 40's, 50's, 60's era and show tunes. You'll really impress the grandkids at the next family wedding! Join Jane for this FUN class. **\$2.00 class fee**

MERCK FITNESS ROOM

Treadmill, Stationary Bike, Nu-Step; take your pick! Our newly redesigned Fitness Room gives you the opportunity to exercise whenever it's convenient for you without having to take a class.

PILATES WITH PAULA

Tuesday, 9:00 AM. These exercises focus on enabling a person's body to feel stronger by building a long, lean abdomen. Pilates increase circulation, strength, range of motion, flexibility, coordination and stamina. Bring a sticky mat if you have one. Clothing should be loose and comfortable. **\$1.00 class fee**

STRETCH & TONE

We work on the whole body in this class. The stretching exercises will keep you flexible. Strength training exercises use hand weights and stretch bands. Beginner-Monday, Wednesday, & Friday, 9:45 AM
Advanced-Thursdays 9:00 AM
\$1.00 class fee

SHUFFLEBOARD

Have fun and play shuffleboard across the street in the park. A shuffleboard deck is already drawn out. All you have to do is show up! **FREE**

TAI CHI

Monday and Wednesday, 10:45 AM. Tai Chi is an ancient Chinese practice designed to exercise body, mind, and spirit. It will improve flexibility, gradually build muscle strength, and improve balance. **\$2.00 class fee**

TAP DANCING

Friday, 10:30 AM. Tap your way to the top, or just have fun! Learn all the basics and more. All levels welcome. **\$1.00 class fee.**

WALK-AEROBICS

Monday, Wednesday, & Friday, 9:00 AM. This is a low-impact (no jumping up & down) aerobic class—good for your heart & lungs. Very easy to do, no fancy steps, just basic walking with arm movements to great music. **\$1.00 class fee**

WALKING CLUB

Monday, 10:00 AM at site. Enjoy walking? Then join this fun group as you travel to a new hiking spot each week. Walk one mile or five, it's up to you. Bring a bag lunch if you'd like. Check the calendar for each week's meeting point. If you're unsure of directions, meet at the Center before 10:00 AM

Kay's Corner...

A friend recently sent me a book of blessings and in this article I would like to share with you some thoughts on "Beginnings." There's an old Irish proverb that says "A good beginning is half the work." Often, however, beginnings often frighten us, seeming like lonely voyages into the unknown. Yet in truth it is neither isolated nor empty as shelter and energy come alive when something new is embraced. A new beginning is an opportunity to open ourselves for the gifts and growth that we have been storing deep inside us all of our lives. Beginnings create us and take us to new levels, places and people.

Sometimes the greatest challenge is often to take that first step. Often we want to remain within safe boundaries and stay the same. When there is that knock at the door, sometimes the tap is no louder than the sound of our own heart beating and it can often be lost or ignored. If we try to live a more conscious life, however, we should constantly try to sharpen our listening skills.

When we are ready for a fresh beginning, we open ourselves for surprises and exciting possibilities. This is where we find ourselves as we welcome Missy to our staff as our new program director. It is also an attitude to embrace as we embark on the changes that will come to our Center under the new name of Encore Experiences at Harleysville. With the harshness of winter we are experiencing now, it is almost impossible to imagine the freshness that spring brings. With an open heart I can almost promise you will soon experience a miraculous, breathing plentitude of color and fragrance.

*Best wishes,
Kay*

Are you or someone you love homebound but could benefit from services provided at our Center?

Our Center provides outreach, by appointment, to those who may need assistance with social services related situations.

We can help with:

- * *Providing information about our Center*
- * *Completing documents*
- * *Addressing questions you may have*

Contact Kay to learn more

~All information will be kept confidential~

Tax Preparation Appointments Still Available

Appointments are being scheduled

Mondays

Wednesdays

Thursdays

Income limit is \$45,000. Don't wait! Contact Kay to schedule your appointment or if you have any questions.

Ask the Esquire...

By: Mark A. Hoffman, Esquire

Q. Hello, Esquire? Joe, again. Norma called me. She and Charlie are going to get married. We re-did my will, as you know and took out that \$15,000, took her off the deed and I feel better. But, my son, Bill stole a car, which he destroyed in a drag race. The problem is he violated probation and they put him back in jail. He needs money for restitution. He has no insurance. I'm retired. What do I do? He needs \$20,000. Can I take it out of my 401K?

E: If it is an emergency.

Q: This is!

E: But, Joe, instead, why don't I negotiate a pay-off over the term of probation, so that Bill has many months to pay the restitution?

Q: They will let him do that?

E: I can work it out with Bill's Probation Officer. You do not have to invade your 401K, which is probably down since the stock market crash this year anyway.

Q: He was sentenced to 23 months and five years. What does that mean?

