

# MARCH FOR MEALS



5



FROM THE DESK OF ...

## LUANN OATMAN

Dear Reader,

It's March and you will be seeing quite a bit about our annual March for Meals campaign! This is a nationwide celebration of Meals on Wheels, its volunteers, and the positive impact the program has on our older adult population!



Why do we March for Meals? Because we want to celebrate and draw focus on the volunteers who work with us. Volunteers that daily help ensure that older adults in our community who rely on this program continue to remain healthy and independent in their own homes...exactly where they want to be.

I hope that you will join us to help raise awareness for this amazing program, the people it serves, and the volunteers that make it possible. Be sure to keep an eye out on our website, Facebook, and Instagram for more about our program and how YOU can get involved in the fun that is March for Meals!

Don't have the time or perhaps the ability to volunteer in person? Then please consider making a donation to Berks Encore. Your gift helps offset the cost of providing our change of condition reporting, which is keeping many homebound seniors safe at home! You can mail your check payable to Berks Encore, 40 N. 9th St., Reading PA 19601 or visit our website to make a donation at [berkencore.org/donate](http://berkencore.org/donate). You can be part of the joy that is Meals on Wheels!!!



*LuAnn Oatman,  
President*

Sincerely

**LuAnn Oatman,**  
*President/CEO, Berks Encore*

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**berksencore**  
applauding life after 50

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**Editor** Lori Gerhart



Berks County

**Area Agency on Aging**



United Way of Berks County

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The mission of berksencore is to develop aging-confident individuals to enhance their ability to live well later in life.

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For information on advertising in berksencore news please contact 610-374-3195, ext. 228.

## VOLUNTEER SPOTLIGHT: ANNE ERTEL

# A Heart in the Right Place

By Stephanie McMahon, *Marketing Director*

I recently had the opportunity to meet Anne Ertel, a volunteer with Berks Encore Meals on Wheels. She is a retired case-worker, who referred many of her past clients to Berks Encore for meals on wheels. She knows how important the program is to the seniors it serves. I could see the joy in her eyes as Anne expressed how near and dear seniors are to her heart. Anne and her husband Steve, deliver meals in Wernersville and Robesonia a few times per month. They often fill in when substitutes are needed. She and her husband enjoy spending the time together while helping seniors in the community. Steve is the driver and Anne is the friendly visitor that knocks on the door.



She and her husband enjoy spending the time together while helping seniors in the community. Steve is the driver and Anne is the friendly visitor that knocks on the door.

Anne feels it's her calling to help people. "Delivering meals on wheels is not only about the meal, it's about so much more. Daily human contact is so important. Sometimes I am the only person they see that day." That makes Anne's heart feel good. For Anne, getting to know the person and discovering who they were when in their prime, is what she enjoys most. She likes to give hugs, a helping hand and spend time when she is out delivering meals. It's a meaningful and beneficial experience for the volunteer and recipient.

Anne became emotional as she shared a story about a strong connection she developed with a local woman named Bessie. It took a while for Bessie to trust Anne, but soon Bessie's eyes would light up whenever Anne arrived to deliver her meal. Anne always looked forward to checking in with her and they often had lengthy conversations. Last year, Anne was heartbroken to learn of Bessie's passing. She says "losing someone is the hazard of this job". Anne serves several seniors that are in their 90's and she worries about having to deal with more loss.

This past year Anne had some personal health challenges. That kind heart that enjoys helping others, suffered a heart attack and she was hospitalized at Penn State Health St. Joseph's. As part of her recovery, she joined a three-month cardiac rehab program through Penn State Health where she was monitored while exercising. Now she continues to exercise at classes offered through Berks Encore in-person and virtual. Anne enjoys the instructors and exercise classes have been helpful. With her strength restored, Anne was ready to pour her heart into delivering meals on wheels again.

As a result of her experience with the cardiology department at Penn State Health St. Joe's, Anne is now appearing on billboards, TV, and magazines. St. Joe's is sharing her story in a marketing campaign for their cardiology care. It's a great story to tell! She had her heart set on getting back in shape so that she could get back to her meals on wheels customers.

Anne says when she loves something, she wears her heart on her sleeve and tells everyone about it. She hopes her story will inspire others to have a heart and volunteer to deliver meals on wheels with Berks Encore! Thank you Anne – you really do have a heart of gold!

## March for Meals Celebrates Milestone Anniversary of Nutrition Program

The annual March for Meals celebration commemorates the historic day on March 22, 1972, when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. This year, Meals on Wheels programs from across the country are joining forces for the awareness campaign to celebrate 50 years of success and garner the support needed to ensure these critical programs can continue to address food insecurity and malnutrition, combat social isolation, enable independence, and improve health for years to come.

Programs from across the country have celebrated the month of March since 2002 to increase awareness for Meals on Wheels and recruit the support needed to meet rising demand.

At Berks Encore, we will be celebrating our VOLUNTEERS - our Meals on Wheels Champions - all month long. We want to recognize our volunteer force who worked with us through the pandemic, and everyday before and since, to make sure homebound neighbors in our community receive a daily meal, a friendly visitor and a safety check. The work they do allows many of these seniors to age well and live independently in their own homes, where they want to be.



## MARCH FOR MEALS

# Businesses Team Up With Meals on Wheels

This month, we are celebrating March for Meals and honoring all the volunteers that help make our meals on wheels program possible. With almost 700 meals to deliver each weekday, it takes a large team to make sure every delivery is made. You may be surprised to learn some of our volunteers also work full-time jobs. Companies in Berks County have teamed up to support Berks Encore with Meals on Wheels in creative ways.

We are fortunate to have the support of several local companies who offer employees the opportunity to volunteer during work. This can go a



long way to building positive rapport with their employees and strong teamwork when volunteering together to give back to the community.

With the blessing of his employer, Mark Nye, takes his lunch hour early to volunteer and deliver a meals on wheels route from the Reading Center every Thursday. Mark works for Solve IT Solutions, a Wyomissing based IT and Network Solutions provider.

Niagara Bottling, a beverage manufacturer in the U.S. with production and distribution facilities in Berks County, has a team of volunteers who take turns to help deliver meals on wheels from the Strausstown Center every Monday. Lauren, Toby and Michaela take turns making the deliveries or work in pairs to streamline the process.

Employees at Fleetwood Bank deliver meals on wheels to homebound seniors from the Berks Encore - Fleetwood Center. Providing employees with the opportunity to volunteer during the workday is a significant way for the bank to give back to the local community. Employee volunteers can share a route, dividing the time out of the office.

Businesses can help as little or as much as they are able and our center managers can offer flexibility to suit the schedule of the company and their employees.

Delivering meals is not the only way to help. The Standard Group is a commercial print and marketing logistics company with headquarters in Reading and locations in Lititz, Lancaster, King of Prussia and NYC. They are employee-owned and have 140+ employee-owners. Within the company, they have a committee called WAY2OwnIt. It is this committee's job to ensure the employee-owners feel appreciated, respected and part of The Standard Group family. Each year, WAY2OwnIt polls the employee-owners to choose a charity to support by raising money during the year. In 2021, Meals on Wheels was selected and the dollars raised were split between Berks Encore and the Lancaster County Meals on Wheels program. Throughout the year, WAY2OwnIt held several raffles and offered a snack cart that employees and visitors could purchase snacks from. This is WAY2OwnIt's 6th year raising money for charity. Berks Encore is grateful for their generous monetary support.

Kelly Toyota of Hamburg partners with our Berks Encore Strausstown



Mark Nye, employee for Solve IT Solutions loads Meals on Wheels into his car for delivery.  
*Ben Hasty – Photographer, Reading Eagle*



Niagara Bottling employees deliver meals on wheels every Monday.  
*From left, Lauren Martus, Toby Moyer & Michaela Salvati*

Center in a little different way. Strausstown is located in a rural area and some of the deliveries are rather spread out. To help the meal delivery volunteers, a volunteer from the center will take the packed cooler bags for those outlying routes to Kelly Toyota. The delivery drivers can then pick up those coolers in the service drive at the dealership and then are on their way. When all the meals are delivered, the volunteers drop the empty cooler bags back at Kelly Toyota where the center volunteer picks them up to take them back to the Strausstown Center for the next day. This drop-off location makes it more convenient for some volunteers to help and makes the longer delivery distances more efficient to serve.

There may be ways your company can help to make a difference to homebound neighbors in your community. We like to say “the life you change may be your own!” Team up with Berks Encore for meals on wheels or find out if there may be other ways you can help. For individuals or companies interested in finding out more, contact Rita Phillips, Director of Volunteers at 610-374-3195 ext. 225.

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**NEW FACES: NICKI HABECKER**

## Sharing Passion for People, Family and Communities



Nicki Habecker is a familiar face at Berks Encore. She is an active volunteer at our Douglassville Center and a former board member. She and her son Joshua participate in Meals on Wheels, the Friendly Visitor program and have delivered groceries to local seniors.

