



**April 2024**

## **Eastern Upper Bucks Senior Center**

8040 Easton Road PO Box 545 Ottsville, Pennsylvania 18942

**Phone:** 610-847-8178 **Fax:** 610-847-2036

**Hours:** Mon.-Thurs. 10-3 **E-mail:** eubseniors@epix.net

**Website:** easternupperbucksseniorcenter.com



*\*\*\*A friendly reminder....If you are feeling sick, even if you just have a cold, please do not visit the senior center until you feel better.  
We want everyone to stay healthy.*

*\*\*\*In the event of bad weather, the senior center is closed when Palisades School District is closed or having a virtual learning day due to inclement weather. If there is a 2 hour delay, we will open at 10:00. If Palisades dismisses early, the senior center will close early. Call the senior center to hear a recording after 8AM. Please use your own best judgement if you decide to venture out if we are open.*

*\*\*\*\*If there is no electrical power at the senior center for more than 30 minutes, the senior center will be closed.*

**Covered Dish Luncheon** Our next covered dish will be Tuesday, April 2nd at 12:00. Our speaker will be George Dillman of the PA Dept. of Banking and Securities. He will present "Fraud Bingo" which combines information on popular scams with some fun games of BINGO.

**Movie:** Tuesday, April 16th at 1:00. The movie will be "Blue Hawaii" Rated PG, Musical comedy/drama starring Elvis Presley. Elvis returns to his home in Hawaii after leaving the army. 1961, 1 hr 42 min

**Basket Bingo:** Sunday, April 21st Doors open at 12:00, games begin at 1:00. \$20 for 20 games, \$5 for extra set. Chinese Auction \$5 for 10 tickets. Door prizes and 50/50. Refreshments available for purchase.

**Trips:** For more information contact the senior center or Jim Keogh 610-847-2305. Check or EXACT cash only please.

**Hunterdon Hills Playhouse** "Weekend Comedy" Thursday, June 6th Cost is \$80 per person. Reservations and payment due May 2nd. Drive yourself or carpool. Arrive by 11:00am.

**Resorts Casino** Wednesday, June 19th Cost is \$60 per person (if 30 people sign up), or \$50 per person (if 40 or more people sign up) \$18 Slot Play Check or Exact Payment please. Reservations and payment due May 15th. Bus leaves senior center 7:45am and returns approximately 7:30pm. Must be 21 years or older.

**Lancaster Trip** Friday, August 2, 2024, Cost is \$108 per person includes Kitchen Kettle, Lunch at Hershey Farms Restaurant and Turkey Hill Experience including ice cream. Bus picks up at senior center 8:30am, Returns approximately 6:30pm Reservations and Payment due July 1st.

**Bucks County Opportunity Council Weatherization Program** If you are a resident of Bucks County, meet the income limits and qualify for this program, an energy auditor will inspect your home and recommend certain measures such as caulking windows, weather-stripping doors or insulating the attic. Information is also available for this program at the senior center.

**Lunch** will be served at 12:00 noon Monday—Thursday. Please check the calendar menu of sandwiches and salads.

**\*\*Remember to sign up by Tuesday at noon for the following week.** You must be registered with the senior center. We need a minimum of 5 people to order for any given day. A voluntary contribution of \$2 is suggested for anyone over the age of 60. Please put the money in the box in the kitchen `marked “Congregate Meals”. Please remember that a large portion of our funding from Bucks County Area Agency on Aging is determined by the number of congregated meals that we serve. Consider ordering lunch even if there is not an activity that you plan to attend that day. One of the purposes of serving the meals here is to socialize. Talk to your friends, maybe they would order lunch if they knew someone else was also interested. Remember, games, puzzles, and the library are always open. Please consider volunteering to serve the meals. If you need help ordering a meal, would like to volunteer to serve the lunches or have any questions, talk to Veronica McIntosh or Margie Jesiolowski.

\*\*\*\*\*

**Property Tax/Rent Rebate Program** The income requirements have expanded so more Pennsylvanians will be eligible to receive the Property Tax/Rent Rebate in 2024. The majority of past claimants may see increased rebates as well. AARP Tax counselors are able to help you fill out your forms at your appointment to get your taxes done.

