

# Golden CONNECTIONS

## Community Center

### OCTOBER 2021 NEWSLETTER

#### VOLUNTEERS NEEDED!!!

The Golden Connections Community Center provides Home Delivered Meals to over 100 homebound seniors that live in our area. This program helps older adults to stay in their homes and remain active participants in our community. The GCCC is always actively looking for volunteers. Due to the pandemic the center is currently delivering meals to homebound seniors one day a week to limit exposure but is preparing for the future return to 3 days a week delivery. If you could donate two hours of your time once a week or once a month, you could be a part of this amazing community. To become part of our team, please call Ami Barnard, Meal Coordinator at (717) 244-7229 or send an e-mail to [mealcoordinator@gcccenter.com](mailto:mealcoordinator@gcccenter.com)

# HAPPY HALLOWEEN

#### Donations NEEDED

The GCCC is currently looking for the following donation items for upcoming member projects: Olde Fan Blades & crafting beads.

**Golden CONNECTIONS**  
Community Center  
20 Gotham Place  
Red Lion, PA 17356

**Contact GCCC Staff at**  
717-244-7229  
Monday – Wednesday  
9 :00 a.m. – 12 :00 p.m.

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

**Mission**  
To assist and empower senior citizens to remain part of a thriving community environment.

**Stay Connected**  
Are you on email list? Call 717-244-7229 to make sure GCCC staff have your most recent contact information. Follow or like [www.facebook.com/Goldenconnectionscommunitycenter](https://www.facebook.com/Goldenconnectionscommunitycenter) on Facebook.

## October 2021 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> 9:00 Brain Games Station 9:30 Ladder Golf 10:45 Get-n-Sleep 11:00 Penny BINGO 12:00 Congregate Meal Distribution	<b>5</b> 9:00 Brain Games Station 9:15 Line Dancing 9:30 Wii 10:00 Pictionary 11:15 Six & Tones 12:00 Congregate Meal Distribution	<b>6</b> 9:00 Brain Games Station 9:15 Line Dancing 9:30 Ladder Golf 10:00 Scrabble Club 10:30 Dementia Friends Training w/ Heather & Kasie 12:00 Congregate Meal Distribution	<b>7</b> Center Closed <b>8</b> Center Closed	<b>15</b> Center Closed
<b>11</b> Center Closed	<b>12</b> 9:00 Brain Games Station 9:15 Line Dancing 9:30 Wii 10:30 "Diabetes Education" Presentation w/ Country Meadows 11:15 Six & Tones 12:00 Congregate Meal Distribution	<b>13</b> 9:00 Brain Games Station 9:15 Line Dancing 9:15 Arts & Craft ~"BOO" Signs (Sign-up by Wednesday, Oct. 6) 10:00 Scrabble Club 11:00 Penny BINGO 12:00 Congregate Meal Distribution	<b>14</b> Center Closed	<b>22</b> Center Closed
<b>18</b> 9:00 Brain Games Station 9:15 Arts & Craft ~ Halloween Door Decor (Sign-up by Wednesday, Oct. 13) 11:00 Strength Training for Seniors 12:00 Congregate Meal Distribution	<b>19</b> 9:00 Brain Games Station 9:15 Line Dancing 9:30 Wii 10:15 "The Health Benefits of Social Circles" Presentation w/ Jill Kaylor 11:15 Six & Tones 12:00 Congregate Meal Distribution	<b>20</b> 9:00 Brain Games Station 9:12 Early-Stage Support Grp. Kick-off Event 9:15 Line Dancing 10:00 Scrabble Club 11:00 Penny BINGO 12:00 Congregate Meal Distribution	<b>21</b> Center Closed	<b>29</b> Center Closed
<b>25</b> 9:00 Brain Games Station 9:15 Arts & Craft ~ Make-up Craft Day 10:00 Halloween Movie 11:00 Strength Training for Seniors 12:00 Congregate Meal Distribution	<b>26</b> HALLOWEEN BASH!!! 9:00 Brain Games Station 9:11:00 Trick or Treat Games 9:15 Line Dancing 11:00 Costume Contest 11:15 Six & Tones ~ Halloween Style 12:00 Congregate Meal Distribution	<b>27</b> 9:00 Brain Games Station 9:15 Line Dancing 10:00 Scrabble Club 10-12 Early-Stage Support Grp Intro/Overview/Sharing Stories 10:00 "What would you do for a Klondike Bar" Presentation w/ Minnie's Pharmacy 11:00 Penny BINGO 12:00 Congregate Meal Distribution	<b>28</b> Center Closed	





