

# Time to **MOVE**

SEPTEMBER IS FALL PREVENTION MONTH



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**FREE**  
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## FROM THE DESK OF . . .

# LUANN OATMAN

Dear Reader,

Welcome September! This is one of my favorite times of year. A time to enjoy warm days with crisp air, sunshine and beautiful fall foliage. September is also Fall Prevention Month and as part of Berks County Falls Free Coalition, we are hosting a National Falls Prevention Day on Thursday, September 22nd at Alvernia University Flynn PLEX. Our health and wellness team will be teaching exercises that help prevent falls. There will also be free health screenings, flu shots, lunch, and the opportunity to talk with local businesses that offer fall prevention resources. Each year, 3 million older adults are treated in emergency departments for fall injuries such as broken bones or a head injury. These injuries can make it difficult for a person to get around, do everyday activities or live on their own. We know that living independently is important to you and your family. Falls can be prevented. Come out and learn more about protecting yourself from falls.



*LuAnn Oatman,  
President*

October is right around the corner, and we are busy getting ready for our 21st Annual Senior Expo being held on Wednesday, October 5th. Mark your calendar so you don't miss this wonderful event. We are also preparing for Medicare Open Enrollment which begins on October 15th. Our PA Medi Counselors will offer FREE Medicare education to help you make the most informed decisions about the Medicare options available to you. Look inside this issue for all the details about these and many more senior services that will help you to age with confidence. I hope to see you at an upcoming event.

Sincerely,

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

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## OPPORTUNITIES TO GIVE

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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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## September is Falls Prevention Month: Reduce Your Risk of Falling

A simple thing can change your life—like tripping on a rug or slipping on a wet floor. If you fall, you could break a bone, like thousands of older men and women do each year. For older people, a break can be the start of more serious problems, such as a trip to the hospital, injury, or even disability.

If you or an older person you know has fallen, you're not alone. More than one in three people age 65 years or older falls each year. The risk of falling—and fall-related problems—rises with age.

The fear of falling becomes more common as people age, even among those who haven't fallen. It may lead older people to avoid activities such as walking, shopping, or taking part in social activities.

But don't let a fear of falling keep you from being active. Overcoming this fear can help you stay active, maintain your physical health, and prevent future falls. Doing things like getting together with friends, gardening, walking, or going to the local senior center helps you stay healthy. The good news is, there are simple ways to prevent most falls.

Many things can cause a fall. Your eyesight, hearing, and reflexes might not be as sharp as they were when you were younger. Diabetes, heart disease, or problems with your thyroid, nerves, feet, or blood vessels can affect your balance. Some medicines can cause you to feel dizzy or sleepy, making you more likely to fall. Other causes include safety hazards in the home or community environment.

Scientists have linked several personal risk factors to falling, including muscle weakness, problems with balance and gait, and blood pressure that drops too much when you get up from lying down or sitting (called postural hypotension). Foot problems that cause pain and unsafe footwear, like backless shoes or high heels, can also increase your risk of falling.

If you take care of your overall health, you may be able to lower your chances of falling. Most of the time, falls and accidents don't "just happen." Here are a few tips to help you avoid falls:

- Stay physically active. Plan an exercise program that is right for you. Regular exercise improves muscles and makes you stronger. It also helps keep your joints, tendons, and ligaments flexible.
- Have your eyes and hearing tested. Even small changes in sight and hearing may cause you to fall. When you get new eyeglasses or contact lenses, take time to get used to them. Always wear your glasses or contacts when you need them. If you have a hearing aid, be sure it fits well and wear it.
- Find out about the side effects of medications you take. If a drug makes you sleepy or dizzy, tell your doctor or pharmacist.
- Get enough sleep. If you are sleepy, you are more likely to fall.

- Limit the amount of alcohol you drink. Even a small amount of alcohol can affect your balance and reflexes. Studies show that the rate of hip fractures in older adults increases with alcohol use.

- Stand up slowly. Getting up too quickly can cause your blood pressure to drop. That can make you feel wobbly. Get your blood pressure checked when lying and standing.

- Use an assistive device if you need help feeling steady when you walk. Appropriate use of canes and walkers can prevent falls. If your doctor tells you to use a cane or walker, make sure it is the right size for you and the wheels roll smoothly. This is important when you're walking in areas you don't know well or where the walkways are uneven. A physical or occupational therapist can help you decide which devices might be helpful and teach you how to use them safely.

- Wear non-skid, rubber-soled, low-heeled shoes, or lace-up shoes with non-skid soles that fully support your feet. It is important that the soles are not too thin or too thick. Don't walk on stairs or floors in socks or in shoes and slippers with smooth soles.

- Always tell your doctor if you have fallen since your last checkup, even if you aren't hurt when you fall. A fall can alert your doctor to a new medical problem or problems with your medications or eyesight that can be corrected. Your doctor may suggest physical therapy, a walking aid, or other steps to help prevent future falls.

*Resource: National Institute on Aging (nih.gov)*



We will be closed  
**Labor Day**

**Berks Encore centers will be closed Monday, Sept. 5.**

**No Meals on Wheels will be delivered.**



The Berks County Falls Free Coalition is committed to empowering all older adults in Berks County to reduce the risk of falls, which are one of the greatest causes of serious injuries and death among people over age 65.

Berks County Falls Free Coalition is partnering with the National Council on Aging (NCOA) to mark Falls Prevention Awareness Week. As part of this national outreach campaign, Berks County Falls Free Coalition is holding an event to raise awareness among older adults in our hometown.

## Join the Berks County Falls Free Coalition for a FREE EVENT



When: Thursday, September 22, 2022

Time: 9:00 a.m. – 1:00 p.m.

Location: Alvernia University Tom and Helen Flynn PLEX

To Register: Call 484-628-HELP (4357)

Schedule of Events:

9:00 to 9:30 a.m.: Registration

9:30 to 10:00 a.m.: Welcome Message

10:00 to 10:30 a.m.: Walk the indoor track with healthcare professionals and Alvernia University physical therapy students.

10:00 a.m. to noon: Participate in FREE Health Screenings- Grip strength, circulation, hearing, vision, blood pressure, and balance screening. Free Flue Shots are also available.

Talk with local fall prevention resources: The YMCA, Berks Encore, Encompass Rehab, Rehab 1, Berks Community Health Center, Reading Hospital, Reading Rehabilitation Hospital of Wyomissing, Berks County Area Agency on Aging, and more.

Berks Encore will be offering a FREE mini session: Join us for Healthy Steps in Motion (HSIM) a comprehensive, exercise focused, fall prevention program.

12:00 to 12:30 p.m. Play Fall Prevention Bingo

12:30 to 1:00 p.m. Join us for a FREE lunch - hot dogs will be provided

This event is free to the public and a great way to receive information, take advantage of free health screenings, and learn ways to prevent a fall.

According to Jennifer Barney, Trauma Injury Prevention Outreach Coordinator at Tower Health “Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable. You can reduce your risk of a fall by strength and balance exercises, managing your medications, having your vision checked and making your living environment safer. If you would like to learn more join Berks County Falls Free Coalition at our upcoming Falls Free Prevention Day Event on September 22, 2022.”

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DATE: **Monday, October 31**

TIME: **10am to 11:30pm**

PLACE: **Berks Encore Fleetwood Center**

14432 Kutztown Road, Fleetwood  
(in the former Richmond Elementary School)



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## Dear Care Manager,

Dear Care Manager,

I wish we had scheduled to meet with you sooner! My mother recently fell while carrying groceries into the home and fractured her hip. She will be staying at a rehab facility prior to returning home, so I am trying to put services in place to assist her upon her arrival back home. What are some modifications I can make to the lay out of her home to help minimize the potential of a fall in the future?

- *Fearful of falls*

Dear Fearful of falls,

Roughly 36 million falls occur among older adults each year, across the nation. Part of our Care+ assessment is doing a walk thru of your mother's home to see what might be a hinderance to her safety. Some of the things we look for are raised area rugs, loose cords, steps without railings, the height of the toilet and shower/tub surround, stairs, location of laundry room, and uneven surfaces at entryways. We then make a plan on how to correct these items to make them safer for the people residing in the home. Our goal is always to mitigate risk. Sometimes when you've lived in the same house for 20+ years it is hard to see what items might become a hinderance as you age. We provide a fresh set of eyes to your living situation. Feel free to call us at 484-577-4243, and we can schedule a time to come out and get the ball rolling!

