

Improve Your "Health Literacy"!

"Matter of Balance"

An injury protection expert from Penn State Health will visit to share tips and strategies for preventing falls, October 17th.

Project SAFE will be here on 10/4/23 to present about Powers of Attorney as a way of protecting financial well-being.

Come learn about home adaptations funded by Housing & Urban Development, October 3rd!

Country Meadows visits on 10/27/23 with **FITNESS TIPS & SPOOKY TREATS!**

Receive *expert* Medicare Open Enrollment guidance here on October 18 and October 27.

From the Director's Desk

As the days become cooler and the sun sets earlier, many of us find our thoughts and actions turning towards "getting ready". We stow away summer clothes in favor of sweaters and jackets, take steps to weatherize our homes, and maybe even begin thinking about the holidays! October is "Health Literacy Month" which, to me, also is related to preparedness. Health literacy refers to individuals' ability to locate, understand, and utilize information in making health-related decisions for themselves and others. Here at Leader Center for Active Life, we strive to provide opportunities that support our members' overall wellness—including their health literacy. This month, in addition to our normal array of activities and programs, you will find a number of educational sessions on health-related topics, including financial planning, home modifications, Medicare, and balance and fall prevention. I hope you'll join us for a few—and that you'll learn something new and helpful to YOU!



LEADER CENTER FOR ACTIVE LIFE ANNUAL CASH RAFFLE



Thank you to everyone who has purchased/sold tickets for our annual cash raffle. There's still time to purchase tickets and return stubs! Our drawing will be held at the monthly social on Friday, October 20th. You need not be present to win. GOOD LUCK TO ALL!

HERSHEY COMMUNITY CHORUS TAKE-OUT OR DINE-IN SPAGHETTI DINNER FUNDRAISER

Enjoy a dinner of spaghetti and meatballs with salad and roll. Desserts by donation.

Pick-up Thursday, October 12th, 4:30-7:00PM

St. Joan of Arc Catholic Church

359 W. Areba Ave.

Hershey, PA 17033

**\$12 per meal, pay at pick-up
(cash or check to HCC)**

Preorders are guaranteed a meal.

Walk-ins are welcome!

**Preorder by October 9th via email:
info@hersheycommunitychorus.org**

**specify dine-in or take-out when ordering*

Did you know...

..tis' the season—for colds, flu, and various "bugs"! (Of course you knew!)

Just a reminder to please, if you are experiencing symptoms or feeling unwell, give yourself a little break from the Center and come back to see us when you are feeling better.

The LCAL staff is wishing
you and yours
GOOD HEALTH!

Coming Events:

Tuesday, October 3—Leader Learns—1:00PM. Lynn Stewart-Kreiger from a mobility and independence association presents about home modifications like handrails and ramps. Learn about the age and income requirements for having home modifications funded through HUD if you live in Dauphin, Lebanon, Perry, or Cumberland county.

Wednesday, October 4—Leader Learns—2:00PM. MidPenn Legal Services will speak about the Power of Attorney (POA) as one of the most important documents a person can have to protect financial well-being.

Friday, October 6—Tech Time with Kim—1:00PM. This month we cover Calendars on iPhone/iPads. Stay after class to get one-on-one help with your device.

Wednesday, October 11 OR Thursday, October 12—Leader Cooks—11:00AM. In honor of Italian Heritage Month, Executive Chef Richard Dingle will help participants prepare Italian favorites. After cooking, enjoy your creations for lunch and spend time with local Italian historian Lou Paoletti. Class charge is \$20—reserve your spot in one of the classes today!

Friday, October 13—Friday Flix (Movie) - 1:00 PM. *The Fablemans*. When he discovers a secret that threatens to splinter his family beyond repair, a young, aspiring filmmaker explores how film can help him see the truth. Directed by Steven Spielberg and loosely based on his childhood.

**** Book Club ****

Monday, October 30 at 2:30 PM

The Heaven & Earth Grocery Store

by James McBride

Tuesday, October 17—Leader Learns—1:00PM. This session called “Matter of Balance” is offered by the Injury Prevention Coordinator from Penn State Health. It will include education, instruction, and exercise designed to help maintain balance and combat falls. This is the introductory session in a series set to continue in early 2024—come see what it’s all about!

