

Formerly the Pottstown Area Seniors' Center

610-323-5009

www.TriCountyAAC.org

288 Moser Road, Suite 1

Pottstown, PA 19464

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July - August 2016

# NEWSLETTER

DATED MATERIAL

July 1, 2016

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
POTTSTOWN PA  
PERMIT NO. 68

or current resident

# Medicare Counseling Available for Free!

Apprise is a free health insurance counseling program designed to help all Pennsylvanians with Medicare. Counselors are specially trained staff and volunteers who can answer your question about Medicare and can help to provide you with objective, easy to understand information about Medicare.

Apprise can also help with:

- Medicare Prescription Drug Plans (Part D)
- Medicare Advantage Plans
- Medicare Supplemental Insurance (Medigap)
- Medicaid

- Long Term Care Insurance

- Screening and applying for financial assistance programs

- Fraud and Abuse

Appointments are required for the Apprise counseling. We are pleased to have Ed Savitsky with us to answer your questions regarding Medicare. Call (610) 323-5009 to schedule an appointment with Ed. He is available at TriCounty Active Adult Center every second Wednesday of the month in the afternoon by appointment. COMING SOON: Medicare 101, Wednesday, Oct. 19th at 1 PM, All the basics and updates!



*Inside:*

## Senior Games



TriCounty Active Adult Center had several participants this year!

*Story on page 13*

# From Brian's Desk

We are rockin' at the TriCounty Active Adult Center! As the weather warms up, come on in to stay cool. More and more people are joining us every day to have fun and stay active, so come on in to see what we have going on!

If you are online, check out our new website - [www.TriCountyAAC.org](http://www.TriCountyAAC.org). We are still working on some portions of the site, but you can find our daily calendar there, lunch menus,



Brian Parkes

descriptions of all of our programs and activities, and much, much more.

We will continue to produce this printed newsletter, but you can also follow us on Facebook or sign up to receive an e-mail newsletter to keep up with the happenings!

## Cash (Car) Raffle Launches!

Changes, changes, changes... Our annual car raffle is a \$15,000 cash raffle this year! Due to insurance regulation changes, the car dealer could no longer lend us the car for the raffle. The

good news is, you can take the money and buy whatever car you want - or take a family vacation, pay off some debt, put an addition on your home - whatever you can dream you'll have \$15,000 to do it! Tickets are available for sale at our Moser Road location only, or from board members. As in previous years, they are \$10 each or 4 for \$30. The drawing will be held on Labor Day (September 5 at 5pm. The location will be announced later in the summer.

## Calendar Change

You will notice we do not have the calendars printed in this newsletter. Due to the number of activities we have, the calendars had become too small to be readable and useful. We are trying something new this issue - check the Activities page for a full listing of everything that is going on here at the center.

## Golf Outing

Our Golf Outing in June was another success. Nearly 50 golfers came out to support the center and play a round at Hickory Valley in Gilbertsville. It was a perfect day, and everyone had a good time. Thank you to all of our sponsors and golfers for helping us raise thousands of dollars for the Center!

## Construction

After a lengthy delay, we are under construction again. We had some changes that required updated drawings and permits, but those are finally complete and we are beginning the drywall installation and other finish work.

## Support for the New Building

Overall, the outpouring of support from our members and the greater community has been inspiring! Everyone has dug deep to give what they can to make this dream come true. It's amazing to know how many people understand how critical the center is to the older adults of our community.

Many sponsorship opportunities are still available. From much-needed furniture to commercial kitchen equipment, your gift will help complete our new home. Call me

**Every week has new and fun activities here at the Center. Shoot some pool, walk the indoor track, do a Zumba or Martial Arts class, create a greeting card, or play cards - we have something that will enrich your life and improve your health.**

for more information on available sponsorships and their cost.

## Lots of fun stuff going on!

Every week has new and fun activities here at the Center. Shoot some pool, walk the indoor track, do a Zumba or Martial Arts class, create a greeting card, or play cards - we have something that will enrich your life and improve your health. Be sure to check the activities page for details. If you have ideas for new programs, please let us know - we are working on planning new programs now and would love your input!

If you or someone you know could use a place to spend the day, please reach out to us. Free transportation is available, and you do not need to be a member or live in Pottstown to enjoy our services. Both TransNet and the Pottstown transit buses come right to the door of the Berean Church.

Come be a part of a very special organization in Pottstown!

Brian  
610-323-5305  
[Brian@TriCountyAAC.org](mailto:Brian@TriCountyAAC.org)

### TriCounty Active Adult Center Board of Directors

#### PRESIDENT:

LILLIE FOSTER

#### 1st VICE PRESIDENT:

CHARLES MCCARTHY

#### 2ND VICE PRESIDENT:

THOMAS SPANN

#### SECRETARY:

VIRGINIA TAKACH

#### TREASURER:

RODNEY REYNOLDS, C.P.A.

#### ASSISTANT TREASURER:

SCOTT RAKOWSKI, C.P.A.

#### MEMBERS:

Ronald Barrett, Barbara Borger  
Samuel Cancel, Ronald Dinnocenti  
Dr. Garland Fisher, David Garner  
Janet Garner, Jay Kapila  
William Krause, Sylvia Landis  
Mary Ann Lawrence, Bobby Watson  
Jackie Wilder, Sue Yocum

### TriCounty Active Adult Center Staff

#### EXECUTIVE DIRECTOR:

BRIAN PARKES  
[Brian@TriCountyAAC.org](mailto:Brian@TriCountyAAC.org)

#### ASSISTANT EXECUTIVE DIRECTOR:

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[Sue@TriCountyAAC.org](mailto:Sue@TriCountyAAC.org)

#### OFFICE MANAGER/BOOKKEEPER:

SHARON LEE LEIBENSPERGER  
[Sharon@TriCountyAAC.org](mailto:Sharon@TriCountyAAC.org)

#### INFORMATION AND ASSISTANCE

#### SPECIALIST:

ALYSSA BELL  
[Alyssa@TriCountyAAC.org](mailto:Alyssa@TriCountyAAC.org)

#### VOLUNTEER COORDINATOR/

#### PROGRAM ASSISTANT:

KAY YUSKO

#### RECEPTIONISTS:

RITA BOMMARITO, HELEN ENDRES  
[Info@TriCountyAAC.org](mailto:Info@TriCountyAAC.org)

#### LUNCH PROGRAM MANAGER:

HELEN NEIFFER

### Board of Directors Meetings

Board of Directors meets the 4th Tuesday of the month at 8:00 AM

The mission of the TriCounty Active Adult Center is to enhance the well-being of its members by providing services and activities that promote an independent and healthy life style. The TriCounty Active Adult Center has more than 3,000 members residing in the tri-county area. We welcome anyone living in the tri-county area (Berks, Chester and Montgomery Counties) who is 50+ years of age to consider attending our center. The TriCounty Active Adult Center provides services to anyone age 50 or better, regardless of race, religion, nationality, gender, sexual orientation, or gender identity.

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Send address changes to: TRAAC, 288 Moser Road, Suite 1, Pottstown, PA 19464.

# Alyssa's Notes

## Howdy Everyone,

It's that time of year again! Time for the produce vouchers to be issued. Are you eligible? People who are 60+ years old during the program year and meet the income requirements are eligible. Income is household income: interest, social security, and wages. \*\*\*Seniors who are living in nursing or residential facilities where meals are provided are not eligible\*\*\* The maximum annual income to be eligible is: Single- \$21,978 or Couple- \$29,637. Each eligible person will receive four \$5.00 checks for a total benefit of \$20.00 one time during the program year. Sorry -



Alyssa

we can not mail Vouchers. September 30, 2016 is the last day to issue vouchers. November 30, 2016 is the last day to use the vouchers. Stop by on Mondays, Tuesdays, Thursdays, and Fridays between 9:00am and 11:30am to get your vouchers.