# Early Stage Support Group Meeting

ALZHEIMER'S  
ASSOCIATION  
GREATER  
PENNSYLVANIA

Helpline: 800-272-3900

alzheimer's  
association

Golden  
CONNECTIONS



The Alzheimer's Association is offering a unique opportunity for persons living with Alzheimer's disease and their Care Partners to join an Early Stage Support Group where they can connect with others who understand how they are feeling and are having similar experiences. The group meets together for the educational portion, then the group is divided into two where the persons living with the disease meet together and their Care Partners meet together.

Wednesday mornings beginning October 20, 2021  
thru December 15, 2021

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

10:00 AM -12:00 PM REGISTRATION is REQUIRED  
Deadline to Register is Friday, October 8th.

To Register please contact: Kasie at Golden Connections (717) 244-7229 or  
SocialServices@gcccenter.com

## October 2021 Congregate Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>October 4</p> <p>Egg Omelet w/ Cheese 1 Sausage Patty 1/2c Breakfast Potatoes Wheat English Muffin w/ Jelly Fresh Fruit</p>	<p>October 5</p> <p>Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots Italian Bread Birthday Cake</p>	<p>October 6</p> <p>Roasted Pork w/ Dijon Mushroom Sauce 1/2c Vegetable Rice Pilaf 1/2c Green Beans Wheat Bread Fresh Fruit</p>	<p>October 7</p> <p>Penne &amp; Meatballs (4) 3/4c Pasta w/ Sauce 1c Tossed Salad w/ Dressing Garlic Breadstick 1/2c Mixed Fruit Salad</p>	<p>October 8</p> <p>Chicken Bruschetta 1/2c Pesto Pasta 1c Mixed Greens Salad w/ Drs 1/2c Island Blend Vegetables Dinner Roll Angel Food Cake w/ Berries &amp; Topping</p>
<p>October 11</p> <p>CLOSED COLUMBUS DAY</p>	<p>October 12</p> <p>BBQ Chicken Thigh 1/2c Bowtie Pasta 1c Tossed Salad Wheat Bread Fresh Fruit</p>	<p>October 13</p> <p>Porcupine Ball w/ 2oz Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots Dinner Roll Fresh Fruit</p>	<p>October 14</p> <p>Salisbury Steak w/ Gravy 1/2c Mashed Potatoes 1/2c Coleslaw Wheat Bread 1/2c Sliced Pears</p>	<p>October 15</p> <p>Tuna Noodle Casserole (3oz Tuna, 4oz Noodles) 1/2c Peas &amp; Carrots Wheat Bread 1/2c Pineapple &amp; Cherries</p>
<p>October 18</p> <p>Baked Ham Slice w/ Fruit Sauce or Raisins 1/2c Sweet Potatoes 1/2c Coin Carrots Wheat Bread 1/2c Sliced Pears</p>	<p>October 19</p> <p>Roast Beef &amp; Dumplings 1/2c Creamy Coleslaw WG Buttermilk Biscuit 1/2c Cinnamon Applesauce</p>	<p>October 20</p> <p>Roasted Turkey w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread Cookie</p>	<p>October 21</p> <p>Crab Cake Slider 1/2c Parmesan Noodles 1/2c Baked Beans Dinner Roll 1/2c Mandarin Oranges</p>	<p>October 22</p> <p>Roasted Pork w/ Apples 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables Mini Biscuit w/ Apple Butter Fresh Fruit</p>
<p>October 25</p> <p>Taco Salad 1/2c Spanish Rice 1/2c Corn &amp; Black Bean Salad Nacho Chips 1/2c Pineapple Delight</p>	<p>October 26</p> <p>Crispy Chicken Salad 1c Mixed Greens w/ Diced Chix Bacon Bits, Cheddar, 1/2 Egg 1c Vegetable Soup w/ Crackers Dinner Roll 1/2c Warm Peach Crisp</p>	<p>October 27</p> <p>1 c Ghostly Chili 1/2c Fingers &amp; Ant Salad 4oz Hocus Pocus Juice Moldy Biscuit 1/2c Pumpkin Potion</p>	<p>October 28</p> <p>1 c Stuffed Pepper Casserole 1/2c Garlic Whipped Potatoes 1/2c Coin Carrots White Bread Fresh Fruit</p>	<p>October 29</p> <p>Turkey Caesar Club Sandwich w/ Lettuce, Tomato, Cheese 1c Creamy Broccoli Soup w/ Crk Sandwich Roll Cherry Chip Cake w/ Topping 1/2c Fruit Cocktail</p>





