

# THE PRIME TIMES

A publication of

The Center at *Spring Street*

**SEPTEMBER 2015**

Phone: 610-367-2313 [lbernhard@boyertownareamulti-service.org](mailto:lbernhard@boyertownareamulti-service.org)

## DATE SAVER NOTICE

**Tuesday, September 1, 2015**

1 p.m. Medicare Fraud Prevention

By John F. Vogel, II

**Thursday, September 10, 2015**

11:15 a.m. Membership Meeting

1 p.m. Musical Entertainment  
by Kevin Pierce

**Friday, September 11, 2015**

6:30 – 10:30 p.m.

Friday Nite Dance  
“Classic Touch”

**Thursday, September 17, 2015**

12:45 p.m. History Revisited

“The Life Cycle of the Lenape” by  
Darius Puff

**Friday, September 18, 2015**

1 p.m. – Grocery Bingo

**Tuesday, September 22, 2015**

Cake Raffle

10:45 a.m. – Tuesday BINGO

**Monday, September 28, 2015**

Birthday Party 1:00 p.m.

Musical Entertainment

By Debi Irene Wahl

**Wednesday, September 30, 2015**

Dutch Apple Dinner Theatre

Church Basement Ladies Fortress

## From Lori's Desk....

September is National Senior Center Month and this year's theme is Senior Centers: Experts at Living Well. The Center will be celebrating National Senior Center Month the week of September 7<sup>th</sup> with great programming, favors every day, and wonderful entertainment. During this week, we encourage you to bring a friend, relative, or neighbor that has never been to the Center before and they will receive a free meal ticket. Please be sure to sign them up two days in advance. Come join us as we celebrate National Senior Center Month at the Center!!!!

Did you know that billions of dollars are lost to Medicare fraud and abuse each year? Money lost to fraud means increased premiums for beneficiaries, increased taxes for all of us, and less money available for programs that assist caregivers. In addition to the financial cost, there is a human cost. Medicare fraud diminishes the quality of care received by older adults and can result in denial of medically necessary treatment. That's the bad news.

The good news is that you can do something about it. In response to the problem of fraud, the U. S. Administration on Aging developed the Senior Medicare Patrol (SMP) program. The SMP is a Medicare fraud prevention program that educates people about fraud and scams and what they can do about it. The message is simple: **Protect** your personal information, know how to **Detect** fraud, and know where to **Report** fraud.

On Tuesday, September 1<sup>st</sup> at 1 p.m., you are invited to attend an SMP presentation offered by John Vogel from the Center for Advocacy for the Rights and Interests of the Elderly (CARIE). Please come learn what fraud is, how you can recognize it, and what you can do about.

On Thursday, September 10<sup>th</sup>, the XL Insurance Group will be at the Center for their Global Day of Giving. They will be volunteering at the Center helping with cleaning the walk in cooler, washing the Center bus, and other housekeeping items. They are a great group of people and we are looking forward to their visit this year.

**The Center at Spring  
Street**

**is a service of  
Boyertown Area Multi-  
Service, Inc.**

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**Center Hours**

**9:00 A.M. to 4:00 P.M.**

**Monday thru Friday**

## “EARLY BIRD” BREAKFAST PROGRAM

### SEPTEMBER 4, 2015



Croissant sandwich  
(bacon, egg, cheese)

OR

Pancakes and bacon

### SEPTEMBER 11, 2015

Scrambled eggs, home fries, bacon

OR

French toast and bacon

### SEPTEMBER 18, 2015

Croissant sandwich  
(bacon, egg, cheese)

OR

Waffles with fruit and bacon

### SEPTEMBER 25, 2015

Scrambled eggs, hash browns, sausage

OR

Pancakes and sausage

Served with fruit, muffins or pastry, toast,  
coffee, tea, juice, cereal – Cost - \$2.00

Breakfast served promptly at 8:00 A.M.

Please sign-up 2 days in advance.

Menu is subject to change.