If you still drive, please stop by on Fridays to get signed up

for the Yellow Dot Program from 9:00am to 10:30am. This free, simple program could save your life in the event of an accident or medical emergency. Learn more about the Yellow Dot Program in the article located in this newsletter.

For more information please call me (Alyssa) at (610) 323-5009.

**Are you eligible for produce vouchers? People who are 60+ years old during the program year and meet the income requirements are eligible.**



A life that touches others goes on forever.

The TriCounty Active Adult Center would like to express our sincere gratitude and appreciation for the donations in memory of some of our dear friends.

**In Memory of Howard Epstein**  
Richard and Barbara Borger

**In Memory of Henry Pollak**  
Richard and Barbara Borger  
Jan Morris

**In Memory of Trudy Harple**  
Joan Landis



Providing award-winning care in Montgomery County.

Greenfield is your trusted home-town community offering independent living, personal care, and memory care. We invite you to visit our community, take a tour, and experience our loving community that so many call home.

Join us for a  
**Veterans Benefits  
information seminar**  
July 14th - 6:30pm

  
**GREENFIELD  
SENIOR LIVING**  
CARING FOR THOSE WHO CARED FOR US™  
**610-287-1822**

## Caregiver Support Group

Support groups help family caregivers deal with the emotional and practical challenges of caregiving. Starting at **6:30 pm**, our next meetings will be held:

July 12 • August 9 • September 13

**Greenfield Senior Living of Perkiomen Valley**  
300 Perkiomen Avenue, Schwenksville, PA 19473  
610-287-1822

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



## FREE FANS AVAILABLE



Stay cool this summer with a free fan (dog not included).

The temperatures are rising and summer is just beginning. We have a limited number of FREE box fans available for those that may need them to help keep cool. If you are 50 years of age or older, do not have air conditioning or other fans in your home and could use a fan please contact us at (610) 323-5009. Limited quantities available, and will be distributed first-come, first-served. Special thanks to PECO for generously donating these fans.

# YOUR HOME. OUR CARE.



Whether your loved one needs advanced treatment or just a helping hand at home, let our family help care for yours. Pottstown VNA and Advantage Home Care offer compassionate, complete care from the best nurses, therapists and caregivers around. All in the comfort of your own home.

For more information, or to schedule care, call 1.855.THE.VNAs, or visit [www.everythinghomecare.org](http://www.everythinghomecare.org).





1.855.THE.VNAs  
Learn more at [EverythingHomeCare.org](http://EverythingHomeCare.org)

# Why Take a Driver Safety Course?

**Because driving has changed since you first got your license, and doing so could save you money**

**Cars have changed. So have traffic rules, driving conditions and the roads you travel every day.**

By taking a driver safety course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time. In addition, you'll learn:

- How to minimize the effects of dangerous blind spots
- How to maintain the proper following distance behind another car
- The safest ways to change lanes and make turns at busy intersections
- Proper use of safety belts, air bags, antilock brakes and new technology found in cars today
- Ways to monitor your

**COMING SOON!**

**AARP DRIVING CLASS**

**THURSDAY, JULY 14th**

own and others' driving skills and capabilities

- The effects of medications on driving
- The importance of eliminating distractions, such as eating, smoking and using a cellphone

After completing the course, you will have a greater appreciation of driving challenges and a better understanding of how to avoid potential collisions and injuring yourself or others.

### About the course

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's largest classroom and online driver safety course and is designed especially for drivers age 50 and older.

You may be eligible to receive an insurance discount upon completing the course, so consult your insurance agent for details.

AARP membership is

not required to take the course and there are no tests to pass.

The classroom course costs only \$15 for AARP members and \$20 for non-members.

### How to register

Call the TriCounty Active Adult Center at 610-323-5009 to register for our next class on Thursday, July 14th. Class will be held at the Berean Church, 2675 East High Street, Pottstown.

**By taking a driver safety course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's challenging driving environment.**

# Big Brain Benefits of Playing Chess

Chess, or the “the game of kings,” was used by rulers of empires and kingdoms as a way to practice and strategize in dealing with other monarchs and challengers. Chess is again being promoted as a way for us to strategize and the benefits it has on the brain are being studied.

The game of Chess can help to raise your IQ. It isn't just the game that all the smart people play. It is a game of thinking and challenges and is being reintroduced to the public as a game with multiple benefits. It can help to prevent Alzheimer's because the brain works like a muscle and that muscle needs to be challenged to keep it strong and healthy. Chess also exercises both sides of the brain in that it works on identification and quick responses. Your creativity will be challenged and that

works the right side of your brain, especially since your creative thinking and originality will increase. Chess players know that playing this game will improve their memory. You will begin to remember how past challengers have played and recalling their moves will give you an opportunity to beat those opponents. Memory and organizational skills have been benefits of the game for participants. But you can also see increases in problem solving skills and it can improve concentration.

We are looking for chess players! If you are interested in learning how to play, if you are a skilled chess player or just looking for someone to play with contact us at (610) 323-5009 for more information. We play on Mondays at 10:00 at the Berean Church.



***The game of Chess can help to raise your IQ. It isn't just the game that all the smart people play. It is a game of thinking and challenges and is being reintroduced to the public as a game with multiple benefits. It can help to prevent Alzheimer's because the brain works like a muscle and that muscle needs to be challenged to keep it strong and healthy.***

## Flower Arranging with Nick



If you would like a dash of summer to take home with you, if you love the looks of those floral displays but just can't seem to get the knack of it, then we have a program just for you! Please join us as we welcome Nick back to the TriCounty Active Adult Center at the Berean Church and watch him work his magic.

Nick will help you design a display to take home and all you need to bring is a small vase to hold your flowers.

This class will be held on Tuesday, July 26th and August 30th at 1:00. Please call 610.323.5009 to register as space is limited. Cost: \$2.00

## THINGS ARE CHANGING

...and not just our logo!



Jim and Mary



Come see how  
*Where You Live Matters!*

Turn over a new leaf and enjoy a lifestyle that supports your independence and Successful Aging.

- Wellness
- Care-Free Living
- Active Aging for adults over 55

  
BUCHERT RIDGE  
COMMUNITY

2011 Buchert Road, Pottstown  
610.323.5190 • Visit: whrd.org

  
SANATOGA RIDGE  
COMMUNITY

2461 E. High Street, Pottstown  
610.326.6282 • Visit: SanatogaRidge.com

HALLMAN RETIREMENT NEIGHBORHOODS

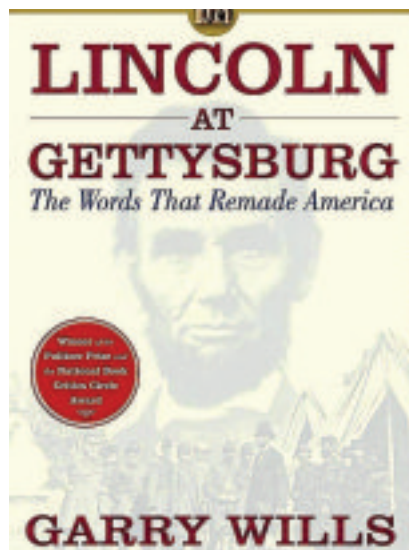
**MEET OUR RESIDENTS! | Model Homes Open Sunday 1-3pm**

# See what's happening at Book Club

Join us on Monday, July 31st (4th week) as we check out Mr. Lincoln and his Gettysburg Address.