Nicki is an author, speaker, inclusion consultant, Community Connections facilitator, Co-Director of the Family Empowerment Grant, and is an In Home and Community Specialist. Nicki champions inclusion both professionally and personally. She wrote her first book *Live, Love, Belong: Journey to Community* in order to continue to advocate positive sustainable change, not only for her family but for all. Nicki has a passion for people, families, and communities. Nicki is quite accomplished in the field of disability and advocating.

Nicki recently joined Berks Encore as a part-time Aging Disabilities Resource Center Link Coordinator covering Berks, Lancaster, and Lebanon county areas. ADRC's are a nationwide effort to take a seamless approach in assisting seniors and adults with disabilities when need help with activities of daily living. The ADRC in Pennsylvania is known as Link.

For the "no wrong door" federal mandate, the local aging and disability resource center (ADRC) is the first place to go to get accurate, unbiased information on all aspects of life related to aging or living with a disability. ADRCs are friendly, welcoming places where you can go for information about aging or living with a disability, whether you are looking for yourself, or you are a concerned family member or friend, or a professional working with issues related to aging or disabilities.



*Nicki Habecker*

The ADRC can connect you to resources about:

- In-home personal care and nursing
- Housekeeping and chore services
- Adaptive equipment
- Health, nutrition, and home-delivered meal programs
- Medicare, Medicaid, and Social Security
- Caregiver supports and respite
- Housing options
- Home modifications
- Transportation

Please join us in welcoming Nicki to the team, she will bring great depth and richness to the ADRC program in our three-county area.

## BERKS ENCORE CARE+

In America, over 1.5 million older individuals utilize a wheelchair for some amount of time during their day. Although the wheelchair has been around for many years, it was not always the most comfortable or easy to use device. Today, wheelchairs offer comfort, adjustable wheels and footplates, as well as a smoother ride, and an ability to collapse for easier transport. At Berks Encore Care Plus, we are able to work with physical therapy, primary care doctors, as well as medical supply companies to make sure not just wheelchairs, but all durable medical equipment is ordered as needed. We are able to contact your insurance company as well to determine if the cost will be covered or offset. Aging can be difficult, but it doesn't have to slow you down! Call Berks Encore Care+ and we can help!



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Whether you are a family caregiver or tackling issues on your own, Berks Encore Care+ can provide a road map to help you find the resources you need. Contact one of our care managers to find out how we can help with issues ranging from personal care, arranging medication delivery, home delivered meals or so much more.

Call today for a free phone consultation to find out how we can help. 484-577-4243 or [becareplus@berksencore.org](mailto:becareplus@berksencore.org)

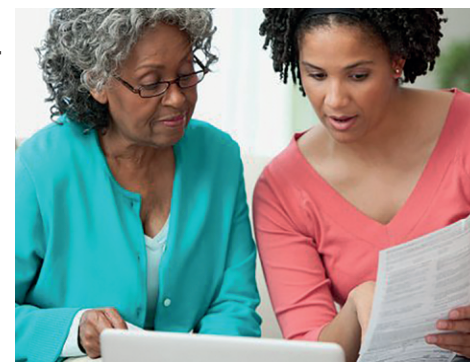
## Late Bloomers

Laura Ingalls Wilder (February 7, 1867 – February 10, 1957), had her claim to fame at the age of 65 when she began writing books based on her life on a farm and years as an American Settler. Laura was greatly affected by The Great Depression and the crash of the stock market and lost most of their savings during this time, which prompted her to begin writing. She had also recently lost her mother and older sister, which pushed her to want to preserve memories of her life. At the time of her death, she had written and published 8 books. After her passing, her legacy continued with additional books published, tv shows based on her books. There are also museums, parks, and movies based on her writings and in her honor.



**It can be stressful navigating the maze of aging services.**

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**If you need help, contact Berks Encore Care+**



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## NEW FACES:

# Stephanie McMahon

Steph McMahon joins the Berks Encore team as Marketing Director. In this role she will develop marketing materials, manage our website updates and social media messaging. You will see her articles in Berks Encore News. She will also be involved in planning and executing our fundraising events.

Her most recent position was C&S Wholesale Grocers as the Digital Marketing Manager. While there, she was responsible for providing independently owned grocery stores with innovative and industry-leading Omni-Channel Digital Marketing solutions. However, she brings a wealth of previous experience from other positions that include trade shows, point of purchase displays, and social media marketing.

Stephanie is looking forward to interacting with volunteers, center participants and clients. She has a soft spot in her heart for older adults. She has wonderful memories of her interactions with her own grandparents during visits spent with them in Arizona. Her parents were living in Wisconsin where she grew up, so when she married Matt and they moved to PA, she eventually moved them here to be closer to her family. She became a caregiver for her Mom and still misses spending time with her. Sadly, her own children were under 5 years old when both of her parents passed.



Steph McMahon

She is active in her church, does volunteer work with Delaware Valley Golden Retriever Rescue and was involved with Scouting for both of her children. They have brought 4 rescues into their home and are now living with 2 adopted rescues – Milo and Carley. Volunteering and helping others is a passion that she wants to instill in her children, as she leads by her example.

Her children, Owen and Gracie are both 16. But they aren't twins. They are 6 months apart. Huh!? That's because Matt and Steph had planned to adopt first, but because the paperwork and red tape took so long, she wound up pregnant with Owen. Owen had just turned one year old, they had moved to Berks County and they got the word that there was a little girl ready for them in China. Steph was so grateful for the support they had from family when they were raising their children. They are six months apart in age, one year apart in school and are great friends.

Stephanie and her husband Matt were living in Wisconsin when they made the move back to Berks County to be closer to family. She disagrees when people say Berks Countians are not friendly – she found everyone to be very friendly. She started working at a gym in Sinking Spring and met many other parents with children that she remains friendly with today.

She is looking forward to working with the Berks Encore team to advocate and assist seniors in our community and said, "I look forward to meeting the wonderful volunteers and local seniors to hear their stories about the positive impact Berks Encore has on them personally."

Welcome to Berks Encore, Steph!



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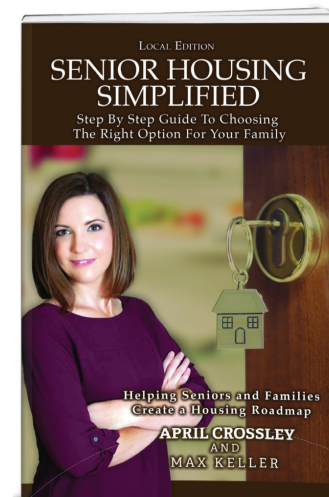
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## MAKING AN IMPACT

# The Future of Healthcare

By **Lori Gerhart**, *VP Advancement*

Each month I want to share a story that demonstrates the impact of our volunteers or programs on the clients we serve. Recently, I sat down with two students from the new Drexel University College of Medicine at Tower Health, which welcomed its inaugural class of first-year medical students in August 2021. As first-year MD program students, part of their education includes taking a health advocacy class, which places them with a non-profit or social service agency. Allison Atkinson and Nicole Villa are in the first group of Drexel's medical students who are working with Berks Encore to make assessment phone calls to our meals on wheels clients. These phone calls are regular check-ins with clients to determine how they are doing, if there have been any changes to their health or emergency contact information, and to find out how they feel about the meals.

Allison and Nicole came to Reading to pursue their goal of becoming doctors and will spend at least the next two years here before beginning their clinical training. As first-year students, neither were ready to decide what their specialty would be in the future – cardiology, ER, general practice and otolaryngology are all options they mentioned.

We chatted about social determinants of health – a phrase we are hearing more often in healthcare to indicate the impact outside factors have on someone's health and ability to get care. Those include the environmental factors of where they live, as well as access to food, transportation and education. As these students talk with the Meals on Wheels clients, they are experiencing firsthand how each patient's individual situation can



*Lori Gerhart*



*Drexel med students pictured: Nicole Villa (left) and Allison Atkinson (right)*

impact their treatments and outcomes.

The students have also experienced how a little kindness and patience coupled with good listening skills can result in the patient confiding in them. Sometimes they are talking out of loneliness or appreciation for the help that they receive from Berks Encore. These students have heard the adversity that many of the clients face.

This experience is making a difference for Allison and Nicole. They can see and hear how medicine doesn't stand alone and that a more holistic approach is needed for greater understanding of treatment options and outcomes. They have not only made phone calls, but have accompanied our Meals on Wheels case workers, where they see firsthand the importance of building trust in order for the client to be open in their communication to their doctor.

This is an exciting partnership for Berks Encore and we hope it will continue for many years! These future physicians are articulate, professional and sincerely interested in the clients they contact. While this experience impacts their medical education, I can't wait to see the impact these medical students will have on the communities they serve in the future.

It's been our pleasure to have them work with us and we wish them the very best in their journey to reach their goals.