*Care Manager*  
*Berks Encore Care+*

*Berks Encore Care+ professionals have the expertise and experience to help you by assessing the situation and providing recommendations in a personalized care plan. Our Aging Life Care managers are here to support you every step of the way. For more information call 484-577-4243 or [becareplus@berksencore.org](mailto:becareplus@berksencore.org). You can find more information online about Berks Encore Care+ at [www.berksencore.org](http://www.berksencore.org).*



berksencore  
care+

personalized care planning



*Katie Rex*  
*Aging Life*  
*Care Manager*



## HEALTH & WELLNESS

# September is fall prevention month!

Written by **Kathy Roberts**, *Director Health & Wellness*

This year we chose to inspire you to do the one thing that can change your life in so many positive ways. No scary statistics about the devastating results of falls in older adults and no chart on what to do to make your home safe to reduce fall risks. We've been inundated with this information; it's nothing we haven't heard or read before. But as older adults we do want to improve our balance, do the things we used to do when we were younger and stay independent. Is there a magic potion, an easy fix or a silver bullet? YES, one word- MOVE!

For some that could mean just getting out of the chair, or walking to the mailbox or end of the driveway. Think you are too old or can't because of health issues? Our classes consist of older adults into their early 90's and

Health and Wellness Programs	Senior Center Classes
Healthy Steps in Motion	F.A.B.S- Flexibility, Aerobic, Balance, Strength
Walk with Ease	Sit and Get Fit
Stepping Into History	Tai Chi
Pickleball	Line Dancing
Power Hour (virtual class)	Ballroom Dancing
Stretch & Stroll (virtual class)	Zumba
Fit & Fun (virtual class)	Chair Zumba

**JOIN US at our upcoming expos where you can walk or exercise with us during scheduled break-out sessions!**



**FALLS FREE**  
**Thursday,**  
**September 22**  
**9am to 12pm**

**Alvernia University**  
**FLYNN PLEX**  
 400 Saint Bernardine Street,  
 Reading



**EXPO**  
**Wednesday,**  
**October 5**  
**9am to 2pm**

**First Energy Stadium,**  
**home of the Fightin Phils**  
 1900 Centre Avenue,  
 Reading



some with advanced Parkinson's, debilitating neuropathy, crippling arthritis, cancer survivors, post hip or knee replacements or who've had extensive back surgery. Everyone is

welcome. You just have to make the move to do it. And here's the good news... the more you move the more you can move!

Wouldn't it be great to play with your grandchildren or great grandchildren instead of watching from afar? Or to take that trip you've always wanted to do? Or just be able to get out of a chair without struggling? Most people are not disciplined to exercise at home and kudos to those who do. By taking a class through Berks Encore you meet new people and make new friends. If you are an active senior you may want to try something new, something different to add to your fitness routine. Whether you are active or sedentary, whether you walk with a walker or cane, Berks Encore has a program for you. You don't need any special equipment, only sneakers and a bottle of water. And the classes and programs are free!

Life doesn't end at retirement. It's just the beginning of a new adventure! So, what are you waiting for? It's time to make the move, call today!

Call Kathy Roberts: 484-388-3196

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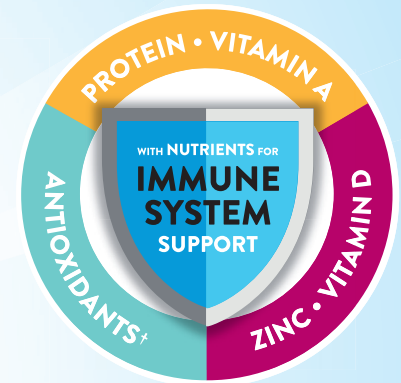
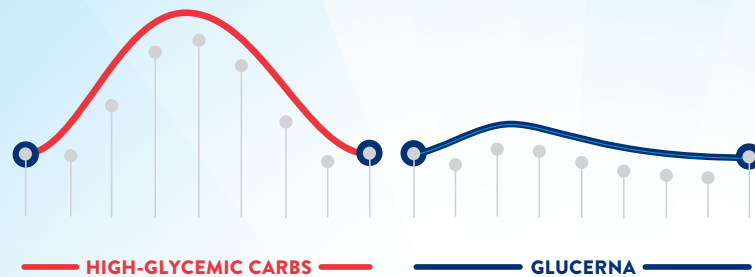


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## VOLUNTEER SPOTLIGHT

# Tech Time with Blake

Blake Abanto is a recent Wilson High School graduate with aspirations to study business and psychology at Penn State Berks this Fall. He currently works third shift picking online orders at the Amazon warehouse in Hamburg. This Summer he started volunteering at Berks Encore Mifflin Center a few times per week helping seniors with technology questions. He also helps pack Meals on Wheels.

Blake belongs to Generation Z; the first social generation, to have grown up with access to the internet and portable digital technology from an early age. Members of Gen Z are sometimes called digital natives and Blake is no exception, he is technologically savvy. He is well versed in cell phones, computers, tablets, apps, and software. He has learned many of his skills over the years using all types of digital technology and will often watch YouTube videos to learn new tricks or to understand a more complex challenge.



Blake was first introduced to the Mifflin center from his friends and former coworkers at Kohl's, Megan and Dana, the Mifflin Center Managers. He began helping by troubleshooting technology issues at the center. First, he removed the extra apps off the meals on wheels co-pilot tablets so the volunteers could easily access the system while delivering meals on wheels. He also assisted with getting a Wi-Fi signal in the gymnasium at the center, so patrons were able to connect to Wi-Fi while participating in activities at the center. Blake also helped to set up computers for the Mifflin patrons to use while visiting the center.

Blake also helped to set up computers for the Mifflin patrons to use while visiting the center. Mifflin Center Manager, Megan said "Blake is extremely knowledgeable about technology and is good at problem solving. He has been able to help seniors by answering a variety of questions and teaching them how to use their electronic devices." Blake has helped center patrons with learning how to use voice to text, removing unwanted apps from phones, basic phone and computer set up, sending and receiving emails, texting, filling in online forms and much more.

Blake is happy to share his time and talents with local seniors. He usually volunteers on Friday mornings. There is a sign-up sheet at the Berks Encore Mifflin center to register for a date and timeslot with Blake. His

free services are in high demand. The Assistant Center Manager, Dana, shared that "Blake has patience, a friendly demeanor and enthusiasm for helping seniors. We are lucky to have him as a volunteer." Everyone who has interacted with Blake agrees. Thank you, Blake, for sharing your time and talents!



We hope Blake's volunteer story will inspire other Gen Z's to volunteer to help older adults with technology issues. If you know someone interested in helping at a Berks Encore Center, please contact a Center Manager.

### Celebrating 22 Years of Superior Care!

# Chestnut Knoll's Birthday Bash

**Wednesday, September 21 • 6:30pm**

Join us for entertainment by Boyertown Alumni Ceremonial Band and refreshments!

*This concert is held outdoors and is open to the public. In an effort to continue to keep our residents healthy and safe, in the case of inclement weather, the concert will be moved indoors for residents and their families only.*

RSVP to 610-674-1215 or email [jkrasley@chestnutknoll.com](mailto:jkrasley@chestnutknoll.com).

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## NEW FACES

# Welcome Tatiana Garzon-Toro!

Berks Encore is excited to welcome Tatiana Garzon-Toro as the Senior Care Manager for Meals on Wheels. Tatiana is originally from Ecuador and moved to the United States 15 years ago. For the past seven years she serviced the Latino community here in Berks County through the Pennsylvania Migrant Education Program where she worked with migrant children and their families to provide after school programs, education services and translation support. Prior to that she worked for the Reading Public Library for the Latino Outreach Program where she helped to educate the Latino community about activities, programs and services offered by the Reading Public Library.

When she first moved to the area, Tatiana was a television host for a Latino show. In that role, she had the opportunity to interview local leaders and community members. She was inspired by the Latino leaders she met working in television and began to study to learn English. Today she is using her bilingual talents to help older adults in need of meals on wheels service. Tatiana is thrilled to be part of the Berks Encore team. She especially enjoys helping seniors seeing the smiles on her clients faces. Tatiana was first introduced to Berks Encore, years ago, when she taught Zumba classes at the Reading Center.

Tatiana has two daughters, Catalina (9 years old) and Nicole (18 years old). Catalina loves to swim, and she will be going to 4th grade. Nicole is a recent high school graduate and honor roll student. She received a scholarship and will be attending the University of Delaware this Fall. Tatiana is happily married to Larry, her lifelong friend from Ecuador. The family enjoys trips to the beach and going to the movies together.

Please join us in welcoming Tatiana to the Berks Encore team! Bienvenida a Berks Encore!



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### Protect Your Loved Ones!

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

**Wed, Sept. 7 at  
11:00am and  
Wed, Sept. 28 at  
4:00pm**

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



## MAKING AN IMPACT

# What Impact Are We Making on YOU?

By **Lori Gerhart**, VP Advancement

Berks County Crime Alert operates a tip line where you can call and anonymously make a tip to the police if you have information about a crime that has been committed. If your tip results in an arrest, you are paid money for the tip. “See Something, Say Something” is the slogan they use. That tip, no matter how small, could be the lead that helps police do their job to get the bad guys off the street faster and protect the community from future crimes.

