

“I’m a great believer in *luck*, and I find the harder I work, the more *luck* I have.”

~ Thomas Jefferson



Golden CONNECTIONS

20 Gotham Place
Red Lion, PA. 17356
717-244-7229

Newsletter March 2020

~ Upcoming Events for March ~



- March 5 Fun with Autumn House
- March 10 Art Studio with Jude
- March 11 Outreach Program
- March 11 Bluebirds
- March 12 Fun with Autumn House
- March 16 Dementia Friends Training
with Heather & Kasie
- March 17 “Remember When” w/ ComForCare
- March 18 “Vestibular Therapy & Concussions”
with Drayer Physical Therapy
- March 19 Musical at Eastern High School
~”Chicago”
- March 19 Fun with Autumn House
- March 24 Art Studio with Jude
- March 31 “Brain Injury Awareness”
~ Lunch & Learn Event with Encompass Health

For a full list of March’s Activities, please see the Activities Calendar located in the center of the March Newsletter.

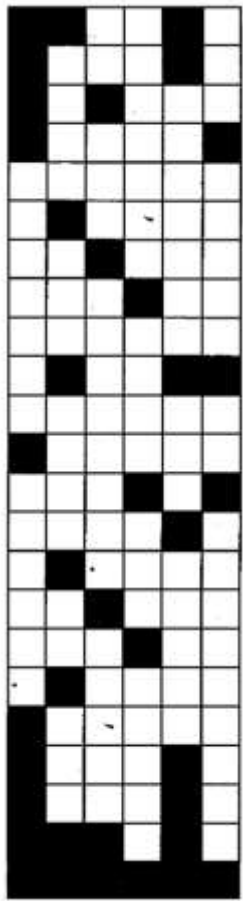


Brain Fitness

Turning on Your Engine

Word Columns

Find the hidden phrase by using the letters directly below each of the blank squares. Each letter is used only once.



p a o f h n k
t a k n a u n e i h p t h w t e t i s
i n e s c n t e l g i n e r e i w r g e n
T h b t e l o t f i t e e s p l n o i l g
d o e e h e a s e e r h e i l e e o n i t e

Last Month's Answer:

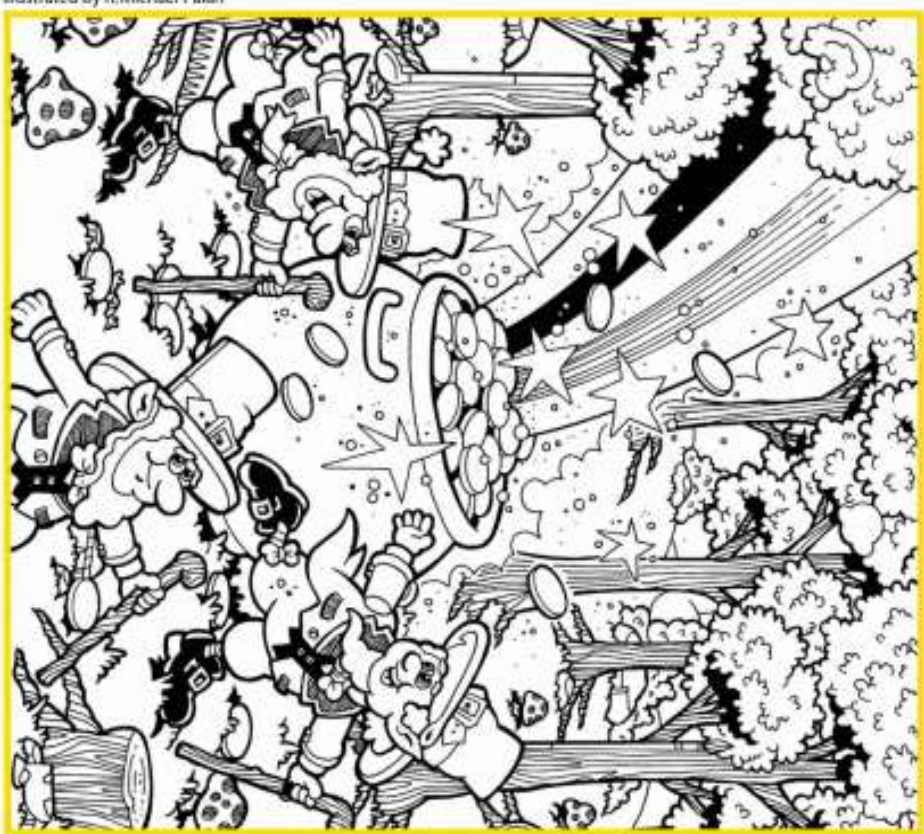
Jumbled Idiom

FAUCET CHIMES = FACE THE MUSIC

Highlights

Hidden Pictures® Happy St. Patrick's Day!

Are you ready for Saint Patrick's Day cheer this year? Now that you've found the leprechauns' gold, search for these 16 hidden objects.



Illustrated by R. Michael Palan

- needle
- crown
- pendant
- ice-cream cone
- chicken
- comb
- fishhook
- lollipop
- winter hat
- mug
- hammer
- golf club
- snake
- butterfly
- artist's brush
- tack

CHECK OUT OUR Hidden Pictures® App!  

Inclement Weather Closures

The GCCC has many options available to inform you that the center is closed due to inclement weather. Here is where you can find this information:

1. WGAL Website
2. Our Voice Messaging Center
3. Our Facebook Page



VOLUNTEERS NEEDED!

The Golden Connections Senior Center provides Home Delivered Meals to over 100 homebound seniors that live in our area. This program helps senior citizens to stay in their homes and remain active participants in our community. Your help is desperately needed. Volunteers deliver meals on Mondays, Wednesdays and Fridays. If you could donate two hours of your time once a week or once a month, you could be a part of this amazing team of volunteers that give of themselves to help those in our community that are the most vulnerable. To become part of our team, please call Ami Barnard, Meal Coordinator at (717) 244-7229 or send an e-mail to mealcoordinator@gccccenter.com

Important Notices

SUPPORT THE CLEAN HANDS CAMPAIGN

GET A GRIP on handwashing

to slow a pandemic...
WASH YOUR HANDS!



We don't always think of the brain and heart being intimately connected, but they are. When we talk about a heart attack we need to also think about the possibility of a stroke and if someone has a stroke, we need to look at what might be going on in their heart. We have a simple saying that, "If it is good for the heart, then it is also good for the brain." First it is never too early to start to eliminate bad habits and acquire more good habits. Know your blood pressure and control it. There are new strict guidelines. A little bit of hypertension is generally, not OK. If you smoke- STOP! Treat elevated cholesterol, which means having it checked at a young age. If you drink alcohol, do so only in moderation. Control diabetes mellitus. Develop a regular exercise routine of at least 150 minutes each week of walking or activities that raise your heart rate. Eat a sensible diet and if you are overweight, it is time to get serious about weight loss. There is not one special diet, but portion control is a good place to start. Check with your doctor about whether you might have atherosclerosis in your peripheral (carotid) arteries. If you develop chest pain or signs of a stroke seek medical attention (call 911) immediately. Heart attacks and strokes are preventable. Don't wait until you have had one and are working on preventing a second episode. Get to work now. Remember, if it is good for your heart, it is also good for your brain.

We are REMAX

4 Reasons To Sell This Spring

1. BUYER DEMAND WILL REMAIN STRONG
2. THERE IS LESS COMPETITION NOW
3. THERE WILL NEVER BE A BETTER TIME TO MOVE UP
4. IT'S A GREAT TIME TO DOWNSIZE

Melissa Ruffing
Realtor® ABR® SRES® RENE
Licensed in MD & PA
Office: 717-840-4848
PA Cell: 717-205-6924
ruffing.melissa@gmail.com
icanopendoors.com

Count on me to guide you through the process of buying or selling your home, making the transaction less stressful and more successful.