E: He will do a minimum of 23 months in a county jail and serve the remainder on probation, up to five years. Bill will have that many years to pay off the restitution, but he must pay something faithfully every month, or else they may add a violation to him again. Which means more jail time.

Q: And my 401K is OK? As his parent, am I legally responsible for Bill?

E: Your 401 is OK and you are not responsible unless you assume some form of guardianship, if he were incompetent, and you agree to be responsible.

Q: All right.



In Memoriam

*Because I have loved life, I shall have no sorrow die.
~Amelia Burr*

James Victor Fazzari
C. Carl Kauffman
Muriel O'Donnell
Rea H. Slemmer
Eugene E. Yuskiw

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HSC TRIP POLICY

Payment must be made at the time of registration. An emergency contact name and number must be provided when making trip reservations. You will not be permitted to board the bus without providing this information. Tickets are non-transferable. You must notify the office if you need to cancel. Money will be refunded after the trip date for a cancelled reservation only if a replacement is found from the Center's waiting list. Refunds cannot be made on unfilled trips for which the Center has made advanced payment.

The Amish Experience

Wednesday, March 25 8:45AM - 6:00 PM - HSC
\$73.00 per person Check for seat availability



This trip will take you to Plain & Fancy Farm, Lancaster County's largest complete interpretive and touring center. Your journey begins at the Amish Experience Theatre where the one-of-a-kind show is only the third "experiential theatre" in North America. "Jacob's Choice" tells the emotional story of the Fischer family, which initiates you into the world of the Amish. Next you'll enjoy the authentic traditional family-style feast at Plain & Fancy Restaurant, where you will dig into delicious breads, chicken, mashed potatoes and desserts. You will then explore the lived-in look of the Homestead's nine rooms as a guide interprets the customs that have baffled outsiders for years. Before heading home, our step-on guide will take us through the countryside pointing out and explaining the many interesting aspects of Amish life.

Philadelphia Murals

Thursday, April 16 6:45 AM-Hagey Terminal
\$60.00 per person Deadline: March 1

Ten seats have been reserved on this Hagey trip to Philadelphia. Your day starts with a walking tour at the Reading Terminal Market to learn the story behind cheese steaks, hoagies, pretzels, and other favorites of this area. After enjoying lunch on your own at the Market, you'll sit back and relax for a two hour driving tour of the infamous Philadelphia murals. Departure from and return to: Hagey Tours Terminal, 210 Schoolhouse Road.

Ellis Island and the Statue of Liberty

Wednesday, June 17 7:30 AM – 6:30 PM
\$25.00 per person - HSC



This trip is part of our special year long program, Understanding Ourselves and the World Around Us, making Dr. Isser's presentation on the History of Immigration that more real to us. You will be traveling by motor coach to Liberty State Park, NJ and take a 10 minute ferry ride to Ellis Island, a three story building laid out for self-guided tours and a fast-food cafeteria. At your leisure you will then take a ferry to the Statue of Liberty.

Ladore Lodge

Mon-Fri August 31-Sept. 4 – HSC
\$260 pp/double; \$380 single

You've asked us to book this fun-filled time in the Poconos again, and we've heard your plea! The meals are delicious, the accommodations are comfortable, there

are plenty of activities to keep you busy if that's your wish, and you just can't beat the cost or location. "Fairytale, Fantasy and Enchantment – a place of Imagination & Wonder" will be the 2009 theme, so start thinking about your costumes! The price includes meals, activities, and chartered motor coach transportation. Trip balance is due by March 16th.

The Beauty of Vermont

Mon-Fri October 19-23 – HSC
\$529pp/double; \$739/single;
\$509pp/triple



The Vermont trip with Diamond tours brings you all the abundance and brilliance of New England in the fall. Included in this incredible experience is a dinner cruise with entertainment on beautiful Lake Champlain, admission to Shelburne Museum, Cold Hollow Cider Mill, and Morse Farm (makers of real Vermont Maple Syrup), tours of Ben and Jerry's Ice Cream Factory and the Vermont Teddy Bear Factory, four consecutive nights lodging, and eight meals (four breakfasts and four dinners). A deposit of \$75.00 is due by April 15th with the

The PEAK Center is offering two upcoming Collette Vacation Tours:

Historic Trains of California starting at \$2099.00

August 16-26, 2009—San Francisco, Sierra Railroad, Sonora, Yosemite National Park, Lake Tahoe, Napa Valley wine Train & more!

France & Bavaria Featuring the Oberammergau Passion Play

August 27-September 4, 2010—Paris, Eiffel Tower Dinner, Seine River Cruise, Nuremberg & more!
Collette is offering a special discount of \$200 off the cost of the tour for those who make the first deposit (\$500) by 3/13!

For Brochures, details or any questions on either of these tours or a trip The PEAK Center is sponsoring to Wildwood, NJ in September 2009, call The PEAK Center at 215-362-7432 and ask for Sandi.

Harleysville Senior Center

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