*Lincoln at Gettysburg: The Words that Remade America* by Garry Wills

Garry Wills shows how Lincoln reached back to the Declaration of Independence to write the greatest speech in the nation's history. The power of words has rarely been given a more compelling demonstration than in the Gettysburg Address. Lincoln was asked to memorialize the gruesome battle. Instead he gave the whole nation "a new birth of freedom" in the space of a mere 272 words. His entire life and previous training and his deep political experience went into this, his revolutionary masterpiece. By examining both the address and Lincoln in their historical moment and cultural frame, Wills breathes new life into words we thought we knew, and reveals much about a president so mythologized but often misunderstood. Wills shows how Lincoln came to change the world and to effect an intellec-



tual revolution, how his words had to and did complete the work of the guns, and how Lincoln wove a spell that has not yet been broken.



Monday, August 15th at 1:00 we will be discussing this fascinating thriller. *11/22/63* by Stephen King

Jake Epping is a thirty-five-year-old high school English teacher in Lisbon Falls, Maine, who makes extra money teaching adults in the GED program. He receives an essay from one of the students—a gruesome, harrowing first person story about the night 50 years ago when Harry Dunning's father came home and killed his mother, his sister, and his brother with a hammer. Harry escaped with a smashed leg, as evidenced by his crooked walk.

Not much later, Jake's friend Al, who runs the local diner, divulges a secret: his storeroom is a portal to 1958. He enlists Jake on an insane—and insanely possible—mission to try to prevent the Kennedy assassination.

So begins Jake's new life as George Amberson and his new world of Elvis and JFK, of big American cars and sock hops, of a troubled loner named Lee Harvey Oswald and a beautiful high school librarian named Sadie Dunhill, who becomes the love of Jake's life—a life that transgresses all the normal rules of time.

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## Come out and join the fun!

Are you age 50 or better? Then come on out and join the fun! Everyone is welcome, no matter where you live.

### Free Participation

Everyone is welcome to come to the TriCounty Active Adult Center. Come out for a program, get some questions answered, or just escape the heat and visit with friends. We have many free and low-cost programs and services—nearly 40 every week. Here

is just a small sample:

- Assistance from our information and assistance specialist – free
- Hot Lunch – free (anonymous donations accepted)
- Visiting Nurse – free
- Daily card games – free
- Art Class – \$1
- Line Dancing – \$2
- Current Events Club – free
- Golden Zumba – \$2
- mSit and Get Fit – free
- Tai Chi – \$3

- Informational seminars – free
- Membership**  
Membership is optional, but comes with some great benefits:
  - Our bi-monthly newsletter mailed to your home
  - Discounts on day and overnight trips
  - Five free programs (some restrictions apply)
  - Access to members-only events (new for 2016!)
  - Our gratitude for your

support!

Membership is \$20 per person, new or renewing, for a calendar year.

No matter if you choose to be a member or a participant, a completed information form is required. The form is available on our website ([www.TriCountyAAC.org](http://www.TriCountyAAC.org)), or simply come to the Berean Church or our new location on Moser Road and pick up a copy on your first visit.

## New Travel Club Begins

Are you interested in traveling? Would you like to see parts of the world through someone else's experience? Or better yet, do you have a trip or experience that you would like to share? Are you interested in taking a trip or two? Then join us as we begin our journey with our new Travel Club. You don't have to leave the area to be a part of our club...BUT you will have the opportunity to go on adventures with our group as well as receive information on trips with other groups. There will be an information session Wednesday, July 13th at 10:30. Join us to see what we are all about! This new club is open to everyone and we encourage you to attend.

Please call (610) 323-5009 and ask for Dolly or Sue if you have questions. We look forward to seeing you!

# Look What's Happening ...

## Social & Recreational Programs

### Art Class

A class for beginners & experienced art enthusiasts working in all mediums  
Leader: Alice Gerhart, \$1  
Wed. at 1PM  
Berean Church

### As Time Goes By Singers

Sing for fun and perform in the community  
Leader: Syl Buszta, No Charge  
Rehearsals Thurs. at 1PM (returning in September)  
Berean Church

### Bayada Walking Club

Join us as we walk "across the country" one step, one mile, one city at a time with outside activities or just with around-the-house walking  
Leader: Heather Covington, No Charge  
Thurs. at 12/7/28 & 8/18  
Berean Church

### Bingo

Leader: Kay Yusko, \$3 for 3 cards; Extra cards 25 cents.  
Thurs. at 1PM 7/14, 7/28, 8/11 & 8/25  
Moser Road

### Birthday Party

Entertainment and lunch, singing, dancing & lots of camaraderie  
Wed. 7/13 & 8/17, \$4  
Berean Church

### Book Club

Discuss the featured literary choice  
Leader: Joan Mitchell, No Charge  
Third Monday of each month, 1PM  
Berean Church

### Coffee with Bonnie

Get your investment questions answered with Bonnie Thompson of Edward Jones  
2nd Tuesday of the month, 10:00AM  
Berean Church

### Crafts with Barb Rightnour

Thursdays at 9AM,  
Suggested Donation  
Berean Church

### Origami with Kathy Stevick

Fridays at 9:30AM,  
Suggested Donation  
Berean Church

### Card Crafts with Kathy Stevick

Friday at 1PM, \$0.25/Card  
Berean Church

### Current Events

Self-Led, Suggested Donation  
Thurs. at 1PM 7/7, 8/4 & 8/18  
Berean Church

### Dominos

Self-Led, Suggested Donation  
Tues/Thurs. at 1PM  
Berean Church

### Game Night

Enjoy pizza and play dominoes, Texas Hold 'em, or Piggy Bank Poker  
Leader: Helen Endres, \$2 for pizza and a soda  
2nd & 4th Tues.; 4 – 8PM  
Moser Road  
Game Room

### Self-Led (Pool, Foosball & Table Hockey)

Mon. – Fri., 8 – 4PM  
Berean Church

### History Club

Suggested Donation  
Fri. 7/15 & 8/19 (new schedule for summer) 1PM  
Berean Church

### Ladies Talk

Leader: Alyssa Bell  
1st, 2nd & 4th Wed.;  
10:30AM  
Berean Church

### Lunch Bunch

Leader: Ron Barrett  
2nd Friday each month;  
11:30AM  
7/8-Long Horn Steak House  
8/12-Cuttillo's

### Piggy Bank Poker

Leader: June Hankins  
Game Night; 2nd & 4th Tues.  
Moser Road

### Pottstown Duplicate Bridge Club

Leader: Phil Presby, \$7  
TRAAC Members / \$9 Non-Members  
Mon. at 10AM  
Berean Church

### Pottstown Recreation Group for the Blind

Leader: Laura Cohn  
Call for dates  
Moser Road

### Reflective Moments

Bible Study  
Self-led, No Charge  
Mon. at 10:30AM  
Berean Church

### Social Hour

Leader: Martha Lessig  
3rd Thurs. of the month;  
5 – 7PM, Chili's Restaurant

### Spanish Lessons

Instructor: Belinda Frampton/\$1  
Advanced: Wed. 9:30AM (will resume in Sept.)  
Intermediate: Wed. 11AM (will resume in Sept.)