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## SPRING STREET SONGSTERS

The Spring Street Songsters are a lively group of senior citizens who perform familiar music from the 20's to the 50's. The chorus is now in their 11<sup>th</sup> season of providing entertainment for retirement homes, senior centers and church groups. Rehearsals are on (most) Thursday afternoons from 2-3 p.m. at the Center beginning in September. Newcomers are always welcome and appreciated! Music reading is helpful, but not necessary. For more information, please contact Choral Director, Robin Ward at 610-367-8276.

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## HEARING – HOW IT WORKS, CAUSES OF LOSS, HEARING AID TECHNOLOGY

On Monday, September 14<sup>th</sup> at 1 p.m., Nick Gilmer of Central Pennsylvania Hearing Aid Solutions will be at the Center to offer a presentation on how hearing works, what causes hearing loss and what type of technology is available to help those with hearing loss. Come check it out!

## REMINDERS:

### MEAL RESERVATIONS

Meal reservations must be made 2 working days in advance by 2 p.m. If you are not signed up for lunch when you come to the Center, it may not be possible to accommodate you. Also, please do not sign up for the same day more than once.

### EARLY BIRD BREAKFAST RESERVATIONS

Every Friday the Center serves an Early Bird Breakfast at 8 a.m. for the cost of \$2 per person. Please sign up for the Early Bird Breakfast by the Wednesday before the breakfast.

### JACKETS & SWEATERS

Please do not hang your jacket or sweater on the back of your chair. This presents a fall hazard to our other members.

### SECOND HELPINGS

If we are lucky enough to be able to offer a second helping after all tables and volunteers have been served, please be mindful of how much you take. It does not mean you fill your plate with two or three helpings of any part of the meal. There may be others that are interested in a second helping as well.

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## SENIOR EXPLOITS PRESENTATION

On Tuesday, September 8<sup>th</sup>, at 1 p.m. Ann Barlet from the Berks County Area Agency on Aging will offer a presentation on “Senior Exploits”. The vulnerabilities that seniors may develop or have as they age can enhance their “attractiveness” as a target of scammers. This presentation is a creative way to share three scenarios that depict some of the more common ways the perpetrator employs to take advantage of or ‘scam’ seniors. Through the presentation and discussion, Ann will help:

- To educate seniors about scams
- To help protect seniors from potential scams
- To provide tips to help guide seniors when confronted by potential scammers
- To help prevent seniors from becoming a victim of a scam

You won't want to miss this very important and informative presentation!



Look how far you have come  
 And how far you have to go  
 How much experience and wisdom  
 To others, you can show  
 Look at what a grand journey  
 Your life has been until now  
 As we raise a toast to your life  
 We stand up and take a bow . . .



