

PENNRIDGE COMMUNITY CENTER

NEWS and VIEWS

JANUARY/FEBRUARY 2021

From Your Center Manager

Hi Everyone,

Goodbye 2020 and Welcome 2021!

Our Center was very fortunate to be awarded funds from the Cares Fund Act Grant. We were able to purchase many items to get our Center open. Although, the Grant did not give any Operational Expense or Loss of Revenue it did give us so many things that will benefit us in reopening. We were able to purchase items for COVID Supplies, Furniture and Equipment, Technology, and Services. I miss everyone and can't wait until the Center is open. I don't know when that will be, but hopefully in a few months.

We were also awarded \$5000.00 from the Lamel Grant. We desperately needed this money to repair all the corroded Sprinklers on the Outside of the Building. It only covered half the cost of the project and the Center paid the rest. With no income coming in it is very hard to maintain the Center. This had to be done as it was a safety hazard.

We appreciate all the donations that are still coming in. We have the most kind and wonderful Members. We even had a woman who saw the last Newsletter, who was not a Member, and she wanted to donate. We still have to pay bills and are so thankful for the donations that are still coming in. I want to thank the people who have donated since our last Newsletter, Karen and William Curry, Lidi DeGroot, Anne and Thomas Fenley, Margaret Fitzgerald, Deborah and Cliff Goff, James Jenkins, Carol and Terry Kuhns, Faye Lachman, Mary Landes, Margaret Lewis, Jane Loring, James Kain, Anna and Joseph Keliher, Carol and Terry Kuhns, Robert Raffensberger, Lisa Sandler, Rosemary Vesci, Carol and Robert Weaver, Borough of Sellersville, Borough of Silverdale, Telford Foundation, and The Woman's Club of Perkasio. Susan and David Wilsey donated money in memory of Shirley Slozer.

If you need anything please give us a call at 215-453-7027. Even if you just want to talk, we are here for you. Happy New Year!

Peggy Lewis, Manager



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Manager: Peggy Lewis
Assistant Manager: Carol Kuhns

**Our Center is governed by
Bucks County Association for
Retired and Senior Citizens**

IN MEMORIAM

Rest in Peace

Dolores Brozenske

Charles Guenst

Clarence Hayes

Jack Kuhns

Ralph Nace

Joan Price

Ada Stear

Bob Weaver



Hello All,

As you know by now, earlier in past few months our Center had several fundraisers. Even though no one was in the Center, these events were just good to have in these days of being closed.

We had the Holiday Cash Raffle on Sunday, November 22, and the winners are listed on page 5. I want to thank everyone who made our Raffle again, very successful, this year via Zoom. The profit went into the Operating Fund to help pay our bills.

Also, a new 'craft show' video, with Dot Costello for sewing 'COVID' masks, was made, and we hope to have that on our website soon. See page 6.

And to repeat, we still have no details as to when we'll be permitted to re-open the Center, but stay tuned and be patient! It's as hard on you as it is on us. Hope to see you soon!

Lastly, I hope you had a great Christmas and have a safe New Year's Holiday!

- Ted Heimbach



Nutrition

Jenny Koscho RDN LDN CDCES Outpatient Registered Dietitian Grandview Hospital

New Year's Resolutions

Millions of people each year make a New Year's resolution; however, only about 8% of people keep them and follow through. Why should we set ourselves up for failure? We need to be realistic. Rather than setting a new, New Year's resolution, it would be better to just make realistic goals for yourself for the year. And if at least one can be health related, great! Here are some recommendations when thinking of goals to make for the year that can help you to achieve weight loss.

If exercise is something you would like to increase to help you with weight loss, make sure you find something you enjoy doing. You don't want exercise to feel like a chore. Make it something that you really want to do. You may need to try different exercises out first to find out. Some examples could be a Zumba class, a kickboxing class, walking outside, biking, swimming, or even exercise classes at home from www.youtube.com. There are so many options that can be in a gym setting, outdoors, or in the privacy of your own home.