**Golden CONNECTIONS**

The Golden connections Community Center is proud to have community partners who have become sponsors of the GCCC. Take the time to look for their logos or advertisements in this newsletter to see who our partners are. The GCCC couldn't be where we are now without their care and support.

**Thank you GCCC Sponsors!**



**Melissa Ruffing**  
REALTOR®  
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**RE/MAX COMPONENTS**

### WHAT IS MY HOUSE WORTH?

by Melissa Ruffing, Realtor ABR®, SRES®, RENE, SFR®

The answer to this frequently asked question is... "Well, it depends." Location, condition, terms of the sale agreement, and what a buyer is willing to pay all play a role in pricing a home.

Location, Location, Location-- the old cliché is still an import consideration for a buyer. Do they have children? Are they distance commuters? Do they prefer rural living, suburban living, or city life? Location is the one thing you cannot change, obviously. A less-desirable location can be a detractor and effect price. Having said that, One can never guess what a buyer will like.

**The condition of your home is particularly important.**

Do you have deferred maintenance? "What does that mean?" It means are there things, (i.e., roof, HVAC, window, or basement issues) that you know need attention and you keep putting off. Not in the budget? If so, the price should reflect the cost of needed repairs.

Has your home been updated recently? Have you updated your kitchen, bathrooms, flooring, and paint in the last 10 years? Recent updates help sell the house and can add value. If these things are not in the budget, then we price your home accordingly.

**Cash is king!** Your house is worth what a cash buyer will pay for it. Especially in this market. Otherwise, it is worth what the bank-hired appraiser says it is worth.



The terms of the sales agreement you have with a buyer spell out how they are paying (cash or financing). Time is money and when they are paying (settlement date) will add or subtract slightly to your Net Proceeds. "My what?" Your net is how much money are you walking away from the settlement table with. The sales price is obviously important, but at the end of the day (transaction) it is all about what you will net.

Taking all of these things into consideration, I prepare a Comparative Market Analysis, a CMA, comparing your home to Like-homes in your area. So, a cape cod to other cape cods, a rancher to other ranchers, sold in the last 6 months. Then the specifics of the home are compared; number of bedrooms, granite counters, garage, and so on... you get the picture.

One can never guess what a buyer will find appealing or important in their next home. But, as a Realtor, a clean, tidy, well-maintained home is always a pleasure to represent and market. As a Realtor, I help my clients with all of these things.

*If you would like a CMA of your house, call me. I will have you speaking Realtor® in no time!*

## Physical Therapy for Post-COVID Recovery

For those who have experienced mild to severe symptoms from COVID-19, resuming life may be harder than anticipated. However, many post-COVID patients have found physical therapy to be a vital treatment in their recovery.

Our skilled therapists will create an individualized plan of care through the implementation of exercise, strengthening, cardiovascular training, functional training, education, and manual therapy to improve each post-COVID patient's quality of life.

**Our COVID Program Promotes the Recovery of:**

- Balance and stability
- Dizziness or vertigo
- Cardiopulmonary issues
- Decreased strength and endurance
- Limited breathing capability
- Functional mobility and activities of daily living issues
- Range of motion limitations
- Musculoskeletal pain or soreness

**Phases of COVID Recovery Program:**

STAGE 1:	STAGE 2:	STAGE 3:	STAGE 4:
Evaluation of current status; baseline measures and initiation of a basic exercise program	Expanded breathing exercises, aerobic conditioning, strengthening, and hands-on treatment to improve cardio-respiratory function	Progression to longer aerobic workouts, increased strengthening and functional activities	Return to activities such as work, play, sports/athletics, and hobbies with a focus on long-term adherence

Our post-COVID recovery program offers our patients the flexibility to receive care in person or from a distance with telehealth options (where available by state law). To learn more about how physical therapy can help your post-COVID patients get back to doing the things they love, visit [drayerpt.com](http://drayerpt.com).