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6-week program meets 2.5 hours/week  
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### Matter of Balance

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Fridays, 1:00pm to 3:00pm, 3/11/22 through 5/6/22

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Tuesdays & Fridays, 9:30am to 10:30am, 3/15/22 through 4/26/22

### Diabetes Self-Management Program

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Wednesdays, 1:00pm to 3:30pm—3/23/22 through 4/27/22

### Matter of Balance

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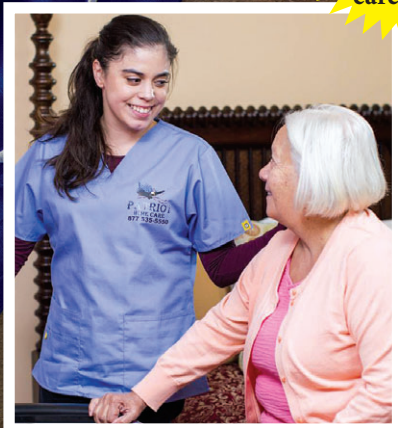
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**WHAT HOME CARE SHOULD BE.**

# Mark Your Calendar!

## It's Time for the 21st Annual Berks Encore Community Breakfast!



We are pleased to announce that the 21st Annual Berks Encore Community Breakfast is scheduled for Tuesday, April 26, 2022 at the Doubletree by Hilton Hotel in Reading. We are thrilled to honor Scott Gruber, President and Tompkins VIST Bank with the Leadership by Example Award for their many contributions to Berks Encore and the Berks County community.



Scott L. Gruber is president and CEO of Tompkins VIST Bank and a member of its board of directors. Scott joined Tompkins VIST Bank in April 2013 as president and chief operating officer and was promoted to CEO in January 2014. Scott has announced his retirement effective June 1, 2022.

Committed to his community, Scott has held served on the board of the Reading Public Museum Foundation, Greater Reading Chamber Alliance and Greater Reading Development Fund and Boys Scouts of America Hawk Mountain Council. Scott is a former chair for the United Way of Berks County board of directors where he and his wife JoAnn, successfully co-chaired the organization's 2012 campaign.


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Please consider helping us recognize the contributions to our community by Scott Gruber, President/CEO and Tompkins VIST Bank. Attend this event, place a congratulatory ad in the program book or become a sponsor!

Call Lori Gerhart, Berks Encore Vice President Advancement  
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- ✓ Resources on Aging & Disability Programs
- ✓ Information & Community Resources



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## COMMUNITY IMPACT SYMPOSIUM:

# *I'm Still Here: A New Philosophy of Alzheimer's Care*



You are cordially invited to join The Highlands at Wyomissing® for our inaugural community impact symposium featuring Dr. John Zeisel, internationally known expert on dementia care and treatment innovations, and author of the groundbreaking book, *I'm Still Here: A New Philosophy of Alzheimer's Care*. Dr. Zeisel's articles have been featured in the *New York Times*; *Boston Globe*; *O, The Oprah Magazine*; *Wall Street Journal*; and *Harvard Magazine*. The event will also feature interactive dementia simulation exhibits.

**Cost is \$10. Registration is required. To learn more and register, visit [thehighlands.org/community-impact-symposium](http://thehighlands.org/community-impact-symposium).**

Saturday, April 23 | Registration: 8:30 to 9 a.m.; Program 9:00 to 11:00 a.m.  
The Highlands at Wyomissing® | 2000 Cambridge Avenue | 484-220-8237



# Berks Encore Partners with the Etchberger Veterans Service Center of Berks County

Are you a Berks County Veteran looking for assistance with VA benefits? Do you need help understanding the VA programs available to you? Do you have questions about a specific benefit claim?

Beginning in March, a representative from the Etchberger Veterans Service Center of Berks County will provide free in-person sessions at each of our six Berks Encore Centers. Veterans and their family members are welcome to attend any of our monthly sessions.

A representative will be available to answer questions about the following programs:

- VA Healthcare Enrollment
- Service-Connected Compensation
- Non-Service-Connected pension
- Burial Benefits and Allowances
- Veteran Readiness & Employment (VR&E)
- PA Real Estate Tax Exemptions (PARETX)
- Veterans Temporary Assistance Program (VTA)
- Paralyzed and Blind Veteran's Pension (Amputee and BVP)
- Veteran Life Insurance
- Flag Holders and Headstones
- Flags
- VA Home Loans

## BERKS ENCORE MARCH SESSIONS:

**Tuesday, March 15 at 10 a.m. • Wernersville Center**

350 Sportsman Road, Wernersville, PA 19565 • 610-670-1372

**Wednesday, March 16 at 11 a.m. • Reading Center**

40 North 9th Street, Reading, PA 19601 • 610-374-3195 ext. 237

**Friday, March 18th at 10 a.m. • Mifflin Center**

30 Liberty Street, Shillington, PA 19607 • 610-777-5577

**Monday, March 21st at 10 a.m. • Fleetwood Center**

14432 Kutztown Road, Fleetwood, PA 19522 • 610-947-1700

**Monday, March 28 at 11 a.m. • Strausstown Center**

44 East Avenue, Strausstown, PA 19559 • 610-488-5770

**Wednesday, March 30 at 11:00 a.m. • Douglassville Center:**

2144 Weavertown Road, Douglassville, PA 19518 • 610-582-1603

Stop in one of our Centers in March if you need assistance with VA benefits.



## Making Senior Care at Home Easier and Centered Around You

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- Medication management & home delivery
- Personal & in-home care
- Telehealth & wellness checks
- Access to the LIFE Health and Wellness center

20 Shelbourne Road Reading, PA | (610) 404-3200 TTY: 711 | [SeniorLIFEPA.com](http://SeniorLIFEPA.com)

# THANK YOU

to our PA MEDI (formerly APPRISE) volunteers who helped clients review their policies and enroll for services during the Open Enrollment period in 2021. We assisted 944 clients, a total of \$446,510.38 was saved in 369 plan changes. That's an average of \$1210.05 per plan!!

*Thank you  
PA MEDI  
volunteers!*



## I have a cataract: how do I get rid of it?

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# UNDERSTANDING Medicare

## Part A

Hospital Insurance



## Part B

Medical Insurance



## Part C

Medicare Advantage Plans



## Part D

Prescription Drug Plans



## Learn the A, B, C's, and D's of Medicare

Join us for training, not a sales pitch. We will cover: how to enroll in Medicare, how to supplement your Medicare benefits, what coverage will cost and what financial assistance may be available.

### Join us for this informative webinar, held on Zoom.

You must register to get the link by calling 610-374-3195 ext. 208.

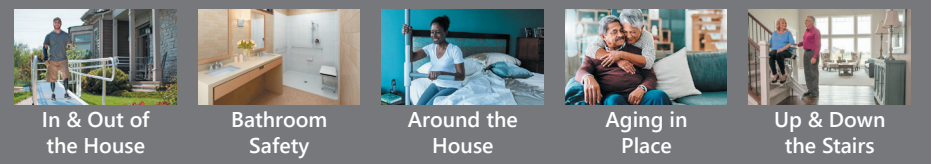
#### Seminar Dates:

4th Monday of the month @ 6 PM –  
March 28, April 25, May 23

Morning sessions @ 10 AM  
Wed, March 9 (English) and Wed, April 13 (Spanish)

Afternoon sessions @ 1 PM  
Wed, March 9 (Spanish) and Wed, April 13 (English)

**PA-MEDI**, a free health insurance counseling program for Pennsylvanians with Medicare, has counselors at Berks Encore available to help you understand your Medicare benefits.



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[www.procare-home.com](http://www.procare-home.com)

## Berks Encore **DOUGLASSVILLE CENTER**

2144 Weavertown Rd., Douglassville

Center Manager – Sharon Pedrick

610-582-1603

Every Mon: 10:30am Chair Yoga w/Patti  
11:00am Zumba w/ Iris  
11:30am Piano Lounge w/Maureen  
11:45am Healthy Smoothie Bar (\$1)  
Every Tue: 10:00am: Free Tai Chi Introductory  
(virtual and in person) w/ Jan  
11:00am: Free Tai Chi Advanced (virtual  
and in person) w/ Jan  
Every Wed: 10:30am: Free Sit and Get Fit w/  
Patti



2 @ 10:30am: Transcend Dance w/ Lydia  
3, 17, 24, 31 @ 10:15am: Golden Globes  
4 @10:30: Grocery Bingo w/ Angela/  
Berkshire Commons (\$2)  
4, 11, 25 @ 12:00pm: Doo Wop Piano w/  
Aaron  
8, 11, 15, 18, 22, 25, 29 @ 9:00am: Healthy  
Steps in Motion w/ Kathy  
9 @ 11:00am: Bingo w/ David  
10 @ 10:30am: Fraud Bingo w/PA  
Department of Banking and Securities/  
George Dillman  
11 @ 10:15: Nutrition Education/Eating Right  
for a Healthy Weight  
11 @ 11:00am: Craft  
16 @ 11:00am: Trivia Pursuit  
18 @ 11:00am: Steve Walker's IRISH SHOW  
21 @ 11:30am: Craft w/Beth  
23 @ 11:00am: Boombox Bingo w/ Rich  
25 @ 10:30am: Poetry w/ Marilyn  
30 @ 11:00am: Veterans Affairs Education  
and Outreach Presentation w/Steve  
Mannino

GRAB-N-GO LUNCH is available  
for pick up Mon.- Fri. 10 – 12 noon.

