

*Formerly the Pottstown Area Seniors' Center*

610-323-5009

[www.TriCountyAAC.org](http://www.TriCountyAAC.org)

288 Moser Road, Suite 1

Pottstown, PA 19464

September - October 2016

# NEWSLETTER

DATED MATERIAL

September 1, 2016

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

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or current resident

## From Brian's Desk

We are rockin' at the TriCounty Active Adult Center! 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). You can find our daily calendar there, lunch menus, 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!

### Mini Golf Outing

Following the popularity of last year's inaugural Mini Golf Outing, we are having the second annual tournament on September 16. Generously sponsored by the Phillies Fire Company again, this fun and



Brian Parkes

free day includes a round of golf at Manatawny Greens, a hot dog, soda, chips, and a bowl of ice cream. Make a hole-in-one, and have a chance at winning a brand new car! This year there is a \$5 reservation deposit required, which will be refunded at the event. Look for an ad in this issue for more information.

### Medicare Counseling

We are coming up on Medicare enrollment season again. Look for our Medicare 101 class to learn the basics of this complex topic, or make an appointment with our Medicare Expert Ed to learn how options can save you money and “right size” your health coverage.

### Construction

After a lengthy delay, we are under construction again. Drywall on the upper level is complete, and the plumbers and HVAC experts are finishing up the first floor, where drywall will start shortly.

### 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

**BRIAN » PAGE 2**



## TransNet Shared 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

**RIDE » PAGE 2**

## Inside:

## Annual Garden Party



Dr. and Mrs. Gubler recently hosted the members of the History Club at their home.

[Story on Page 10](#)

# Senior Food Box Program Slated to Begin!

Beginning in December 2016, TriCounty Active Adult Center will be offering the Commodity Supplemental Food Program (CSFP) or Senior Food Box Program. This program supplies a monthly box of high quality USDA food. The box will have 4 canned vegetables, 2 cans of fruit, 1 can of meat or tuna, 2 cans of juice, 2 boxes of breakfast cereal, milk, pasta, a meat substitute such as peanut butter or beans, and a 2lb package of cheese.

There is no fee for this program. Eligibility is based on being 60 or better and a total household income from all sources less than 130% of the Federal Poverty Income Guidelines. See the guidelines below.

Boxes will be delivered to our center the 3rd Wednesday of each month. Applicants must bring photo ID and proof of income when applying for this program.

If you would like to sign up for the program or like more information please call 610-323-5009 and ask for Alyssa Bell or Sue McIntyre. \*This institution is an equal opportunity provider.

| Family Size     | Annual   | Month   |
|-----------------|----------|---------|
| 1               | \$15,444 | \$1,288 |
| 2               | \$20,826 | \$1,737 |
| 3               | \$26,208 | \$2,185 |
| 4               | \$31,590 | \$2,634 |
| 5               | \$36,972 | \$3,082 |
| 6               | \$42,354 | \$3,531 |
| 7               | \$47,749 | \$3,980 |
| 8               | \$53,157 | \$4,431 |
| Each Additional | \$5,408  | \$449   |

## Brian

FROM PAGE 1

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 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,

**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.**

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 im-

prove 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

## Ride

FROM PAGE 1

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 (7433).

**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.**

## Medicare Counseling Available!



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 expert 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!



## Time For Your Yearly Flu Shot

It is hard to believe that fall is right around the corner, it feels like summer just started a few days ago. But now is the perfect time to prepare for the fall by getting your flu shot. The typical flu season starts in October and can last until May. The best way to reduce the chance of getting or spreading the flu is by getting your annual flu shot, and earlier is better. It takes up to two weeks for the flu shot to become fully effective in your body after the vaccination.

Influenza, commonly known as the flu, is a serious disease that can lead to hospitalization and even death. In recent years the majority of deaths associated with the flu have occurred in people who were over 65 years old. As we age, our immune system gets weaker, leaving us more susceptible to getting sick. Several diseases cause seniors to have higher risk for flu-related complications. They include diabetes, asthma, heart disease, COPD, kidney disease and liver disease.

Seniors have two options for their flu shot. The first would be the regular flu shot. The second option is the high dose flu shot made especially for seniors. The high dose



flu shot contains 4 times the amount on antigen compared to the regular flu shot and is associated with a stronger immune response after vaccination. Studies are showing that the high dose flu shot is 24% more effective for seniors over 65 compared to the regular flu shot. While either shot would be effective, I recommend all my patients over 65 to get the high dose flu shot.

Another important vaccination to look at during the fall is the pneumonia vaccinations. There currently two available that seniors need to get. The first one called Pneumovax 23. This vaccination is usually given once to adults and then when they turn 65 they are eligible to get a second dose. The second pneumonia vaccination is called Prevnar 13. This vaccination is only for people over the

age of 65. There is specific time table for when these two vaccinations should be given, so it is recommended that you talk with your pharmacist or doctor about these vaccinations.

There are a few other recommendations as the flu season approaches. While the flu shot with help prevent the flu, there still are other colds and germs that may get you sick. The easiest practices to prevent the spread of germs are frequently hand washing and avoiding close contact with a sick person. If you are the sick person, remember to cover your mouth and nose when you cough or sneeze and wash your hands frequently. The most important advice to stop the spread of germs is for sick people is to stay at home and rest.

Rite Aid is excited to continue our relationship with the TriCounty Active Adult Center. We will be hosting two flu clinics at the Center this fall. We will be providing the regular flu shot, the high dose flu shot and both of the pneumonia shots. All of these vaccinations are covered by Medicare and most insurances, so there will be no cost for these services. More information will be available soon.



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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.

#### 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:

September 13 • October 11 • November 8



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



## Friendly Reminder....

Our lunches are ordered in advance. We need to place our orders on Tuesday mornings for the following week. If you think you might be interested in joining us for lunch then please call us and put your name on our list. We don't always have extra meals and we don't want you to go hungry.