### Texas Hold' Em Poker

Leader: Alan Sassaman  
See Alan for Buy-in \$  
Mon, Wed, Fri at 12:30PM  
Moser Road

### Travel Club

Leaders: Kay Yusko & Wayne Rubright  
No Charge  
2nd Wednesday of the month,  
10:30AM  
First meeting 7/13

## Exercise & Balance Classes

### Beginner Line Dancing

It's an easy way to stay healthy, both mentally and physically. No experience necessary.  
Leader: Deb Bednar, \$2  
Thurs. at 11AM  
Berean Church

### Chair Dancing with Holly

Fun, low intensity exercise without leaving your chair.  
Leader: Holly BeeBee, No Charge  
1st Wednesday of the month,  
11AM

Berean Church

### Golden Zumba

Introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.  
Leader: Joanne Giotti/\$2  
Mon. at 10:15AM  
Berean Church

### Healthy Steps In Motion

A program focused on flexibility, strength, and balance, as well as fall prevention.  
Leader: Helen Neiffer, Suggested Donation  
Mon, Wed, Fri at 10:30AM except Birthday Party & Berean Luncheon Days  
Berean Church

### Martial Arts for Seniors

Allows people of all levels and physical abilities to participate up to their comfort level, engages you physically and mentally  
Leader: Darryl Bryant/\$4  
Tues at 12PM  
Berean Church  
Late Lunches Available

### Senior Yoga

Improve balance, strength and flexibility with gentle senior yoga – no experience necessary  
Leader: Deb Bednar, \$2  
Mon. at 9AM  
Leader: Jason Coffman, \$2  
Thurs. at 10AM  
Berean Church

### Sit and Get Fit

A low impact exercise program using light weights, bands and balls, all done from your chair.  
Leader: Dolly Yusko, Suggested Donation  
Tues and Thurs at 10AM  
Berean Church

### Tai Chi

A form of martial arts that involves slow, controlled and low-impact movements  
Leader: Darryl Bryant, \$3  
Tues at 1PM  
Berean Church

### Volleyball

Self-Led, No Charge

Tues. 6:00PM  
Berean Church

### Walking Gym

Self-Led, No Charge  
Open 8AM-4PM daily  
Berean Church

## Nutrition

### Lunch

Lunch served daily; 12PM  
Anonymous donations accepted  
Reservations are due by Tues. the week prior.  
Call (610) 323-5009

### SNAP

Only 1/3 of eligible older adults participate in SNAP, the Supplemental Nutrition Assistance Program. Eat better, stay healthy – talk to Alyssa to see if you qualify for this program and get signed up.  
Call (610) 323-5009

## Health & Wellness

### Fall Prevention Screenings

A variety of exercises & activities to test your strength and balance, and suggestions and advice to improve your daily activities.  
Leader: Dr. Julie Adamski, No Charge  
Tues. at 10:30AM 7/12 & 8/9  
Berean Church

### Visiting Nurse

Leader: Annette Richter, No Charge  
Wed 7/13 & 8/10  
Berean Church

### Wellness Thursdays w/Rite Aid

Leader: Sheri Hardeman, No Charge  
Thurs 7/21 & 8/18 at 10

### High Blood Pressure & Stress

Leader: Health Partners, No Charge  
Wednesday, 7/27 at 10:30

## Education & Assistance

### Benefits Information and Referral

Alyssa Bell M-F 8-12:30PM

Or By Appointment  
Berean Church or Moser Rd by appt.

### AARP- 55 Alive Program

Leader: Marty Jensen  
Class will be held 7/14; 9AM-1PM  
Charge: \$15 for AARP members, \$20 non-members  
Call to register (610) 323-5009

### Apprise (Medicare) Counseling


Medicare is not one-size-fits-all – get your plan adjusted and save money!  
Ed Savitsky  
2nd Wed. of the month or By appointment  
Call (610) 323-5009  
Legal Aid Information & Assistance  
Learn about the free and low-cost legal assistance available to you  
Monday, 7/25; 11:30AM  
Berean Church

## Trips


8/3 Strasburg RR & Shady Maple  
9/12-9/15 Ocean City, MD  
Seafood Fest  
10/3-10/6 Rhode Island Trip  
11/2 Casino Trip  
12/28 Dutch Apple Theater Holiday Show

## Special Events & Dates of Note

7/1 Creative Ice Cream Flavor Day; 12:30PM  
7/4 TriCounty Active Adult Center will be closed at both locations  
7/7 National Chocolate Day  
7/8 Wii Video Games Day  
7/15 Memorial Service- 10:00AM, Berean Church  
7/18-7/22 Berean Church Closed (Moser Road open, but no lunch)  
8/2 Ice Cream Sandwich Day  
8/5 Our Summer Olympic Game Day; 10AM  
8/9 Book Lovers Day  
8/16 Tell a Joke Day  
8/31 Trail Mix Day

<b>JULY 2016</b>					<b>Friday, July 1</b> <b>HOLIDAY MEAL</b> CHICKEN FINGERS* Seasoned Potato Wedges* Roasted Carrots Dinner Roll* Sweet Dessert* Diet: 1/2 cup fruit
* 1 Carb choice ** 2 Carb choices  1% Milk served everyday					
Monday, July 4	Tuesday, July 5	Wednesday, July 6	Thursday, July 7	Friday, July 8	
TRAAC Closed	SWEDISH MEATBALLS Whole Baby Carrots Egg Noodles* Wheat Bread* Unsweetened Cherry Applesauce*	BBQ PORK SANDWICH* Broccoli Mixed Vegetables* Club Roll** Fresh Plum* ADC: ½ c fruit cup*	ROSEMARY ROASTED TURKEY w light turkey gravy* Roasted Brussel Sprouts Mashed Sweet Potatoes w pecans* Cornbread Stuffing* Fruit Cocktail*	CHICKEN & VEGETABLE STIRFRY Oriental Blend Vegetables Fried Rice* Wheat Roll* 2 Fortune Cookies*	
Monday, July 11	Tuesday, July 12	Wednesday, July 13	Thursday, July 14	Friday, July 15	
ROAST BEEF w gravy Scalloped Potatoes* Peas and Onions* Wheat Roll* Pineapples*	BAKED FISH w Romesco Sauce & Sliced Almonds Kale, Mushrooms, & White Bean* Rice Pilaf* Wheat Roll* Fresh Apple* ADC: ½ c fruit cup*	CHICKEN POT PIE* (potato, carrot, corn, peas) Brussel Sprouts Hamburger Roll** Peaches*	BROCCOLI, MUSHROOM, & CHEDDAR OMELET Stewed Tomatoes* Hash Browns* Wheat Bread* Pears*	CHILI DOG* Corn* Carrot, Broccoli, & Cauliflower Medley Hot Dog Bun** Sugar Free Blueberry Cake*	
Monday, July 18	Tuesday, July 19	Wednesday, July 20	Thursday, July 21	Friday, July 22	
Berean Church Location Closed - No Lunch					
Monday, July 25	Tuesday, July 26	Wednesday, July 27	Thursday, July 28	Friday, July 29	
BEEF PIZZIOLA* Peas and Mushrooms* Squash & Onion Medley Wheat Roll* Fresh Orange* ADC: ½ c fruit cup*	CHICKEN CACCITORE Brussel Sprouts Wide Noodles* Wheat Bread* Pears*	BAKED FISH w Lemon Butter Sauce Cape Cod Blend Couscous* Wheat Roll* Unsweetened Peach Applesauce*	CHICKEN MARSALA Green Beans w Red Peppers Mashed Red Bliss Potatoes* Wheat Roll* Sugar Free Lemon Cake*	CHEESE STEAK MACARONI** Scalloped Tomatoes Spinach w diced Carrots Pineapples*	