You may not have any information about a crime, but I am going to ask you to “Say Something”. Call and tell me if the Health & Wellness classes you are taking have helped you lose weight, or lowered your A1C or helped you get stronger to improve your balance. Let me know if someone from Berks Encore CARE+ has helped give you peace of mind while caring for a loved one. Did you reconnect with friends at one of our senior centers? Or make new friends? Did our Medicare counselors help you decide which plan to select for Medicare, or help you save money during open enrollment by switching to a different plan? If you are a Meals on Wheels client, how important is the food, the volunteer visit or the safety check to you? Have you had a situation where you were grateful that the volunteer showed up that day?

Your comments and experiences with the programs of Berks Encore can

help me tell the stories of how we are making an impact every day. The stories can help us recruit new volunteers to deliver meals, or grocery shop or be a friendly visitor. No matter how small a difference you might think it makes, your story could help us encourage some new participants to come to our centers or enroll in one of our Health & Wellness programs. The impact that we have made on you or your family can help us when we ask for donations to support the programs that we offer.

Frankly, we need a little help right now. Higher prices for food, gas and living expenses seem to be impacting us with a decline in donations this year. We also know many donors wait to give till the end of the year. But we could use the help all year long.

So will you “Say Something”? Tell me how we are making a difference in your life. Call me at 610-374-3195 ext. 228. Leave a message. Email at [lgerhart@berksencore.org](mailto:lgerhart@berksencore.org) – or send a note: Lori Gerhart, Berks Encore, 40 N. 9th St., Reading PA 19601.

If you will ‘say something’ about how Berks Encore has helped you – it could make a significant impact for Berks Encore and everyone we serve. I hope my phone is ringing off the hook this week.



Lori Gerhart

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- Erich Cawalla and Cliff Starkey
- Swing Time Dolls

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Hat giveaway provided by:  
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Baseball concession stands in the plaza  
 will be open for lunch.

Watch for more information in the **Expo guide**  
 in the **Reading Eagle** on **Sunday, Oct. 2** or visit  
[www.berksencore.org/events/senior-expo](http://www.berksencore.org/events/senior-expo)

**berksencore**

It's not too late to sign up as a vendor or sponsor.

Call 610-374-3195 ext. 228 or email [lgerhart@berksencore.org](mailto:lgerhart@berksencore.org)

**COMMUNITY SPOTLIGHT**

# Red Flags: Watch Out For Warning Signs of an Abuser

We all deserve to enjoy healthy relationships. There are many different types of abuse, including physical, emotional, verbal, sexual, and financial abuse. It is helpful to be aware of the red flags of abuse, in order to avoid relationships with dangerous abusers.

**RED FLAGS INCLUDE:**

- Quick involvement in a relationship  
 Example: "I know we've only known each other for a week, but we should move in together – I love you!"
- Excessive jealousy and possessiveness  
 Example: "I don't want anyone else looking at you. You're mine!"
- Excusing past abusive behavior  
 Example: "I did hit my ex-wife, but only when she deserved it."
- Rigid expectations & controlling behavior  
 Example: "I don't want you wearing skirts anymore; I am the only person who should see your legs."
- Isolation from family, friends and support  
 Example: "I really don't like your friends and I don't want you to see them anymore. I want you to be with me all of the time!"
- Verbal abuse and criticism  
 Example: "You are really stupid, and you are really lucky I'm still here."
- Blaming others for problems  
 Example: "Stop getting me so angry or I'm going to have to hit you."
- Restraining or controlling movement  
 Example: "You are not leaving this house tonight."
- Threatening you, or your loved ones, including your pets  
 Example: "If you leave me, you will be very sorry."



Abuse of any kind, including physical, emotional, verbal, financial, or sexual abuse, has no place in a healthy relationship. Safety is a basic human right. If you or someone else is in immediate danger, call 911.

Safe Berks, founded in 1976 as Berks Women in Crisis, provides free and confidential services to survivors of domestic violence and sexual assault and their loved ones and significant others. Safe Berks services are available 24 hours a day, 365 days a year. Services are available in English and Spanish and will be translated into any other language needed.

Safe Berks services include shelter, our 24-hour hotline and text line, counseling, legal services, community outreach and response, medical advocacy, and education. For more information, visit [www.SafeBerks.org](http://www.SafeBerks.org). To request free services, call the Safe Berks 24-hour hotline at 844-789-SAFE (7233) or text the words SAFE BERKS to 20121. Safe Berks is here to help!

# PA MEDI Counselors prepare for Open Enrollment

Pennsylvania Medicare Education and Decision Insight (PA MEDI) offers free Medicare counseling to older Pennsylvanians. PA MEDI Counselors are specially trained to answer your questions and provide you with objective, easy-to-understand information about Medicare, Medicare Supplemental Insurance, Medicaid, and Long-Term Care Insurance.

PA MEDI Counselors do not sell Medicare products but rather offer current, unbiased Medicare education to help you make the most informed choice about the Medicare options available to you.

Our PA MEDI Counselors can help you:

- Understand Medicare eligibility and enrollment
  - Understand your Medicare benefits by explaining what services are covered under Medicare Parts A and B and your Medicare Summary Notice
  - Understand your Medicare Prescription Drug (Part D) benefit
  - Make informed choices about Medicare coverage options, Medigap policies and Medicare Advantage Plans
  - Understand financial assistance programs that may be available to help pay for your Medicare premiums, deductible and co-pays, as well as your prescription drug needs (Extra Help and Medicare Savings Plan)
  - Understand and assist with the Medicare appeal process
  - Understand benefits under Long-Term Care policies
  - By making presentations on Medicare to your group or organization
- Open enrollment:

The Medicare Open Enrollment period begins on October 15 through December 7. This is the timeframe for people with Medicare to change their Medicare coverage. The change will go into effect on January 1, 2023. Call us today! 610-374-3195 ext. 209. We offer help over the phone, in-person or virtual.

## BERKS COUNTY VETERANS AFFAIRS

*Veterans and your surviving spouse, may qualify for a federal government monthly pension if you served in the military during wartime, can demonstrate low income, limited net worth, and be at least 65 years old.*

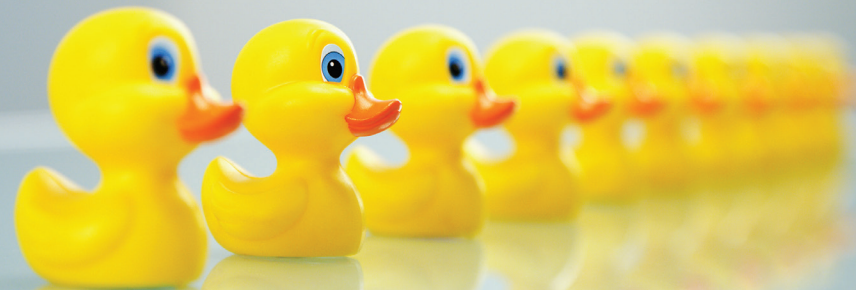
*There are also significant burial benefits for your spouse to honor your military service. You both may qualify for additional financial assistance if you are housebound or receive support from another person.*

**TO LEARN MORE — CALL US TODAY...**

726 Cherry Street, Reading, PA 19602  
610-378-5601 • veterans@countyofberks.com



## GET YOUR DUCKS IN A ROW



**Medicare Annual Open Enrollment Period  
October 15 - December 7**

**Carefully Review Any  
Changes to Your Benefits**

**Make sure you have insurance that will meet your health needs and budget. Check:**

- If your plan will continue next year
- What you will pay in monthly premiums and annual deductibles
- What you will pay for doctor's visits (co-pays)
- If your doctors will continue to accept your plan
- Which extra benefits will be covered, if any

*PA MEDI is a free, public program of the Pennsylvania Department of Aging. We are here to give balanced advice. We do not see or endorse any insurance plans or products.*

**Not Sure Which Medicare Plan is  
Right for You?**

**PA MEDI Can Help**

Medicare is confusing. Every year things change. You are not always sure what makes sense. It doesn't have to be that way. We can help you find peace of mind.

Call us today!

**610-374-3195 Ext 209**

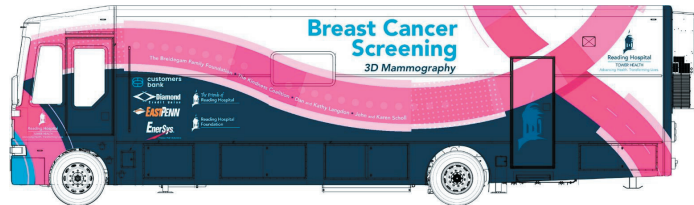
We offer help over the phone,  
in-person or virtual.





## Early Detection Saves Lives.

Don't miss Reading Hospital's Mobile Mammography Coach.



### Appointments Required

**Berks Encore Douglassville Center**  
2144 Weavertown Rd., Douglassville  
Friday, September 23, 2022

**Berks Encore Wernersville Center**  
350 Sportsman Rd., Wernersville  
Tuesday, September 27, 2022

**Berks Encore Fleetwood Center**  
14432 Kutztown Road, Fleetwood  
Monday, October 3, 2022

**Berks Encore Strausstown Center**  
44 East Ave., Bernville  
Monday, October 17, 2022

- To make an appointment, call **484-628-8611**.
- When making an appointment, have your health insurance information, and the ordering provider name and contact information.