If you have questions please contact us at (610)323-5009.



Senior Legal Briefing

# How Does the Consumer Financial Protection Bureau Help People?

By R. Kurtz "Kurt" Holloway

People have the right to be treated fairly and honestly by lenders. Borrowing terms should be easy to understand. When borrowers have a question or concern lenders should respond to them in a reasonable time and try to resolve issues. When lenders don't follow these simple rules who can we turn to?

In 2008, financial markets crashed. No one in the country escaped the effects of the market crash and the Great Recession that followed. Average people, including older adults, were hurt the



R. Kurtz "Kurt" Holloway

worst. Millions lost their jobs. Retirement account values plummeted. Housing prices plummeted. For the first time in mod-

ern history large numbers of homeowners, including many seniors, owed more on their homes than they were worth. Tens of thousands of people were unable to keep up with loan and credit card payments. Many lenders loaned people far more money than they could afford to pay. Loans were made with penalties and other traps buried in the fine print of loan agreements too hard for most people to understand. People wanted changes because no one was bailing them out of their financial troubles.

It was in this bleak atmosphere that Congress re-

sponded by enacting The Dodd-Frank Wall Street Reform and Consumer Protection Act (Dodd-Frank) in 2010. Part of Dodd-Frank created the Consumer Financial Protection Bureau (CFPB) to protect consumers from illegal and misleading lending practices. The CFPB website explains its goals this way: "We aim to make consumer financial markets work for consumers, responsible providers, and the economy as a whole. We protect consumers from unfair, deceptive, or abusive practices and take action against companies that break the law. We

arm people with the information and stepstools that they need to make smart financial decisions."

Many big banks, lenders, debt collection companies and their advocates in Congress want to dismantle the CFPB. But, are consumers being helped? Let's look at the numbers. On July 21, 2016, the CFPB celebrated its fifth anniversary and published its report card. The CFPB has:

Provided \$11.7 billion in relief to more than 27 million consumers. The CFPB made banks, credit card companies, payday lenders, for-profit colleges and

debt collectors pay back to exploited consumers.

Handled nearly one million consumer complaints. Consumers have the right to be heard when they have a problem with a financial product or service. A consumer can submit a complaint to the CFPB about a company and it contacts the company for a response. In five years over 3600 companies have responded to the complaints filed by consumers with the CFPB. Not only does the CFPB contact the company and get a response, it publishes all complaints on its website. Having an advocate to get answers and a public forum to air complaints helps put consumers on a more equal footing with big companies.

Clarified and simplified loan disclosure forms. Consumers have the right to clear, reliable information about financial products and services so they can make informed decisions. The CFPB simplified and reduced loan disclosure forms for mortgages, student loans, auto loans, and other financial products and services to help consumers. Believe me, they are much better.

The CFPB is attacking abusive debt collection tactics. On July 28, 2016, the CFPB proposed new rules that would curb abusive debt collection practices. The CFPB reports abusive practices generated some 85,000 consumer complaints last year alone, more than any other issue. Many consumers report being harassed repeatedly to pay debts they don't owe or have already

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## 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 Loving Memory of Alice S. Frock  
Joann Beard



## 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
- Sit and Get Fit – free
- Tai Chi – \$3
- Informational seminars – free

### Membership

Membership is optional, but comes with some great benefits:

- Our bi-monthly news letter 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.

**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.**

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\*Certified as an Elder Law Attorney by the National Elder Law Foundation as authorized by the Pennsylvania Supreme Court



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



# 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 1 PM

Berean Church

### As Time Goes By Singers

Sing for fun and perform in the community

Leader: Syl Buszta, No Charge

Rehearsals Thurs. at 1 PM

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; 9/15 & 10/27

Berean Church

### Bingo

Leader: Kay Yusko, \$3 for 3 cards; Extra cards 25 cents.

Thurs. at 1 PM 9/8, 9/22, 10/13 & 10/27

Moser Road

### Birthday Party

Entertainment and lunch, singing, dancing & lots of camaraderie

Sponsored by Hearthstone

Wed. 9/21 at Ringing Rock Park. Call for more information.

Wed. October 19 at Berean Church.

### Book Club

Discuss the featured literary choice

Leader: Joan Mitchell, No Charge

Third Monday of each month, 1 PM

Berean Church

### Coffee with Bonnie

Get your investment questions answered with Bonnie Thompson of Edward Jones

2nd Tuesday of the month, 10:00 AM

Berean Church

## Craft Classes

### Crafts with Barb Rightnour

Thursdays at 9 AM, Suggested Donation

Origami with Kathy Stevick

Fridays at 9:30 AM, Suggested Donation

### Card Crafts with Kathy Stevick

Friday at 1 PM, \$0.25/Card

All at Berean Church

### Current Events

Self-Led, Suggested Donation

Thurs. at 1 PM 9/1, 9/15, 10/6 & 10/20

Berean Church

### Dominos

Self-Led, Suggested Donation

Tues/Thurs. at 1 PM

Berean Church

### Flowers with Nick

Enjoy taking home a vase full of fresh flowers after working with Nick

Leader: Nick Russo

Tues.; 9/27 & 10/25; 1:00

Cost: \$2; please bring a vase; call for reservations

### 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 - 8 PM

Moser Road

### Game Room

Self-Led (Pool, Foosball, Ping Pong & Table Hockey)

Mon. - Fri., 8 - 4 PM

Berean Church

### History Club

Suggested Donation

Fri. 9/2, 9/16, 10/7 & 10/22 1 PM

Berean Church

### Ladies Talk

Leader: Alyssa Bell

1st, 2nd & 4th Wed.; 10:30 AM

Berean Church

### Lunch Bunch

Leader: Ron Barrett

2nd Friday each month; 11:30 AM

9/9: Douglassville Hotel

10/14: Limerick Diner

### Piggy Bank Poker

Learn how to play Texas Hold 'em

without breaking the bank

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 10 AM

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 10:30 AM

Berean Church

### Social Hour

Leader: Martha Lessig

3rd Thurs. of the month;