### Happy National Senior Center Month!



\* \* \* \* \*

### HAPPY BIRTHDAY TO OUR SEPTEMBER CELEBRANTS!!



- |                       |                           |                      |                       |                     |
|-----------------------|---------------------------|----------------------|-----------------------|---------------------|
| 01 Pat Miller         | 07 Ursula Wieland         | 15 Doris Madaras     | 21 Ellen Trimbur      | 27 Irene Melton     |
| 01 Colleen O'Grady    | 07 Elizabeth Myers        | 15 M. Lawrence Smith | 21 Kathryn Tribbett   | 27 Melvin Miller    |
| 03 Beverly Schultz    | 08 Eileen Ward            | 15 Eugene Rohrbach   | 22 Harold Strunk      | 28 Dorothy Norton   |
| 03 Ingrid Dressler    | 08 Rainelle Pail          | 15 Harley Hauck      | 22 Emil Schultheisz   | 28 Carol Hulme      |
| 03 Clayton Rhoads     | 09 Dorothy Kehler         | 15 Doris Mitchell    | 22 Randy Kehl         | 28 Norman Wheeler   |
| 04 Evelyn Blausner    | 09 Janice Moyer           | 16 John Hutnick      | 23 Sandi Theisen      | 28 Edie Shirey      |
| 04 Elaine Mutter      | 10 Helen Detwiler         | 17 Linda Stichter    | 23 Miriam Spade       | 28 Helen Weissman   |
| 05 Judy Sabo          | 10 Elizabeth Miller       | 17 Cynthia Eshbach   | 24 Shannon Delp       | 28 Joan Knoeller    |
| 05 Helen Krawchuk     | 10 Patsy Bechtel          | 17 Joan Millard      | 24 Judy Grabowicz     | 29 Herbert Schubert |
| 05 Charlene Miller    | 11 Jim Rightley           | 17 Patricia Eht      | 25 Michael Quicksell  | 29 Barbara Schenkel |
| 05 Dolores Bicher     | 11 Beverly Smale          | 18 Thomas Dimedio    | 25 Phyllis Bauman     | 29 Donna Kandrick   |
| 05 Caroline Brong     | 11 Esther Sheaffer Witzel | 19 Shirley Burns     | 25 Joan Miller        | 30 Gloria Schubert  |
| 06 Dennis Brandau     | 11 Helen Dubas            | 19 Thomas Kelly      | 26 Karen Youse        | 30 Bob Mauger       |
| 06 Richard Frey       | 11 Melvin Scheidt         | 19 Marlene Driscoll  | 26 Faye Barnett       | 30 Lillian Mauger   |
| 06 Audrey Schultheisz | 12 Arlene McCaffrey       | 19 Lori Eckert       | 27 Lillian Hartman    | 30 George Bartow    |
| 06 John Galloway      | 13 Donna Garber           | 20 Ernestine Reinert | 27 Sandra Hartman     | 30 Lillian Fisher   |
| 06 Marie Pirigy       | 13 Ronald Deik            | 20 Larry Danser      | 27 Richard Groff      | 30 Gertrude Leh     |
| 07 Eleanor Gehris     | 14 Mary McKenrick         | 20 Arlene Eck        | 27 Stanley Emery, Jr. | 30 Doris Reidel     |

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### THE CENTER AT SPRING STREET BULLETIN BOARD

#### MEMBERSHIP

Please check your membership card for your renewal date!

#### GET WELLS

- Barbara Blazes
- Betty Mae Eberhart
- Tom Galloway
- Marie McCarter
- Lois Oister

#### OUR DEEPEST SYMPATHY TO THE FAMILY & FRIENDS OF:

- Loretta Bradley
- Jean Cromie
- Ruth Spayd

#### "INVITATION"

September celebrants are invited to celebrate their birthday at the Center on Monday, September 28, 2015, from 10 A.M. to 2 P.M.

Entertainment by: Debi Irene Wahl

R.S.V.P. (610) 367-2313, by Monday, September 21, 2015

Please bring your current membership card to receive a complimentary meal.