- For nutrition goals, instead of making a weight loss goal, make your goals something smaller that can lead to weight loss. An example would be "I am going to include vegetables at both lunch & dinner" or "I will cut out soda from my diet and drink water instead".

It's better to think of small goals, or "baby steps", to get to your ultimate goal. Think of slowly working up to your ultimate goals. Try not to go from being sedentary to trying to exercise 7 days/week. All those small goals will add up and help you get to your big goal.

Virtual Programming

Bucks County Area Agency on Aging is doing free virtual classes for Chair Yoga and Tai Chi. If you would like to participate call them at 267-880-5744 or email amayer@buckscounty.org. When you call let them know you are from Penridge Community Center and we will get the credit for the class.

We are still working on a monthly virtual book club. Before we can start this program all the books from the last book club meeting need to be returned to the Center. The library will not give us anymore books for loan unless those books are returned. If you still have a book please drop it off at the Center on January 18th, 2021, from 9:00 am—11:00am. Someone will be there to receive your book. Susan Vasquez will then pick them up and return them to the Library. Thank.

Cooking Virtually with John Greenwood Fundraiser

This event has been canceled. It will be held in late Spring.

Starting in February 2021 we will be having a chef prepare a delicious meal virtually. Chef and Owner John Greenwood, from The Rockhill Filling Station, 1710 N. Ridge Rd., Perkasie, PA 18944, will prepare a wonderful lunch virtually. John will be preparing a delicious lunch starting at 9:30 am. We will be selling the same meal you watched being prepared. We will sell tickets in advance so that John knows how many meals to prepare. You can pick up your meal or meals between 11:00 and 1:00. The price of your meal is \$10.00, which will feed two people.

Aluminum Cans

Did you know there is a dumpster for the Silverdale community and our Center for aluminum cans for recycling? This very long dumpster is in the back of the parking lot, where you can bring **only** your aluminum cans. Please don't bring anything else to put in the dumpster. It's **only** for aluminum cans.

The proceeds from recycling are then donated to the Center by the Silverdale Borough Council. **Thank You!**

Membership Renewals and New Members

I want to thank the following people who have renewed their Membership and New Members for 2021. Your loyalty and dedication to our Center is so heart warming. So far, 98 Members have renewed their Memberships. Please note, if you are 90 and above you are now a Lifetime Member. I still need your paperwork even if there is no money to send in. We still have many bills to pay and every Membership and Donation helps us to pay our bills.

The Members who renewed or just joined are, Charles Baum, Dawn Baum, Cassandra Beers, Renee Belskie, John Bergen, Phyllis Brunner, Mary Cannon, Ernestine Chavous, Sylvia Clarke, Mai Cole, Norman Cole, Sheila Coward, June Cremo, Carl Crouthamel, Karen Curry, Lillian Denham, Catherine Donley, Thomas Doughty, Anne Fenley, Margaret Fitzgerald, Elyse Fox, Donna Frandsen, Richard Gagag, Charles Getty, Diane Getty, Dorothy Gombert, Patricia Guth, Mary Hafler, Joanne Higgins, Janice Jaegar, James Jenkins, James Kain, Anna Keliher, Joe Keliher, Kenneth Kirner, Carol Kuhns, Terry Kuhns, Faye Lachman, Collene Landes, Mary Landes, Rosemary Langmeier, Susan Leidy, Carroll Bruce Lewis, Margaret Lewis, Karen Leyden, Sally Lindemuth, Joanne Lockard, Jane Loring, Nancy Luciani, Camille Lundquist, Lois Lutz, Barbara May, Joe McDonald, Lonnie McDonald, Geraldine Milkowich, Carolyn Milligan, Lucille Moore, Susan Beth Mosser, Connie Moyer, Patricia Mullen, Gladys Musselman, Lowell (Skeeter) Musselman, David Nyman, Sandra Nyman, Linda Ott, Sue Overbaugh, Theresa Phillips, Billie Polachek, Joseph Polachek, Robert Raffensberger, Diane Rissman, E. Joel Rosenberger, Joyce Rosenberger, Richard Sell, Elizabeth Schirmer, Carol Shultz, Rodney Shultz, Joann Schuster, Kirby Smith, Lavonne Smith, Marvin Smith, Conrad Steinmann, Sara Steinmann, Pat Strogis, Gail Tate, Doris Taylor, Helmut Thiemann, Kathleen Thiemann, Carol Triplett, Carol Tyson, Roberta Urich, Rosemary Vargo, Rosemary Vesci, Judith Warren, Carol Weaver, Francis Whalon, Joan Whalon, and Mavis Woulfe.