5 - 7 PM, Chili's Restaurant

### Spanish Lessons

Instructor: Belinda Frampton / \$1

Advanced: Wed. 9:30 AM

Intermediate: Wed. 11 AM

### Stamp Club

Leader: Don Eschelman

1st Mon. each month; 7 PM

Moser Road

### Texas Hold' Em Poker

Leader: Alan Sassaman

See Alan for Buy-in \$

Mon, Wed, Fri at 12:30 PM

Moser Road

### Travel Club

Information on places to visit,

special guest speakers, & future trips

Leaders: Kay Yusko &

Wayne Rubright

No Charge

2nd Wed. each month, 10:30 AM

### Exercise & Balance Classes

### Beginner Line Dancing

It's an easy way to stay healthy,

both mentally and physically. No

experience necessary.

## WHAT ARE YOU WAITING FOR?



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# Activities

## FROM PAGE 6

Leader: Deb Bednar, \$2  
Thurs. at 11 AM  
Berean Church

### Chair Dancing with Holly

Fun, low intensity exercise without leaving your chair.  
Leader: Holly BeeBee, No Charge  
1st Wed. each month, 11 AM  
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 10:15 AM  
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 10:30 AM  
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 12 PM  
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 9 AM  
Leader: Jason Coffman, \$2  
Thurs. at 10 AM  
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 10 AM  
Berean Church

### Tai Chi

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

### Volleyball

Self-Led, No Charge  
Tues. 6:00 PM  
Berean Church

### Walking Gym

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

### Nutrition

#### Lunch

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

#### SAM's Lunch at Berean Church

Served the last Monday of the month; 12 PM  
Program & entertainment begin 11:00 AM  
This lunch replaces the daily lunch served  
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

#### Annual Flu Shots with Rite Aid

Rite Aid will be available at the center to provide free flu shots. Please call ahead to schedule an appointment or for more information. (610) 323-5009  
When: 10/4, 10/11 & 10/18;  
10:30 – 1 PM  
Where: The Berean Church

#### 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 10:30 AM 9/13 & 10/11  
Berean Church

#### Visiting Nurse

Leader: Annette Richter,  
No Charge  
Wed 9/7, 9/28, 10/5 & 10/26  
Berean Church

#### Wellness Thursdays w/Rite Aid

Leader: Sheri Hardeman, No Charge  
Thurs.; 9/15 & 10/20 at 10 AM

### Education & Assistance

#### Benefits Information and Referral

Alyssa Bell M-F 8-12:30 PM  
Or By Appointment  
Berean Church or Moser Rd  
by appt.

#### ARP- "55 Alive" Driving Program

Leader: Marty Jensen  
Class will be held 10/6; 9 AM-1 PM  
Charge: \$15 for ARP 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

### Medicare 101 with Ed

All the basic information you will need to understand the different aspects of Medicare  
Ed Savitsky  
No Charge; 10/19; 1 PM

#### Annual Enrollment Information with Health Partners

10/28 at 9:00

#### Veterans Benefits Program Information

Jamie Washburn  
2nd Tues; 10:00 – 1:00

### Trips

9/12-9/15 Ocean City, MD  
Seafood Fest  
10/12 Atlantic City Casino Trip  
11/2 Mohegan Casino Trip  
12/28 Dutch Apple Theater  
Holiday Show

### Special Events & Dates of Note

9/5 TriCounty Active Adult Center will be closed for the Labor Day Holiday  
9/8 Prime Time Health Picnic with Elvis  
9/13 National Fortune Cookie Day  
9/15 National Make A Hat Day  
9/16 Miniature Golf Outing  
9/21 Birthday Picnic at Ringing Rock Park  
9/23 National Checkers Day  
9/26 Active Aging Week Activities Begin  
9/29 Confucius Day  
10/4 Flu Shots with Rite Aid  
10/10 National Angel Food Cake Day  
10/10 Night Out at Friendly's-TRAAC Fundraiser  
10/11 Flu Shots with Rite Aid  
10/12 Casino Trip to Atlantic City  
10/13 Good Will Fire Company visits  
10/14 National Dessert Day  
10/18 Flu Shots with Rite Aid  
10/19 Medicare 101 Open Enrollment Information with Ed  
10/25 Flowers with Nick  
10/28 Medicare Information Program; 9-12 presented by Health Partners

# Financial

## FROM PAGE 4

paid. Older adults file more complaints about abusive debt collectors than any other issue.

The proposed rules would regulate how debt collectors can contact borrowers to collect debts and require them to substantiate that they have the right person before doing so. Current laws put no burden on debt collectors to verify the in-

formation they receive no matter how old. The rules would also make the process for disputing debts simpler.

Consumers now have an advocate with enough clout to make a difference. People can rely less on private attorneys to

address disputes with lenders and debt collectors. The CFPB saves people money, opens the door for many who otherwise could not get help and gives people the power to stand up for their rights against big companies.

