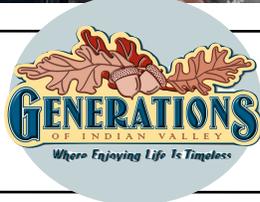




GENERATIONS OF
INDIAN VALLEY
MAY/JUNE, 2021



ANOTHER "WE MISS YOU" ISSUE

HOPEFULLY SOON

Another month, another darkened hallway and quiet Cafe. How wonderful it is to see a very small group of volunteers come into our building occasionally to fold newsletters or pack meals. It almost feels like old times. It makes us remember fondly the things we never entertained that we would be missing: a bustling lobby bursting with chatty exercisers, friends having a cup of coffee, neighbors waiting for lunch, travelers paying for a trip. . .

The story must sound familiar to senior center participants and staff across Pennsylvania. Out of 510 Senior Centers in PA, only 96 - or 19% - are open at this time. Some centers which tried to reopen when the COVID-19 infection rate was down last summer ended up having to close again after cases spiked during the late fall and winter. Now the PA Dept. of Health is tracking another surge of cases in Montgomery County. Those senior centers which have reopened are doing so "softly" with limited on-site activities, by appointment only, and with an abundance of new health and safety precautions in place.

At Generations, we hope to connect our reopening with both a downtrend in COVID-19 cases and the opportunity for those staff and participants who wish to receive a vaccine to do so (keep in mind it takes time after the second dose for the vaccine to have full efficacy). While our renovation efforts are making great progress (and look AMAZING!), the construction work still is not completed and it's hard to imagine how we could use our facility without our Community Room and our main set of restrooms! And so, here we are again answering that same "when are we re-opening" question the same way: hopefully soon.

Cover photo L to R (in case you forgot our names): Emily Filice, Harriet Rash, Terri Roger, Lisa Furbacher, Amy Stover. Our mask signs read "We Miss You... Hopefully Soon!"



PHONE A FRIEND

Remember the show "Who Wants to be a Millionaire?" Phoning a friend was one of the life lines contestants could use in order to stay in the game. Why not try phoning a friend? It may not win you a million bucks but it can help you "stay in the game," and these days that might be worth even more! Maybe someone is waiting for *you* to be a lifeline. . .

During our closures, our online platforms such as our website, our Facebook page, and the email newsletter are the best way to stay up to date. You can view the archived emails on our website www.generationsofiv.org. There you can also sign up to receive our emails by filling out the pop-up form.

Although the form "pops up" every time you visit the website, you only need to fill it out one time in order to be added to the email list. Our website features helpful articles and information including food resources, health and wellness videos, tips on video conference calls, and more. We have a task force of friendly (and bored) volunteers who continue to make check-in calls to many of our participants. If you're not receiving a check-in call and you think you could use one, please let us know. We are responding to emails and voice mails. If you have a question or concern, and especially if you need assistance with basic needs, please contact us at 215-723-5841 or info@generationsofiv.org.

A MATTER OF BALANCE



A MATTER OF BALANCE, the award winning program designed to manage falls

and increase activity levels, will continue to be held virtually on Thursdays from 9:30-11:30am through June 3. If you are registered and have a question about this program, contact Amy Stover: astover@generationsofiv.org.

INTERNET & DEVICE PAYMENT HELP

The FCC has launched a program to help households struggling to pay for internet service during the pandemic. The Emergency Broadband Benefit will provide a discount of up to \$50 per month towards broadband service for eligible households. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute \$10-\$50 toward the purchase price. One monthly service/device discount per household is allowed. Income eligibility limits apply. For more information contact Emily Filice, Social Services Coordinator: 215-723-1930 efilice@generationsofiv.org

CONCERT SUNDAES



The Concert Sundaes Committee is so excited to bring music back to Souderton Park and has announced that their outdoor concert season will begin on Sunday, June 27. Concerts begin at 7pm and are held outdoors (weather permitting) at Souderton Borough Community Park, 459 Wile Ave, Souderton.

The Concert Sundaes Committee is working hard to provide a safe and enjoyable experience for all attendees and ask that participants do the same. Attendees are expected to comply with county and state guidelines to protect each other when they attend the concerts. Please wear a mask and social distance to keep everyone safe.

There is inherent risk in any social gathering during the Covid Pandemic. When you choose to attend the concerts you assume all liability and hold harmless Concert Sundaes, Souderton Borough, and all our community partners, including but not limited to staff, volunteers and other attendees.