# The Center at Spring Street

Boyertown Area Multi-Service, Inc. is a member agency of the Boyertown Area United Way, and is also funded in part by the Pennsylvania Department of Aging through Berks County Area Agency on Aging, and the generosity of the individuals, churches and organizations of the Boyertown Area.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>DAILY ACTIVITIES...</b> Pinochle & Other Card Games Quilting Shuffleboard Rummikub & Other Games Billiards & Table Tennis Book Swap Good Coffee & Great Company!	9 Cards and Games 9:15 Wii Bowling 10 Coupon Club w/Barb Bernier 11 PEPPI Weight Training w/Jody 1 "Medicare Fraud Prevention" by John F. Vogel, II 1-3 Swim Time @ YMCA 1:30 Open Art Studio	9 Cards and Games 9:15 Yoga w/Fran 10 Blood Pressure and Weight by Chestnut Knoll 10:30 Mah-Jongg 10:45 PEPPI Weight Training w/Robin 12:45 Wii Bowling 1-4 "Golden Texas Hold 'Em" 2 Beginner Line Dancing w/Jane	9 Cards and Games 9:30 Light & Lively w/Jody 10:30 PEPPI Weight Training w/Jody 1 "Are You Strong Enough?" by Nick Banar & Mike Melnick FOX Rehabilitation Beginner Bridge	8 <b>Early Bird Breakfast</b> 9 Cards and Games 9:15 Wii Bowling 10:30 Walk & Talk 11 Chair Yoga w/Fran 1 BINGO
 <b>CENTER CLOSED</b> Labor Day	<b>SENIOR CENTER WEEK</b> 9 Cards and Games 9:15 Wii Bowling 11 PEPPI Weight Training w/Jody 12 Piano Tunes w/Kay Behle 1 "Senior Exploits" by Ann Barlet, BCAA 1-3 Swim Time @ YMCA 1:30 Open Art Studio 6-9 BINGO Nite	9:15 Yoga w/Fran 9:15 Driver Safety Program (8 hrs) 10 "Falls & Balance" by Beth Hiriak, SE Home Health 10:30 Mah-Jongg 10:45 PEPPI Weight Training w/Robin 12:45 Wii Bowling 1 Bridge 2 Beginner Line Dancing w/Jane	<b>XL Ins. Global Day of Giving</b> 9:15 Driver Safety Program (8 hrs) 9:30 Light & Lively w/Jody 10 BINGO Walking for Seniors BASH Memorial Stadium Track 10:30 PEPPI Weight Training w/Jody 11:15 Center Membership Mtg. 1 Musical Entertainment by Kevin Pierce 1 Beginner Bridge	8 <b>Early Bird Breakfast</b> 9 Cards and Games 9:15 Wii Bowling 10:30 Walk & Talk 11 Chair Yoga w/Fran 1 BINGO 1 Book Club 7:30-10:30 <b>Friday Nite Dance</b> "Classic Touch"
9 Cards and Games 9:45 Pick Teams for Wii Bowling Tourn. 10 <b>Wii Bowling Tournament</b> 10 "Coping with Life Changes" Discussion Group 11 Reflective Moments 1 "Hearing - How it Works, Causes of Loss, Hearing Aid Technology" by Nick Gilmer	9 Cards and Games 9:15 Wii Bowling 11 PEPPI Weight Training w/Jody 1 Sit & Get Fit w/Jody 1-3 Swim Time @ YMCA 1:30 Open Art Studio 5:30 Supper Club @ Brookside	9:15 Yoga w/Fran 10 Hearing Aid Cleaning by Advance Hearing Aid Center 10-11 BINGO Walking for Seniors-BASH 10:30 Mah-Jongg 10:45 PEPPI Weight Training w/Robin 12:45 Wii Bowling 12:45 <b>Bean Bag Baseball Tourn.</b> 1-4 "Golden Texas Hold 'Em" 2 Beginner Line Dancing w/Jane	9 Cards and Games 9:30 Light & Lively w/Jody 10 Blood Pressure and Weight by Bayada Hospice 10:30 PEPPI Weight Training w/Jody 12:45 History Revisited - "The Life Cycle of the Lenape" - Daruis Puff 1 Beginner Bridge 2 Chorus Rehearsal	8 <b>Early Bird Breakfast</b> 9 Cards and Games 9:15 Wii Bowling 10:30 Walk & Talk 11 Chair Yoga w/Fran 1 Grocery BINGO Enjoy a "Weekend" Word Search
8:30-4:30 Veteran's Assistance Program 9 Cards and Games 9:15 Wii Bowling 10:30 Bean Bag Baseball Practice 11 Reflective Moments 1 Birthday BINGO	<b>CAKE RAFFLE</b> 9 Cards and Games 9:15 Wii Bowling 10:45 Tuesday BINGO 1 Sit & Get Fit w/Jody 1-3 Swim Time @ YMCA 1:30 Open Art Studio 6-9 BINGO Nite	9 Cards and Games 9:15 Yoga w/Fran 9:15 Driver Safety Program (4 hrs) 10:30 Mah-Jongg 10:45 PEPPI Weight Training w/Robin 12:45 Wii Bowling 1 <b>Hasenpfeffer Card Party</b> 2 Beginner Line Dancing w/Jane	9 Cards and Games 9:30 Light & Lively w/Jody 10:30 PEPPI Weight Training w/Jody 1 Beginner Bridge 1 <b>Pinochle Card Party</b> 2 Chorus Rehearsal	8 <b>Early Bird Breakfast</b> 9 Cards and Games 9:15 Wii Bowling 9:45 Pick Teams - Shuffleboard Tourn. 10 <b>Shuffleboard Tournament</b> 10:30 Walk & Talk 11 Chair Yoga w/Fran 1 BINGO Enjoy a "Weekend" Word Search
<b>BIRTHDAY PARTY</b> 9 Cards and Games 9:15 Wii Bowling 10:30 Bean Bag Baseball Practice 11 Reflective Moments 1 Musical Entertainment by Debi Irene Wahl	9 Cards and Games 9:15 Wii Bowling 11 PEPPI Weight Training w/Jody 1 Sit & Get Fit w/Jody 1-3 Swim Time @ YMCA 1:30 Open Art Studio	<b>BUS TRIP</b> -Dutch Apple Dinner Theatre 9 Cards and Games 9:15 Yoga w/Fran 10:30 Mah-Jongg 10:45 PEPPI Weight Training w/Robin 12:45 Wii Bowling 1-4 "Golden Texas Hold 'Em" 2 Beginner Line Dancing w/Jane	 <h1>SEPTEMBER</h1> <h1>2015</h1> 	