*This article is not intended as legal advice. R. Kurtz "Kurt" Holloway is a partner in the law firm of Wells, Hoffman, Holloway & Medvesky, LLP.*

*Please visit our website at [www.whhmlaw.com](http://www.whhmlaw.com).*

| <b>September 2016</b>  |   |    |  | Thursday, September 1   | Friday, September 2  |
|--|---|--|--|---|--|
|  |   | *1 Carb choice<br>**2 Carb choices<br><br>1% Milk served everyday  |  | ROSEMARY ROASTED TURKEY w light turkey gravy*<br>Roasted Brussel Sprouts<br>Mashed Sweet Potatoes w pecans*<br>Cornbread Stuffing*<br>Fruit Cocktail* | LABOR DAY MEAL<br>BBQ Chicken<br>Fiesta Corn*<br>Winter Blend Vegetables<br>Whole Wheat Roll*<br>Chocolate Iced Brownie*<br>Diet: 4oz Fruit* |
| Monday, September 5  | Tuesday, September 6  | Wednesday, September 7   | Thursday, September 8  | Friday, September 9   |  |
| <b>Labor Day Closed</b>  | CHICKEN & VEGETABLE STIRFRY<br>Oriental Blend Vegetables<br>Fried Rice*<br>Wheat Roll*<br>2 Fortune Cookies*        | BBQ PORK SANDWICH*<br>Broccoli<br>Mixed Vegetables*<br>Club Roll**<br>Fresh Plum*<br>ADC: ½ c fruit cup*                               | ROAST BEEF w gravy<br>Scalloped Potatoes*<br>Peas and Onions*<br>Wheat Roll*<br>Pineapples*  | BAKED FISH w Romesco Sauce & Sliced Almonds<br>Kale, Mushrooms, & White Bean*, Rice Pilaf*<br>Wheat Roll*<br>Fresh Apple*<br>ADC: ½ c fruit cup*      |  |
| Monday, September 12   | Tuesday, September 13   | Wednesday, September 14  | Thursday, September 15   | Friday, September 16  |  |
| CHICKEN POT PIE* (potato, carrot, corn, peas)<br>Brussel Sprouts<br>Hamburger Roll**<br>Peaches*<br><br>2              | BROCCOLI, MUSHROOM, & CHEDDAR OMELET<br>Stewed Tomatoes*<br>Hash Browns*<br>Wheat Bread*<br>Pears*                  | CHILI DOG*<br>Corn*<br>Carrot, Broccoli, & Cauliflower Medley<br>Hot Dog Bun**<br>Sugar Free Blueberry Cake*                           | SLICED TURKEY w Light Turkey Gravy* and Apple Cranberry Stuffing*<br>Green Bean Almondine<br>Cinnamon Carrot Coins<br>Wheat Roll*<br>Unsweetened Applesauce* | SESAME GINGER BEEF<br>Broccoli Florets<br>White Rice*<br>Wheat Bread*<br>Fresh Peach*<br>ADC: ½ c fruit cup*  |  |
| Monday, September 19   | Tuesday, September 20   | Wednesday, September 21  | Thursday, September 22   | Friday, September 23  |  |
| BAKED FISH SANDWICH w Dill Sauce<br>Tator Tots*<br>Sauteed Kale w Carrots<br>Wheat Hamburger Roll**<br>Oatmeal Cookie* | MEATLOAF w Mushroom Gravy*<br>Mashed Potatoes*<br>Peas<br>Wheat Roll*<br>Mandarin Oranges*                          | MEDITERRANEAN CHICKEN & VEGETABLES (Zucchini, Mushrooms, Kale, Asparagus)<br>Penne Pasta*<br>Warm Cinnamon Peaches*<br>Fruit Cocktail* | BEEF PIZZIOLA*<br>Peas and Mushrooms*<br>Squash & Onion Medley<br>Wheat Roll*<br>Fresh Orange*<br>ADC: ½ c fruit cup*  | CHICKEN CACCITORE<br>Brussel Sprouts<br>Wide Noodles*<br>Wheat Bread*<br>Pears*   |  |
| Monday, September 26   | Tuesday, September 27   | Wednesday, September 28  | Thursday, September 29   | Friday, September 30  |  |
| BAKED FISH w Lemon Butter Sauce<br>Cape Cod Blend Couscous*<br>Wheat Roll*<br>Unsweetened Peach Applesauce*            | CHICKEN MARSALA<br>Green Beans w Red Peppers<br>Mashed Red Bliss Potatoes*<br>Wheat Roll*<br>Sugar Free Lemon Cake* | CHEESE STEAK<br>MACARONI**<br>Scalloped Tomatoes<br>Spinach w diced Carrots<br>Pineapples*   | LASAGNA***<br>Garlic Broccoli<br>Mandarin Oranges*   | SWEDISH MEATBALLS<br>Whole Baby Carrots<br>Egg Noodles*<br>Wheat Bread*<br>Unsweetened Cherry Applesauce*   |  |