**Drayer | PHYSICAL THERAPY**

PART OF THE UPSTREAM REHABILITATION FAMILY OF CLINICAL CARE

## LIVING AT HOME

**Your Goal, Our Priority**

Senior LIFE (Living Independence for the Elderly) is a state and federally funded Medicare and Medicaid Program that provides long-term care for seniors so that they can remain living at home and out of a nursing facility.

Senior LIFE has a dedicated staff of medical professionals including doctors, nurses, homecare coordinators, social workers, occupational physical, speech therapists, transportation and more. This dedicated staff, also known as the interdisciplinary team, is able to provide Senior LIFE members with an impressive list of medical care and homecare services, including:

- Medical care
- Transportation to medical appointments
- Medication management & home delivery
- Personal & in-home care
- Telehealth & wellness checks
- Access to the LIFE Health and Wellness Center

There are no costs for services for those who qualify, no copays, and no deductibles. Senior LIFE is a "one stop shop" model of care. Care is available 24 hours a day, 365 days a year. Applying is free. There is no obligation to enroll.

**\$0**

CO-PAID DEDUCTIBLES PRESCRIPTION DRUG COVERAGE

Call 717-757-8433 today for your FREE assessment and schedule a tour of our LIFE Health & Wellness Center.

**Senior LIFE**  
Home Today. Home for LIFE.  
[SeniorLIFEPA.com](http://SeniorLIFEPA.com)

All services with the exception of emergency care are provided and/or coordinated by Senior LIFE. Participants are responsible for the cost of any unauthorized services used outside the network.

# Creative Aging Art Classes.



## COME TO ART CLASS

Monday's from 9:30 - 11 a.m.  
January 3, 2022 to June 6, 2022  
Golden Connections Community Center  
20 Gotham Place, Red Lion PA  
Classes are free.

Students will be introduced to different facets of Intuitive Art Exploration and experience art-making using pastels, graphite, charcoal, and acrylic paint. Taught by Cheryl Kugler, a creative aging teaching artist. No prior art experience necessary.

Participating in art classes has been shown to reduce visits to the doctor and hospital stays, increase morale and activity, and result in some amazing art!\*

Register by contacting Kasie Ream at (717) 244-7229 (x103)

Classes are funded in part by the Pennsylvania Council on the Arts and the Cultural Alliance of York County.

\* Creativity and Aging Study. By Gene Cohen, M.D., Ph.D., Center on Aging, Health & Humanities, GWU



## Center Activities



This month's Cardio Drumming class will embrace Breast Cancer Awareness month, by celebrating ALL cancer survivors on **October 19<sup>th</sup>**. The GCCC asks all participants to wear pink that day to show your support. Every Cancer survivor who attends receives a special gift.

Classes are currently *every Tuesday at 11:00 a.m.* with plans for a second class to be held weekly once the GCCC fully reopens. All classes are approximately 30 minutes long. Participants should remember to bring a water bottle. Looking forward to seeing you there!



### LINE DANCING CLASSES

Line Dance Classes are now every **Tuesday and Wednesday at 9:15 a.m.** Come on down and boot scoot and boogie with the Golden Connections Community Center Line Dancers!!!

### GCCC CRAFTING CORNER

Seasons are changing and holidays fast approaching and the GCCC Crafters are excited for all the new craft ideas pouring in. The first craft of the month is scheduled for **Wednesday, October 13<sup>th</sup> at 9:15 a.m.** Crafters will get in the spooky spirit by making **"BOO" signs/home decor** for Halloween. (sign-up by Wednesday, October 6<sup>th</sup>) Then on **Monday, October 18<sup>th</sup> at 9:15 a.m.** participants will make **Halloween Door Décor** to add a little Halloween spunk to their front doors. (sign-up by Wednesday, October 13<sup>th</sup>) And finally, on **Monday, October 25<sup>th</sup> at 9:15 a.m.** members can take this time to finish up any projects that have not been completed throughout the month. And remember ALL Craft Classes are sign-up **mandatory**.



## Dementia Friends Pennsylvania

A Dementia Friendly America initiative

### What is a Dementia Friend?

"Dementia Friends is a global movement that is changing the way people think, act, and talk about dementia"

~dementiafriendspa.org

The Dementia Friends initiative was developed in the United Kingdom by the Alzheimer's Society. Pennsylvania is welcoming this initiative into our communities with open arms. We all want to make a difference in the lives of the people touched by dementia, and we can achieve that as a community by all taking part in Dementia Friends to understand the effects of this disease on people affected and a community as a whole.