\*\*\*\*\*

*Find the sweet side in all things.*

**\*\*\*\*\*PLEASE READ THIS VERY IMPORTANT INFORMATION:**

Nockamixon Township applies for a rent grant on our behalf every year. We are very grateful for the township’s support in this important funding. This federal grant is approved by Bucks County and HUD (Housing & Urban Development). As part of the approval, the senior center is required to have on file an updated “County of Bucks Community Development Block Grant (CDBG) Self Certification of Annual Income by Beneficiary” for every person who uses the senior center. We are required to be able to prove that 51% of those we serve are low to moderate income.

All persons who receive services from the senior center are required to fill out and annually update this form in its entirety including household annual income and signatures of all adult members of the household. Services include all senior center activities, AARP taxes and Produce Vouchers.

Please update your form the next time you visit the senior center and annually after that. In the event of a change in income, your form will need to be updated. Going forward, when you pay your dues in July each year, please update your form.

Because of our rent grant, we are required to prove that 51% of the people we serve are low to moderate income. If people choose not to fill out the form, we may not get our rent grant. Without the rent grant we cannot afford to keep our doors open. So if you want to be able to use the senior center, it is very important that you complete the form.

We appreciate your cooperation.

**Center Manager:** Margie Jesiolowski

**Board Members:**

Barbara Naska, President  
Janet Vanderlely, Vice President  
Cathy Lutz, 2nd Vice President  
Cindy Wiley, Secretary  
Marion Wolf, Treasurer  
Terry Keogh, Assistant Treasurer

**Trustees:**

Lin Brown  
Veronica McIntosh  
Linda Boss

**Food Service Coordinator:** Veronica McIntosh

**Trip Coordinators:** Jim & Terry Keogh

Eastern Upper Bucks Senior Center is funded, in part, under a contract with the Pennsylvania Department of Aging and The County of Bucks

Nockamixon Township applies for a yearly grant on our behalf that is approved by Bucks County and HUD (Housing and Urban Development). Please consider joining the center to help meet the increasing grant demands for our much needed community senior center. Thanks!

Please tell your friends and family 55+ to join our senior center.  
Dues are \$15 per year. (July 1st to June 30th)



## DONAHUE FUNERAL HOME

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*Philip A. Donahue,  
Owner/Director*

The **DONAHUE FUNERAL HOME** specializes in church viewings followed by funeral services. Therefore, YOUR choice of a Funeral Home need not be based on location. Arrangements can be made in one of our offices or in the comfort of your home setting. We service Bucks County, Montgomery County, Philadelphia and Delaware Counties in Pennsylvania.

We are four generations of professionalism dedicated to offering an alternative to the escalating costs of funerals without sacrificing quality and service.

*"The purpose of a funeral should never cause a financial burden on the family or those left behind."—  
James P. Donahue, Grandfather*

Traditional Funeral <i>(includes casket)</i>	<b>\$4900</b>
Traditional Viewing followed by Cremation <i>(includes rental casket)</i>	<b>\$3800</b>
Cremation with Memorial Mass	<b>\$2000</b>
Direct Cremation	<b>\$1200</b>

*Call for a free no obligation brochure detailing the above...*

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

1218-20 Bethlehem Pike, Flourtown, PA 19031  
P.O. Box 1556, Doylestown, PA 18901

DonahueFuneral@gmail.com



### Senior Center Monthly Activities

**DVD Exercise**—Mondays 10:30

**Game Days** - Wednesdays & Thursdays 10:00

**\*Yoga** Tuesdays 9:30-10:30

**\*Tai Chi** - Wednesdays 10:00-11:00

**Knitting & Crocheting** –Wednesdays 10:00

**Board Meeting** - 1st Monday 1:00

**Covered Dish Luncheon**—1st Tuesday 12:00

**Pinocle Tournament** - 2nd & 4th Thursday 1:00

**Birthday Bingo** - 3rd Monday 12:30

**Membership Meeting** - 4th Monday 1:00

**Cash Bingo** - Two Tuesdays a month 1:00

**Movies**—Check Calendar 1:00

**Check the monthly calendar for exact dates**

Please tell your friends and family 55+ to come  
join our friendly senior center.

Dues are \$15 per year (July 1st to June 30th)

\*Classes are \$5 for members  
\$7 for non members.

### Fresh Connect by BCOC Mobile Farmer's Market

bcoc.org or 215-345-8175

### UPDATED INFORMATION

On the first and third Thursdays from 10am to 12noon

at NEW LOCATION: Palisades Middle School

4710 Durham Road, Kintnersville

Fresh produce at no cost for those in need, rain/shine except severe weather (temperatures below 32°, heat advisories, excessive heat warnings, heavy rain or snow, and thunder and lightning storms.) Registration on site, limit one per household, please bring your own bags.