| Monday, October 3  | Tuesday, October 4   | Wednesday, October 5   | Thursday, October 6   | Friday, October 7   |
|--|--|--|---|---|
| BQ PORK SANDWICH*<br>Broccoli<br>Mixed Vegetables*<br>Club Roll**<br>Fresh Apple*<br>ADC: ½ c fruit cup*<br>Milk*                                | ROSEMARY ROASTED<br>TURKEY w light turkey gravy*<br>Roasted Brussel Sprouts<br>Mashed Sweet Potatoes w<br>pecans*<br>Cornbread Stuffing*<br>Fruit Cocktail*, Milk* | CHICKEN & VEGETABLE<br>STIRFRY<br>Oriental Blend Vegetables<br>Fried Rice*<br>Wheat Roll*<br>2 Fortune Cookies*<br>Milk*                                       | ROAST BEEF w gravy<br>Scalloped Potatoes*<br>Peas and Onions*<br>Wheat Roll*<br>Pineapples*<br>Milk*  | BAKED FISH w Romesco<br>Sauce & Sliced Almonds<br>Kale, Mushrooms, & White<br>Bean*, Rice Pilaf*<br>Wheat Roll*<br>Fresh Pear*, ADC: ½ c fruit<br>cup*, Milk* |
| Monday, October 10   | Tuesday, October 11  | Wednesday, October 12  | Thursday, October 13  | Friday, October 14  |
| CHICKEN POT PIE*<br>(potato, carrot, corn, peas)<br>Brussel Sprouts<br>Hamburger Roll**<br>Peaches*<br>Milk*                                     | BROCCOLI, MUSHROOM, &<br>CHEDDAR OMELET<br>Stewed Tomatoes*<br>Hash Browns*<br>Wheat Bread*<br>Pears*<br>Milk*   | CHILI DOG*<br>Corn*<br>Carrot, Broccoli, &<br>Cauliflower Medley<br>Hot Dog Bun**<br>Sugar Free Blueberry Cake*<br>Milk*                                       | SLICED TURKEY w Light<br>Turkey Gravy* and Apple<br>Cranberry Stuffing*<br>Green Bean Almondine<br>Cinnamon Carrot Coins<br>Wheat Roll*<br>Unsweetened Applesauce*<br>Milk* | SESAME GINGER BEEF<br>Broccoli Florets<br>White Rice*<br>Wheat Bread*<br>Fresh Orange*<br>ADC: ½ c fruit cup*<br>Milk*  |
| Monday, October 17   | Tuesday, October 18  | Wednesday, October 19  | Thursday, October 20  | Friday, October 21  |
| BAKED FISH SANDWICH w<br>Dill Sauce<br>Potato Wedges*<br>Sautéed Kale w Carrots<br>Wheat Hamburger Roll**<br>Oatmeal Cookie*<br>Milk*            | MEATLOAF w Mushroom<br>Gravy*<br>Mashed Potatoes*<br>Peas<br>Wheat Roll*<br>Mandarin Oranges*<br>Milk*   | MEDITERRANEAN<br>CHICKEN & VEGETABLES<br>(Zucchini, R. Peppers,<br>Mushr, Kale, Asparagus)<br>Penne Pasta*<br>Warm Cinnamon Peaches*<br>Fruit Cocktail*, Milk* | BEEF PIZZIOLA*<br>Peas and Mushrooms*<br>Squash & Onion Medley<br>Wheat Roll*<br>Fresh Orange*<br>ADC: ½ c fruit cup*<br>Milk*  | CHICKEN CACCITORE<br>Brussel Sprouts<br>Wide Noodles*<br>Wheat Bread*<br>Pears*<br>Milk*  |
| Monday, October 24   | Tuesday, October 25  | Wednesday, October 26  | Thursday, October 27  | Friday, October 28  |
| BAKED FISH w Lemon<br>Butter Sauce<br>Cape Cod Blend<br>Couscous*<br>Wheat Roll*<br>Unsweetened Peach<br>Applesauce*, Milk*                      | CHICKEN MARSALA<br>Green Beans w Red Peppers<br>Mashed Red Bliss Potatoes*<br>Wheat Roll*<br>Sugar Free Lemon Cake*<br>Milk*                                       | CHEESE STEAK<br>MACARONI**<br>Scalloped Tomatoes<br>Spinach w diced Carrots<br>Pineapples*<br>Milk*  | LASAGNA***<br>Garlic Broccoli<br>Mandarin Oranges*<br>Milk*   | SWEDISH MEATBALLS<br>Whole Baby Carrots<br>Egg Noodles*<br>Wheat Bread*<br>Unsweetened Cherry<br>Applesauce*<br>Milk*   |
| <b>HAPPY HALLOWEEN</b>   |  |  |   |   |
| HOULISH GOULASH*<br>Buttered Elbow Noodles*<br>Fitch's Green Peas*<br>Sweet Dessert**<br>(Dt: 4oz Fruit*)<br>Inner Roll*<br>Unsweetened Iced Tea | <p><b>* 1 Carb choice</b><br/><b>** 2 Carb choices</b></p> <p>1% Milk*<br/>is offered every day</p>  |  |   |   |



# October 2016

# Charitable giving: Where head and heart meet

How can a person support organizations that help people in need? Some may choose to give their time and abilities through volunteer service, while still others provide financial support. Charitable giving provides an opportunity to engage both head and heart in making a difference. The following tips from Thrivent Financial can help donors make the most of their charitable gifts.

- Choose a reputable organization. Never give to an organization without first knowing its purpose and effectiveness. The Philanthropic Advisory Service of Better Business Bureaus and National Charities Information Bureaus can help.

- Budget for donations. Systematic gifts spread throughout the year may help donors give more than if they give a one-time gift based on their financial leftovers.

- Keep good records. To deduct donations for tax purposes, people must keep appropriate record of their contributions. The type and value of one's gift may require specific forms of acknowledgement from the recipient organization. For details, see Internal Revenue Service (IRS) Publication 526.

- Take advantage of tax benefits. For a charitable donation to be tax-deductible, the charity must be recognized by the IRS as a qualified organization.

- Give generously and wisely. From wills, living trusts, charitable gift annuities, endowments and mini-foundations to gifts



John A. Ungerman

of appreciated stock, retirement funds or real estate, there are many vehicles through which individuals can make charitable gifts. Special care should be used to determine the option that meets one's financial circumstances. Gifting some assets to IRS-recognized charities may potentially reduce capital gains tax. Life insurance may also be an excellent option to magnify a gift.

- Consult with experts. Always consult a financial, legal and/or tax professional before putting a gifting plan into action.

When moved to make a difference, donors should remember there are many options for making a financial gift. Just be sure to explore the options and enlist appropriate support along the way. By fully planning a charitable gift, a person can ensure that both head and heart are satisfied.

*This article was prepared by Thrivent Financial for use by Pottstown representative John A. Ungerman. He*

*has an office at 2879 E High Street in Pottstown and can also be reached at 610-970-4740.*

*About Thrivent Financial*

*Thrivent Financial is a financial services organization that helps Christians be wise with money and live generously. As a membership organization, it offers its nearly 2.4 million member-owners a broad range of products, services and guidance from financial representatives nationwide. For more than a century it has helped members make wise money choices that reflect their values while providing them opportunities to demonstrate their generosity where they live, work and worship. For more information, visit [Thrivent.com/why](http://Thrivent.com/why). You can also find us on Facebook and Twitter.*

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## Annual Garden Party

Dr. and Mrs. Gubler hosted the members of the History Club at their home on Friday, July 15th. After a tour of the impressive garden areas a lunch was served. A wonderful time was had by one and all.