To receive updates about Concert Sundaes, subscribe to the seasonal newsletter through the website at www.concertsundaes.org. Concert Sundaes is a program of the Indian Valley Arts Foundation, a 501c3 non-profit corporation; all Concert Sundaes donations are used to support the free community concert series, whether it occurs according to schedule or on an adjusted schedule due to safety issues.

BINGOCIZE: MONDAYS & THURSDAYS, JULY 8 - SEPTEMBER 16, 10:00AM-11:00AM (NO SESSION SEPT. 6)



Bingocize® is an evidence-based 10-week program that combines a bingo-like game with exercise and health education. The program has been shown to increase older adults' functional fitness, health knowledge, and social engagement in a variety of settings. Each class is 1 hour in length.

The overall goals of the program are to help older adults improve and/or maintain mobility and independence, learn and use health information focused on falls reduction and other health-related behaviors, and socially engage with other older adults.

Participants (Bingocizers©) complete a series of strategically inserted exercises designed to increase or decrease the intensity and volume of exercise. Health education questions are also inserted into the game. Participants rest

while numbers are called for the bingo game, complete more strategically inserted exercises or health education questions, rest during number calling, and so on. This pattern is continued until a Bingocizer© wins the game. Additional games are played until all planned exercises are completed or one hour elapses.

This free program will be held virtually via Zoom™ in partnership with the Montgomery County Office of Senior Services. Participants should have access to email and the free app Zoom™ (see p. 7 for more information about virtual program participation and assistance. See p. 9 for virtual technology training and assistance). To register, please visit our website www.generationsofiv.org and click on virtual program offerings.

Foreword: The following is an excerpt from the memoirs of a Generations participant. Our Memoirs group has continued via Zoom throughout our closures. Participants have found much needed solace and routine in the recording and sharing of their stories. See more information about our group on p. 9.

As busy as my mother (Marguerite) was, I'm not sure how she found the time to go in the outdoors and pick fruit that grew in and around the farm.

Mom always managed to make the berry picking an adventure. When July rolled around, armed with a 10 quart bucket, she would head out to the hedgerow where the best berries grew. My sister Shirley and I each had a quart size Kings Syrup can with handles, and as it neared full we would transfer the berries to her large bucket.

We picked raspberries, the dark black ones, and then came the blackberries. I think these must have been mom's favorite.

Mom wore pants under her dress to prevent scratches from the briars, and in spite of the July and August heat we wore long sleeves. It was barely tolerable. Blackberries are especially thorny and often caught on our sleeves and pants making it a challenge to reach the largest and juiciest berries.

After we picked all we could find on our meadows we would often go to Bert and Spangler Hilderbrand's farm nearby where we were invited to pick all we wanted. We always shared our berries with them.

I looked forward to these trips but was glad when we were told that is enough for today. Shirley and I could play outdoors or swing on the swing but mom's work was not finished. All of those berries needed to be either canned in jars for the winter or cooked and made into jam. It was great seeing the canned berries in the shelves in the winter.

Memories of a bowl containing a slice of white bread topped with those canned

berries and finished off with a little sugar and some milk makes my mouth water today.

Before we knew it September was upon us and the fox grapes behind our spring were tempting us, so once again our buckets were picked up and filled with these delicious offerings. Some grapes for the bucket and some for the immediate tasting, purple and tart and refreshing. There were a few of the grape vines behind the garage and these made quick tasty snacks when we were outside playing in the yard.

Once again mom was busy making jelly. She also made grape juice. The fox grapes have a very distinctive taste, and I seldom see them around anymore. The grapes today have become very domesticated and although they are good tasting they do not meet the taste of the fox grapes of the farm.

My children know I have inherited the same passion when it comes to picking berries. Each year I find a place to pick, even if it is only a few. There is a raspberry and a blackberry bush in my back yard.

Perhaps I do know how my mom found time to pick fruit. It was something she looked forward to. She was outdoors and still being a mother with Shirley and I by her side, and what a treat she provided for us. The event was double fold including education and outdoor exercise. The delicious food when the weather was cold later in the winter was an added bonus.

Marilyn Gross (our Memoirs leader) encouraged me to try and write a HAIKU a form of poetry where you reduce the story to just a few words to get the complete essence across. Example:

BERRIES DROPPED IN KING SYRUP BUCKET
NEAR STREAM AND FARM
FLAVORED MOM'S JELLIES AND PIES

*~Gladly Amspacher,
Generations Memoirs Participant*

FARMERS MARKET VOUCHERS



Montgomery County residents who are 60 years or older and have a household income that does not exceed \$23,606 for one person and \$31,894 for two persons are eligible to receive \$24 in farmers market food vouchers.* Pick up your application during our take-out meal service hours (see p. 6) or download the printable application on our website: www.generationsofiv.org. To request an application by mail, call 215-723-1930.