<b>Monday, August 1</b> LASAGNA*** Garlic Spinach w Tomatoes Mandarin Oranges*  2	<b>Tuesday, August 2</b> SWEDISH MEATBALLS Whole Baby Carrots Egg Noodles* Wheat Bread* Unsweetened Cherry Applesauce*	<b>Wednesday, August 3</b> BBQ PORK SANDWICH* Broccoli Mixed Vegetables* Club Roll** Fresh Plum* ADC: ½ c fruit cup*	<b>Thursday, August 4</b> ROSEMARY ROASTED TURKEY w light turkey gravy* Roasted Brussel Sprouts Mashed Sweet Potatoes w pecans* Cornbread Stuffing* Fruit Cocktail*	<b>Friday, August 5</b> CHICKEN & VEGETABLE STIRFRY Oriental Blend Vegetables Fried Rice* Wheat Roll* 2 Fortune Cookies*
<b>Monday, August 8</b> ROAST BEEF w gravy Scalloped Potatoes* Peas and Onions* Wheat Roll* Pineapples*	<b>Tuesday, August 9</b> BAKED FISH w Romesco Sauce & Sliced Almonds Kale, Mushrooms, & White Bean*, Rice Pilaf* Wheat Roll* Fresh Apple* ADC: ½ c fruit cup*	<b>Wednesday, August 10</b> CHICKEN POT PIE* (potato, carrot, corn, peas) Brussel Sprouts Hamburger Roll** Peaches* 2	<b>Thursday, August 11</b> BROCCOLI, MUSHROOM, & CHEDDAR OMELET Stewed Tomatoes* Hash Browns* Wheat Bread* Pears*	<b>Friday, August 12</b> CHILI DOG* Corn* Carrot, Broccoli, & Cauliflower Medley Hot Dog Bun** Sugar Free Blueberry Cake*
<b>Monday, August 15</b> SLICED TURKEY w Light Turkey Gravy* and Apple Cranberry Stuffing* Green Bean Almondine Cinnamon Carrot Coins Wheat Roll* Unsweetened Applesauce*	<b>Tuesday, August 16</b> SESAME GINGER BEEF Broccoli Florets White Rice* Wheat Bread* Fresh Peach* ADC: ½ c fruit cup*	<b>Wednesday, August 17</b> PICNIC IN THE PARK HOTDOGS Roasted Red Bliss Potatoes* Sugar Snap Peas Hotdog Bun** Seasonal Fresh Fruit*	<b>Thursday, August 18</b> BAKED FISH SANDWICH w Dill Sauce Tator Tots* Sautéed Kale w Carrots Wheat Hamburger Roll** Oatmeal Cookie*	<b>Friday, August 19</b> MEATLOAF w Mushroom Gravy* Mashed Potatoes* Peas Wheat Roll* Mandarin Oranges*
<b>Monday, August 22</b> MEDITERRANEAN CHICKEN & VEGETABLES (Zucchini, Mushrooms, Kale, Asparagus) Penne Pasta* Warm Cinnamon Peaches* Fruit Cocktail*	<b>Tuesday, August 23</b> BEEF PIZZIOLA* Peas and Mushrooms* Squash & Onion Medley Wheat Roll* Fresh Orange* ADC: ½ c fruit cup*	<b>Wednesday, August 24</b> CHICKEN CACCITORE Brussel Sprouts Wide Noodles* Wheat Bread* Pears*	<b>Thursday, August 25</b> BAKED FISH w Lemon Butter Sauce Cape Cod Blend Couscous* Wheat Roll* Unsweetened Peach Applesauce*	<b>Friday, August 26</b> CHICKEN MARSALA Green Beans w Red Peppers Mashed Red Bliss Potatoes* Wheat Roll* Sugar Free Lemon Cake*
<b>Monday, August 29</b> CHEESE STEAK MACARONI** Scalloped Tomatoes Spinach w diced Carrots Pineapples*	<b>Tuesday, August 30</b> LASAGNA*** Garlic Spinach w Tomatoes Mandarin Oranges*	<b>Wednesday, August 31</b> SWEDISH MEATBALLS Whole Baby Carrots Egg Noodles* Wheat Bread* Unsweetened Cherry Applesauce* 2	<b>* 1 Carb choice</b> <b>** 2 Carb choices</b> 1% Milk served everyday	
<b>August 2016</b>				

# Share your financial and care inventory with those who need to know

## Make time to discuss future financial decisions with family

Each year, thousands of Americans are thrust into the uncomfortable role of making long-term care decisions for their family members. These emotional decisions may create stressful situations for the entire family in addition to being time-consuming and expensive.

Fortunately, there is a way to help reduce the stress connected to these situations: communication. Discussing plans for long-term care before the need arises can greatly reduce the stress that may arise while dealing with an illness or disability.

Raising the subject may create some momentary awkwardness for both parents and their adult children. However it is far better to discuss long-term



John Ungerman

care options ahead of time and together decide what makes the most sense for the family.

Thrivent Financial recommends that families ask certain questions regarding a long-term care strategy:

- Where and how you would like care delivered, if you were to need it.
- The level of independence you'd like to maintain.
- The role you'd like your family to play in your care.
- How you want to fund your care, while protecting your assets.

Clear communication can help eliminate the problem of catching a spouse or adult child off guard. It can also help eliminate the burden of uncertainty with difficult decisions. Spelling out the location of important documents, as well as care wishes, ensures that family members have the information they need to provide for their loved one's desired care.

### Create a financial and care inventory

It is also important to update family members on the location and status of financial and care documents. Having an inventory of these documents provides family members with a roadmap to critical information. It is focused on the "where" information on financial holdings is located; not specific details about the financial holdings. The inventory is not a legal document, and it need not divulge personal or confidential details you are not

prepared to share. It should, however, enable loved ones to quickly locate where you keep your financial, legal, care and legacy records should a crisis occur.

This inventory should be updated at least annually, and copies given to family members - a lawyer or executor - or placed in a secure location where those who might need it can access it.

While each family's inventory will differ, the inventory should include information related to where someone can find the following:

- Living wills/health care directives
- Insurance and other contracts (health, life, long-term care, annuities, auto, homeowners, etc.)
- Wills, trusts and deeds
- Bank accounts and investment accounts
- Credit card accounts and other out-

standing debt

- Contact information for lawyers, accountants, brokers, agents
- Jewelry and other valuables
- Essential keys
- Instructions related to funeral arrangements
- Personal instructions or messages
- Location of birth, marriage and military discharge certificates
- Information related to charitable gifts

While it may be a difficult topic, open and honest communication about your long-term care strategy can be one of the best ways to prepare for a stress-free financial future.

*This article was prepared by Thrivent Financial for use by Pottstown representative John Ungerman. He has offices at 2879 E High St in Pottstown and can also be reached at 610-970-4740, or John.Ungerman@Thrivent.com.*



## Lunch Bunch Is On The Move Again!

July 8th will find our Lunch Bunch gang meeting at Long Horn Steak House located at 1110 Town Square Road, Pottstown. The lunch menu features over 30 different combinations, including the Long Horn salads and Steakhouse burgers. Don't forget to save room for that Molten Lava Cake!

Then we will travel back to Cutillo's for the August 12th Lunch Bunch Event. Cutillo's has a wide variety of lunch items to choose from. The appetizers and salads, sandwiches & burgers and the lunch entrees are all a treat. With a picturesque view and a rich history, Cutillos's is a perfect spot to sit and relax and enjoy the camaraderie.