5 BENEFITS OF REFERRING PATIENTS TO OUR BOARD CERTIFIED CLINICAL SPECIALISTS

Drayer
PHYSICAL THERAPY INSTITUTE

Board certified clinical specialization differs from entry-level board certification in that it allows physical therapists to demonstrate mastery in one of the nine recognized specialty areas. This voluntary process entails an examination, substantial practice hours in the specialty, and recertification every 10 years.

- 1 DISTINGUISHED**
As an industry leader in clinical excellence, we provide post-graduated residency and fellowship programs to prepare for clinical specialization. Only 11.4% of all physical therapists in the US have achieved this standard of excellence.
- 2 PROFICIENT**
Clinical specialization in physical therapy requires knowledge, skill, and experience exceeding that of the physical therapist at entry to the profession and unique to the specialized area of practice. Competency is demonstrated in the following areas: Patient Care (Examination, Evaluation, Diagnosis, Prognosis, Intervention), Patient Education, Interpretation of Research, Administration, Consultation.
- 3 HIGHLY QUALIFIED**
At a minimum, clinical specialists have completed 2,000 hours of direct patient care in the specialty area. We set ourselves apart by also offering year-long accredited post-graduate residency and fellowship programs.
- 4 DRIVEN BY PROTOCOL**
Specialists will closely follow the protocol that you, the referring physician, request. Their advanced certification and techniques, combined with your protocols, will yield faster results, saving your patients time and money.
- 5 EXCEPTIONALLY TRAINED**
Clinical specialists use the most up-to-date, evidence-based therapy techniques. They are highly-trained to identify symptomatic red flags and contraindicated therapies for particular diagnoses, ensuring best practice in patient safety and outcomes.

Refer a patient to any of our clinics at drayerpt.com



Longaberger Basket Bingo

Saturday, May 9th at 2 p.m.

Location: Golden Connections Community Center
20 Gotham Place
Red Lion, PA 17356



Cost for 20 Games of Bingo: \$12 if purchased in advance
\$15 if purchased at the door

Mystery Games, Extra Cards, Raffle Tickets, Small Games of Chance and Food Products will also be available for purchase.

To purchase your tickets call Heather at 717-244-7229 or go online to www.gcccenter.com.

Upcoming Pacesetters Trips 2020

Tuesday, April 21st - Murder Mystery at Mt. Hope Mansion: Trip includes the show, the lunch and transportation. An interactive, culinary who-done-it, dine in the historic mansion while you put together the clues and help solve the mystery. ~\$66.00 pp

Wednesday, May 27th - Queen Esther at Sight and Sound: Trip Includes the show, lunch at Golden Corral and transportation. QUEEN ESTHER is a captivating tale of beauty and bravery. Esther's ordinary life changed forever when she was taken through the palace doors, entering a new world of royalty and risk. ~\$90.00 pp

Hollywood Casino trips

Friday, March 27th
Friday, April 24th
Friday, May 29th
Friday, June 26th
Friday, July 31st

Friday, August 28th
Friday, September 25th
Friday, October 30th
Friday, November 20th

The cost is \$25.00, and the return casino package is \$30.00 and a \$5.00 food voucher.
Contact Pacesetters directly to sign up for any of these trips at: 717-757-3209



Line Dance Party

Bring a Covered Dish!

Non-Members: \$3.00 at the Door/Members: get your "Free" Ticket from the GCCC.