Reserve your meal 2 working days in advance.  
Menu available. \$2.50 suggested donation.

## Berks Encore **FLEETWOOD CENTER**

14432 Kutztown Road, Fleetwood

Center Manager – Terry Becker

610-947-1700

Every 2nd and 4th Mon: @ 10am: Sit & Get  
Fit Class (60+FREE)  
Every Mon and Wed @ 12noon: Pinochle  
Every Tue: @10am: Dollar Bingo (\$1)  
1pm: Texas Hold'em  
Every Wed: @ 9:15am: Zumba Gold (60+  
FREE)  
10am: Art Class and Adult Coloring  
10:30am: Dominoes and Rummikub  
Every Thurs : @ 10am: Chair Yoga (60+ FREE)  
1pm: Tai Chi I (60+ FREE)  
1:50pm: Tai Chi II (60+ FREE)  
Every Fri: @10am: Dollar Bingo (\$1)  
9:15am: Zumba Gold Toning (60+ FREE)  
1:30pm: Country Line Dance (\$1)



3 and 17 @ 10am: Watercolor art class.  
Free. All supplies provided.  
7 @ 10:30am: Easter Bunny Craft w/ Kathy.  
Please bring scissors. All other supplies  
provided.  
18 @ 12:30pm: Lunch Bunch @ Airport  
Diner. Call Terry to reserve your spot.  
21 @ 10am: Veteran's Affairs will be here to  
help Veterans and answer questions.  
23 @ 11 am: Celebrate National Chips and  
Dip Day with snacks and games.  
24 @ 10:30am: Crafting with Beth Glick. All  
supplies provided.  
25 @ 10am: Jackpot Bingo and Happy  
March Birthdays w/cake.

GRAB-N-GO LUNCH is available for pick up  
Mon.- Fri. 10 – 12 noon.

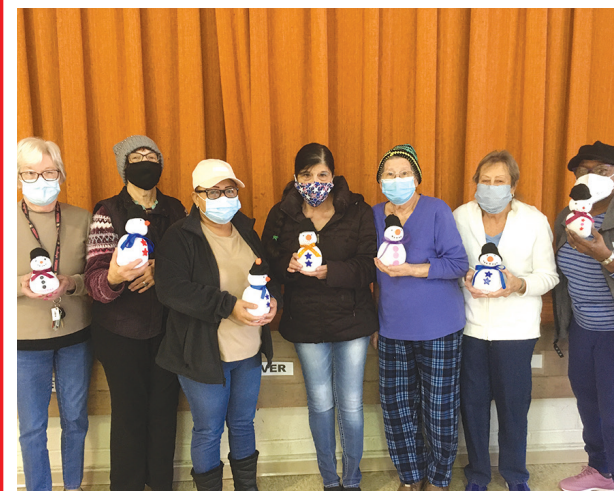
Reserve your meal 2 working days in advance.  
Menu available. \$2.50 suggested donation.

## Berks Encore **MIFFLIN CENTER**

30 Liberty Street, Shillington

Center Manager – Megan Dissinger

610-777-5577



Mon @ 10:30am- Grocery Bingo \$2  
12:00-12:45pm- Tai Chi with Jan  
Gyomber\*  
12:00-2:00pm- Card Club  
Tues @ 10:30am- Sit and Get Fit with Darcy  
McLean\*  
15 @ 11:15am-12:15pm Music Therapy w/  
Juliet\*  
Wed @10:30am- FABS (Flexibility Aerobics  
Balance Strength) with Darcy McLean\*  
9 @ 12:00pm-1:00pm Boombox Bingo\*  
Thur @ 10:30am- Sit and Get Fit with Darcy  
McLean\*  
12:00pm- Dollar Bingo \$2  
4 @ 10:00am St. Patty's Day Shamrock Craft  
11 @ 10:00am Glass Craft with Clay on Main  
18 @ 10:00am-11:00am Veterans Affairs  
Presentation and Q&A  
28 @ 10:00am Clay Planter Craft with Clay  
on Main

GRAB-N-GO LUNCH is available  
for pick up Mon.- Fri. 10 – 12 noon.

Reserve your meal 2 working days in advance.  
Menu available. \$2.50 suggested donation.

## Berks Encore **READING CENTER**

40 N. 9th Street, Reading

Center Manager – Jim Youndt

610-374-3195, ext. 237

Every Mon: 12:30pm “Flex, Strength & Balance”

Every Tue: 10:15am “Sit & Get Fit”

Every Wed: 11:00am “Chair Zumba Gold”

12:30 pm “Cash Bingo”

Every Thurs: 10:15am “Virtual Chair Yoga”

12:30 pm “Grocery Bingo”

Every Fri: 12:30pm: “Cash Bingo”



1 @ 12:30pm: “Music by Ed” Presented by Ed Wolf

4 & 18 @ 11:00am: “Virtual FABS (Flex, Aerobic, Balance & Strength) Exercise Class

7 @ 10:30am: “Pokeno” presented by Jim

8 @ 12:30pm: “Jeopardy w/Senior Life

11 & 25 @ 10:00am “Cooking Class” Presented by Alex w/The Food Trust)

14 & 28 @ 12:30pm: BE Inspired! “Color Your World” Adult Coloring Relieves stress, relaxing & fun! Presented by: Reading Public Library

15 @ 12:30pm: “Music Bingo” Presented by TGB Entertainment

16 @ 11:00am: “Veterans Affairs Program” Presented by Veteran Affairs Representative

21 All Day: “Fun & Games w/Jim” presented by Jim

22 @ 12:30pm: “Movie – TBA” presented by Jim

29 @ 12:30pm: “Let’s Make Art (Water Coloring)” presented by Jim.



LUNCH is available Mon.- Fri. at 12 noon.  
Reserve your meal 2 working days in advance.  
Menu available. \$2.50 suggested donation.

## Berks Encore **STRAUSSTOWN CENTER**

44 East Ave., PO Box 50, Strausstown

Center Manager – Andrea Gebely

610-488-5770

Every Mon: 9:30 a.m. : Pound – FREE\* to anyone 60+

10 a.m.: Sit & Get Fit w/ Linda – FREE to anyone

Every Tue: 9:15 a.m. – Chair Yoga \$5.00/class

10:30 a.m.: Zumba Gold Toning – FREE\* to anyone 60+

Every Wed: 10:15 a.m.: Chair Zumba – FREE\* to anyone 60+

Every Thur: 9:15 a.m. : Chair Yoga \$5.00/class

10:45 a.m.: Zumba Gold w/ Jen DeBlase – FREE\* to anyone 60+

Every Fri: 10 a.m. - Zumba Gold Toning – FREE\* to anyone 60+

11 a.m. - FABS Flexibility, Balance, Aerobics, & Strength – FREE\* to anyone 60+

• EVERY Mon @ 11 am: Bingo & Lunch - \$4/ person (no Bingo March 14 or 21)

• EVERY Tue @ 12:30 pm: Pinochle – come join our card playing group!

• EVERY Wed @ 11:15 am: Dominoes @ 12:30 p.m.: ‘Let’s Make Art’ Learn to Watercolor Painting Series - You do not need to attend every week to take part in this class. No experience necessary\*

4 @ Noon: Strausstown Elementary Alumni Luncheon – please sign up in advance

23 @ Noon: Lunch & Learn with the Reading Public Museum – Fairy Houses, Witch Balls and Garden Gnomes: the lore and tradition behind fairies, witches, and gnomes in your garden

10 @ 11:45 am: Potluck Lunch – please sign up and bring a dish to share

\*\*The Center will be Closed for Activities March 14-22\*\*

22 @ 9 am-12:30 pm: Chair Massages with Lorraine Kline. \$10 for 15 minutes

28 @ 11 am – JACKPOT BINGO - \$5 winner every game – cost \$4/person for lunch & bingo

30 @ 12:30 pm: Boombox Bingo with TGB Entertainment

GRAB-N-GO LUNCH is available for pick up Mon.- Fri. 10 – 12 noon.  
Reserve your meal 2 working days in advance.  
Menu available. \$2.50 suggested donation.

## Berks Encore **WERNERSVILLE CENTER**

350 Sportsman Rd, Wernersville

Center Manager – Melissa Ludwig

610-670-1372

Every Mon: \*10:00 am: FREE Sit & Get Fit (\$1\*\*)

12:00 pm: Hausenpfeffer

Every Tue: 9:15 am: Yoga (\$5)

1:30 pm: Ballroom Dancing

6:00 pm: Zumba Gold (\$6)

Every Wed: 9:30 am: Bridge

\*10:00 am: FREE Sit & Get Fit (\$1\*\*)

\*11:30 am: FREE FABs (\$5\*\*)

12:00 pm: Bingo

Every Thur: 9:30 am: Duplicate Bridge

11:00 am: Karaoke

Every Fri: 9:30 am: Zumba Gold (\$5)

\*12:00 pm: FREE Tai Chi (\$5\*\*)



8 @ 10:00 am: Canvas Painting with Reading Public Museum. Must be Preregistered with Melissa. This class is limited to 10 people. No WALK-INS. This is a rescheduled class from January and is currently full!