Everyone is welcome! There are always a lot of laughs and side activities to keep the group going. For more information or to make a reservation to join us please call (610) 323-5009.



## Remembering Those Who Have Passed...

Annual TriCounty Active Adult Center Memorial Service  
 Friday, July 15th at 10:30 –  
 Berean Church Sanctuary  
 Featuring Executive Director Brian Parkes and Music by the As Time Goes By Singers  
 -Please join us as we celebrate the lives of the friends we have lost in the past year.



# Fall Risk and the TUG

Timed Up and Go, or TUG, is a screening tool used by healthcare practitioners to assess balance. Individuals are timed to identify who is at risk for falls compared to their age group. The test is very reliable and valid, and typically does not take a long time to administer. The TUG is an important part of a geriatric tool kit to assess if a patient is at high or low risk of falls, and may also reveal a lot about an individual's gait.

The test is typically given as such:

Sit in a chair, walk 3 meters or 10 feet, turn around, and sit back down. The chair is of typical height 40-50cms. The directions for speed are a "normal, safe pace" but some practitioners may say "quick, safe pace". You can perform the test one time or get an average of 3 trials. The timing is started with movement or on a command such as "go" or "start". (Bohannon, 2006)

If you time exceeds 13.5 seconds to perform the test, you are at a HIGH risk for falls. (Shumway-Cook, 2000)

Age group norms tell you the mean time it takes for your peers to perform the TUG by decade:

- 60-69 years 8.1 sec
- 70-79 years 9.2 sec
- 80-99 years 11.3 seconds



Julie Hawthorne Adamski

As a physical therapist, I administer this test often in addition to a host of other balance tests to determine a patient's overall balance health. Not all balance tests have a walking component. This test has three components: sit to stand from a chair, a straight walk, and a turn. This test is significant because it allows for the use of an assistive device, whereas not all balance tests do.

This short balance screening provides a lot of important information about a patient. Going from sit to stand, I look to see: where on the chair the person is attempting to rise from; placement of feet on the ground; use of arms to assist with the rise; and I listen to respiration. From stand to sit at the end of the test, I assess the control or eccentric contraction of the quadriceps muscles and if the individual can sit without "plopping" into the chair.



The straightaway portion of the TUG is where physical therapists assess gait. I look for any deviations from the norm, such as inability to walk in a straight line, circumduction of the leg, uneven step length, foot drop, shuffling, abnormal lateral movement of the hips, and cadence.

The last portion of the TUG is the turn. I look for how many steps it takes to make the 180-degree turn, if the turn is smooth or does the individual wobble, and if the speed is timely.

The cutoff time of 13.5 seconds for the TUG can give all healthcare providers and laypeople a simple one-sided view if an individual is at risk for falls. Analyzing all three components of the test allows a physical therapist to not only assess high or low risk of fall, but WHY an individual may be falling. If you score greater than 13.5 seconds, you may ben-

efit from physical therapy to address the reasons why you are at high risk of falls.

*Julie Hawthorne Adamski PT, DPT, ATC Owner & Physical Therapist of Energy Physical Therapy, LLC. Dr. Adamski serves the greater Pottstown and Boyertown area and is a local resident committed to the health and well being of area residents. Information in these tips are intended for educational use and you should seek medical advice from your individual physical therapist or physician if needed. [www.energy-pt.com](http://www.energy-pt.com) 610-310-0915*

#### Works Cited

Bohannon, R. (2006). *Reference Values for the Timed Up and Go Test: A Descriptive Meta-Analysis. Journal of Geriatric Physical Therapy*, 29 (2), 64.

Shumway-Cook, A. B. (2000). *Predicting the probability for falls in community-dwelling older adults using the timed up & go test. Physical Therapy*, 80 (9), 896-903.



## Create Your Legacy

**W**hat will your legacy be? How will you be remembered? Many people expect that their children and grandchildren will be their legacy. Others have left their mark on the world through their business or their public service. Only the very rich leave a legacy through their generosity, right? WRONG!

Legacy giving, also known as planned giving, is not just for the more well-to-do people. And it does not need to be complicated. Almost anyone can leave a generous and sustaining gift to the organization of their choice if they plan ahead.

Here are two easy ways to cement your legacy while improving the lives of older adults in our area:

- **A bequest:** A bequest is planned giving in its simplest form. This is a directive in your will to give a part of your estate to an organization. It may be a fixed dollar amount or a percentage of your assets when you pass. Talk to your attorney about adding your favorite charitable organizations to your will.

- **Life insurance:** There are a few options with life insurance. If you are paying premiums on a policy you no longer need, consider naming a charity as the beneficiary. What may be a small premium over the years could add up to a sizable gift for a charity.

Planned giving does not need to be complex. You can leave a legacy that will benefit thousands of seniors for years to come. Talk to your attorney or estate planner about which planned giving options may be right for your situation.

Donors who notify us of their plans will be permanently honored on our "Legacy Wall" in the new center.

If you have questions about planned giving, or would like to discuss your plans with the center, call Brian Parkes at 610-323-5305.

## It's Time To Celebrate!

The July birthday party will be held on Wed., July 13th. Bruce Fagan will be entertaining us and our friends from Family Caregivers are sponsoring the event this month. (Due to the Berean Church being closed the week of 7/17 we are holding the birthday celebration a week early.)

August's birthday celebration, sponsored by Southeastern Home Health, will be held Wed., August 17th. We are welcoming back Kevin Pierce to the TriCounty Active Adult Center as our entertainer. Our own DJ Jay will finish off the day with music to dance and sing along to.

To join us for either or both of these celebrations please call to register for lunch and the entertainment. \$4 per person. (610) 323-5009

## Senior Legal Briefing

# Don't Settle for Only "Good" Legal Advice

By R. Kurtz "Kurt" Holloway, Esq.

When you see a lawyer do you expect good legal advice? If good legal advice is all you expect, that is likely the most you will get. People should expect and receive the BEST legal advice. Getting the best legal advice starts with choosing a lawyer who thinks there is a difference between good advice and the best advice for each client. In a previous article for the TriCounty Active Adult Center newsletter published October 2015, I offered suggestions for finding the right lawyer for your legal needs. That article titled, Be Picky About Picking a Lawyer, can be found on our law firm's website.

Once you choose a lawyer, getting the best advice can be achieved if you and your lawyer work to



R. Kurtz Holloway, Esq

have a trusting relationship and effective communication. This article deals with your lawyer's role to achieve those things. My article on the client's role, Want the Best Legal Advice? Here is Your Role, is also on our website.

Your lawyer's role in delivering the best legal advice involves the following skills.

**Knowledge of the Law.** It is a lawyer's obligation to be honest with you about his knowledge and experience dealing with your legal situation. If you have any doubts, ask.

**Attentive Listening.** A lawyer has a duty to carefully listen to what you tell him. It is important for him to get your information and appreciate how you perceive your situation. Studies have shown that when a person's attention is divided he hears and understands less of what he is trying to take in. Interruptions and multi-tasking during a conversation with a client is not effective communication. You deserve to be fully heard and understood.

**Questions.** An experienced lawyer knows what facts are legally most important in a certain situa-

tion. Facts are often perceived differently by different people. A lawyer should ask questions to determine how you and others see the situation.