### Want to be a Dementia Friend?

No Problem! All you have to do is join us at the GCCC on **Wednesday, October 6<sup>th</sup>, 2021, at 10:30 a.m.**, for a Dementia Friends Training. The session will cover five key messages about dementia and touch on what it is like to live with dementia. So many people's lives are affected by dementia. Almost everyone knows someone who has battled or cared for a victim of this disease, and by taking this training your eyes will be opened to the struggles those people face every day and what you can do to help. The GCCC hopes you will consider joining us for this event.

Pennsylvania is well on its way in helping to become a Dementia Friendly America!

## Root's Country Market Trip

The Golden Connections Community Center is inviting members to take part in a Center Trip to Root's Country Market on Tuesday, November 9<sup>th</sup>, 2021. Rabbit Transit will be providing transportation to and from the market with bus fare to be announced at a later date. Participants will be picked up at 9:00 a.m. at the GCCC with an expected arrival at the Market for 10:00 a.m. Members can enjoy shopping and getting lunch while there and then plan to be back at the bus by 1:00 p.m. for their return trip home. If you are interested in attending then please contact Kasie Ream, Director of Social Services, at 717-244-7229. All registrations for attendance must be requested no later than October 20<sup>th</sup>. See you there!



## Thoughts with T

Hey y'all! Can you believe it's October already? I know I can't! Where is the time going? Well, speaking of time... That's what I kinda wanted to talk about today.

A few days ago, my oldest turned 16! She was sooooo excited about this milestone in her life, and it got me thinking. No, not about the rise in our car insurance cost (even though I know it's coming). I started thinking about all the time I've had with her thus far; all the memories that we have created together as a family with her. Some of these memories are hilarious and some I can smile about. In her 16 years on this earth, she has impacted my life in such a positive way and that was time well spent!

Time never stops. No matter what happens in our lives, time keeps moving. The beauty of this is that whatever mistakes we make, it will eventually be in the past. So, don't cry over the mistake, as we now have an opportunity to learn from it. Let the past stay in the past. It doesn't have to dictate your future unless you refuse to learn from it.

Time has a way of taking our actions and turning them into memories. Always remember to make sure your actions are something that you can reflect upon in a positive way as they may be the things that will bring you through some tough times.

The future is the time before we know what will happen. It's not here yet so why worry about it. You can prepare for it, but always keep in the back of your mind that what you THINK will happen may or may not happen the way you THINK it will. Always keep an open mind about that and try to go with the flow.

Time is like a river. It never stops, it is always flowing, and it never changes direction. If you keep these things in mind, you can flow with it. Have a life vest on at all times, as you may need saving every now and then, but ultimately, enjoy the adventure! If spent well, it will be worth your time.

Just Saying,

T

## Halloween BASH!!!

Join the Golden Connections Community Center on **Tuesday, October 26<sup>th</sup> for the Annual GCCC Halloween Bash!** The past year and a half have been hard, and we are ready to enjoy time with friends and have a PARTY!

**Activities will run from 9:00 a.m. – 12:00 p.m. And consist of Halloween Games, Spooky Snacks, Costume Contests, Music, & a Halloween Cardio Drumming class.**

**Come on out and join us!**

## Center Guests



The Golden Connections Community Center will welcome Angele McCullough from Country Meadows to offer the presentation on **"Diabetes Education", on Tuesday, October 12<sup>th</sup>, 2021, at 10:30 a.m.** If you or someone you love is trying to navigate this life altering disease, please consider joining us for this free presentation.



On **Tuesday, October 19<sup>th</sup>, 2021, at 10:15 a.m.**, Jill Kaylor from Visiting Angels will join members of the GCCC to offer a presentation on **"The Health Benefits of Social Circles"**. Why is having a social circle important? Because it can improve physical health, sharpen cognitive skills, increase life expectancy, and create better lifestyle habits. To learn more join us for this interesting and self-enriching presentation.



Minnich's Pharmacy will join the GCCC on **Wednesday, October 27<sup>th</sup>, at 10:00 a.m.**, to offer the presentation, **"What would you do for a Klondike bar"**. This educational presentation will touch on what to be aware of regarding your medications while offering participants the chance to win Klondike bars.