10 @ 12:30 pm: Fraud bingo with PA Dept of Banking and Securities – FREE

15 @ 10:00 am: Veteran’s Outreach

18 @ 12:15 pm: Grocery Bingo w/ Trish from Rittenhouse Village – FREE

22 @ 10:30 am: Red Lion Health Presentation

No cost unless otherwise posted.

\*\*Fee applies to participants age 50-59

\*Free classes are paid for by

Berks County Area Agency on Aging

Free use of: Pool Table, Shuffleboard, Exercise Bike and Treadmill. WiFi and Electronic Tablets

LUNCH is available Mon.- Fri. at 11:30 a.m.  
Reserve your meal 2 working days in advance.  
Menu available. \$2.50 suggested donation.

# Just Say No to Processed Food!

Compiled and written by **Kate Sweinhart**, *Health & Wellness Educator*

Sources: Tufts University Health and Nutrition, Healthline, Laborers Health & Safety

We've come a long way from stepping out of the hut to catch dinner every night. Canning and freezing have allowed us to have all types of vegetables and fruits year-round. Pasteurization stopped outbreaks of bacterial infection from milk. Preservatives have extended the life of items and stopped spoilage. Enrichment refined flour to become a dietary staple without risk of malnutrition. Safe food is now available anytime, anywhere and for a relatively cheap price.

## WHAT IS PROCESSED FOOD?

Processed food is any food that's altered during preparation to make it more convenient, shelf-stable or flavorful. Some foods are more processed than others. A bagged salad or pre-cut green beans technically count as processed, but it's only minimally processed because its natural state hasn't changed. It looks pretty much the same as you'd find it in nature. A box of macaroni and cheese or a microwavable dinner are considered heavily processed (also called ultra-processed) because they've been chemically altered with artificial flavors, additives and other ingredients.

Most foods we eat have been processed in some way by the time they reach our plates. However, the concern about processed food isn't over items like canned tomatoes or canned tuna, which are processed to lock in freshness and nutrients. The concern is over more heavily processed foods like crackers, jarred pasta sauces and cake mixes. We eat a lot of these foods – it's estimated that more than half the calories in the average American diet come from ultra-processed foods.

Quick, convenient and microwavable, why would we ever make mashed potatoes again? Older adults and empty nesters are reaching for frozen meals that are labeled healthy. But how healthy are they? How convenient, but is the cost to our health worth the risk?

## HEALTH RISKS OF HEAVILY PROCESSED FOODS

Source: American Institute for Cancer Research

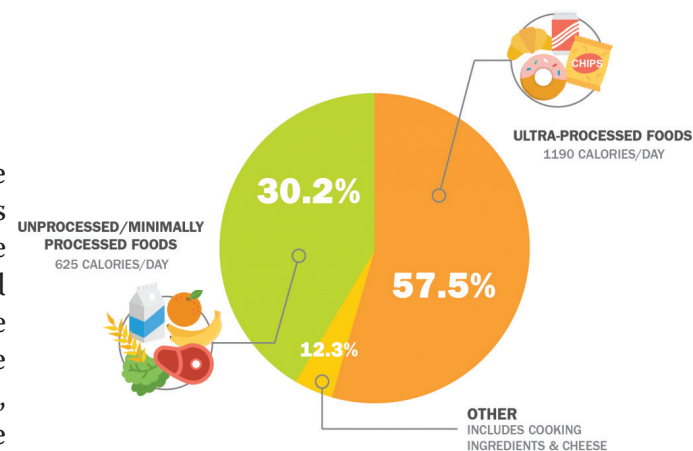
### NEGATIVE HEALTH EFFECTS OF ULTRA-PROCESSED FOODS:

- Increased cancer risk. A five-year study of over 100,000 people found that every 10 percent increase in consumption of ultra-processed food was associated with a 12 percent higher risk for cancer.
- Too much sugar, sodium and fat. Heavily processed foods often include unhealthy levels of added sugar, sodium and fat. These ingredients make the food we eat taste better, but too much of them leads to serious health issues like obesity, heart disease, high blood pressure and diabetes.
- Lacking in nutritional value. Heavy processing strips many foods of their basic nutrients, which is why many foods today are fortified with fiber, vitamins and minerals.

- Calorie dense and addicting. It's easy to overindulge in unhealthy food and consume more calories than we realize. For example, an Oreo cookie contains about 50 calories, while an entire cup of green beans is only 44 calories. Processed foods like these are also designed to stimulate our brain's "feel-good" dopamine center, making us crave more of them.

- Quicker to digest. Processed foods are easier to digest than unprocessed, whole foods. That means our bodies burn less energy (hint: calories) digesting them. It's estimated we burn half as many calories digesting processed foods compared to unprocessed foods. This fact combined with the calorie density of processed foods in general can make it easy to pack on pounds.

- Full of artificial ingredients. There are about 5,000 substances that get added to our food. Most of them have never been tested by anyone



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other than the company using them. That includes additives to change color, texture, flavor and odor as well as ingredients like preservatives and sweeteners.

#### REDUCING PROCESSED FOODS IN YOUR DIET

Even if you wanted to, it would be difficult to remove all heavily processed foods from your diet. That would mean not eating out at most restaurants and skipping that hot dog at the family barbeque. However, there are many things you can do to reduce the amount of processed food you consume:

- Check the label. The longer the ingredient list, the more processed a food is. If most of the ingredients are hard-to-pronounce chemicals instead of actual food, it's a safe bet that food is heavily processed. If the item is labeled as "low fat," check the added sugar or carbohydrates. If the item is labeled "low sugar," check the fat content. The company will usually make up the taste either adding fat or sugar.

- Shop the outside aisles at the grocery store. The center aisles of most grocery stores are full of packaged items and ready-made foods that are heavily processed. Aim to buy more foods from the produce and dairy aisles.

- Opt for minimally processed meats. Choose meats that have been minimally processed (e.g., seafood, chicken breast) while avoiding heavily processed meats (e.g., sausage, cured meats like bacon). Replace regular bacon with turkey bacon, which is 50% lower in sodium and fat.

- Start slowly. It's okay to slowly replace processed foods in your diet with more fresh foods. In fact, it may make you more likely to stick to these changes long-term. Opt for frozen vegetables instead of canned to reduce the sodium content. Frozen vegetables are flash frozen, keeping most of the nutrients intact.

- Cook more meals at home. You might not always be in control of your diet while traveling, but you are at home. Make your own frozen meals by cooking a larger batch and freezing the leftovers, or whip up your own salad dressing.

While many aspects of our health can be complicated, eating less processed food doesn't have to be.

When in doubt, just start with real food.

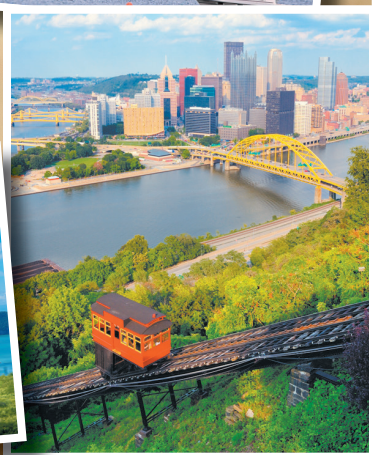
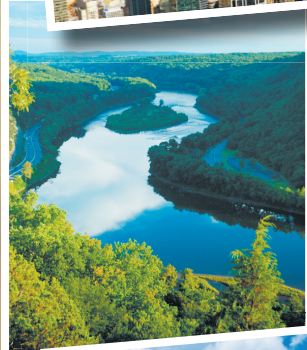
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[dkraras@whitestartours.com](mailto:dkraras@whitestartours.com)  
*Please remember us for all your family and business travel arrangements.*

## LEAGUE OF GOLDEN AGERS, MOHNTON

Meetings are held the 2nd and 4th of the month at St. John's Parish House in Mohnton at 10 am. We have an interesting program and guest speakers. Visitors are always welcome, so come check us out.

### Upcoming trips for the year 2022 include:

March 30 - \$95 Museum of the Bible in D.C.

April 6 - \$98 Brandywine Treasures

May 2-7 - \$905 Nashville 6 days/5 nights, Grand Ole Opry, Texas Troubadour Theater/ Belle Meade Plantation, Tour & winery, RCA studio B/ Country Music Hall of Fame, Nashville Nightlife Dinner Theatre

June 1 - \$98 Hunterdon Hills Play

July 6 - \$69 Muhammad Ali Training Camp

Aug 3 - \$105 Sight & Sound/David/lunch @ Hershey Farms

Sept 7 - \$75 Mystery Tour

Oct 19 - \$75 Peddlers Village Scarecrow Festival

Nov 2 - \$97 Dutch Apple/Saturday Night Fever

We have an exciting line up of shows, and we will all be glad to get away from the snow, and extra cold temperatures and have some fun. All day trips include lunch.

Contact Roxie @ 610-334-4084 to sign up for any trip.  
Susan Messner, Secretary



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In this time of such uncertainty, we will provide comfort to you by making sure your affairs are in order and protected, and your helpers are in place. We look forward to continuing our asset protection seminars when we are able to gather again safely. Please call our office to schedule a meeting with our caring team.