*Income limits and voucher amounts are from the 2020 season and may be different for 2021. We will update you as we have more information.



SOCIAL SERVICE ASSISTANCE:

The following Social Services offerings can be done over the phone or by mail:

- APPRISE Medicare/Health Insurance Info.
- Financial Counseling
- LIHEAP (Low Income Home Energy Assistance)
- Legal Aid
- Property Tax/Rent Rebates
- Referrals for Basic Needs/Food Security
- Farmers Market Vouchers
- Veterans Affairs Referrals

To request information or assistance, call or email Emily: 215-723-1930/
efilice@generationsofiv.org

COVID-19 VACCINE INFO.

The Montgomery County, PA website now states that pre-registration for the COVID-19 vaccine is open to everyone age 16 and over who lives or works in Montgomery County. Appointment slots are available by reservation only. Walk-up registration is not accepted. For general COVID-19 questions or to pre-register for the vaccine by phone, call the Montgomery County COVID-19 hotline at (833) 875-3967. The hotline is open six days a week, Monday through Saturday from 8 a.m. to 8 p.m. Please note the hotline cannot provide updates or timelines on vaccine pre-registration. General questions can be emailed to covid19@montcopa.org.

For more information, Montgomery County residents can visit www.montcopa.org/covid-19vaccine. Bucks County residents can visit www.buckscounty.org for more information on vaccine registration. You can also visit www.generationsofiv.org for information about the PA COVID Vaccine Match Maker program which helps match people with clinic appointments.



MOBILE SHREDDER

Clean out your old bills and paperwork! Richter Office Supply has generously donated the use of their shredding truck for our participants. **The truck will be parked near our main entrance from 9:00-10:00am only on Tuesday, June 8.** This is a rain or shine event. Sorry, there will be no shredding provided after 10:00. Max 4 boxes/bags. Donations to Generations appreciated. Please wear a mask that covers your mouth and nose and practice social distancing.



MOBILE PT CLINIC

Join *On the Move Physical Therapy* for a FREE strength, balance and fall risk assessment in the Generations parking lot. Appointments are available on **Tuesdays, May 4 & May 18 between 11am-1pm**. We will be bringing our large outpatient mobile physical therapy clinic directly to this location! We will be performing standardized physical therapy examination techniques in addition to answering any questions that you may have about your health. All CDC recommended COVID-19 safety precautions will be followed. Please wear a mask that covers your mouth and nose. This is a rain or shine event. To register please call Generations at 215-723-5841 or email Amy (astover@generationsofiv.org) with your preferred day and time frame. Please leave a return phone number and email for us to confirm your appointment.



CELEBRATING OLDER ADULTS AND STRONG COMMUNITIES

In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again around the Indian Valley and beyond as friends, neighbors, and businesses have found new ways to support each other.

In our community and especially at Generations of Indian Valley, older adults are a key source of this strength. Through their experiences, they have built resilience that helps them to face new challenges. When communities engage older adults, those communities become stronger.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is Communities of Strength, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Dottie Powers is a Generations Volunteer whose experiences as a Meals on Wheels driver have enriched her own life all while making our community stronger. Dottie says her family's roots in nursing are what prompted her to get involved back in 1976 when the North Penn Visiting Nurses Association first began delivering Meals on Wheels in the Lansdale area. Now 91, and having 45 years under her belt as a volunteer driver, she says she still loves delivering meals (through Generations' program) and appreciates that the meal recipients are so grateful for their deliveries.

Over the years, some of the routes, clients, and other volunteers have certainly changed but she can't remember a significant amount of time when she did NOT deliver Meals on Wheels. Dottie says she appreciates the routine of just getting up in the morning and knowing they're going to be delivering. She's grateful to her husband Robert who joined her in volunteering when he retired. She recalls fondly having helped train new volunteers in their 50s and thinking, "oh my goodness these are little kids!" Apparently neither rain, snow, car troubles, nor global pandemic will keep Dottie from her appointed rounds. When asked if she had any intentions of slowing down, she responded, "not until I drop."

Dottie is just one example among many who prove that strength is built and shown not only by bold acts, but also small ones of day-to-day life. We get to connect with so many amazing older adults each day. Through their inspiration and engagement, we are helping to build strong, resilient communities.