\*Birthday Cake provided by Chestnut Knoll



## THE CENTER AT SPRING STREET BUS TRIP SCHEDULE

The Center at Spring Street bus trips are open to anyone age 55 and over; Center membership is not required. All bus trips depart from Town Plaza, unless specified otherwise. A \$5 (five dollars) deposit will reserve your seat. Final payments must be made by designated date. We reserve the right to fill the reservation if final payment is not made on time.

All trips are open for sign-up now.

Please make your check payable to:

**The Center at Spring Street**

Bus Trip Registration:

Monday 10:30 a.m. to 12 noon – Esther & Carl Witzel

Tuesday 10:30 a.m. to 12 noon – Esther & Carl Witzel

Wednesday 9 a.m. to 1 p.m. - Betty Shenk.

Friday 10:30 a.m. to 12 noon – Esther & Carl Witzel

You are also welcome to mail your deposit to:

The Center at Spring Street

Attn: Esther & Carl Witzel or Betty Shenk

200 West Spring Street

Boyertown, PA 19512



Your receipt and agenda will be mailed to you. Please make sure to include your name, address, and the trip for which you are sending payment.

Refunds for cancellations will be given on a medical emergency only.

A doctor's excuse will be required within **5 (five) business days** of the trip date.

Any other cancellations will receive refunds only if the space can be refilled.

### 2015 BUS TRIP SCHEDULE

#### **SEPTEMBER 30, 2015 – DUTCH APPLE DINNER THEATER**

Show: "Church Basement Ladies Fortress"

Enjoy a buffet and a show.

Register by: August 19, 2015

Cost: Member \$80.00

Non Member: \$82.00

#### **OCTOBER 8, 2015 – PENNS PEAK**

Show: "The Glenn Miller Orchestra"

Enjoy a meal and a show.

Register by: August 27, 2015

Cost: Member \$84.00

Non Member: \$86.00

#### **NOVEMBER 12, 2015 – SIGHT & SOUND**

Show: "Miracle of Christmas"

Includes lunch at Shady Maple Smorgasbord

Register by: September 28, 2015

Cost: Member \$93.00

Non Member: \$95.00

#### **DECEMBER 2, 2015 – HUNTERDON HILLS PLAYHOUSE**

Show: "Playhouse Christmas 2015"

Enjoy a meal and a show.