LIVE Asset  
Protection Webinar  
hosted via Zoom

**Wednesday, March 9  
at 11:00am and  
Wednesday, March 23  
at 6:00pm**

Call our office to reserve  
your spot and get the  
details on how to join.

## ST. IGNATIUS SENIORS

Welcome Spring! We are looking forward to your arrival.

The March meeting of the St. Ignatius Seniors will be on Wednesday, March 2 at 10 am in the Parish Education Center Meeting Rooms. Our group is open to “people over 50”.

This month’s program is “Stroke Is No Joke” presented by Amy Beller and the Tower Health Stroke Group. Heart Healthy food is planned for refreshments.

New members are always welcome. Dues are \$7.00.

Upcoming trips include an Atlantic City Tropicana Casino visit with a comedy show by Yakov Smirnoff “Make America Laugh Again”, \$25 slot play, \$15 food credit on March 31; a Sight and Sound Show “David” with lunch at Shady Maple Smorgasbord on May 10; and “Jersey Boys” at the Fulton Theatre on July 20. Our Travel Committee is working on plans for more trips, which are open to non-members. For details contact Judy Jablonski at 610-670-0907.

When Spring does arrive, we will be enjoying our annual Wine and Cheese Event on Sunday, April 3. Please contact Barb Kunder at 610-763-1383 with any questions.

**Don't miss a single issue of Berks Encore News.  
Have it delivered every month to  
your mailbox for just \$15.  
CALL TODAY 610-374-3195 EXT. 228.**



Mike Kuhn

Ed Kuhn

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personalize

Individual  
climate control

Private bathroom

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patio with views  
of a working  
horse paddock

On premise  
hair salon



Brereton Manor, located in Washington Boro, near Lancaster, PA, is a small personal care facility committed to providing quality, loving care for seniors. Our intimate facility is located on six beautiful country acres and is surrounded by corn fields and pastures that are home to the horses and ponies that live on the Brereton Manor site.

Find out more at: [www.alvariumpc.org](http://www.alvariumpc.org)  
Or call: 484-273-0356

## PARISH-DANA RETIREES

IT REALLY LOOKS as though we are going to squeak through the remainder of the winter season with nary a snowflake. We needn't indulge ourselves with any more snow, or ice, or power outages, or shoveling. No way.

Our February meeting was again well attended with 43 people in our midst. There were somber moments as each Parish employee's name was read, and the month in which that individual passed. The Reverend John Folk provided an appropriate and interesting homily for our group. (Larry Jambeau does an excellent job in keeping abreast of employees whose obituaries appear in local newspapers.).

Our next luncheon will be held on Thursday, March 3, 2022. VEBA and Aetna personnel will be traveling here specifically to provide information and answer any questions. NOTE: If you are not a regular luncheon attendee and you are planning to attend the March meeting, please, be thoughtful and considerate by notifying President George Geiger---610.926.3510; or email your intention to the address listed below. If people neglect to do this, seating may not be available to you.

Our gathering is still at the Wyomissing Family Restaurant, Wyomissing, PA. Members are requested not to arrive before 11:30 A.M.

In the unlikely event that inclement weather should befall us (not possible), and the Wyomissing School District is closed on our meeting date, our luncheon will be postponed until the following Thursday. Listen to WEEU 830, or watch channel 69. If the WSD is closed on that Thursday, our meeting will be cancelled for that month.

Oh yes, our annual summer picnic will resume on Thursday, June 23, at Maier's Grove in beautiful Blandon, PA. Stay tuned.

Concerns? Contact Larry Jambeau: parishretirees@comcast.net.

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Melanie A. Appler, AuD, FAAA  
Matthew R. Bonsall, AuD, FAAA  
Jenna L. Galan, AuD, CCC-A

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## BLUE MOUNTAIN 50 PLUS CLUB

### Club Meetings:

Saturday, March 5, 2022 @ 11:30 pm. Blue Mountain 50 Plus Club 50 th Anniversary Celebration. Tickets required. Entertainment: Bryan - Singer

Thursday, April 7, 2022 @ 7 pm. Everybody's Birthday Party. Entertainment: Days of Old - Gospel and Country Music.

Thursday, May 5, 2022 @ 7 pm. Entertainment - Dave and Brenda Reinwald - Singing

Note: All Blue Mountain 50 Plus Club meetings are held at the Little Swatara Church of the Brethren, 31 Rehrersburg Rd., Bethel, Pa, 19507.

Pinochle Card Club is held every 2nd and 4th Tuesday of the month., at Salem Evangelical Lutheran Church, Bethel, PA 19507. For more information call Nelson Jacobs - 717-926-4211.

### 2022 Trip Schedule:

Wed., Thurs., Friday, April 27, 28, 29, Virginia International Tattoo, Norfolk, VA. Includes; Luray Caverns, Norfolk Botanical Gardens, Victor Rover Naval Base Cruise, Arlington National Cemetery. 2 nights lodging, 2 breakfasts, 2 dinners and all admissions. Call Nancy Tice (610-566-2043) for trip details.

Wednesday, May 11, "Rock of Ages", Dutch Apple Dinner Theater. Buffet lunch before the show. Price: \$85.00

Wednesday, June 8, "Always...Patsy Cline" Totem Pole Playhouse. Lunch at Hickory Bridge Farm before the show. Price: \$98.00

Thursday, July 21, "They're Playing Our Song" Hunderton Hills Playhouse. A table-served lunch before the show. Price: \$99.00

Tuesday, September 20, "Lights Out" The Music of Franki Valli and the Four Seasons, Penn's Peak. Family style lunch before the show. Price: 76.00

Thursday, November 10, "David" Sight & Sound Theater. Lunch at Hershey Farm Restaurant before the show. Price: 105.00

Wednesday, December 7, "Christmas Tree Ship" Bird-In-Hand Theater & Smorgasbord. Lunch before the show. Price: \$84.00

All trip buses leave from Little Swatara Church of the Brethren, 31 Rehrersburg Rd. Bethel, PA 19507.

Call: Nancy Tice 717-350-8621 or Linda Reed 610-488-1180 or email [bluemountain50plus@comcast.net](mailto:bluemountain50plus@comcast.net), to schedule a trip

## SCOTTISH RITE GOLDEN EAGLES

Top a the mornin to ya, my Lads and Lassies

Beannachtei' na Feile Pa'draig oraibh

Get your St. Patrick's Day celebration started a day early with the Scottish Rite Golden Eagles on Wednesday, March 16 @ 12 noon at the Scottish Rite Cathedral, 430 S. 7th St., West Reading. Lunch by Kathryn's Katering will be Irish Stew with all the fixin's, salad, dessert, coffee and tea for \$8.00. Please call Don Loos at 610-678-1063 for reservations by Sunday March 13.

Program is the Reading Fightin' Phils. Come hear about the exciting 2022 Reading Phils season from Mike Robinson, Executive Director of Community & Fan development and "friends".

Good food, good people and free parking. Bring your friends and neighbors and get motivated for Spring. Yes, it is coming!

## EXETER SENIOR CLUB

The Exeter Seniors meet the 3rd Wednesday of the month 12:30pm at the Schwartzwald Lutheran Church on Oley Turnpike Road in Jacksonwald.

Dues are \$5/yr. We have entertainment and educational presentations. We play bingo and enjoy a snack with every meeting. Our group has been meeting for 40+ years and we appreciate and honor new members. We arrange several 1 day bus trips to interesting locations.

Come join our lively group!

Contact Larry Spayd at 484-335-0582 for any additional questions.

Larry Spayd, President

## BLANDON SENIOR CITIZENS

Hope everyone had a nice Valentine's Day. Soon it will be "St. Patrick's Day" and time for wearing of the GREEN! Then we will be waiting for the best of WEATHER here -- 'SPRING'!

For our February meeting, we had our lunch meal at Noon, and food was provided by members, Pat Rohrbach, Anna Mar Kerschner and Joyce Bauer. Following lunch, Terry Becker, Berks Encore-Fleetwood, installed the 2022 OFFICERS:

President: Pat Rohrbach Vice President: Jack Holubec

Secretary: Shirley L. Readinger-Ziegler Treasurer: Anna Mae Kerschner

In our Report on Attendance Anna Mae Kerschner was so very happy to see 51 people present, compared to 39 Last Month!

It was great to see more people coming out!

Refreshment Sign-Up Sheet needs more names on to provide refreshments in the upcoming months! Very easy to do and you are reimbursed for whatever you spend, just give bills to Anna Mae Kerschner!

Program/Entertainment Chairperson, Sylvia Knouse introduced our Program Mr. Brian C. Englehart, from "The Berks History Center" and Writer & Trustee of the Magazine "The Historic Review Of Berks County"! Today Brian spoke about the History of "Ontelaunee Lake, as was known back in those days, which is now known as "The Maiden Creek Dam"! Information and facts that were given were very interesting. Brian also had Magazines that were available to anyone that wanted them. Beautiful Magazines with loads of information of Beautiful Berks County! I know I was not aware of everything in Berks, now I know, lots more to learn!