~Amy Stover, Program Coordinator



TAKE-OUT MEAL NEWS

We partner with Montgomery County Office of Senior Services to provide our drive-through take-out meals. Their support, in addition to your generous voluntary donations, helps to defray the costs of the meals. We change our menus twice per calendar year. You can find all of the drive-through meal details and new meal listings (effective for the JUNE menu) on p. 6-7. If you've received a take out meal, this is a friendly reminder that you may also receive a call or request from a Generations staff member to complete a required NAT-E nutrition assessment.

FALL PREVENTION TELEHEALTH WITH DESALES UNIVERSITY

Are you unsteady on your feet? Has your primary health practitioner mentioned that you are at risk for falls? Have you had a fall or near-fall?

According to the National Council on Aging, one in four Americans aged 65+ falls each year. Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall. Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.

Generations of Indian Valley, along with faculty and students from the Doctor of Physical Therapy Program at DeSales University, are offering free

fall-risk telehealth consultations for those at risk of falling. During this free one-time one hour long consultation via computer, doctoral students and supervising faculty will:

- Take your medical history
- Perform fall-risk assessments to measure your risk of falls
- Discuss fall risk safety measures for you and your home
- Provide exercises you can perform at home to reduce your fall risk
- Provide a written summary of findings for you to share with your primary health care practitioner.

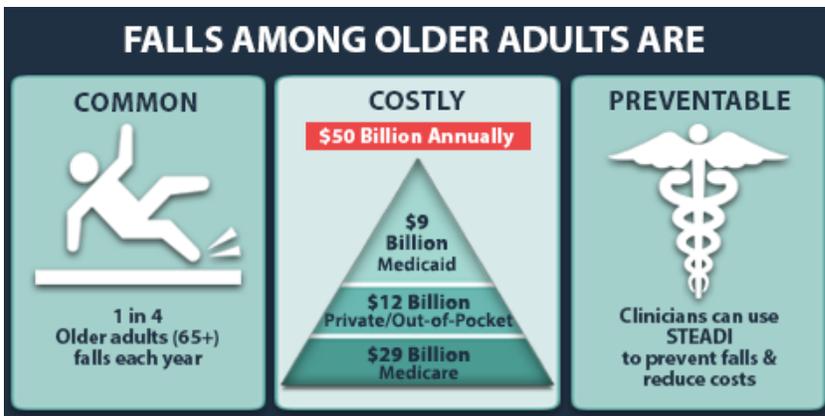
Infographic source: cdc.gov

The requirements for Fall Prevention Telehealth participation are a computer (PC, Mac, laptop, iPad, tablet, smart phone or desktop models), an email address or texting capability, and the free app Zoom™. For the consultation, the device must have a camera and a microphone. If you do not have a device which meets these criteria perhaps you can use a relative's or friend's computer. Free consultations will be performed from 1:00-4:00 on Tuesdays from June 1-July 27.

Our faculty and students will work with you if you have a unique time/date request for the consultation.

Registration is now open and continues through July 13.

To register, call 215-872-6977 or email stephen.carp@desales.edu



If you need assistance with Zoom™, see our Virtual Technology Training info. on p. 9.

BUCKS-MONT SENIOR GOLF LEAGUE: MONDAYS, MAY-OCT.*

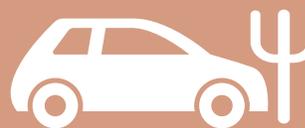
Golf season and warmer weather are right around the corner, and Generations Participants again are invited to play golf this year with the Bucks-Mont Senior Golf League at Twin Woods Golf Course in Hatfield. The league is open to both men and women, singles or couples, 55 years of age and older of all skill levels. Twin Woods is a very user-friendly, flat, nine-hole course that is enjoyable to walk. Registrations now are being accepted, and league play begins on Monday, May 3. Details about the league and the registration form are available online at bucksmontgolf.com, OR Call Twin Woods Golf Course to register: 215-822-9263. Apple's App Store has approved the new app for the senior golf league. You can retrieve it by going to the App Store on your iPhone and entering these words in the search area: senior golf league. Registration for the league is also available on the app. *When a holiday falls on a Monday, the League will be held the following Wednesday.