A recent field trip was made to the Schwenkenfelder Heritage Center in Pennsburg, PA. The group enjoyed viewing two exhibits and were treated to a DVD showing followed by a question and answer session.

The History Club meets at 1:00 PM on the 1st and 3rd Fridays of each month. Plans are being made now for our upcoming topics. All are welcome to attend and we encourage suggestions for topics of discussion and places to visit. We look forward to having you join us.

*Article by June Hankins*

## Picnic Time with TriCounty AAC

Wednesday, Sept. 21st: The Birthday Picnic at Ringing Rocks

Sponsored by Hearthstone with entertainment provided by Paul Sterner.

The TRAAC picnic will be held at Ringing Rocks Park this year with our lunch provided by Chef Bill Baird. There will be games and activities provided! Get ready for some fun with your TRAAC staff. To make this a special year we are going to have a dessert contest! Please bring a favorite dessert to share. All entries will be judged and a special prize will be awarded to the fan favorite. Everyone is welcome and encouraged to attend. Free transportation will be provided by Transnet. Reservations will be accepted until 9/14. Cost: \$7

## Why Take a Driver Safety Course?

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

**COMING SOON!  
AARP DRIVING CLASS  
THURSDAY, OCTOBER 6th**

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 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 on-line 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 nonmembers. TriCounty Active Adult Center membership is not required.

### How to register

Call the TriCounty Active Adult Center at 610-323-5009 to register for our next class on Thursday, October 6th. Class will be held at the TRAAC Center (Berean Church), 2675 East High Street, Pottstown.

## Rotator Cuff Injuries and the Older Adult

Shoulder pain is a common complaint heard by physical therapists. Typical complaints are pain at night, a painful arc while raising or lowering your shoulder, and weakness. Shoulder pain can be caused by a variety of reasons and can be either acute or chronic in nature. Acute injuries can occur from a single traumatic event whereas chronic injuries are degenerative that may start with tendonitis then progress over time to a partial or full thickness tear of the rotator cuff (RTC). This article will focus on the chronic and degenerative shoulder.

The prevalence of shoulder pain increases as you age. In one study, older adults 65 years of age had a prevalence of 22% full thickness tear (Fehring, 2008). It is also noted that you can have a positive MRI indicating a tear of the RTC and be without pain or loss of function. Many older adults are walking around with a torn RTC and performing everyday life without complaints. What does that mean to you? If you do not have a loss of function and you do not have pain, you do not need surgery despite having a tear in the RTC.

What do you do if you have pain in your shoulder and loss of function? There is a range of treatments for shoulder pain that offer both conservative and non-conservative care. Tendonitis and par-



Julie Hawthorne Adamski

tial tears of the RTC respond well to physical therapy and rest. In a majority of cases, conservative care resolves the shoulder pain. Patients are under conservative care are typically watched by surgeons for 6 months, but in older adults, patients are watched up to 12 months. Surgeons look at acute vs. chronic shoulder pain in timing of surgery, and the quality of muscles and bones. If rest and rehabilitation are unsuccessful with pain management and function, and/or you have a massive, complete or high-grade tear of the RTC, then surgery may be warranted (Khan, 2013).

There are three phases that are addressed for conservative rotator cuff pain.

1. Pain management: Rest, ice or heat for pain control, and anti-inflammatory medication. Physical therapy is used for pain management and can consist of passive/active range of motion, manual therapy, and joint mobilization. Some treatments such as ultrasound, iontophori-



sis, and electric stimulation are debated about efficacy. Anti-inflammatory medication can be non-steroidal or steroids. Injections may be used to help with pain control but are considered more invasive than oral medications. Injections can be combined with physical therapy.

2. Restorative: Restore and regain range of motion, strength in rotator cuff, scapular movement and motor control of shoulder girdle. Addressed at this time are the muscle imbalances of the shoulder. Imbalances are often seen with weak RTC, tight pectoralis muscles, forward head/round shoulders, poor timing of the shoulder blade (scapula) and humerus (long arm bone) with elevation, and poor body mechanics. This can be addressed with physical therapy and will not be addressed with pain medications.

3. Integrative: Integrating back into normal higher end activities of daily living, work functions, and sporting activities.

Treatment time for conservative rotator cuff pain is between 4-6 weeks for less involved healthier patients and up to 12 weeks for more involved, less healthy patients. Patients with diabetes and patients that smoke should expect to take longer than those

who are not diabetic and do not smoke. Surgical rotator cuff care will follow the same 3 phases of pain management, restorative, and integrative phases, but the time frame is extended to 6 months up to a year for recovery (Erickson, 2014).

Braun, C. H. (2016). Prognostic Models in Adults Undergoing Physical Therapy for Rotator Cuff Disorders: Systematic Review. *J. of the American Physical Therapy Association*, 96 (7), 961-971.

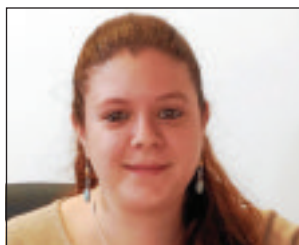
Erickson, M. (2014, December 5). Rotator Cuff Repair Surgery. Retrieved 7-30-16, from Sports-heath.com .

Fehring, E. S. (2008, November/December). Full-Thickness rotator cuff tear prevalence and correlation with function and co-morbidities in patients sixty-five years and older. *J. Shoulder Elbow Surg*, 881-885.

Khan, Y. N. (2013). The Painful Shoulder: Shoulder Impingement Syndrome. *The Open Orthopaedics Journal*, 7, 347-351.

*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 610-310-0915.*

## Alyssa's Notes



Alyssa

Howdy!

Welcome to September and October everyone. Where has the time gone? I can't believe that fall is right around the corner. First things first, we are out of produce vouchers. For those who have vouchers, they are valid until November 30th, 2016. Effective August 1st, TransNet stated there will be a slight rate increase due to higher transportation costs over the last year. Increases range from 0-\$.45 per trip. Have questions regarding the increase? Please contact TransNet (215)542-RIDE (7433).