EVERYONE IS INVITED TO JOIN the Blandon Senior Club, which meets on the 2nd WEDNESDAY of EVERY MONTH @ 12:00 NOON! ALL MEETINGS HELD AT THE Maiden Creek Church, on Rt. 73, Main Street, Blandon! PLEASE COME AND JOIN US SOMETIME. We would love to meet you! "LET'S MAKE SOME NEW FRIENDS!!!"

Respectfully submitted,

Shirley L. Readinger-Ziegler, Club Secretary 610-926-1378

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## WEST LAWN SENIOR CLUB NEWS

The West Lawn Seniors meet at the West Lawn Community Center of the West Lawn United Methodist Church, located at Woodside and Noble Streets in West Lawn. The 2022 Annual Membership fee is \$7.00. We meet on the first Tuesday of the month @ 1:00 PM, for our Business meetings with entertainment and refreshments following the meeting. We also meet on the third Tuesday of the month for Bingo and other pick-up games @ 1:00 PM with refreshment break.

The Business meeting for March is Tuesday the 1st. After the meeting there will be entertainment with musician Piano Man Bill.

Bingo social is scheduled for Tuesday March 15th at 1:00 PM.

The trip committee announced the 2022 trip schedule. Trips are open to our members on a first come basis, and then open to the general public.

May 19 - Hunterdon Hills Playhouse "I Left My Dignity in My Other Purse" w/ Joyce DeWitt

June 29 - Totem Pole Playhouse "The Sound of Music"

July 21 - Fulton Theatre "The Jersey Boys"

August 3 Mount Airy Casino "Grease Musical Tribute"

September 15 Mystery Trip

October 27 Penn's Peak "Tribute to Streisand & Sinatra"

November 10 American Music Theatre "Home for the Holidays"

For more information and details on our trips, call Clara Koch @ 610-678-2123 or Barbara Messner @ 610-678-1961.

We are looking forward to meeting and seeing everyone in March. New members are always welcome.

## PEOPLE OVER FIFTY SOCIAL CLUB

Meeting 4th Wednesday of month, Trinity Bible Fellowship Church, 220 Main St., Blandon.

Reminders: The Social Room is not available until 10:30 AM, so please plan your arrival accordingly. There is plenty of parking, including handicapped spaces. There is a \$4.00 basket charge each month to help defray monthly expenses. Wearing a mask is a courtesy to others whose health issues you may not know. Please always bring a mask with you in case someone seated near you has a health risk and asks you to help them be safe.

For the March 23 meeting, Dave Reinwald will entertain us. Our Food Committee for March chose the following two entrees for lunch costing members \$6.00, provided by Station House Grille. Choices are: (1) Chicken Pie with chicken and veggies topped with a biscuit, chips, drink, and dessert, or (2) Hamburger BBQ with chips, drink, and dessert. Reserve your lunch by sending your money by 03/16/22 to People Over Fifty Social Club, P. O. Box 25, Temple, PA 19560. Our P. O. Box is also used for trip deposits and balances due if you are unable to attend our meetings.

Dave Myers will provide entertainment for our meeting on April 27. We are planning something different for our April Meeting – "Come dressed as you want" event. Model an odd or beautiful hat; get out those puppy pjs and pair with a t-shirt that says something about your life; make a statement. Prizes will be awarded for various categories, i.e., most clever, most obnoxious, least congruent to wearer's personality, etc. An independent panel of highly qualified fashion and worse-dressed experts will award the monetary prizes.

Our Trip Committee has several good selections on the horizon. We require a \$ 10 deposit for each trip. All bus trips leave BJ's parking lot off the 5th Street Highway. For more information on our trips, call Pat Sinistri at 610-678-8654 or Karen Dietrich-Schwartz at (610) 939-9402.

05/04 (Wed.) – Washington, DC Odyssey Mega Yacht 2 hr. cruise including a 3-course plated luncheon with live entertainment and DJ, followed by a private-guided tour of DC on our Elite bus. We depart at 7:45 AM and return at 9:30 PM - a long day, but very little walking is involved.

06/08 (Wed.) – Fulton Theatre to see "Man Of La Mancha" (2 PM showing) after enjoying a lunch and time for shopping at Cracker Barrel with a \$ 15.00 gift card.

07/13 (Wed.) – Totem Pole for the show "Beehive" (2 PM showing) after enjoying their Hot Farmer's Lunch at Hickory Bridge Farm.

Questions can always be directed to our President, Doris Turkes, at 610-378-0434 or 703-989-1531.

# Antique Appraisals



## Tuesday, March 22 at 2:00pm

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## SENIOR CLUB OF LAURELDALE

March is a favorite month because Daylight Savings Time begins on the 13th giving us longer daylight hours, followed soon by the first day of Spring on the 20th, which promises warmer weather.

Our meetings are usually held on the 2nd Friday of the month at Calvary Lutheran Church, 1009 Elizabeth Ave, Laureldale starting at 11:00 AM. Membership dues are \$5.00 per year, plus \$4.00 per meeting for food, misc. For more details contact our President Cassandra McWilliams 610-926-0896.

Past meeting – January 14: Due to cold temps and Omicron, our attendance was only 61 members. We had meatball sandwiches for lunch and played Bingo. We want to thank our new member Marlene Bender who has volunteered to play piano for our opening exercises.

Upcoming meeting – March 11: Pork BBQ sandwiches are on the menu for lunch and we're looking forward to a musical program and fasnachts provided by Keystone Villa. Also H-I-T sandwich orders to be served at April 8 meeting will be taken by Pat Sauder 484-855-3539.

March 17 – Happy St. Patrick's Day: "the wearing of the green"

Casino Trips: Wind Creek in Bethlehem, departs 9:00 am on Tuesdays - April 12, July 12 and October 18. Cost is \$30 per trip. Reserve with Helen Quade. 610-929-2412.

Get Away trips: We invite you to share our fun day trips with us. Contact Patricia Schleicher 484-709-0279 or email pschleicher1813@gmail.com

May 17 – David @ Sight & Sound Theater.

June 29 – River Lady Luncheon Cruise.

August 24 – Jumping Jive Magic Theatre.

September 20 – Bube's Brewery Murder Mystery

November 22 – American Music Theatre, Christmas Show.

All buses depart from Temple. Reserve now before we sell out. Also, always keep a mask in your pocket – in case it is required for your admittance.

Submitted by Helen Quade, PR and Trips.

## SUDOKU ANSWERS - PUZZLE ON PAGE 27

### Normal Answer

5	8	9	6	4	3	2	1	7
2	4	3	1	9	7	5	6	8
7	1	6	2	5	8	4	3	9
9	3	8	4	6	1	7	2	5
4	5	1	7	8	2	3	9	6
6	7	2	5	3	9	1	8	4
3	6	7	8	2	4	9	5	1
8	2	4	9	1	5	6	7	3
1	9	5	3	7	6	8	4	2

### Easy Answer

2	5	9	3	1	4	7	6	8
8	7	1	6	2	9	4	5	3
6	4	3	5	8	7	1	9	2
9	6	7	8	3	5	2	1	4
4	1	8	9	7	2	5	3	6
3	2	5	4	6	1	9	8	7
7	9	6	2	5	3	8	4	1
1	8	4	7	9	6	3	2	5
5	3	2	1	4	8	6	7	9

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## MARION SENIORS

### 2022 Trip Schedule

Thursday, April 21: Mt. Vernon, Lunch at Mt. Vernon Inn. \$135

Tuesday May 3: Sight & Sound – “David”. \$106

May 11-16, 2022: Chattanooga Choo-Choo, 3 Train rides. Southern Belle Dinner Cruise. \$990 double, \$1310 single.

Thursday June 9: Doolan’s – Beach Boys, Jimmy Buffet, the Drifters & More. \$108.

Thursday August 25: Silver Birches. Boat ride on Lake Wallenpaupack, family style meal, Rich Wilson & his sentimental musical journey. \$99

September 19-22, 2022: Niagara Falls, NY. 4 days, 3 nights. 3 dinners, tour of Niagara Falls, wine tour, plus much more!) NO PASSPORT NEEDED.

Thursday Oct. 13: Penn’s Peak, Tribute to Dolly & Kenny. \$86

October 29-November 5: Cruise to BERMUDA. Call for details.

Tuesday Nov. 15: Mystery Trip???

Tuesday December 6: American Music Theater – Christmas Show, lunch at Fulton Steamboat. \$100.

Everyone is required to have the COVID19 Vaccine for our Multi-Day Trips.

Day trips leave from Tulpehocken Church, Tulpehocken Rd., Richland, PA. For more information please contact Burl & Sandra Werner 610-678-4464 or 484-336-0745. Email: swerner55@comcast.net

## ST. CATHARINE OF SIENA 50+ CLUB

The monthly meeting for the 50+ club is held the first Wednesday of the month. Please call Maria Bunch, Vice-President of the 50+ club at 610-582-4632 with any questions or concerns. You can also see us on Facebook for more information.