*This program is sponsored by the Reading Hospital Foundation.*

## SIGN UP FOR WARM AND YOU COULD RECEIVE A NEW FRIDGE!



The WARM Program provides eligible customers with free, energy-saving home improvements that could help save money, lower electricity usage and increase the comfort of your home. And, you just might qualify for a brand new refrigerator.

There are household income requirements and electricity use requirements.

To see if you qualify, call the WARM hotline at **1-888-406-8074**, or visit [firstenergycorp.com/warmMetEd](http://firstenergycorp.com/warmMetEd).

**Met-Ed**  
A FirstEnergy Company



## be well HEALTH & WELLNESS CLASSES

### LIVING WELL WITH DIABETES

*Recognized and endorsed by the American Diabetes Association, participants with diabetes, pre-diabetics or family members learn how to enhance the management of their diabetes and help to improve their overall health.*

**New Location:**  
**Township of Spring  
Administration Building**  
2850 Windmill Road, Sinking Spring  
Mondays, 9:30am-12pm  
October 17 through November 21

**Wyomissing Library**  
9 Reading Blvd., Wyomissing  
Fridays, 1pm-3:30pm  
Sept. 16 through Oct. 28

### MATTER OF BALANCE

*An award-winning program designed to reduce the fear of falling through fall prevention education and management.*

**PSU St. Joseph's Exeter Health**  
3970 Perkiomen Avenue, Reading  
Thursdays, 10:00am to 12:00pm,  
September 29 through  
November 17

**New Location:**  
**Township of Spring  
Administration Building**  
2850 Windmill Road, Sinking  
Spring, PA 19608  
Wednesdays, 1:00pm to 3:00pm,  
October 26 through December 14

### ROTATOR CUFF WORKSHOP (New Program)

**Fleetwood Center**  
14432 Kutztown Road, Fleetwood  
Monday, October 31,  
10am-11:30am  
See the ad on page 4 for more  
information.

**FREE, but requires  
registration!  
Call Kathy Roberts  
484-388-3196**

## HAWKINS HOME CARE, LLC

*"A Compassionate In-Home Care Company"*

Providing the most Affordable Non-Medical Assistance

*"We will care for Your Loved Ones like Family!"*

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*"Let us be Your Partners  
in Care Giving!"*

Mark P. Hawkins, Director  
3 Park Plaza, Wyomissing, PA 19610 • 610-374-2496



## Stepping Into History – FALL Walks

Do you enjoy walking with a group AND learning more about Berks County history? Join us for any or all four of our Fall Stepping Into History programs. There is no fee for any of the walks, but donations to the non-profit sites would be sincerely appreciated. It is important that you register for each event you plan to attend. Please call Kathy Roberts at 484-388-3196.

### RAWA – Reading Area Water Authority Lake Ontelaunee Operation – Tues., Oct. 4 – 10-11:30 a.m.

The water supply for the City of Reading and other RAWA customers is obtained mainly from Lake Ontelaunee, which was constructed in 1926. Raw lake water is channeled from the dam and delivered to the Maiden Creek Filtration Plant. We will take a walk-through of the Lake Operations and learn about the history, maintenance and operation of this vital watershed.

### Bahr's Mill – Tues., Oct. 11 – 10-11:30 a.m.

Located at the corner of S. Ironstone Drive and Saw Mill Road, just off Route 73 west of Boyertown. The historic mill dates back to 1897 when its millrace and water wheel powered the factory to make wooden farm tools and handles. We'll take a guided tour of the mill, walk along the old millrace and learn the history of the other buildings in the little town of Gablesville.

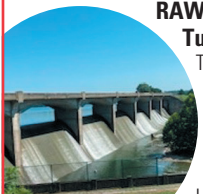
### Nolde Forest Environmental Center – Tues., Oct. 18 – 10-11:30 a.m.

Located at 2910 New Holland Road, near Shillington. Home of the Nolde family, owners of the former Nolde and Horst Knitting Mill, the stone mansion and 665-acre wooded site is now a state park. We'll take a guided tour of the Nolde Mansion then choose an easy – or a more challenging – walk along the forest trails.

### Old Dry Road Farm – Tues., Oct. 25 – 10-11:30 a.m.

Located at 202 Highland Road, Wernersville (Lower Heidelberg Township), near Blue Marsh Recreation Area. Old Dry Road Farm is a living-history museum on 200 acres with 18 houses and farm buildings illustrating life on a mid-19th century German farm. We'll take a guided tour of the buildings, walk the grounds and gain a real appreciation for the hard work involved with farming at that time.

**berksencore** 



Mike Kuhn

Ed Kuhn

[kuhncares.com](http://kuhncares.com)



EDWARD J. KUHN, JR., SUPERVISOR  
West Reading | 610.374.5440



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Hamburg | 610.562.2955



MICHAEL R. KUHN, SUPERVISOR  
Temple | 610.921.2225



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## COMMUNITY IMPACT SYMPOSIUM: *Sensory Challenges and Interventions in Dementia Care*



You are cordially invited to join The Highlands at Wyomissing® for our community impact symposium: *Sensory Challenges and Interventions in Dementia Care, Part 1: Hearing Loss and Music Therapy*. Carrie Nieman, MD, MPH, Associate Professor of Otolaryngology - Head and Neck Surgery, Johns Hopkins Medicine, will discuss the science behind hearing loss and dementia. Darina Petrovsky, PhD, RN, Rutgers University, will discuss and present music therapy in the cognitively impaired.

**Cost is \$20. Registration is required. To learn more and register, visit [thehighlands.org/community-impact-symposium](http://thehighlands.org/community-impact-symposium).**

Thursday, October 27 | Registration: 8:30 to 9:00 a.m.; Program 9:00 to 11:00 a.m.  
The Highlands at Wyomissing® | 2000 Cambridge Avenue | 484-220-8237





# SAY HELLO TO A 21-YEAR-OLD WHO CATCHES CRIMINALS.

**CRIME ALERT BERKS COUNTY HAS BEEN HELPING STOP CRIMES IN BERKS COUNTY FOR THE LAST 21 YEARS.**

We help the police with tips that lead to arrests. We've sponsored a crime-tip program for 21 years, but for the last 17 we've been first in PA in money paid out for tips that lead to arrests throughout Berks County.

We want to make your community a safer place to live.

*Crime Alert Berks County is an anonymous, secure crime tip hot line, and provides rewards for crime tips – up to \$10,000.*

[alertberks.org](http://alertberks.org)

**TEXT #250 OR ALERTBERKS AT 847411 WITH A CRIME TIP OR CALL 1.877.373.9913 .**

**CRIME ALERT BERKS COUNTY**



**Our Summer Concert Series was a**

*Huge Success!*

Thank you to the Strausstown Lions Club, Way-Har Farms, Berks County Area Agency on Aging, and the patrons who attended our Summer Concert Series at Strausstown Lions Park. We hope to see you again next year!



## SENIOR SAFETY

# Genetic Testing Fraud

Genetic testing fraud occurs when Medicare is billed for a test or screening that was not medically necessary and/or was not ordered by a Medicare beneficiary's treating physician.

Scammers are offering Medicare beneficiaries "free" screenings or cheek swabs for genetic



testing to obtain their Medicare information for identity theft or fraudulent billing purposes. Recently, fraudsters are targeting beneficiaries through text messages saying they are approved for genetic testing covered by Medicare and to follow a link to register.

Beneficiaries who agree to genetic testing or verify personal or Medicare information may receive a cheek swab, an in-person screening or a testing kit in the mail, even if it is not ordered by a physician or medically necessary.

If Medicare denies the claim, the beneficiary could be responsible for the entire cost of the test, which could be thousands of dollars.

## PROTECT YOURSELF

- If a genetic testing kit is mailed to you, don't accept it unless it was ordered by your physician. Refuse the delivery or return it to the sender. Keep a record of the sender's name and the date you returned the items.
- Be suspicious of anyone who offers you "free" genetic testing and then requests your Medicare number. If your personal information is compromised, it may be used in other fraud schemes.
- A physician that you know and trust should assess your condition and approve any requests for genetic testing.
- Medicare beneficiaries should be cautious of unsolicited requests for their Medicare numbers. If anyone other than your physician's office requests your Medicare information, do not provide it.
- If you suspect Medicare fraud, contact the U.S. Department of Health and Human Services Office of the Inspector General <https://tips.oig.hhs.gov> or call 800-447-8477.