May 2021

VP = Virtual Program

DT=Drive-Through Meal
See below for Drive-Through Meal details.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 10:00 Arthritis: Pain Explained (and Relieved) VP p. 8 1:00 Memoirs VP (p. 9) Bucks Mont Golf League (p. 5)</p>	<p>4 Tech. Training VP (p. 9) 9:45 DanceFit VP (p. 8) 11-1 Mobile PT Clinic (p. 4)</p>	<p>5 9:30 Sit, Stretch VP (p. 9) 11:30 Balance & Stability VP (p. 8) Pork & Sauerkraut DT (p. 6)</p>	<p>6 9:30 A Matter of Balance VP (p. 2)</p>	<p>7 9:30 Sit, Stretch VP (p. 9) 10:30 Tai Chi VP (p. 9) Turkey Tetrastini DT (p. 6)</p>
<p>10 1:00 Memoirs VP (p. 9) Bucks Mont Golf League (p. 5)</p>	<p>11 Tech. Training VP (p. 9) 9:45 DanceFit VP (p. 8) 1:30 Cash Bingo VP (p. 8) 6:30 Bereav. Group VP (p. 8)</p>	<p>12 9:30 Sit, Stretch VP (p. 9) 11:30 Balance & Stability VP (p. 8) Turkey & Stuffing DT (p. 6)</p>	<p>13 9:30 A Matter of Balance VP (p. 2)</p>	<p>14 9:30 Sit, Stretch VP (p. 9) 10:30 Tai Chi VP (p. 9) Spaghetti with Meat Sauce DT (p. 6)</p>
<p>17 10:00 Advances in Stroke Care VP (p. 8) 1:00 Memoirs VP (p. 9) Bucks Mont Golf League (p. 5)</p>	<p>18 Tech. Training VP (p. 9) 9:45 DanceFit VP (p. 8) 11-1 Mobile PT Clinic (p. 4)</p>	<p>19 9:30 Sit, Stretch VP (p. 9) 11:30 Balance & Stability VP (p. 8) Chicken Croquettes DT (p. 6)</p>	<p>20 9:30 A Matter of Balance VP (p. 2) 10:00 Name That Tune VP (p. 9)</p>	<p>21 9:30 Sit, Stretch VP (p. 9) 10:30 Tai Chi VP (p. 9) Beef Marsala DT (p. 6)</p>
<p>24 11:00 Mediterranean Diet Cooking Demo VP (p. 9) 1:00 Memoirs VP (p. 9) Bucks Mont Golf League (p. 5)</p>	<p>25 Tech. Training VP (p. 9) 9:45 DanceFit VP (p. 8) 1:30 Cash Bingo VP (p. 8)</p>	<p>26 9:30 Sit, Stretch VP (p. 9) 11:30 Balance & Stability VP (p. 8) Ziti with Clam Sauce DT (p. 6)</p>	<p>27 9:30 A Matter of Balance VP (p. 2)</p>	<p>28 9:30 Sit, Stretch VP (p. 9) 10:30 Tai Chi VP (p. 9) Memorial Day Picnic DT (p. 6)</p>
<p>31 MEMORIAL DAY</p>				



DRIVE-THROUGH TAKE-OUT MEALS WEDNESDAYS & FRIDAYS RESERVATIONS REQUIRED

We continue to offer drive-through take-out meals to those 60 years and older on Wednesdays and Fridays. Please note the updated information. Menus and information are subject to change.

Reservation Information:

Call 215-723-5841 or 215-723-7997 to leave a

message by Friday of the preceding week.

Provide:

- Your first and last name
- Your phone number
- Days you will pick up meals
- First and last name of each person for whom you will be picking up meals

Pick-up Information:

Please form a line heading

west on Fairview Ave., turn right onto N. Second St., and enter at 259 N. Second St., Souderton. There you will be asked to make an anonymous voluntary contribution (we suggest \$2 per meal).

Last names A-M, arrive 11:45-12:00

Last names N-Z, arrive 12:00-12:15

See above for take-out meal schedule.

PLEASE NOTE: Our Memorial Day Picnic Menu on 5/28 will feature A Cheeseburger, Baked Beans, Corn on the Cob, and Strawberry Shortcake .

June 2021

VP = Virtual Program

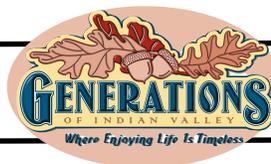
DT=Drive-Through Meal
See below for Drive-Through Meal details.