**Understand What You Want.** A lawyer cannot give you the best legal advice unless he knows what you want to achieve. Are you seeking damages, a change of another's actions or perhaps simple affirmation? Legal advice and strategy can vary a great deal depending on your goal. A lawyer must understand your goals.

**Give a Clear Explanation.** Part of a lawyer's job is to be understood. Often this means, "Don't talk like a lawyer." People learn information differently and often learn best when it is presented in a way that involves more than one of the senses; hearing, sight,

touch, smell, speech. The best advice is given so it engages two or more senses. Giving a client advice verbally and following up in writing is one example. Using visual images and written text along with an oral presentation is often a good tool in business and estate planning situations.

**Discuss All Options.** Clients deserve to hear all legal options available to them. A lawyer should always discuss the options and then offer his recommendation of the best option(s) to meet the client's goals.

**Confirm Your Understanding.** A lawyer should ask if you fully understand the advice given. Studies have shown that people are often reluctant to ask professional advisors questions about advice given even if they do not

fully understand. To make sure you have his best advice, your lawyer should ask you for questions and even if don't ask, repeat the advice. Then he should be willing to put his advice in writing.

All of these skills help to create effective communication. When this occurs you are likely to find the advice more useful. This is what makes the best advice

*The information presented here is not intended to be legal advice. Consult with an attorney for specific legal advice about your legal issues. R. Kurtz "Kurt" Holloway is a partner in the law firm of Wells, Hoffman, Holloway & Medvesky, LLP, located in Pottstown and Souderton. Our website can be found at [www.whhmlaw.com](http://www.whhmlaw.com).*

## Pennsylvania Yellow Dot Program

This free program will assist you in the "golden hour" of emergency care following a traffic accident or medical emergency in your car when you are unable to think or communicate clearly.

Placing a yellow dot in your vehicle's rear window alerts first responders to check your glove compartment for vital information to ensure you receive the medical attention you need.

Yellow Dot is a cooperative effort among the Pennsylvania Departments of Transportation, Health and Aging; the PA State Police, the Pennsylvania Turnpike Commission, and first responders and local law enforcement. Pamphlets are available at TriCounty Active Adult Center. Just ask for Alyssa Bell for information or to schedule an appointment (610) 323-5009.



## TransNet Share Ride Program

Don't have a car or are you unable to drive due to a disability? TransNet Shared Ride Program might be able to help. This program is a reduced-fare transportation program for residents of Montgomery County who are 65 or better.

Rides are in sedans or vans operated by local transportation companies. You may request pick-up and drop-off at locations of your choice. Reduced fares are available to riders who are willing to share their trip with other passengers. People 65 years or better are entitled to receive these trips and pay only 15% of the fare, and funds from the Pennsylvania State Lottery pay the rest.

Better yet - rides to the TriCounty Active Adult Center are free!

To register for the program an application must be filled out. Applications are available here at the TriCounty Active Adult Center. Please call (610) 323-5009 and ask for Alyssa Bell for an application. To reach TransNet directly, call (215) 542-RIDE (74



# SENIOR GAMES 2016

**T**he TriCounty Active Adult Center had several participants this year! Pictured are Janis Evans; 100 meter dash & walking events, Judy Kingsepp; 100 meter dash & walking events, Rich Stauffer; softball throw, Don Kerr; bowling and Anthony Pagano; bowling.

Congratulations to our athletes!



# COMING SOON....

## September

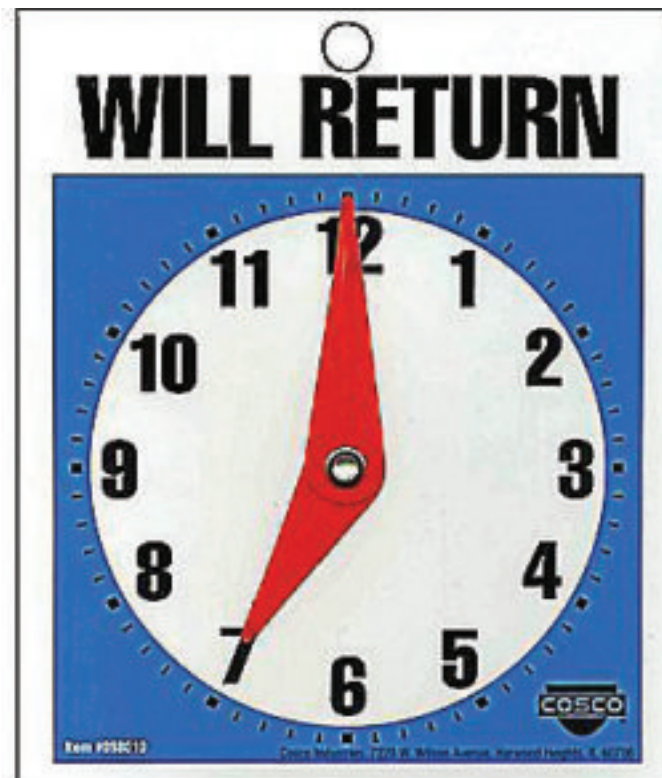
- 6th - Veteran's Benefits Program
- 8th - Prime Time Health Picnic at Fisher Park (Lansdale) with Elvis!!!
- 9th - Preventing Falls Program
- 12th - Ocean City, MD Trip
- 21st - TRAAC Picnic at Ringing Rocks Park (Birthday Picnic)

## October

- 3rd - Rhode Island Trip
- 11th - Chronic Disease Program begins
- 11th - Veteran's Benefits Program
- 19th Birthday Lunch
- 31st Halloween Fun

## November

- 2nd Mohegan Sun Casino Trip
- 9th Veteran's Program: Entertainment, Displays, Lunch
- 16th Birthday Lunch



## Taking A Break.... But We'll Be Back!

Several of our classes and clubs are taking a summer break but will be returning this fall. It is vacation time so please check the calendar or the website out for class schedules. If you have questions please feel free to give us a call at (610) 323.5009.

\*Intermediate & Advanced Spanish-returning in September

\*As Time Goes By Singers-returning in September

\*Card Making & Origami-please check summer schedule

\*History Club-please check the summer schedule

**D**id you know that Parks and Rec offers many trip options throughout the year to meet everyone's budget? Spend the day with us!

### Upcoming 2016 trips: Treat Yourself!

#### *New York City*

September 24 - A day trip to the Big Apple to see a Broadway matinee: School of Rock or the new sensation, Bright Star written by Steve Martin and Edie Brickell! We will arrive in NYC with plenty of time for you and your guests to walk around a bit and enjoy some NYC fare before the show. This trip does not include a stop for dinner, but you are welcome to bring food on the bus for the ride home! Price range \$125-\$185 depending on your show selection - please call for details.

\*\*TriCounty Active Adult Center members receive a \$10 discount per person

#### *Longwood Gardens & Chester County Winery tour*

November 5 - A trip to the beautiful Longwood Gardens and a visit to two local Chester County wineries for a limited tasting and tour. This trip is sure to appeal to all ages! Cost per person will be \$95.

\*\*TriCounty Active Adult Center members - \$90 per person

#### *NYC, Christmas Spectacular*

December 3 - our traditional trip to NYC for the Rockettes Christmas Spectacular! A mid-morning show, some free time, and a dinner stop at Snuffy's Famous Pan-tigis Steakhouse on the return trip home. Approximate cost \$200 per person - discounts offered for parties of four or more.

\*\*TriCounty Active Adult Center members receive a \$10 discount per person

Call Parks and Rec at (610) 970-6618 for more information or to reserve your seats!