*Resources: HHS Office of Inspector General and The Senior Medicare Patrol National Resource Center*



**Berks Encore DOUGLASSVILLE CENTER****2144 Weavertown Rd., Douglassville**

Center Manager – Sharon Pedrick

**610-582-1603**

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



1, 22, 29 @ 10:15am: Golden Globes  
 1, 8, 15, 22, 29: Fitness Room  
 2 @ 10:30am: Stretch & Soothe w/Lydia  
 2, 9, 16, 23, 30: Doo Wop Piano w/Aaron  
 7 @ 11am: TranscenDance w/Lydia  
 8 @ 11am: Bird Feeder w/TruCare  
 9 @ 10am: Medicare Presentation w/Rosa  
 14 @ 11am: Bingo w/David  
 15 @ 11am: Bingo w/Manor at Market  
 Square  
 16 @ 11am: Let's make a Beautiful Flower  
 Arrangement w/Laurelnlace Floral Design  
 19 @ 11:30am: Craft w/ Beth/Glick's  
 Greenhouse  
 21 @ 11am: Rejuvenate w/Kaleidoscope  
 Angels  
 23: Mobile Mammogram  
 23 @ 10:30am: Grocery Bingo (\$2) w/ Angela  
 Berkshire Commons  
 28 @ 11am: Boombox Bingo w/Rich  
 30 @ 11am: Mexican Dominoes w/Marilyn

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: Adult Coloring  
 10:30am: Dominoes and Rummikub  
 Every Thur: @ 10am: Pokeno. Please bring  
 pennies.  
 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) \*  
 1pm: Country Line Dance (\$1)  
 1 @ 1:30pm: Healthy Steps in Motion.  
 Advance sign up with Kathy is required.  
 5 : Center Closed. Happy Labor Day!  
 6, 13, 20, 27 @ 10:30am: New at The  
 Fleetwood Center: PICKLEBALL! Advance  
 sign up with Kathy is required.  
 6, 13, 20, 27 @ 9:30am: Basic Calligraphy.  
 The Art of Beautiful Writing with Martha.  
 Cost: 6.00 for pen. Sign up with Terry  
 7, 12, 14, 19, 21, 26, 28 @ 10am: Reading  
 with Seniors partnership with YMCA  
 Pre - school, Pre- K, toddlers, and infants.  
 Please consider spending some time  
 reading to our YMCA kids. Sign up with  
 Terry.  
 12 @ 10:30am: Gnome craft with Kathy.  
 Free. Sign up with Terry.  
 16 @ 12:30pm: Lunch Bunch at Fiore's  
 Fleetwood. Call Terry to sign up.  
 20 @ 10am: Grocery Bingo sponsored by  
 Trish from Rittenhouse Village.  
 21 @ 10:30am: The Power of Positivity with  
 Autumn Crane of Rehab1. How the Power  
 of Positivity is helping seniors laugh more  
 for their health! Sign up with Terry  
 30 @ 10am: Jackpot Bingo and Happy  
 September 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  
 12-12:45pm: Tai Chi with Jan Gyomber\*  
 12-2pm: Card Club  
 Tues 9:30am: Breakfast Club (Panera &  
 Coffee)  
 10:30am: Sit and Get Fit with Darcy  
 McLean\*  
 11am: Chair Yoga with Darcy McLean\*  
 Wed 10:30am: FABS (Flexibility Aerobics  
 Balance Strength) with Darcy McLean\*  
 Thur 10:30am: Sit and Get Fit with Darcy  
 McLean\*  
 12pm: Dollar Bingo \$2



2 @10am Craft with Donna (signup  
 required)  
 7 @ Presentation – Driver Safety  
 (Roundabouts and Real ID)  
 9 @ 10am Craft with Donna (signup  
 required)  
 14 @ 12:30pm - Boom Box Bingo\*  
 16 @ Canvas Painting by The Reading  
 Museum (signup in office) \*  
 20 @ 11:30am - Music Therapy w/Juliet\*  
 23 @ Musical Entertainment by Paul  
 Colombo 11am to 12pm Cake will be  
 provided by Mifflin Center (signup  
 required)  
 30 @ 10am: Craft with Donna (signup  
 required)  
 NEW: Mifflin Town Hall Meeting, Friday,  
 September 9 at 11:30am  
 "Tech Time with Blake" help with basic computer or  
 phone skills (signup required)  
 EVERYDAY: Puzzles, adult coloring, books, playing  
 cards, games and computers are available.

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 Yountd

610-374-3195, ext. 237

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

Every Tue: 10:15am “Sit & Get Fit”

Every Wed: 11am “Chair Zumba Gold”

12:30 pm “Cash Bingo”

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

12:30 pm “Grocery Bingo”

Every Fri: 11am “Virtual FABS Class”

12:30pm: “Cash Bingo”



“Fitness Room/Billiards/Shuffleboard” available  
Mon.-Fri. 8:30 am-3:30 pm

You are invited to LUNCH!

Served M-F at 12 noon. Menu available. Must sign up 2 weekdays in advance. (60 years or older, \$2.50 donation requested) Please note: grab and go lunches are not available. Contact Jim Yount with questions.

Computer Lab is available:

Monday thru Friday 8:30 am-3:30 pm

5 @ ALL DAY: “CLOSED FOR LABOR DAY”

6 @ 12:30pm: “Pokeno” presented by Angels of Call

9 @ 10:00am: “Craft Class” Victorian Era Pressed Flowers presented by Peggy Allen

12 & 26 @ 10:30am: “BE Inspired! Color Your World” Adult Coloring Relieves stress, it's relaxing & fun! Presented by: Reading Public Library

13 & 27 @ 10:30am till 1:30 pm: “Farmers Market” presented by The Food Trust

13 @ 12:30pm: “Music Bingo” presented by Rich

19 @ 10:30am: “Fun Time w/TruCare”

20 @ 12:30pm: “Craft Class” (Canvas Painting) presented by Reading Public Library

27 @ 12:30pm: “Jeopardy” presented by Senior Life

Beginning Aug. 1 Only Congregate 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: 10am – Sit & Get Fit w/ Linda – FREE to anyone

11am: Bingo & Lunch - \$4/person (there will be NO Bingo on August 22 or 29)

Every Tues: 9:15am – Chair Yoga – \$5.00/class

12:30pm: Pinochle – come join our card playing group!

10:30am - Zumba Gold Toning – FREE\* to anyone 60+

Every Wed: 10:15am - Chair Zumba – FREE\* to anyone 60+

11:15am: Dominoes

12:30pm: ‘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 – You can do it!\*

Every Thur: 9:15am – Chair Yoga – \$5.00/class

11am – Zumba Gold with Aida

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

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

10am: Pickleball @ the Strausstown Park – MUST sign up in advance

2 @ Noon: Strausstown Alumni Association Luncheon

7 @ Noon: Lunch and a Show with Musician Michael Kropp – FREE but sign up

13 @ 12:30pm: Pressed Flower in Glass Class w/ Peggy Allen – must sign up

14 @ 12:30pm: Homemade Ice Cream Social – FREE

20 @ 9am-12:30pm: Chair Massages with Lorraine Kline. \$10 for 15 minutes

21 @ 12:30pm: Candy Bingo with David

26 @ Noon: JACKPOT BINGO - \$5 winner every game – cost \$4/person for lunch & bingo

27 @ 12:30pm: Boombox Bingo with Times Gone By Entertainment

29 @ noon: Lunch and Learn - Nutrition Support Better Brain Health

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: 9 am: Board Games

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

12pm: Hausenpfeffer

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

1:30pm: Ballroom Dancing

6pm: Zumba Gold (\$6)

Every Wed: 9:30am: Bridge

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

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

12pm: Bingo

Every Thurs: 9:30am: Duplicate Bridge

11am: Karaoke

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

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

12:45pm: Advanced Tai Chi-24 (\$5)



5: CLOSED for Labor Day

16 @ 12:15pm: Grocery Bingo w/ Trish from Rittenhouse Village – FREE

23 @ 11:30am: AI Grout – FREE, but must be registered. 75 person limit

27 : Mobile Mammogram

29 @ 12:30pm: Grocery Bingo- \$2.00/20 games

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.



## SCOTTISH RITE GOLDEN EAGLES

NEXT MEETING – Wed, Sept 21, 2022 - 12Noon Scottish Rite Cathedral – 430 S.7th Ave., West Reading, YOU ARE INVITED!!!

Good food catered by Kathryn's Catering - \$8.00 and plenty of food for the day, good programs and brief business meeting. Best of all is the friendship and relationships that are built by the members. Dress is casual. PLENTY OF FREE PARKING AND AIR-CONDITIONED FACILITY.

Research shows that social isolation in adults can lead to dangerous health risks and a poorer quality of life. Just like eating healthy and staying fit, socialization requires a bit of effort. Human nature leads us to crave relationships with other people. So, come and join a whole bunch of good people, get a wonderful full meal, great programming and enjoy.

Again, meetings are the third Wednesday at 12 Noon in the Scottish Rite Cathedral banquet room. Day trips are being planned, see below. E-mail me at cnjk1992@aol.com for more information. Try us you will like us – and bring a friend along.. GET OUT AND ENJOY THE GOOD WEATHER & GOOD FELLOWSHIP.