Holiday Cash Raffle Winners

The following people each won \$100.00, Elizabeth Schirmer, Cassandra Beers, Skeeter Musselman, Bobbie Sue Tyson, Joyce McCormick, Joanne Higgins, Ruth Ann Rick (2 time winner), June Cressman, Karen Heimbach, Gertrude Hager, Sheila Forth, David Musselman, Marli Whitham, Marge Wieand, Eleanor McCormick, Kim Garges, and Raymond Zapf. The \$500.00 winner was Diane Keena. **Thank You to everyone who supported this event!**

Congratulations to everyone who won!

Mask Making Using a 10 inch plate—With Dot Costello

On December 3, 2020, Dot Costello made a video for everyone to watch on our website. We haven't posted it yet because the file was too large. We are working on how to reduce it so we can post it and you can watch it anytime. The Mask is beautiful and it fits perfect. Below are the instructions. It takes only 17 minutes to make these masks. Once the video is posted these instructions will be much easier to understand. Have fun and send pictures of your beautiful Masks.

Supplies: Sewing Machine, thread, fabric/material (firm and can't see through), 1/4 inch wide cord elastic (two 8 inch long pieces), straight pins, 1 safety pin, scissors, Iron, 10" dinner plate for an adult, 8" dinner plate for a child, wax crayon used for marking lines (will find in the notions department of the store), and a tool to push out the corners.

Instructions

Wash your fabric. Then iron all the wrinkles out.

Place 10" plate on fabric. Then trace the plate and then cut your fabric.

Take the 10" Circle piece of cut fabric and fold in half then fold in half again.

Cut the fabric on all the folded edges, giving you 4 pieces.

Pin two pieces (right sides together) and sew 1/8" seam on round edge

Do the same thing with the other two pieces.

Open each one and take the 2 pieces with right sides together and pin all the way around.

Sew the pieces together with an 1/8" seam leaving a 1 1/2" opening.

Turn right side out. Use tool to get corners pointed.

Iron and sew the 1 1/2" opening and sew close to the edge all the way around the mask.

Turn each of the corner ends over (on the inside of the fabric) 3/4", fold and pin.

Double stitch leaving an opening for the elastic.

Tie a knot in the elastic and pull the knot under the fold.

The knot is so you can change the elastic for different sizes.

The mask is machine washable, but you should air dry your mask.

Thank You Dot for teaching us this very easy way to make a mask.

Recipe Corner

Carol Kuhns, Assistant Manager

Peanut Butter Cookies

1 cup of shortening

1 cup of sugar

1 cup of brown sugar

1 cup of peanut butter

Mix until creamy, then add 2 cups of flour, 2 well beaten eggs, 2 tsp. baking soda, mix in 2 tbs. of warm water. Drop mixture with tsp. and flatten with a fork. Bake at 350 degrees for 10 minutes. Enjoy!