There is an extension on the Property/Rent Rebate Program, which now continues through December 31st, 2016. If you are a homeowner you can't exceed \$35,000 in income and as a renter you can't exceed \$15,000. If you have any questions or want to make an appointment with me (Alyssa) please call 610-323-5009. Enjoy your September and October everyone.

# 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.

Class will be held on Tuesday, September 27th & October 25th at 1:00. Please call 610.323.5009 to register as space is limited and the flowers need to be ordered ahead of time. Cost: \$2.00



## Create Your Legacy

What 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.

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

## Atlantic City Casino Trip

October 12th: Travel with us to Atlantic City's Resorts Casino, home to Jimmy Buffets' Margaritaville! Benefits include \$25 in free slot play, walking distance to the Steel Pier and more. Full payment is due at the time of registration. Call Dolly for information. (610) 323-5009. Space is limited. Cost: Members \$30; Non-Member \$35

## 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

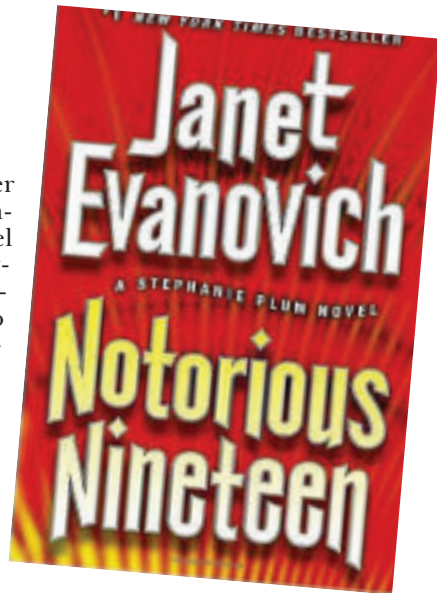
December 28th: The Holly Jolly Christmas Show and Buffet Lunch will bring out the holiday spirit with this most enjoyable musical filled with dancing, holiday favorites, and a visit from the big guy in red himself! We guarantee this show will make your holiday holly-er, jolly-er, merrier, and brighter! Cost: Members \$75, Non-Members \$77

The Travel Club meets the second Wednesday of each month at 10:30. Join us for updates, new places & plans for the future and guest speakers! For more information call (610) 323-5009 and ask for Dolly.



# Book Club

The September choice is a Stephanie Plum novel by Janet Evanovich. Join us September 19th to discuss Notorious Nineteen. After a slow summer of chasing low-level skips for her cousin Vinnie's bail bonds agency, Stephanie Plum finally lands an assignment that could put her checkbook back in the black. Geoffrey Cubbin, facing trial for embezzling millions from Trenton's premier assisted-living facility, has mysteriously vanished from the hospital after an emergency appendectomy. Now it's on Stephanie to track him down. Unfortunately, Cubbin has disappeared without a trace, a witness, or his money-hungry wife. Rumors are stirring that he must have had help with the daring escape . . . or that maybe he never made it out of his room alive.



October 17th will bring us Circles by Ruby Standing Deer sharing a rare glimpse into ancient Native American culture. This story is steeped in American Indian life, in their beliefs and humor, and in their love of family. It shows how we might benefit from the old ways today. With much of the world still undiscovered, a small band of people live a peaceful life, until the dream vision of a young boy, Feather Floating In Water, changes everything. He must help his people face a terrifying destiny from which they cannot turn away. He must find a way to make his people listen. Bright Sun Flower, the boy's grandmother, guides his beginnings, teaching him about the Circle of Life, and how without it, no life can exist. But he needs a bigger push, and gets it from a grey wolf and a Great Elder. The boy's journey leads him to discover that the Circle of Life involves all people, all living things, and not just the world he knows.



## Military Pen Pals Needed

It has been brought to our attention that there are a number of young service men and women that are currently serving our country, stationed on the USS Eisenhower and other ships, who are getting no mail, emails or care packages. These young adults have no family support. We are looking for people that would be interested in corresponding with these service men and women by sending cards, letters & emails with an occasional care package to brighten their day.

There is one young Marine who has been in sick bay for a number of months, and is getting depressed with no family to count on. If you are interested in sending a note or letter of encouragement or get well cards please drop them off at Moser Road or at the Berean Church. We will be happy to forward these on. Let's see if we can make his day!

If you are interested in helping out with this Military Pen Pal program please contact Sue at (610)323-5009. We will be getting a list of names and addresses shortly. Thank you!

## 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 more information or to schedule an appointment (610) 323-5009.



### Lunch Bunch Is On The Move!

September 9th will find our Lunch Bunch gang meeting at the Douglasville Hotel located right off 422 East in Douglassville. The Hotel-Restaurant & Bar has been family owned and operated for over 40 years. Known for its excellent selection of food, especially their award winning burgers and wide selection of beer, there is something for everyone.

October 14th we will be traveling to the Limerick Diner which features a full bar & an expansive menu sure to satisfy any craving. The mouth-watering array of tantalizing baked goods comes from their own ovens and from the expert, world-class Manhattan bakeries and pastry shops.

All are welcome and encouraged to attend! Need a ride? We can help there too. There are always a lot of laughs and side activities to keep the group going. For more information or to make a reservation please call (610) 323-5009.