Our next meeting will be held March 2 at 1:00 PM. Dave Reinwald will entertain members with songs. Cake/coffee/tea will be provided.

“Come Join Us” on April 6, 2022, for lunch to celebrate “Everybody’s Birthday” at Victor Emmanuel’s. For information, contact Kathleen Zagar at 610-698-3289.

Anyone attending the meeting will be asked to show proof of Covid Vaccination. If an attendee does not have proof of vaccination he/she will be asked to wear a mask.

If there is inclement weather or other reasons for cancellations, please check any of the following:

1. Tune into channel 69 news/WFMZ

2. Go to the website: 830 weeu.com, click on cancellations 3. Call WEEU Radio Station, 610 376-7335, press #8 newsroom/David Langley, ask for St Catharine’s 50+ club meeting cancellation updates

### TRIPS ARE BACK!

Wednesday, April 13, 2022: Murder Mystery Interactive Dinner Theatre Mount Hope Estates and Winery, \$90.00.

Wednesday, May 18, 2022: “David” at Sight and Sound, Cracker Barrel lunch on your own \$115.00.

Wednesday, June 15, 2022: Baltimore Dine Around with narrated cruise, Eat at different areas in Baltimore, \$160.00.

Wednesday, July 13, 2022: Silver Birches Shake Rattle and Roll Show, Tunes from 50’s to the 80’s, \$95.00.

Wednesday, August 24, 2022: Mystery Tour HINT: Sightseeing Boat Ride, \$150.00.

September 19-24, 2022: Monday - Saturday, Charleston and Savannah, Double, \$1645.00.

Friday, October 21, 2022: American Treasure Tour Lunch and 2 hour train ride with Colebrookdale Railroad, \$135.

Wednesday, November 16, 2022: National Christmas Center Tour, Cracker Barrel lunch on your own, American Music Christmas Show, \$120.00.

Anyone interested in the trips can send a deposit check for \$20 or the full cost of the trip, NO CASH ACCEPTED. Proof of Covid Vaccination is required for all 50+ Club Trips. CONTACT: Pat White 610-582-1437 for any information concerning the trips.

Our meetings are normally held at 1:00 PM on the first Wednesday of every month at Saint Catharine’s Social Hall on Route 562, 4975 Boyertown Pike in Exeter Township, dues are \$5.00 per year. ALL ARE WELCOME!

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## BERKS CHAPTER PENNSYLVANIA ASSOCIATION OF SCHOOL RETIREES

SPRING MEETING - BCASR members and friends are invited to attend our next general meeting to be held at Christine's Creekside Inn on Route 568 in Gibraltar (1250 Green Hills Road, Birdsboro, PA 19508) on Thursday, April 21, 2022. Registration begins at 10:15 AM followed by the business meeting at 10:45 AM. At noon, lunch will be served featuring Chicken Parmigiana or Italian-style Flounder. All non-salad entrees come with house salad, roll, and a side dish of spaghetti. If you prefer a salad order the Creekside Salad with grilled chicken, green leaf lettuce with carrots, tomatoes, cucumber, dried cranberries, and walnuts. Soft drinks, coffee or tea are included. A complimentary dessert will be provided. The cost of lunch is \$24.00 per person. After lunch a student musical program will be presented. If you wish to attend the meeting, please mail a check payable to BCASR in the amount of \$24.00 to Donna Spears, 302 Park Avenue, Temple, PA 19560. Reservations are due no later than Friday, April 8, 2022.

### BCASR TRIPS

May 12, 2022 - "A MAGICAL DAY" - \$120.00 Per Person - Includes "Magic and Wonder" presentation with beverage, Lunch at Miller's Smorgasbord, time to shop at nearby stores, all gratuities and escort.

June 10 to 17, 2022 (7 nights) - RCCL - Oasis of the Seas - Rates starting at \$1,128.00 per person - Includes: Round trip transfers from Reading to Cape Liberty Pier, seven night cruise, meals and entertainment aboard, \$50.00 cabin credit, government fees, port taxes, prepaid restaurant and cabin gratuities on board.

December 3, 2022 - "Home for the Holidays" - \$126.00 per person - Includes American Music Theater presentation, lunch at Miller's Smorgasbord, Kitchen Kettle Village,, taxes, gratuities and escort.

Questions? Please contact BCASR Member: Pam Taylor 610-370-5849 at Boscov's Travel or email [bcasrgotravel@gmail.com](mailto:bcasrgotravel@gmail.com)

Mary Ann Zerkowski, Chair, Public Relations, BCASR

## TUCKERTON NIFTY FIFTY CLUB

Our club meets at the Good Shepherd Church, 4201 Stoudts Ferry Bridge Rd. Doors open at 10 AM and our meeting starts at 11 am. Members who attend 8 meetings throughout the year qualify for a free picnic and reduced rate for the Christmas Party.

Our next club meeting is March 14 and if any members feel so inclined they can celebrate St. Patrick's Day with us and wear Green. Our March lunch is meatball sandwiches. We still have some covid restrictions in place which include sanitizing your hands and wearing a mask when on church property. Masks can be removed when eating and drinking.

Members who did not preorder a sandwich in February for our April meeting can still do so in March. Sign up for our May Pot Luck will take place in March and April.

We try to keep our club costs down as much as possible for our members, but we need our members to volunteer to do some of the work needed to run our meetings. Volunteers are needed in setting up for meetings, cleaning up after meetings, help to run our trips and help with our programs. I encourage all members to become an active member in your club.

Rose Ertz, Secretary/Publicist



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### 2022 Overnight Tours

(ALL PRICES ARE PER PERSON/ DOUBLE OCCUPANCY)

Fun & Games in Niagara Falls, NY - Seneca Resort & Casino. April 4-6.....	\$490
Bible History - Creation Museum, Ark Encounter & More. April 25-28.....	\$886
Harborfest, Coastal Virginia. June 11-14.....	\$1069
Classic Country from Bristol to Nashville, TN. June 25 - July 1.....	\$1993
Indiana & Ohio Amish Country Adventure. August 1-5.....	\$920
Stay & Play, Ocean City, MD - OCEAN FRONT! Sept 5- 9.....	\$846
Southern Hospitality, Myrtle Beach, SC - OCEAN FRONT! w Inclusions. Sept 25-30.....	\$928
Italian Festival at Villa Roma Resort. Catskills, NY. October 18-20.....	\$441
Haunted Halloween Happenings - Salem & Boston, MA. Oct 23-25.....	\$957
A Branson/Ozark Christmas. Branson, MO. November 25-December 2.....	\$1706
Christmastime in Vermont. December 12-15.....	\$985

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- Coping with caregiver stress
- Treatment options
- Q&A session after presentation

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# Sudoku Puzzles - Answers on page 24

Level: Normal

5		9	6		3	2		7
2			1			5		
	1	6			8		3	
9	3			6		7	2	
			7		2			6
6				3		1		
		7		2	4			1
	2		9			6		
1		5	3		6		4	2

Level: Easy

	5		3	1	4		6	
8	7				9	4		3
6	4	3	5		7	1	9	2
		7	8		5	2	1	
4	1		9					
	2	5		6	1	9		7
7	9		2	5		8	4	
		4		9	6			5
	3		1		8	6	7	



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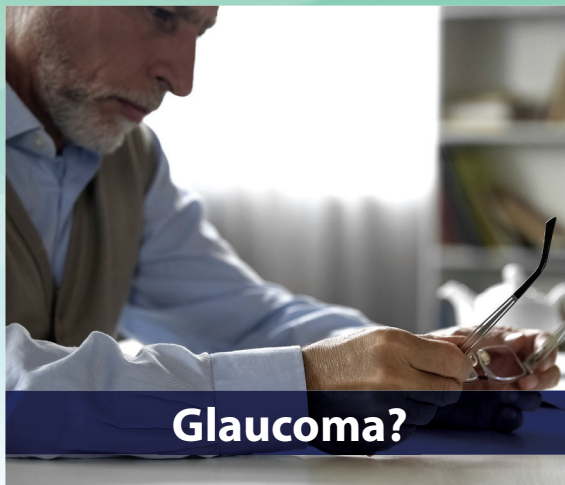
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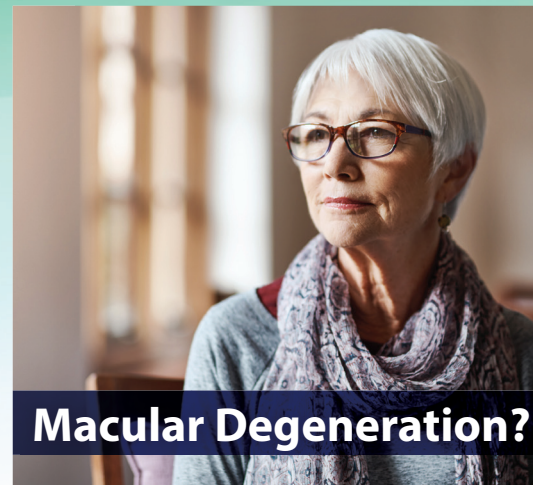
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