*Thank  
You!*

***Thank you for your donation:***

*Richard Rosamilia*

*Morris Marshall*

*Members of the Dog Club*

Remember when people had diaries and got mad when people read them? Now they put everything online and get mad when people don't.

Kids these days will never know the struggles of landing that needle perfectly between two songs.

We didn't have an x-box to play with when I was young, we just had a box.

Who can still remember their childhood phone number?

Kids who never have to earn anything will not appreciate anything.

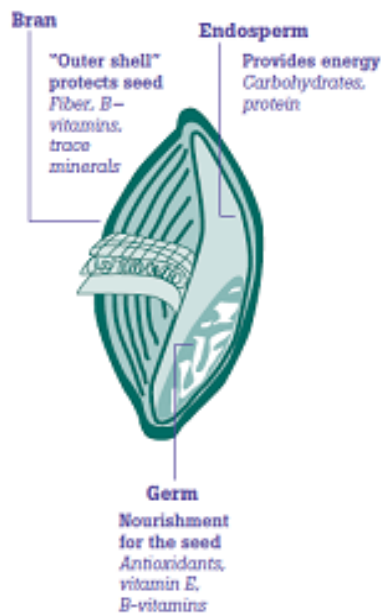
• Bud Healy	April 5
• Peg Petner	April 9
• Kathi Dillon	April 12
• Barbara Naska	April 13
• Judi Warren	April 13
• Tony Townsend	April 13
• Linda Boss	April 20
• Evelyn Wentz	April 23
• Tammy Sassaman	April 24
• Harold Lammerding	April 26



# Make Half of Your Grains Whole

Whole grains contain the entire grain kernel: the bran, germ, and endosperm.

## Whole grain kernel



## Some Examples of Whole Grains:

brown rice



buckwheat

bulgur (cracked wheat)

oatmeal



popcorn

whole-wheat cereal

muesli

whole-grain barley

whole-grain cornmeal

whole rye

whole-wheat bread

whole-wheat crackers

whole-wheat pasta

whole-wheat sandwich buns and rolls

whole-wheat tortillas

wild rice

whole cornmeal

shredded wheat cereal



## Whole Grain Tips— Check the ones you already do:

- ☐ Choose a whole grain, such as oatmeal, when you have hot cereal.
- ☐ Read the label on a cereal box to find the word "whole" listed with the first ingredient.
- ☐ For a change, try brown rice or whole-wheat pasta.
- ☐ When baking, substitute whole-wheat or oat flour for at least half of the flour in a recipe.
- ☐ Eat whole-grain crackers.
- ☐ Serve and eat whole grains every day with meals or as snacks. Popcorn, a whole grain, can be a healthy snack.



## Start simple with MyPlate



## Make Half Your Grains Whole Grains

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what grains to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

### Have whole grains at breakfast

Enjoy a whole-grain hot cereal. Oatmeal is a favorite but consider trying a grain that's new to you, like buckwheat or millet. You might find a new breakfast favorite.

### Enjoy a multigrain bowl

Create a one-dish meal by layering a mixture of grains like barley or wild rice with some colorful veggies and some low-fat cheese. Add your favorite protein and a dash of hot pepper sauce.

### Swap your sandwich bread

Look for sandwich-type breads made with whole grains. Pita, tortillas, naan, sliced breads, and rolls are all available as whole grains.

### Choose whole-grain takeout

Ask about whole-grain options when dining out or ordering take-out food. For example, make a switch to whole-wheat pasta or brown or wild rice.

### Experiment with a new grain

Cook a new grain like quinoa, amaranth, or millet. You can find cooking tips and recipes online. Grains are pretty versatile and also have lots of important nutrients.

### Switch up pizza night

Create individual, homemade pizzas on whole-wheat English muffins or tortillas. Or, make a traditional pizza using a premade whole-wheat flour. Don't forget the veggie toppings.



## **Congratulations Pinochle Winners**

**February 27, 2024**

**1st Harry Markley**

**2nd Dolores Warmkessel**

**Tie 3rd Mike Barbaro, Cindy Wiley**

**March 14, 2024**

**1st Bernie Boylan**

**2nd Ruth Gruver**

**3rd Mike Barbaro**

### **\$11 Auto Registration Form Applications for**

**Retired Persons** are available at the senior center.

Eligibility requirements are listed on the bottom of the form.