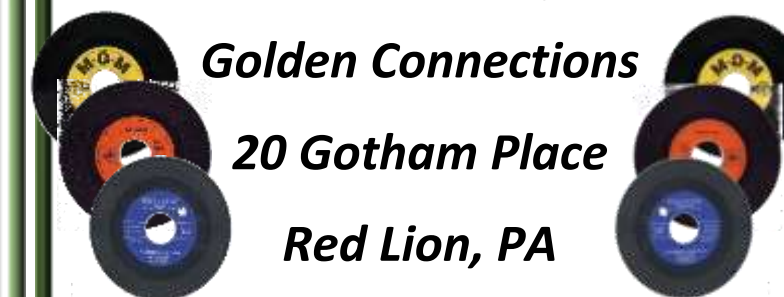
FRIENDS ★ FUN ★ FOOD ★ MUSIC ★ DANCE	
WHEN	WHERE
14 March 2020 6:30 p.m. – 10:00 p.m.	Golden Connections Community Center 20 Gotham Place Red Lion, PA 17356



50's Themed Adult Prom

Saturday, June 27, 2020

6:00 -10:00 p.m.



\$35 per ticket

\$50 couples

A portion of the proceeds benefit programs at the GCCC. Please contact Ami Barnard, Meal Coordinator with any questions.

GCCC Give Back!

The GCCC Give Back are on a yearlong journey to collect donations from the community. Each month we will ask for specific donations to help build a supply that will enable us to make care packages in the coming year to be distributed to Homeless Veteran's.

Our donation requests for March are: Unused Shampoo & Deodorant

Look for our donation drive box located at the GCCC. Please contact us with any questions or donations. And again, Thank You All for Your Support and Care!

Center Guests

Do You Remember When?..well, participants will enjoy sharing all their remember when's on **Tuesday, March 17th at 10:45 a.m.** when **Deborah Cooper joins us form ComForCare** to take some time and reminisce about all of those remember when's. Feel free to join us here at the Golden Connections Community Center for a blast from the past!



Vestibular rehabilitation is a specialized form of therapy designed to reduce dizziness, headaches and imbalance. Vestibular Therapy can be used post-concussion. On **Wednesday, March 18th at 10:30 a.m.** **Drayer Physical Therapy** will offer a presentation to members of the GCCC on **Vestibular Therapy & Concussions**. Please join us to learn more.



March is **Brain Injury Awareness Month**. Why does head injury awareness matter? Because it's likely closer to affecting you than you think. The leading cause of brain injury is falls. How many of us directly know someone who has suffered an injury of this nature due to one? A brain injury can have multiple lasting effects for the victim, including a state of being dazed, headaches, fuzzy or blurred vision, nausea, dizziness, sensitivity to light, balance problems, impaired thinking, and memory and emotional functioning. Or simply feeling tired or having no energy. And a recent study conducted by researchers found a direct link to increased risk of dementia. The Golden Connections Community Center has partnered with **Encompass Health** to offer a **Lunch & Learn Event** covering this topic on **Tuesday, March 31st at 10:30 a.m.** This will be a sign-up mandatory event. Please sign up using the GCCC Copilot system.



Members of the GCCC have enjoyed having staff from Autumn House join us every Thursday in February, and the staff of Autumn House have enjoyed connecting with our members. Therefore, the GCCC will welcome Autumn House Monthly on Thursdays to host an array of activities. We hope you can join us any Thursday for a little fun with Autumn House.

Bluebirds



The Bluebirds February Luncheon will be on Wednesday, March 11th at 11:30 a.m., at Cheddars Restaurant, 1540 Toronita & Rt. 30, York. Any Questions, please contact Tisha Eckenrode 717-586-5936 or Isabel Murphy 516-641-4076. Thank you in advance!

Please note the change to the date this month: 2nd Wednesday

ALL LADIES ARE WELCOME!!!

BOOK OF THE MONTH CLUB

March's Book of the month is "A Man Called Ove". The book will be distributed on Friday, March 6th and the discussion group will meet on Friday, March 27th at 9:15 a.m.