Heating Assistance Program

Residents who struggle with their home heating bills can apply for assistance from the Low-Income Home Energy Assistance Program (**LIHEAP**). LIHEAP is a federally funded program that helps individuals and families pay their heating bills through home heating energy assistance grants. It also provides crisis grants to help in the event of an emergency or if a resident is in danger of losing his or her heat due to broken equipment, lack of fuel or termination of utility service. The income eligibility guidelines for LIHEAP are set at 150% of the federal poverty income level. For example, the income limit for an individual is \$19,140; for a couple, the limit is \$25,860; and for a family of four, it is \$39,300. Residents may apply for LIHEAP online or by contacting the Bucks County Assistance Office. You may also call the Statewide LIHEAP Hotline at 1-866-857-7095 or call PA Relay at 711 for the hearing impaired.

EXECUTIVE BOARD

Ted Heimbach - President

Lowell Musselman - 1st VP

Carol Shultz - 2nd VP

Sandra Nyman - Treasurer

Carol Tyson - Secretary

Pat Siwert & Susan Vasquez -

Members-at-Large

ADVISORY BOARD

Dawn Baum Lowell Musselman

John Greer, III David Nyman

Patricia Guth Elizabeth Schirmer

Ted Heimbach Carol Shultz

Alice Kachline Patricia Siwert

Peggy Lewis James Steeley

Connie Moyer Joel Steinman

Kristen Murphy Raymond Weider

EMERITUS MEMBER

Herman Slozer

DEVELOPMENT OF OUR MISSION STATEMENT

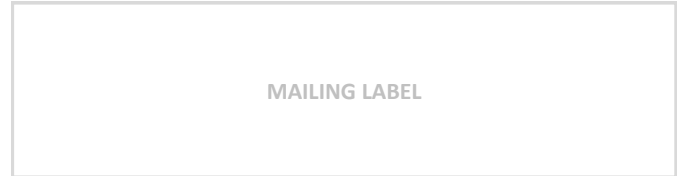
The core principles that guide us are compassion, volunteerism, fellowship, and action. We exist to provide services and support using fundraising to support our programs. We provide information and resources and activities in such areas as education, entertainment, and nutrition, health and travel. Our customers are adults 55+ in the broad community of Pennridge School District, as well as community businesses and groups that support our goals. We also provide a clean, healthy, and safe environment for all to enjoy, "This project is funded, in part, under a contract with the Pennsylvania Department and the County of Bucks."

PENNRIDGE COMMUNITY CENTER

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Perkasie, PA 18944
(Located on Rt. 113, east of Rt. 152)

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215-453-7028
Fax: 215-453-7029

Email: manager.pcsc@yahoo.com
Website: www.pennridgecenter.org



EMERGENCY CLOSING INFORMATION

Check Channel 69 WFMZ on your TV -
or check the internet at
www.WFMZ.com.

Look for "Pennridge Community".

Local radio stations will announce
closings by number - Pennridge School
District is #757.

If the schools are closed, the Center is
closed. If the schools open late, the
Center will open late, and if the
schools close early, the Center will
close early.

NEWSLETTER INFO

Our Newsletter is published 6 times a year,
and is available to all members.

The Pennridge Community Center is one of the four full-service senior citizen centers operated by the Bucks County Association for Retired and Senior Citizens (BCARSC), a non-profit corporation. The BCARSC is funded through the PA Department on Aging, and through self-supporting projects. BCARSC is an equal opportunity employer.

All programs and services provided at the four Centers are offered without regard to race, religion, political affiliation, or personal background.

The Pennridge Community Center serves all citizens ages 55 and older who reside in the boroughs of Dublin, Perkasie, Sellersville, Silverdale, and Telford and the townships of Bedminster, East Rockhill, Hilltown, and West Rockhill.

The Pennridge Community Center is partially funded through the Bucks County Area Agency on Aging, the PA Department on Aging, the Federal Food program, and self-supported projects.

All operational expenses are the responsibility of the Center. The Executive Board, Advisory Board, Center Manager, and Assistant Manager are responsible to pursue all possible sources to generate income.

2021 Holidays

Friday, January 1 - New Years Day

Monday, January 18 - Martin Luther King Day

Monday, February 15 - Presidents Day