Monday	Tuesday	Wednesday	Thursday	Friday
May 31 MEMORIAL DAY	1 Tech. Training VP (p. 9) 9:45 DanceFit VP (p. 8) Fall Prevention Telehealth (p. 5)	2 9:30 Sit, Stretch VP (p. 9) 11:30 Balance & Stability VP (p. 8) Pork & Sauerkraut DT (p. 6) Bucks Mont Golf League (p. 5)	3 9:30 A Matter of Balance VP (p. 2) 11:00 Historical Trivia with Ron VP (p. 8)	4 9:30 Sit, Stretch VP (p. 9) 10:30 Tai Chi VP (p. 9) Fried Chicken DT (p. 6)
7 1:00 Memoirs VP (p. 9) Bucks Mont Golf League (p. 5)	8 Tech. Training VP (p. 9) 9-10 Mobile Shredder (p. 4) 9:45 DanceFit VP (p. 8) 1:30 Cash Bingo VP (p. 8) Fall Prevention Telehealth (p. 5) 6:30 Bereavement Group VP (p. 8)	9 9:30 Sit, Stretch VP (p. 9) 11:30 Balance & Stability VP (p. 8) Roast Beef Sandwich DT (p. 6) 1:30 Behind the Kitchen Counter with Chad VP (p. 8)	10	11 9:30 Sit, Stretch VP (p. 9) 10:30 Tai Chi VP (p. 9) Seafood Scampi DT (p. 6)
14 10:00 Celebrating Mens Health VP (p. 8) 1:00 Memoirs VP (p. 9) Bucks Mont Golf League (p. 5)	15 Tech. Training VP (p. 9) 9:45 DanceFit VP (p. 8) Fall Prevention Telehealth (p. 5)	16 9:30 Sit, Stretch VP (p. 9) 11:30 Balance & Stability VP (p. 8) Bratwurst & Kraut DT (p. 6)	17 1:30 Book Club with Judy VP (p. 8)	18 9:30 Sit, Stretch VP (p. 9) 10:30 Tai Chi VP (p. 9) Spaghetti & Meatbals DT (p. 6)
21 1:00 Memoirs VP (p. 9) Bucks Mont Golf League (p. 5)	22 Tech. Training VP (p. 9) Hoagie Sale (p. 12) Fall Prevention Telehealth (p. 5)	23 11:30 Balance & Stability VP (p. 8) Cheese Omelet DT (p. 6)	24	25 Vegetable Lasagne DT (p. 6)
28 1:00 Memoirs VP (p. 9) Bucks Mont Golf League (p. 5)	29 Tech. Training VP (p. 9) 9:45 DanceFit VP (p. 8) Fall Prevention Telehealth (p. 5)	30 9:30 Sit, Stretch VP (p. 9) 11:30 Balance & Stability VP (p. 8) Pot Roast DT (p. 6)		

REQUIREMENTS FOR VIRTUAL PROGRAM PARTICIPATION

- A device with internet access such as a PC, Mac, smart phone or tablet. Some programs can be enjoyed using only a "land line" phone and are indicated as such. Contact Amy for call-in information: astover@generationsofiv.org or 215-723-5841.
- A camera and a microphone are recommended but are not a requirement (most smart phone/tablets are already equipped with these things).
- An email address (we will not text meeting links).
- **Subscription (free) to our email list for weekly updates and log-in instructions.** You can join by completing the pop-up form on our website www.generationsofi.v.org or by sending your email address to info@generationsofi.v.org. You only need to join/fill out the pop-up form on our website one time. After that, just close the pop-up window.
- Access to the free internet based program or app Zoom™. Please plan to join the Zoom™ meetings 5-10 minutes before the listed start time.
- See new program listings on p. 8-9.
- **Patience** as we are all learning together about using virtual platforms to connect with one another!
- If you need assistance setting up any of the technology requirements, see our "Virtual Technology Training" listing on p. 9.





VIRTUAL PROGRAMS

Advances in Stroke Care *

Monday, May 17,

10:00-10:45am

Call 911 right away and BE FAST! Learn how you can save brain cells and decrease disability after stroke! Presented by Colleen Boyle, MSN, RN, of the Abington-Jefferson Health Stroke Program. This program can be enjoyed using only a "land line" phone.



Arthritis: Your Pain Explained (And Relieved)*

Monday, May 3, 10:00am

Join Laura Bishop, a certified physical therapist for Core 3 Physical Therapy to discuss arthritis and all of its challenges including swelling and tenderness in joints. Laura will share tips on how to relieve your joint pain and slow down arthritis progression with physical therapy. She will demonstrate a few sample exercises for arthritis/joint pain that would be a part of a physical therapy program and explain how they can help you with pain relief. This program is accessible using only a "land line" phone.

Adult Bereavement Support Group *

2nd Tuesday, 6:30pm (May 11 & June 8)

The Department of Pastoral Care of Abington-Jefferson Health presents this Zoom™ group open to the community. Anyone who has experienced the loss of a loved one is welcome to participate. Registration is required for the free program. After you register, you will receive the meeting link by email. A call in phone number will also be provided. For registration information, contact Amy Stover: astover@generationsofiv.org.