### **Stop Telemarketing calls**

Register for the national list and the Pennsylvania list.

Make sure to register all names in the household. You must call from the number you are registering.

**National Do Not Call 1-888-382-1222**

**Pennsylvania Do Not Call 1-888-777-3406**

### **Helpful Phone Numbers**

AARP (717) 238-2277

Area Agency on Aging (267) 880-5700

Aid for Friends (215) 348-7505

Better Business Bureau (215) 985-9313

Bucks Co. Consumer Protection (215) 348-7442

Bucks County Transport (215) 794-5554 or (888)795-0740

Elder Abuse (800) 243-3767

Food Stamps (800) 362-1291

Homeless Hotline (800) 810-4434

Legal Info (800) 262-LAWS

Legal Service (215) 781-1111

Medicare Service Center (800) 633-4227

or TTY: (877)-486-2048

Military Affairs (215) 345-3307

P.A.C.E. (800)-225-7223 or (267)-880-5700

Philabundance Food (800)-319-3663

Report Medical Fraud & Abuse (800)-447-8477

Social Security, Disability Issues, or

Supplemental Security Income (800) 772-1213

Senior Employment (267) 880-5700

24/7 Crisis Services (800)499-7455

Kinconnector Helpline (866)KIN-2111

Bucks Chester Montgomery Link 800-753-8827

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Bank**

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**Bucks County Area Agency on Aging**  
**55 East Court Street, 3rd Floor, Doylestown, PA 18901**  
**267-880-5700**

The broad goal of the agency is to develop and provide comprehensive services to help persons aged 60+ maintain independence in their homes and communities.

Bucks County Area Agency on Aging offers more than 20 programs to help older adults and their families and is an advocate for all older persons in Bucks County.

They also directly provide information and referral, outreach, assessment and care management, as well as a county-wide volunteer program.

Additional services and projects are by agreement or contract with other community agencies.

A brochure is available at Eastern Upper Bucks Senior Center with more details.

**Would you like to Volunteer?**

Bucks County Area Agency on Aging continues to offer volunteer opportunities. Your help is needed to deliver meals, tutor or mentor in school based programs, Lunch Bunch Program, Literacy/ESL Programs, Benefits Assistance Program, My Life My Health, Project MEDS, Helping Seniors Age in Place, and Apprise Insurance counselors. For more information about these and other volunteer opportunities, please contact the Volunteer Coordinator at 267-880-5725.

**PA MEDI Program (formerly APPRISE)**

The **PA MEDI Program** wants to make sure you and your loved ones who have Medicare know about the Extra Help and Medicare Savings Programs.

**Extra Help** can help lower your prescription co-payments and premiums and cover the cost of the coverage gap ("donut hole")

**Medicare Savings Program** can help you with the payment of your Part B premium and possibly with the payment of your Medicare Part A and Part B cost sharing.

There is **NO COST** for the PA MEDI Program's help or for enrollment into these programs. Income guidelines do apply.

Contact Janine Slabicki at the Bucks County Area Agency on Aging at 267-880-5700.

**Senior Boxes Available Monthly at the Lord's Pantry**  
**at St. John the Baptist Church in Ottsville 610-847-2402**

**Requirements:**

- 1) Must live in Bucks County
- 2) Must be at least 60 years old
- 3) Must meet income requirements which are:

Family size	Annual	Monthly	Weekly
1	\$16,744	\$1,396	\$322
2	\$22,646	\$1,888	\$436
3	\$28,548	\$2,379	\$549
4	\$34,450	\$2,871	\$663

**Packages include:** 4 packages **vegetables**, 1 meat, 2 cereals, cheese, 2 packages fruit, 1 non-meat protein, 1 carbohydrate, 2 bottles juice instant & evaporated milk.

Usually the 3rd Friday of the month, but call the Lord's Pantry to confirm.

**Lord's Pantry Hours**

Mondays 2-5, Tuesdays 9:30-11:30, Thursdays 9:30-1:30

**A bin for food donations for the Lord's Pantry is at the**  
**Senior center. Canned goods such as canned vegetables, tunafish**  
**and soup are appreciated.**

**Welcome New Member:**

Adele Przybylski

**Got Drugs?**

**Bucks County Medication Disposal**

Free and anonymous. Permanent medication collection boxes are now available at the locations below to help reduce the growing statistics of people abusing prescription pain relievers who get them from friends or relatives. Please contact them directly for collection hours, rules, & regulations.