## Olympic Fun



Join in the TriCounty Active Adult Center Olympics on Friday, August 5th. We will have our own events to medal in. Everything from Balloon Volleyball to the Pool Noodle Javelin Throw, Mini Golf Challenge to Giant Badminton and more. Join us at 10:00 for the beginning of our games, laughter and awards.

## Five Easy Ways to Help

The TriCounty Active Adult Center (formerly the Pottstown Area Seniors' Center) is a nonprofit organization. We receive about one-third of our budget from Montgomery County, and the rest of our \$500,000 operating budget comes from members, donors, foundations, corporations, the United Way, local governments (like the Borough of Pottstown), and events and fundraisers like our annual craft sale.

We need everyone to pitch in every year as we work to raise money to expand programs and services, and finish construction on our new building. We work hard to use your money wisely, and we stretch every penny to the limit!

There are so many ways you can help - please consider one or more of the following options to help us continue to be a home-away-from-home for seniors in our area.

**Redners Tapes** - If you have a Redners Save-A-Tape card, use it whenever you shop, and bring the entire receipt to the senior center. The senior center receives 1% of your purchase, which adds up currently to more than \$1,500 per year.

**Amazon Smile** - Do you shop online, and use Amazon.com? If so, please sign up for an Amazon Smile account (it's free) and designate the Pottstown Area Seniors' Center as the beneficiary. It doesn't cost you anything - Amazon donates 1% of everything you purchase on the website directly to the senior center.

**Buy-A-Tile** - Support the new building by buying a tile. The tile will feature your name, and will be permanently displayed in the new dining room. Tiles are \$100 for a small tile or \$150 for a large tile. Order forms and more information are available at

both locations. A limited number of tiles are available.

**Donate** - The center can accept cash (of course!), checks, credit cards, and stock transfers (some limitations apply). Your gift can support critical programs and services, or can be designated to support the building fund or any other program you wish.

**Planned Giving** - Leave a legacy forever! You do not need to be wealthy to leave a significant gift that will improve the lives of seniors for generations to come. Planned giving can be as simple as changing your will to designate a small portion of your estate to a charity. Life insurance policies are another easy and relatively inexpensive way to leave money to your favorite charity. Speak with your attorney or an estate planner to learn which options best fit your situation and intentions.

If you have questions about how to give, or would like to discuss how we use your donation, please feel free to stop by and talk to me (Brian) at my office at our Moser Road location. We could not exist without the generous support of our many donors, and the many volunteers who work year-round to raise money for the senior center.

*TriCounty Active Adult Center is a 501(c)(3) nonprofit organization - contributions to which are tax-deductible to the fullest extent permitted by law. A copy of the official registration and financial information for the TriCounty Active Adult Center may be obtained from the PA Department of State by calling toll-free, within PA, 800-732-0999. Registration does not imply endorsement.*

# Let's Have Some Fun! Take a Trip with Us!

## **Strasburg Railroad & Shady Maple**

August 3rd: Join us as we depart from the Berean Church at 10:00 and head to the favorite local buffet lunch at Shady Maple. After enjoying lunch we depart to Strasburg where we will ride the Strasburg Railroad to take in the scenic views of Lancaster County countryside. Members \$55; non-members \$58 \*full payment due at time of registration

## **Ocean City, MD Seafood Fest**

September 12-15th: 4 days/3 nights -members \$390; non-members \$400  
Includes-3 nights' accommodations; 3 breakfasts; 2 dinners including All-You-Can-Eat Seafood Festival Buffet; guided tour of Assateague Island; visit to Tanger Outlets; visit to Casino at Ocean Downs; time to enjoy Ocean City's beautiful beach and Boardwalk \*\$50 deposit due at time of registration; balance due by July 20th

## **Newport, RI**

October 3-6th: 4 days/3 nights  
Members \$500; non-members \$510  
Includes-3 nights' accommodations; 3 breakfasts; 3 dinners; tour of Newport including the Scenic Ten Mile Drive; Admission to 2 Newport Mansions; tour of Mystic; Brick Market Place; visit to Newport Grand Slot Casino; Visit to Olde Mistick Village \*\$50 deposit due with registration; balance due August 12th.

## **Is There Life After 50?**

October 12th: Rainbow Comedy Playhouse: What is in store for couples over 50. Love laughter and heart, this little gem, explores them it all. Funny at any age. Members \$70; non-members \$72 \*payment due at time of registration

## **Mohegan Sun Casino**

November 2nd: Benefits include a \$5 food voucher and \$25 free slot play! The bus will leave the Berean Church parking lot at 10:00. Payment is due at the time of registration. Call Dolly at 610.323.5009 for more information, as space is limited. Cost: Members \$25; non- members \$28 \*payment due at time of registration

## **Dutch Apple Theater Christmas Show**

December 28th: The Holly Jolly Christmas Show and Buffet Lunch will liven up the holiday for us. More information coming soon!



## Coming in September:

Montgomery County Veterans Affairs Office is supplying a service officer the first Tuesday of the month at the TriCounty Active Adult Center's Berean Bible Church location.

Veterans and surviving spouses can schedule an appointment to meet for help with their claims processing. Please call ahead so all needed documents are provided. A general benefits briefing will be given at 11:00. Please call (610) 323.5009 for more information or to schedule an appointment.

## Welcome New Members!

Thank you to everyone who supports the TriCounty Active Adult Center with their membership. Please join us in thanking and welcoming our newest members:

Nancy Bell  
Marie Harnois  
Susan Verdi  
Roseanna Bartz  
Adeline Minotto  
Rose Hamdorf  
Lorelei Carr  
Gary Mahr  
Dennis Shaner  
Dave Engle  
Keith Sharp  
Paula Sharp  
Angela Sibella  
Peg Sibella  
Thomas Yocom  
David Strunk  
Ingrid Adams  
Alice Kurtas  
Patricia Harvey

# Thank You to Our Volunteers!

Volunteers are critical to our senior center – there is only so much our limited staff can do. Thank you to everyone who helps out to make the TriCounty Active Adult Center a great place to spend the day!

Thank you to our May & June volunteers:

Charles Albitz  
Nancy Bortz  
Darrel Bryant  
Sylvester Buszta  
Michael Conace  
Lucille Dettrich  
Ken Ertman  
Ronald Frick  
Gordon Gaugler  
Alice Gerhart  
Myrtle Gordon  
June Hankins  
Lorraine Hoff  
Jeffrey Gaugler  
Howard Jones  
Yvonne Jones  
Jay Kapila  
Arno Kott  
Michael Kriczky  
Martha Lessig  
Frank Levan  
Penelope Manning  
John McCloskey  
Marjorie McElroy  
Gary Moser  
Sharon Moser  
Anthony Pagano  
Jane Renson  
Barbara Rightnour  
Robert Roebuck  
Allen Sassaman  
Stan Shoffner  
Dennis Stauffer  
James Stauffer  
Richard Stauffer  
Kathleen (Kathy) Stevick  
Betty Thompson  
Norman Wilkie

## Volunteers Needed!

If you are interested in helping out and being part of “the crew”, call 610-323-5009 and ask for Sue. We always have work for willing hands. We will also have a host of other volunteer positions opening up in summer of 2016 when our new building opens. Stay tuned!

# FOURTH ANNUAL TRICOUNTY ACTIVE ADULT CENTER GOLF TOURNAMENT

HICKORY VALLEY GOLF CLUB  
AMBASSADOR COURSE

Thank you to the sponsors and golfers who came out to have fun and raise money for the Center! We had a beautiful day and raised thousands of dollars.

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