Balance & Stability with On The Move Physical Therapy *

Wednesdays, 11:30am, begins May 5

Join our licensed physical therapist for a free

Zoom™ exercise session focusing on your static and dynamic balance performed near a chair or stable surface. Our intention is to decrease your risk for falls through an evidence-based routine. Learn about the different anatomical systems involved in your balance system while increasing your safety and stability. To register, contact Devyn Kerr, PT, DPT 267-644-7190/devyn@otmpt.com.

Behind the Kitchen Counter with Chad *

Wednesday, June 9, 1:30pm

Join our own Chef Chad for a virtual cooking demo from the Generations Cafe! Hear pro cooking tips as Chad prepares fish tacos and a key lime pie. Connect with us for an entertaining afternoon of cooking and creativity. Free program. Attendees will be given a "take & bake" meal of Chad's creation (a suggested donation of \$5 per meal is appreciated). We will contact you with pick up information shortly after the program).



Book Club with Judy *

Thursday, June 17, 1:30pm

Read Winter Garden by Kristin Hannah on your own, and then join volunteer Judy Hallman to discuss the novel. "It's a searing story with a breathtaking, beautiful ending" (The Seattle Times). This program is accessible using only a "land line" phone.



Cash Bingo * \$

5/11, 5/25, 6/8, 1:30pm

Join us on Zoom™ for a fun afternoon. Pre-registration and prepayment is required so we can provide your Bingo cards before the game (see (* \$) box on p. 9 for instructions). \$5 per person includes two cards, five regular games and one jackpot game. Additional cards \$2 each. Payouts per game are determined by the

number of players. The more people play, the more we pay!

Celebrating Mens Health *

Monday, June 14, 10:00-10:45am

We will discuss healthy lifestyle recommendations for men, prostate and testicular Cancer prevention and screening, plus: Covid-19 updates. Presented by Jane Cero, RN, BSN, Abington-Jefferson Health Chronic Care Management Nurse. This program can be enjoyed using only a "land line" phone.

Dancefit

Tuesdays, 9:45-10:30am (no class 6/22)

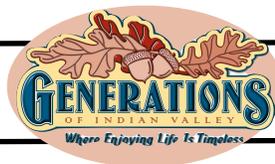
Have fun getting fit while you move to this toe-tapping, Zumba-inspired workout which combines Latin and international music with some of your old favorites. Designed for all fitness levels including those with two left feet. Kristin Messina, Certified Instructor.

Historical Trivia with Ron *

Thursday, June 3, 11:00am

In the 1830s Dr. John Cooke Bennett's tomato ketchup recipe was concentrated into pill form and sold as medicine for a common ailment. Do you know what the ailment was? Join us for a lighthearted historical trivia session featuring everything from historical figures and events to pop culture and inventions. Questions, answers and discussion /memories welcome during this interactive session. Led by Generations Volunteer and History Buff Ron Hallman. This program now requires pre-registration. This program can be enjoyed using only a "land line" phone.

MAY/JUNE 2021



VIRTUAL PROGRAMS

Make & Take Craft *\$

TBA

Keep an eye out in our weekly email blasts for information about a spring/summer take and make craft with Volunteer Judy. We will supply everything you need for pick up in a craft kit, and then you can take the kit home and join us on Zoom™ to make the craft together. More information to follow.

Memoirs

Mondays, 1pm-3pm (No class 5/31)

Your story is worth telling, and there has never been a better time to tell it! Whether you're writing just for yourself or to pass on to your family, join this creative group led by Marilyn Gross. Prompts are provided and thoughtful discussions help us connect even when we can't be together. New writers welcome! No pre-registration is required for this class. Donations appreciated. For questions or concerns, call Marilyn: 215-723-5669 or grossm111@comcast.net. *Contact Marilyn if you plan to attend on 6/21.* Otherwise visit

our website under "Virtual Programs" for the link to join.

Name That Tune *

Thursday, May 20, 10:00am

Don't let being at home "rain on your parade!" Build your brain power with a fun morning of identifying your favorite songs. This month we'll feature songs from Broadway shows and movies. Led by Generations Program Coordinator Amy Stover.



Mediterranean Diet

Cooking Demo *

Monday, May 24, 11:00am

Join Jena Wood, the dietitian from the ShopRite of Hatfield, for a virtual presentation about the Mediterranean Diet. You'll walk away with knowledge about this heart-healthy dietary pattern, helpful tips, and easy ways to incorporate this diet into your everyday meals and snacks. There will be a special feature about incorporating more fish and seafood into our diets.