### MEETING INFO

September 21st Meeting –Program is Sandy Stewart, group tour planner with Elite Coach out of Ephrata and a surprise presentation. Meal is Sirloin beef tips w/green pepper & onions, potato filling, Harvard beets, Cole Slaw, dessert, coffee and tea.

October 19th Meeting – Program is Dr. Mindy Bruderick from Berks Hearing Professionals Meal is Swedish Meatballs, buttered noodles,

buttered corn and Cole slaw, Dessert, coffee and tea.

Please make reservations for lunch with Don or Barb Loos at 610 -678-1063 at least four days prior to the meeting.

**TRIPS – Now accepting reservations, trips open to all.**

December 5, 2022 – “A Playhouse Christmas”-Hunterdon Hills

Trips to Gettysburg and Sight & Sound “Moses” are in the planning stage for 2023.

Contact Carey M. Kaucher, President cnjk1992@aol.com 610-670-9827

## LEAGUE OF GOLDEN AGERS, MOHNTON

Meetings are held the 2nd and 4th Wednesday of each month at St. John's Parish House in Mohnton, beginning at 10 AM.

We have interesting meetings with speakers, entertainment and sometimes we enjoy nice lunches. Upcoming trips for the rest of the year include:

September 7: Annual Mystery Trip \$75.00. this is always lots of fun and we discover new things. Only the driver knows where we will end up.

October 19: Peddler's Village, Lunch and the Scarecrow Festival with time for shopping. \$75.00

November 2: Dutch Apple dinner Theater for “Saturday Night Live” \$97.00.

For more information on any of the trips, call Roxie at 610-334-3084. Hope to see you at a meeting or one of our trips.

Susan Messner, Secretary



*Home care*  
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Help them stay in their homes and keep the independence they cherish. We always conduct regular, confidential in-home quality assurance visitations to go hand-in-hand with a customized care plan specifically for your loved one. We are locally owned and operated, giving us a stake in your community.

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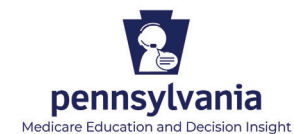
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4th Monday of the month @ 6 PM –  
 September 26, October 24,  
 November 28 and December 19  
 Morning sessions @ 10 AM –  
 Wednesday, September 14

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## BERKS CHAPTER PENNSYLVANIA ASSOCIATION OF SCHOOL RETIREES

THE FALL GENERAL MEMBERSHIP MEETING is scheduled for Saturday, September 24, 2022, at the Virginville Grange # 1832, 456 Main Street in Virginville, PA 19564. The Grange is located approximately 15 minutes north out of Fleetwood. Follow Route 662 North across Route 222 at the traffic circle. Bare right on Route 143 North. Route 143 North is Main Street in Virginville. The Grange is located on the left and parking and the main entrance to the building is located in the rear.

Registration begins at 10:15 AM followed by a business meeting at 10:45 AM. A turkey luncheon will be served at 12 noon for a cost of \$21. To reserve a lunch, please mail a check payable to BCASR to DONNA SPIERS, BCASR TREASURER, 302 Park Avenue, Temple, PA 19560. The deadline for registration is Friday, September 9, 2022.

Due to the recent passing of Mark McKillop, Executive Director of the Pennsylvania Association of School Retirees, we have not identified a substitute speaker at the time of this writing. We will be presenting the PASR Laretta Woodson Awards to Laura Bixler, an educator at Daniel Boone Area High School, and Robin Derr, a Support Professional at the Mt. Penn Primary Center in the Antietam School District. We will also be honoring our BCASR Volunteer of the Year, Cynthia Riegel, a member of the Boyertown Oley Association of Retired School Employees. A Memorial Service will be conducted to honor and reflect on the memories of the BCASR members who have passed away since our last Memorial Service in SEPTEMBER 2021.

PSERS ELECTION Berks County Association of School Retirees chapter president and PASR president elect, Russell Diesinger, has announced his candidacy

for the annuitant member participant seat on the PSERS Board of Trustees. The PSERS Board of Trustees will conduct an annuitant/participant election this fall. The annuitant member/participant will serve a three-year term on the Board beginning January 1, 2023.

Russ announces his candidacy by saying, "My colleagues, I am officially announcing my candidacy for the annuitant seat on the Board of Trustees of the Pennsylvania Public School Employees Retirement System (PSERS). My name will appear on the ballot that you will receive this November. Please, do not throw the ballot in the trash! Please vote so that we have a real voice at the table where important decisions about our pensions are made. I promise to work diligently as a board member to advocate for greater transparency in PSERS reporting, a more fiscally responsible investment philosophy, and more sensitivity to the needs of members whose pension has been attacked by inflation over years without any cost-of-living adjustments."

If you would like to support Russ's candidacy by signing a petition that would help to place his name on the ballot, please contact Russ by email at: DiesingerR@aol.com

RECREO – Saturday, Dec. 3, 2022, American Music Theater "Home for the Holidays" presentation, lunch at Miller's Smorgasbord, \$128.00 per person. To reserve a seat contact Pam Taylor at 610-370-5849 or email Pam at bcasrgotravel@gmail.com. Please note the new cost of \$128.00 pp since there was a fuel surcharge from the bus company.

Mary Ann Zerkowski, Publicity Chair, BCASR

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## WEST LAWN SENIOR CLUB

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.

Please remember that the 2022 Annual Membership fee is \$7.00 and is payable at our meetings. We meet on the 1st. 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 next scheduled Business meeting is September on Tuesday the 6th at 1:00 PM. Entertainment will be Karl Hausman on the piano. Our October meeting is at 1:00 PM on Tuesday the 4th, with a performance by musicians Lorri and James. Bingo social for September is scheduled for Tuesday the 20th at 1:00 PM. October's social will be held on Tuesday, October 18th at 1:00 PM.

Our 2022 trip schedule is listed below. Trips are open to our members on a first come basis, and then the trips are open to the general public. There are seats available for the November trip to the American Music Theatre.

September 15 Mystery Trip - 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 hope everyone had an enjoyable summer. Looking forward to seeing you at our September meeting. New members are always welcome.

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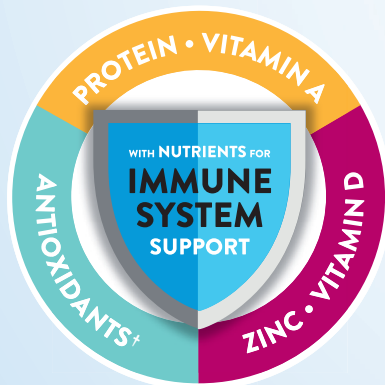


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## PARISH-DANA RETIREES

WILL YOU BELIEVE IT? September is only a few heartbeats away! All those days of rollicking fun in the sun will merely be a memory. (Ah, yes, but the humidity will be tolerable once more.)

Our annual summer picnic on 23 June was another fun gathering. Where else, but at Maier's Grove in beautiful, bucolic, bustling Blandon. About 104 retirees were scheduled to arrive; however, 23 paid members apparently decided to forego the festivities due to the possibility of inclement weather. The atmospheric condition was great, and there were loads of smiles, and laughter, and friendship.)

Why not exchange smiles-friendship-laughter again on Thursday, 1 September at the Wyomissing Family Restaurant? It is still located at 1245 Penn Avenue, Wyomissing. If you arrive before 11:30 a.m., you may not have access to our luncheon/meeting area. You can't go away hungry with AYCE! All this for the mind-boggling price of a paltry \$12.00. Remember, our treasury is contributing an additional \$2.50 per member.

There will not be a speaker this month, but I am confident there won't be a lull in the conversations.

NOTE: On Tuesday morning, 30 August, the executive board will be meeting at Crossroads Restaurant to discuss our upcoming luncheons. (Board members only). However, we will welcome any thoughts you may have two days later.

Questions: contact Larry Jambeau: parishretirees@comcast.net.

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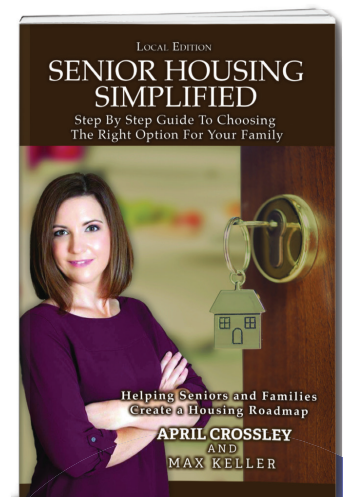
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## ST. IGNATIUS SENIORS

The St. Ignatius Seniors meet on the first Wednesday of the month from September through June. We enjoy social, cultural and educational programs; we travel; we hike; we partake of delicious refreshments; we play Bingo; we enjoy being together.

Our Annual Membership Meeting will be held on September 7 at 10:00 am in the Meeting Rooms of the Parish Education Center. Annual dues are \$7.00. Our 2022-23 Officers will be installed at the meeting.