Register by: October 19, 2015

Cost: Member \$95.00

Non Member: \$97.00

# September 2015

Please make your reservation/cancellation two days in advance by calling 610-367-2313.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Menu is subject to change!</b>	1 Cole Slaw Baked Chicken Leg Roasted Potatoes Carrots Butterscotch Pudding	2 Vegetable Salad Sloppy Joe on Roll Potato Wedges Broccoli Pears	3 Pineapple Tidbits Crab Cake White Rice Stewed Tomatoes Pound Cake	4 Tossed Salad w/Dressing Spaghetti & Meatballs Green Beans Fresh Apple
7 <b>Closed for Labor Day</b>	8 Pears Grilled Hamburger Steak with Gravy Mashed Potatoes Corn Ice Cream	9 Garden Salad w/ Dressing Chicken Pot Pie California Mixed Vegetables Fresh Orange	10 Applesauce Meatballs w/Gravy Noodles Green Beans Vanilla Pudding	11 Pineapple Tidbits Roast Turkey Roasted Potatoes Broccoli Mandarin Oranges
14 Mandarin Oranges Baked Chicken Patty Lettuce & Tomato Tater Tots Steamed Carrots Chocolate Pudding	15 Tossed Salad w/ Dressing Bratwurst Macaroni & Cheese Stewed Tomatoes Fresh Apple	16 Pepper Cabbage Chopped Sirloin Red Potatoes Green Beans Mandarin Oranges in Jello	17 Applesauce BBQ Chicken Leg Pierogies Broccoli Normandy Pineapple Chunks	18 Diced Peaches Meatloaf Mashed Potatoes Peas Pie
21 Fruit Cocktail Baked Chicken w/ Gravy Mashed Potatoes Corn & Carrots Tapioca Pudding	22 3 Bean Salad Breaded Fish on Roll Buttered Pasta Broccoli Jello	23 Tossed Salad w/ Dressing Grilled Marinated Chickn Breast Roasted Potatoes Green Beans Fresh Orange	24 Broccoli Salad Hot Dog on Roll Baked Beans Tater Tots Ice Cream	25 Applesauce Roast Pork w/ Pork Gravy Mashed Potatoes Sauerkraut Pineapple Tidbits
28 Garden Salad w/ Dressing Kielbasa Whole Potatoes Green Beans Fruit Cocktail	29 Apricots Oven Fried Chicken Mashed Potatoes Succotash Peaches	30 Applesauce Hamburger on Roll Lettuce & Tomato French Fries Jello	<b>Diabetic desserts are available upon request.</b>	<b>MENU</b>



200 West Spring Street • Boyertown, PA 19512

**DATED MATERIAL**

NON PROFIT  
BULK RATE  
BOYERTOWN, PA  
U.S. POSTAGE PAID  
PERMIT NO. 10033

**THE CENTER AT SPRING STREET  
OFFICERS**

President: William Zollers  
Vice President: John Novak  
Secretary: Betty Mae Eberhart  
Assistant Secretary: Maria Armino  
Treasurer: Janet Geraghty  
Assistant Treasurer: Sharon Harvey

**VOLUNTEER HOURS**

During the month of June 2015,  
our volunteers gave a total of

3,115 hours

of service for our Center!

**Total for 2015: 16,438 hours**

**THANK YOU, VOLUNTEERS!**

\* \* \* \* \*

“Don’t judge each day by the harvest you  
reap, but by the seeds you plant.”

*Robert Louis Stevenson*

**MULTI-SERVICE STAFF**

Executive Director: Karen Youse  
Bookkeeper/Administrative Asst: Jill Howard  
Over 60 Case Manager: Ginny Cox  
Under 60 Case Manager: Amy Davies  
Meals on Wheels Case Manager: Diane Joyce  
Food Program Manager: Nancy Kremm  
Receptionist/Transportation Coordinator:  
Karen Trout  
Energy Case Manager: Barbara Bernier  
Fund Development Coordinator: Tanna Wagner  
Center Director: Lori Bernhard  
Assistant Center Director: Patricia Petrauskas  
Center Receptionist: Fran Doaty  
Program Coordinator/ PR: Debra Brauner  
Bus Drivers: Joy Harner/Bob Eichert  
Executive Chef: Christopher Mest  
Prep Chef: Ursula Wieland  
Facility Manager: Greg Rothenberger  
Custodian: Russell Bouchat  
Rental Staff Person: Gayle Perera  
Editor: Lori Bernhard  
Typist: Jill Howard