Sit, Stretch, Flex

Wednesdays & Fridays, 9:30-10:15am

(No class 6/23, 6/25)

This seated workout includes aerobics, strength, flexibility and balance work. Keep moving, prevent falls, or return to exercise after a break. Equipment is optional. Jean Tornetta, Certified Instructor.

Tai Chi

Fridays, 10:30am (New day beginning May 7). No class 6/25.

Tai Chi Health can help you improve balance and coordination, relieve stress, cope with pain, and increase muscle mass. Darlene Cianci, Certified Instructor.

Virtual Technology Training with Tom * Tuesdays, by Appt.

Volunteer Tom can assist you with technology concerns relating to your email, phone, tablets, laptops, websites, Zoom™, Facetime, and more. He can help you over the phone or with a video conference call from your home. Free virtual service. If Tuesdays don't work for you, Tom can be flexible in scheduling your appointment.

NEW PROGRAMS ARE ADDED THROUGHOUT THE MONTH! SIGN UP FOR EMAIL UPDATES AT WWW.GENERATIONSOFIG.ORG TO GET THE LATEST NEWS AND LOG-IN INSTRUCTIONS.

VIRTUAL PROGRAM REGISTRATION INFORMATION KEY



* Pre-registration is required for this program. Visit our website at www.generationsofig.org and click on "Virtual Program Offerings" to register. You will be emailed unique log-in information and instructions.



No pre-registration is required for this program but you must be signed up to receive our email blasts. If you're already getting the emails, just watch for a weekly email with program log-in information and instructions. See box on p. 7 for instructions on subscribing (free) to our emails.



*\$ Pre-registration and pre-payment are required for this program. Visit our website at www.generationsofig.org and click on "Virtual Program Offerings" to register. You will be emailed unique log-in information and instructions.

We are offering most of our virtual programs at no charge, but we will need your help to sustain these offerings. Donations are always gratefully accepted to help cover programming costs and can be provided by clicking the link in our Virtual Program Offering emails to pay by PayPal or by sending a check to us with "Virtual Programs" in the memo to: Generations of Indian Valley, 259 N. Second St., Souderton, PA 18964.

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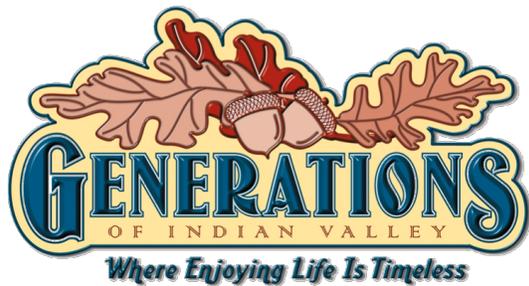
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CONTACT US

Main Number: (215) 723-5841

Social Services: (215) 723-1930

Meals on Wheels: (215) 723-8555

Generations of Indian Valley is a 501(c)3 non-profit community center serving active adults in The Indian Valley with programs in wellness, nutrition, social services, recreation, travel and more. Generations' Meals on Wheels program serves the Indian Valley and North Penn areas. We suggest, but do not require, a minimum annual contribution from our participants to help defray the costs of our operating expenses.

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News & Notes

HOAGIE SALE! TUE., JUNE 22
\$6 each Italian or turkey. Large orders welcome. Reservations required. To reserve, leave a message at 215-723-5841 or email Ifurbacher@generationsofiv.org. Hoagie pick up only (no delivery) on Tue., June 22 between 11:45AM-12:15PM. Proceeds benefit Generations & Meals on Wheels.

The following **resource information** is available on our website under *COVID-19 Emergency Updates, News, or Online Offerings* (all accessible on our home page www.generationsofiv.org): **Accessing Social Security, Drive-Through Take-Out Meals, Emergency Food Resources, Tax Filing Assistance, COVID-19 Scam Information, Virtual Program Offerings, How to Make Video Conference Calls, The Importance of Exercise During Quarantine (includes videos), Brain Brain Don't Go Away, Emotional Wellness, Farmers Market Vouchers, Treat Your Own Back, Bucks Mont Senior Golf League, Tech Tips, Take-Out Tips, Safe Driving Courses, Online Bridge Game Assistance, COVID-19 Vaccine Appointment Assistance.** If you're not online, have a friend or family member visit our website and read you the information OR call us at 215-723-5841 with questions or concerns.