### Our trips for the rest of the year are:

September 22 - The Waterfront at Silver Birches - includes train ride, lunch, and show - \$130.00 (call for availability)

October 25 - "Mystery Trip" lunch is included - \$99.00 Deadline Is September 15

November 16 - Christmas Show - Home For The Holidays at the American Music Theater - includes Family Style Meal at the Hometown Kitchen - \$121.00 Deadline September 24.

Call Judy Jablonski for trip information (610-670-0907); call Barb Kunder (610-763-1383) for other questions.

## HAMBURG SENIOR CITIZENS

The Hamburg Senior Citizens Club will meet at the First UCC Church on Pine and 3rd Street, Hamburg on the second Wednesday of September at 2:00 pm.

Program: Mr. Brintzenhof will entertain us with his guitar and telling jokes.

### Trips:

September 28 - Penn's Peak - Johnny Cash tribute - 2 seats available

October 10 - Lake Tobias Wildlife Park - seats available

November 16 - American Music Theater- Christmas show - FILLED  
Club reporter, Gloria Hess



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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
Northern Virginia Holiday Jubilee. December 7-9.....	\$652
Christmastime in Vermont. December 12-15.....	\$985

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Aug 28, Sept 11 Cape May, NJ - 2nd and 4th Sundays.....	\$53
Aug 28, Sept 11 Lower Manhattan, NY - Statue of Liberty/911 Memorial.....	\$64
August 30 Mystery Beach Tour - FINAL of Summer! .....	\$52
Sept 10 New York City Freetime, Broadway Optional.....	\$62
Sept 18 Feast of San Gennaro - Little Italy, NY.....	\$69
Sept 26 Bloomsburg Fair - Senior Day!.....	\$57

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**ST. CATHERINE OF SIENA 50+ CLUB**

Our monthly meetings are normally held at 1:00 PM on the first Wednesday of every month at St. Catharine's Social Hall on Route 562, 4975 Boyertown Pike in Exeter Township, dues are \$5.00 per year. All are welcome.

Wednesday, September 7, Dr. Borja, chiropractor will discuss the holistic benefits of a massage. Refreshments will be provided – cakes, coffee, tea and water.

Wednesday October 5, Mark Goldstein will speak about "Blankets for Hope". Refreshments will be provided – cakes, coffee, tea and water.

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.

TRIPS ARE BACK! Why not join us?!

Fri., Oct. 21: American Treasure Tour, tram ride through rooms of Memory Lane, with full room of operating musical organs + lunch + Colebrookdale Railroad. 2 hour train ride. \$135.

Wednesday, November, 16: Magic & Moments of Christmas at the National Christmas Center + lunch on your own at Cracker Barrel + Christmas show at American Music Center. \$120.

Contact Pat White 610-582-1437 for more information on trips. Proof of COVID Vaccination is required for all 50+ club Trips. Please call Maria Bunch, Vice-President at 610-582-4632 with questions or concerns. See us on Facebook!

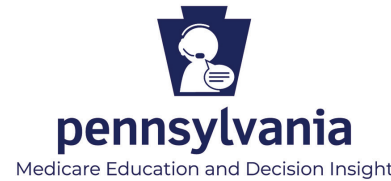
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This project was supported, in part by grant number 2101PAMIDR-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



## PEOPLE OVER FIFTY SOCIAL CLUB

MEETING LOCATION: St. John's Gernant's Church, 13 Gernants Church Road, Leesport, Pa 19533.

NEXT MEETING DATE: Wednesday, September 28; meeting starts at 11:00; doors open at 10:30.

OUR MAILING ADDRESS: PO Box 25, Temple, PA 1956.

Family and friends are talking about Summer's end and Fall's approach. Are they right? How many of these Fall indicators can you personally verify? \_\_\_ Big yellow vehicles that carry children are on the roads in the morning and late afternoon; \_\_\_ Your local high school stadium is filled with cheering crowds; \_\_\_ Little kids are carrying elephant-sized backpacks; \_\_\_ Walmart and Target are out of pencils, notebooks, and crayons; \_\_\_ Summer TV reruns are disappearing; \_\_\_ Cider and pumpkin drinks are available everywhere.

Our next meeting is at the end of September and by then you should have verified all these. So let's add another item – have you noted on your calendar when the first fall meeting of People Over Fifty is?

Our lunch for September is a choice of chicken salad on roll or a meatball sandwich, chips, and dessert. The cost is \$7.00 and if you did not make a reservation at the August meeting, send a check and luncheon choice(s) to our PO Box. Reservations close Thursday, September 22. Our luncheon host and hostess for this meeting are Jackie and Ray Shunk. They live in the Douglasville area and Ray is the lead for the Berks Harmony Quartet.

Our entertainment for September is the very talented Bill Minnich who gets audiences toe-tapping and singing along with his accordion sounds from Broadway Musicals.

If your fall calendar is not yet filled, add one of our trips to your schedule. In October (10/13) we have scheduled our annual Mystery Tour (\$80); it's always a fun experience. On November 2, our trip committee has scheduled us for Dutch Apple Theater (\$88), and on December 6, we will lunch at Shady Maple, then attend American Music Theater's Holiday Show. All attending will receive a treat on the way home (\$95). Reservations can be made at our meetings or by contacting either Karen Dietrich-Schwartz (610-939-9402) or Pat Sinistri (610-678-8654).

Join us this Fall as a regular attendee, a returning member, or as someone who might be interested in a senior club. Questions can be directed to our President, Doris Turkes (610-378-0434).

## EXETER SENIOR CLUB

The Exeter Seniors meet the 3rd Wednesday of the month 12:30pm at the Schwartwald 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, President at 484-335-0582 for any additional questions.

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**September 10-15** (6 Days).....**\$870.00**  
5 Nights Lodging, including Overnights,  
4 Shows: Country Tonite, Paula Deen's  
Lumberjack Feud, Charlie Bob Smith  
Morning Variety Show & Hatfields &  
McCoys Dinner Feud, Dollywood Theme  
Park, Titanic Museum, Smoky Mountain  
Tour, Tour & Tasting at Ole Smoky  
Tennessee Moonshine, 8 Meals

### CAPE MAY, NEW JERSEY

**September 11-13** (3 Days).....**\$609.00**  
2 Nights lodging at the Grand Hotel, Tour  
of the Physick Estate & Carriage House  
Exhibit, Trolley Tour of Historic District,  
Dolphin Watch Boat Cruise, Visit to Local  
Winery, Washington Street Mall, 4 Meals

### PITTSBURGH, PENNSYLVANIA

**September 12-15** (4 Days).....**\$709.00**  
3 Nights Lodging, Flight 93 Memorial &  
Tower of Voices Chimes, Duquesne  
Incline, Gateway Clipper Cruise, Guided  
Tour of Pittsburgh, Cathedral of Learning,  
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### ST. MICHAELS, MARYLAND

**September 13-14** (2 Days).....**\$359.00**  
1 Night's Lodging, Chesapeake Maritime  
Museum, Patriot Cruises Boat Ride,  
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### BRANSON, MISSOURI

**September 16-24** (7 Days).....**\$1199.00**  
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Express, Petersen Family Bluegrass  
Band, Showboat Branson Belle, #1 Hits  
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Meals, including the Uptown Cafe

### MOOSE TRAX, NEW HAMPSHIRE

**September 19-22** (4 Days).....**\$709.00**  
3 Nights Lodging, Evening Moose Tour,  
White Mountains National Forest,  
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Road Scenic Road, Crawford Notch  
State Park, Silver Cascade & Elephant  
Head, Franconia Notch Visitor's Center,  
Cannon Mountain Aerial Tram, M/S Mount  
Washington Winnepesaukee Lake Cruise,  
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6 Meals

### ADIRONDACK BALLOON FESTIVAL & LAKE GEORGE, NY

**September 22-25** (4 Days).....**\$739.00**  
3 Nights Lodging, Lake George Cruise,  
West Point Military Academy, Adirondack  
Balloon Festival, Sunset Balloon Flight,  
Tour of Lake Placid & the Olympic Village,  
National Baseball Hall of Fame, Free Time  
in Cooperstown, 6 Meals

### FINGER LAKES, NEW YORK

**October 2-4** (3 Days).....**\$440.00**  
2 Nights Lodging, Corning Museum of Glass,  
Willard Memorial Chapel, Sonnenberg  
Gardens & Mansion, Finger Lakes Winery  
Tour & Tasting, Scenic Lake Cruise,  
National Soaring Museum, Finger Lakes  
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## BLUE MOUNTAIN 50 PLUS CLUB

### Club Meetings:

Thursday, September 1 – 7:00 pm Program - Sandy Heisey - Singing  
**\*\*Note\*\*** October Banquet Location has Change.