## Vegas Here We Come!

Our Walking Club members have put on enough mileage (1,034.2 miles) to make it to Disney World from Pottstown and are now enroute to Las Vegas from Disney World! This month we walked a grand total of 784 miles and had 22 walkers check in! Each month our friends from Bayada come to visit and check our pedometers to see how far each walker has traveled over the month. We have members that walk a mile or two and others that are in the 50, 60 & 70 mile range and MORE. Our winner this month was well over 167 miles. Every step counts! We have members that walk the track, the paths in the parks and are in classes that range from Line Dancing to Healthy Steps, Tai Chi & Golden Zumba. We have others that walk at home in their living rooms while watching tv in the evening or make extra trips to the refrigerator as they make dinner just to help us get those extra steps in. EVERY STEP helps to get us closer to our destination. Every step leads to a healthier you! We welcome new members at any time. Please join us on our adventure as we travel to special destinations across the country and celebrate when we get there! Special thanks to Heather and her Bayada team for the pedometers and the encouragement.

## Come Try Piggy Bank Poker

We are offering a new activity and calling it PIGGY BANK POKER!

What is it all about? We will be playing a less expensive and more relaxed form of the game of Texas Hold-Em. The chips will have a value of only \$.10 each and the bets will be limited to \$.20 and \$.40. You will spend a little and maybe win a little. We think that you will enjoy the game more when the stakes are not so high.

This offers an opportunity to those interested persons who have had no previous experience with the game. It can be a "learn as you go" activity. You will find us to be a helpful and patient group of players.

Until we move to our Moser Road location, we will meet on Game Night at 4 PM. This takes place every second and fourth Tuesday of the month. If you can find your "poker face" --- bring it with you, we will be wearing ours!

Questions??? Please call (610)323-5009 or see June Hankins for more information.

## The Tale of the Tape!



Thank you to all who have brought in their Redner's receipts. So far, your efforts in 2016 have resulted in \$531.30 for the center. Please remember that we need the entire receipt to get credit.

For July & August we submitted \$12,185.72 in receipts, which will result in a check for \$121.86

\*\*\*We appreciate your participation!\*\*\*

Pottstown's Phillies Fire Company Presents:

The Second Annual



FOR ADULTS AGE 50 AND BETTER

FREE to participate!

CASH PRIZES!

- Friday, September 16, 2016
- Manatawny Greens mini-golf course in Pottstown
- Shotgun Start at 10:30 am
- Free transportation from the TriCounty Active Adult Center at the Berean Bible Church
- A refundable \$5 reservation deposit is required

FREE:  
Hot Dog, Chips, Soda  
and Ice Cream

First place player  
wins \$50!

**Pre-Registration is REQUIRED!**

**Call 610-323-5305 to register.**

**Space is limited to the first 68 registered players!**

## 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 June & July volunteers:**

Charles Albitz  
Trudy Barette  
Mary Ann Bell  
Nancy Bortz  
Darrel Bryant  
Sylvester Buszta  
Michael Conace  
Marian Copple  
Lucille Dettrich  
Antoinetta Dieugenio  
Pearl Endy  
Ken Ertman  
Ronald Frick  
Jeffrey Gaugler  
Gordon Gaugler  
Alice Gerhart  
Myrtle Gordon  
Rose Grenewald  
June Hankins  
Carolyn Harrington

Lorraine Hoff  
Howard Jones  
Yvonne Jones  
Jay Kapila  
Arno Kott  
Michael Kriczky  
Martha Lessig  
Frank Levan  
Penelope Manning  
John McCloskey  
Marjorie McElroy  
Gary Moser  
Sharon Moser  
Helen Neiffer  
Anthony Pagano  
Helen Pierman  
Barbara Rightnour  
Douglas Rightnour  
Ethel Rinaldi  
Robert Roebuck  
Allen Sassaman  
Stan Shoffner  
June Smith  
June Smith  
Barbara Speaker  
Dennis Stauffer  
James Stauffer  
Paul Stephenson, J R.  
Kathy Stevick  
Betty Thompson  
Lisa Timmons  
Barbara Updegrove  
Dave Updegrove  
Norman Wilkie

## 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.

**Redner's Tapes** – If you have a Redner's 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 cur-

rently 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 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.

### 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:

Barry Wade  
Constance Stephens

### 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 fall of 2016 when our new building opens. Stay tuned!

#### TriCounty Active Adult Center Board of Directors

PRESIDENT:  
TOM SPANN  
VICE PRESIDENT:  
RON BARRETT  
SECRETARY:  
VIRGINIA TAKACH  
TREASURER:  
RODNEY REYNOLDS, C.P.A.

#### MEMBERS:

Barbara Borger, Ronald Dinnocenti  
Dr. Garland Fisher, Lillie Foster  
David Garner, Jay Kapila  
William Krause, Sylvia Landis  
Bobby Watson, Jackie Wilder,  
Sue Yocom

#### Emeritus Members

Janet Garner, Mary Ann Lawrence,  
Charles McCarthy, Jonathan Fink

#### TriCounty Active Adult Center Staff

EXECUTIVE DIRECTOR:  
BRIAN PARKES  
Brian@TriCountyAAC.org  
ASSISTANT EXECUTIVE DIRECTOR:  
SUE McINTYRE  
Sue@TriCountyAAC.org  
OFFICE MANAGER/BOOKKEEPER:  
SHARON LEE LEIBENSPERGER  
Sharon@TriCountyAAC.org

#### INFORMATION AND ASSISTANCE SPECIALIST:

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Alyssa@TriCountyAAC.org  
VOLUNTEER COORDINATOR/  
PROGRAM ASSISTANT:  
KAY YUSKO  
RECEPTIONISTS:  
RITA BOMMARITO, HELEN ENDRES  
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 2,500 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.

The Newsletter of the TriCounty Active Adult Center (ISSN: 2471-7258) Issue: 2016-5 is published six times per year by the TriCounty Active Adult Center, 288 Moser Road, Suite 1, Pottstown, PA 19464. Send address changes to: TRAAC, 288 Moser Road, Suite 1, Pottstown, PA 19464.

# Olympic Games at the TRAAC

The TRAAC had our own version of the Olympic Games on August 5. Participants competed in Olympic classics such as the “pool-noodle javelin throw,” “balloon volleyball,” and others. Everyone enjoyed the friendly competition!