Meet Ove. He's a curmudgeon—the kind of man who points at people he dislikes as if they were burglars caught outside his bedroom window. He has staunch principles, strict routines, and a short fuse. People call him "the bitter neighbor from hell." But must Ove be bitter just because he doesn't walk around with a smile plastered to his face all the time?

Behind the cranky exterior there is a story and a sadness. So when one November morning a chatty young couple with two chatty young daughters move in next door and accidentally flatten Ove's mailbox, it is the lead-in to a comical and heartwarming tale of unkempt cats, unexpected friendship, and the ancient art of backing up a U-Haul. All of which will change one cranky old man and a local residents' association to their very foundations

Join us Friday, March 27th at 9:15 a.m. for a book discussion about this story.



What is STEM? **STEM is education in four specific disciplines — science, technology, engineering and mathematics.** STEM fosters ingenuity and creativity, builds resilience, encourages experimentation, teamwork, knowledge application, tech use, adaption, and teaches problem solving. The GCCC will now offer regular STEM projects to go hand in hand with the Brain Fitness we have encouraged over the past year. The Next STEM Project is scheduled for **Monday, March 30th at 10:45 a.m.** Please consider joining us for this month's STEM project!



Monday, March 16th at 10:45 p.m., staff of the GCCC will offer a Dementia Friends Training in hopes of offering ALL of our members the opportunity to become a Dementia Friend. A Dementia Friend is an initiative that aims to give millions of people a better understanding of dementia, so please join us and become a Dementia Friend.

Eastern High School Musical

The Eastern York Broadway Knights and Performing Arts Booster Club has invited members of the GCCC to attend a special complimentary "Senior Citizen" **Showing of "Chicago"** on **Thursday, March 19, 2020.** The Doors will open at 8:00 a.m. Light refreshments and coffee will be available, and curtains will rise promptly at 9:00 a.m. No tickets needed as this event is FREE!

Rabbit Transit is scheduled to leave the GCCC for this event at 8:00 a.m. on March 19th. If you are interested in attending or driving yourself then please contact Kasie Ream, Director of Social Services, at 717-244-7229.



GOLDEN CONNECTIONS SENIOR CENTER FREE HEARING SCREENINGS AND HEARING AID CLEANINGS
(ALL MAKES AND MODELS)

Tuesday April 7, 2020
10:30 am - 1:30 pm
SIGN UP FOR YOUR APPOINTMENT TIME ON ANNOUNCEMENT BOARD

- Clean and Check Hearing Aids (All Models)
- Hearing Screenings
- Otoscopic Exams
- Answer Your Questions

Center Activities

What is an **Altered Book**? An altered book is a published book that has been changed into a new work of visual art through various art processes such as painting, drawing, collage, writing, and embellishment. Altering books allows a symbolically rich canvas on which to express one's inner life. The process of making art in an intentional manner through creatively altering a book becomes healing, life affirming, and helpful in producing growth and change. Join members of the Golden Connections Community Center at begin altering a book on **Thursday, March 26th at 10:45 a.m.** This is a sign-up mandatory event, so be sure to sign up using the GCCC Copilot System.



The Golden Connections Community Center will host monthly **Misc. Craft Days**. These days will offer participants the opportunity to get creative with center art supplies. We are so fortunate to often have art supplies donated and members can now use their imaginations to create pieces of art on scheduled Misc. Craft Days. The next Misc. Craft Days are scheduled for **Friday, March 13th & March 20th at 10:00 a.m.** Please be sure, to sign up for craft days using the GCCC Copilot System. Hope you plan to join us!



Don't Forget:

- The next scheduled date for **Trimmers Hair/Nails** will be **April 6th**. See Kasie Ream, Dir. Of Social Services to sign up for an appt.
- Don't Forget to take advantage of the GCCC **Outreach Program** every **2nd Wednesday** of the month, that offers assistance with a variety of services from applying for assistance programs to getting your rent rebates filed. Contact Kasie Ream, Dir. Of Social Services to sign up for an appt.