Saturday, October 8 - 12 noon - October Banquet - Little Swatara Church of the Brethren, 31 Rehreburg Rd., Bethel PA 19507 Program - Solid Gold

(Ticket required, contact Linda Reed 610-488-1180. Sale of tickets ends September 24th)

Saturday, November 12 – 1:00 pm **\*\*Note\*\*** 2nd Saturday Program – Tulpehocken High School Show Choir

Note: All Blue Mountain 50 Plus Club, monthly meetings, are held at the Little Swatara Church of the Brethren, 31 Rehreburg 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:

Tuesday, September 20, “Lights Out” The Music of Frankie Valli and the Four Seasons, Penn’s Peak. Family style lunch before the show. Price: \$76.00

Friday, October 7, “The Texas Tenors” American Music Theater, Evening meal at Plain & Fancy Restaurant, before the show. Price: \$103.00

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 Rehreburg 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

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Every Thu: 9am: Aquafit Class 9am: Fit @ 50 Class

10am: Line Dancing

Every Fri: 9am: Aquafit Class 10:30 am: Silver Sneakers Classic

### Sudoku - Puzzle on page 31

Easy Answer Medium Answer Hard Answer

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

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

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

## SHOEMAKERSVILLE SENIOR CITIZENS CLUB

The Senior Citizens Club meets every Tuesday at 1:00 PM in the Banquet Hall of the Shoemakersville Fire Company. Come and join us. All are welcome.

Our Trip Coordinator, Marlene Kline, has planned the following trips. Her trips are always a great success. Please contact Marlene at (610) 562-8364 for information or reservations concerning these trips.

September 7 – Windcreek Casino

September 15 – Williamsport, PA which includes a tour of the city, lunch, Hiawatha Cruise, Four Friends Winery

October 5, 2022 – Windcreek Casino

October 19 – Atlantic City, NJ

November 2 – Windcreek Casino

December 1 & 2 – Turning Stone Casino, Verona, NY

December 7 – Windcreek Casino

December 21 – Christmas Show – American Music Theater

Happy Birthday and Happy Anniversary to all our members who will be celebrating these special days during the month of September.

Have a wonderful Autumn. Submitted by, Jane Craley

## TOPTON AREA SENIOR CITIZENS

The Tipton Area Senior Citizens meet on the first, Thursday of each month. The time is 1:00 P.M. to 3:45 P.M.

We have a short meeting, with a light snack or lunch. After the snack, we play cards or Bingo.

In July, we had attended “The Tipton Community Days” at the Tipton Pool Pavilion. It was sponsored by Ludwick Funeral, Janelle’s Catering, and the Tipton Borough. We had tickets for special door prizes and played Bingo for prizes. The weather was great. We also had delicious food.

Tipton Area Senior Citizens always welcome new members. You donate \$1.00 at each meeting. You do not have to live in Berks County.

The Second Wednesday of the month, we have a Bus Trip to Wind Creek Casino. The Bus leaves at 9:30 A.M. from the Tipton Grange. The Grange is located at 46 East Keeler St., Tipton, PA. 19562. The Bus leaves Wind Creek Casino at 3:00 P.M. to come home. Cost is \$30.00 and the casino rebate is \$25.00. Come and join the fun. You do not have to be a member to go on the Casino Bus Trip. If interested, please call Linda Butz at 484-637-3653 to reserve a seat. September 14, October 12, and November 9 are the trips for the remaining year. You can give her the cash or pay by check to Linda Butz, 336 Old Tipton Rd., Tipton, Pa. 19562 before the trip.

December 8th, is our annual Christmas Party. Money made by running the Casino trips is used to help pay the cost of the Party.

President – Betty Bleiler

Vice President- Roxanne Reimert

Secretary – Betty M. Miller

Treasure – Linda Butz

Chaplain- Norma Greiss

Betty M. Miller, Secretary, bettsandfarley@netzero.net, 610-398-2329

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## TUCKERTON NIFTY FIFTY CLUB

Our September 12 meeting at the Good Shepherd Lutheran Church on Stoudt's Ferry Bridge Road will begin at 10:00 a.m. Our members will have time to renew membership and socialize before the Regular Club meeting begins at 11:00 a.m. The lunch for the meeting is sandwiches which members ordered last month. The program is "The History of Pretzels" by the Faller Pretzel Company.

Our 2023 Membership renewal begins at our September meeting and ends at the close of our October meeting. Renewal cost is \$6.00.

Prospective members on the membership wait list will be called in October and may join immediately. The cost is \$6.00 and includes membership for the remainder of 2022 and all of 2023. Prospective members must fill out the new membership card in its entirety to be accepted as a new member.

Reservations and payment for our December Christmas Dinner will be collected at our October and November meetings. No reservations will be accepted after the close of the November meeting.

September 21 – Train Ride to Silver Birches.

October 12 – Dutch Apple "Saturday Night Fever", payment due Sept. 12.

October 27 - Penn's Peak "Barbara and Frank", payment due Sept. 12.

Call Marilyn Daniels, our Trip Coordinator, at 610-929-5465 with any questions concerning our trips.

Submitted by Rose Ertz, Secretary, Publicist

## BERNVILLE YOUNG AT HEART

Our September meeting will take place Wed., September 21 at the Bernville Grange.

The doors open at 12 and the meeting starts at 1. Anyone 50 and is welcome to join. The yearly dues are \$5.00. The dues for every meeting are \$4.00 at the door and your first meeting is free. Please use the handicapped ramp to enter the grange. This was discussed and voted on to make things easier for all people with walking problems or not. If you have a change of address or phone number please let me know.

At our September 21 meeting, we will have Sheep Hill Herbs give a talk on herbs and how to use them.

Our meeting on October 19 we will have Seniors Helping Seniors explain to us how they can help seniors.

The November 16 meeting will feature Laurel and Lace by Lyndsey Leh explaining how to do arrangements of flowers and which ones make the best arrangements and last the longest.

Our last trip of the year is Tuesday, November 29 to the American Music Theatre for "Home for the Holidays". Masks are not required on the bus. This afternoon trip includes a Family Style lunch at Hometown Kitchen. Any questions or to sign up call Shirley Loy at 610-678-3602. You do not have to be a member to go on the trips.

We are planning our Christmas dinner at Blue Mountain family restaurant in Shartlesville for Wed., December 21. There will be more information coming soon.

Hope to see you at the next meeting. Arlene Rhoads

## MARION SENIOR TRIPS 2022

We have a few openings for the Niagara Falls trip and our Mystery Trip. We will gladly put anyone on a waiting list for any other trip this year. CONTACT: Burl & Sandra Werner, 256 Krick Lane, Sinking Spring, PA 19608. 610-678-4464. swerner55@comcast.net

Sept. 19-22 Niagara Falls, NY. Double-\$749; Single \$940. 4 Days- 3 Nights. Call for details.

Thurs. Oct. 13: Penns Peak. 9:30 AM -5:00 PM \$86 (A Tribute to Dolly & Kenny)  
Oct. 29-Nov. 5: Cruise To Bermuda. Call for details.

We. Nov. 16: Mystery Trip????? 8:45AM-6:45PM Due: Sept. \$118

Tues. Dec 6: American Music Theater 9:00 AM- 4:00 PM \$100 (Christmas Show) Due: Oct. (Lunch at Fulton Steamboat).

Make Checks Payable To: Marion Senior Trip Fund. Day Trips leave from Tulpehocken Church, Tulpehocken Rd., Richland.

## SENIOR CLUB OF LAURELDALE:

July 6: Past Meeting: Getting together for an outdoor picnic at Jim Dietrich Park, on a sunshine 85-degree day, was our 83 attending members, who enjoyed a plentiful lunch buffet supplied by Shelley from Wegman's catering. Lots of desserts and beverages were contributed by our members. Our Guessing game winners were: Deanna Northam - Money Jar, and Linda Benner - Candy Jar. Lucky winners of our Bingo games were: Nancy Dunkle, Gladys Green, Betty Marino, Yolanda Schaeffer, Betty Ruth and Paul Schmehl. SPECIAL THANKS to our PATRICIA SCHLEICHER, for going above and beyond her other Club duties, to make this picnic a fun day for all of us.

July 12: Our 45 passengers took a chance on winning at the Wind Creek Casino in Bethlehem. None of us hit the jackpot, but we all had a good time.

September 9 - Upcoming Meeting: Our lunch refreshments will be Meatball sandwiches, and we'll have some fun with Trivia Quiz questions prepared by Pat Schleicher.

September 20: At 10:45 AM, Hop aboard our bus and relax as we head for Bube's Brewery Murder Mystery. (sold out - call Pat for cancellations).

Remaining 2022 Day Trips: October 18 - Wind Creek Casino - Reserve with Helen Quade 610-929-2412. November 22 - American Music Christmas - Call Pat Schleicher 484-709-0279.

Our monthly meetings are usually held on the 2nd Fridays at 11:00 AM. Contact: President, Cassandra McWilliams 610-929-0896 for more info.

Submitted by: Helen Quade, P/R and Trips.

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Sudoku Easy

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

Sudoku Medium

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

Sudoku Hard

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



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