**Bucks County Court House: 215-348-6000**

**Plumstead Township Police Department: 215-766-8741**

**Springfield Township: 610-346-6700**

**Quakertown Borough Police Dept: 215-536-5002**

# April 2024 Menu

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**Website:** easternupperbucksseniorcenter.com

Monday	Tuesday	Wednesday	Thursday
<b>1</b> Tuna Salad Platter Pickled Beet Salad Three Bean Salad Whole Wheat Bread Fresh Fruit	<b>2 COVERED DISH LUNCHEON</b>	<b>3</b> Deli Sandwich on Roll Coleslaw White Bean Tomato Salad Mandarin Oranges	<b>4</b> Boiled Egg & Cheese Platter Broccoli Craisin Salad Macaroni Salad Whole Wheat Bread Fruit Cocktail
<b>8</b> Cranberry Almond Chicken Salad Cold Brown Rice Salad Marinated Carrot Salad Whole Wheat Roll Orange	<b>9</b> Chicken Salad Pita Couscous Salad w Peppers Carrot & Raisin Salad Pineapples	<b>10</b> Seafood Salad & Cheese Vegetable Pasta Salad Marinated Carrot Salad Whole Wheat Roll Fresh Fruit	<b>11</b> Garden Salad w Chicken Macaroni Salad Wheat Bread Pudding
<b>15</b> Chef Salad Marinated Summer Salad Potato Salad WW Roll, Fresh Fruit	<b>16</b> Chicken Cobb Salad Marinated Cucumber Salad Corn & Bean Salad WW Roll, Mandarin Oranges	<b>17</b> Egg Salad Pita Veggie and Bean Salad Marinated Carrot Salad Fresh Orange	<b>18 Luncheon from Donahue Funeral Home (Please sign up)</b>
<b>22</b> Tuna Salad Pocket Tomato & White Bean Salad Broccoli & Cauliflower Pears	<b>23 CLOSED Election Day</b>	<b>24</b> Seafood Salad Penne Pasta Pepper & Broccoli Salad Dill Cucumber Salad, WW bread, Fresh Fruit	<b>25</b> Salad with Roast Turkey & Cheese Broccoli Salad Macaroni Salad White Bread, Pineapples
<b>29</b> Tuna Salad Platter Pickled Beet Salad Three Bean Salad White Bread Orange	<b>30</b> Southwest Grilled Chicken Salad Corn, Black Bean, Red Peppers Vegetable Pasta Salad WW bread, Cookie	<b>LUNCH IS SERVED AT NOON.</b>	<b>Remember to order By NOON the TUESDAY Before! Suggested donation is \$2 for those over 60.</b>



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Monday	Tuesday	Wednesday	Thursday
<b>1</b> DVD Exercise 10:30 <b>Board Meeting 1:00</b>	<b>2</b> Chair Yoga 9:30-10:30 <b>Covered Dish Luncheon 12:00</b>	<b>3</b> Tai Chi 10-11 Knitting & Crocheting Game Day	<b>4</b> Game Day
<b>8</b> DVD Exercise 10:30	<b>9</b> Chair Yoga 9:30-10:30 <b>Bingo 1:00</b>	<b>10</b> Tai Chi 10-11 Knitting & Crocheting Game Day	<b>11</b> Game Day <b>Pinochle 1:00</b>
<b>15</b> DVD Exercise 10:30 <b>Birthday Bingo 12:30</b>	<b>16</b> Chair Yoga 9:30-10:30 <b>Movie 1:00</b>	<b>17</b> Tai Chi 10-11 Knitting & Crocheting Game Day	<b>18</b> Game Day <b>Luncheon from</b> <b>Donahue Funeral</b> <b>Home 12:00</b> <b>(Please sign up)</b>
<b>22</b> DVD Exercise 10:30 <b>Membership Meeting 1:00</b>	<b>23 CLOSED</b> <b>Election Day</b>	<b>24</b> Tai Chi 10-11 Knit & Crochet Game Day	<b>25</b> Game Day <b>Pinochle 1:00</b>
<b>29</b> DVD Exercise 10:30	<b>30</b> Chair Yoga 9:30-10:30 <b>Bingo 1:00</b>		<b>Basket Bingo and</b> <b>Chinese Auction</b> <b>Sunday April 21st</b> <b>Doors Open 12:00</b> <b>Games Begin 1:00</b>