Wednesday, October 18—Leader Learns—1:00PM. Medicare’s annual election period is 10/15—12/7. You will see advertising from companies claiming their plan is the best, but how do you really know who you can trust to give you clear guidance? Jay from Go Comprehensive is here to help with an easy-to-understand explanation of the Medicare program and what you need to know to navigate it in the future.


Friday, October 20—Monthly Social—11:30AM. Country Meadows caters a delicious meal of roast beef with Bearnaise sauce, hasselback potato, roasted butternut squash, waldorf salad, and apple butter cake. After lunch, we will enjoy entertainment by Harry Minski. Cost is \$12.00 and you must RSVP by Thursday, October 12.

Friday, October 27—Medicare Clinic—9:00AM-2:00PM. The PA MEDI Program is on-site to answer questions about Medicare. See the ad on page 6 for details.

Friday, October 27—Leader Lunch and Learn—12:00PM. Country Meadows is here with **SP00KY** sandwiches and more. Wear a costume if you’d like! Team members from the Hershey Campus will lead us in some **SCARY** fun! Treats are complementary. RSVP by Thursday, October 19.

* donates RSVP needed

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	Monday	Tuesday	Wednesday
2	8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance 11:00 Lifestretch 1:00 Knitting 1:00 Poker 1:00 Beginner Mah Jongg 1:30 Dance Party w/Georgina 6:00 Pilates @ CM	3 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 11:00 Advanced Tap 11—2 Fiber & Friends 12:00 Intermediate Bridge 12:00 Hand & Foot 12:45 Pinochle 1:00 Leader Learns	4 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 11:00 Lifestretch 1:00 Bingo 1:15 Watercolor 1:30 Zumba Gold 2:00 Leader Learns 3:15 Silver Sneakers 6:00 Pilates @ CM
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Thursday	Friday
5 9:00 Yoga & Dolls 9:00 Chair LaBlast 10:00 LaBlast 10:00 Stretch & Strength dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi 2:00 Living After Loss SG	6 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:15 Line Dancing 12:00-3:00 Int Bridge 1:00 Tech Talk
12 *8:45 AARP Smart Drivers 9:00 Yoga & Dolls 9:00 Chair LaBlast 10:00 LaBlast 10:00 Stretch & Strength dvd 11:00 Leader Cooks, Beginner Tap, Beach(ball) Volleyball 12:00 Hand & Foot Cards 12:15 Tai Chi 12:30 Scrabble 12:45 Pinochle	13 8:15 Silver Sneakers 8:30 Pilates *8:45 AARP Smart Drivers 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:15 Line Dancing 1:00 Friday Flix
19 9:00 Yoga & Dolls 9:00 Chair LaBlast 10:00 LaBlast 10:00 Stretch & Strength dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi 2:00 Living After Loss SG	20 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd *11:30 Monthly Social
26 9:00 Yoga & Dolls 9:00 Chair LaBlast 10:00 LaBlast 10:00 Stretch & Strength dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi	27 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:00-2:00 Medicare Clinic 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:15 Line Dancing *12:00 Leader Lunch & Learn

October Intermediate Bridge Coordinator:

Sara Zentmeyer
717-533-8421

Award Winning Senior Living



TRADITIONS
of HERSHEY

INDEPENDENT LIVING WITH ENHANCED SERVICES
AND PERSONAL CARE

Call **717-208-2437** for a tour!

100 N. Larkspur Dr., Palmyra, PA 17078
www.traditionsofhershey.com

We are an equal opportunity housing provider. We do not discriminate on the basis of race, color, national origin, religion, sex, familial status or disability.



Hershey Symphony

55 Seasons
of Musical Excellence

For the season schedule and ticket information, go to
HersheySymphony.org

Medicare Workshop

Clear advice from people who care.



COMPREHENSIVE.

Get clear, non-biased answers to your Medicare questions, and find out what option is best for you.

Oct 18th @ 1:00 pm



877-233-4212 • www.letsgocomp.com

We do not offer every plan available in your area. Currently we represent 9 organizations which offer 101 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.

Life is good...

when you can spend time with family and friends,

when there's always plenty to do and when delicious professionally prepared

...when you have your favorite pet by your side



meals are served restaurant style. Our residents enjoy entertaining activities and opportunities to engage with the community both inside and outside our campus, always knowing assistance is never more than a few steps away, if needed. To learn more, call or visit us today. Life is good... at Country Meadows.

...when new neighbors seem like old friends

...when there's always someone there to help if you need it

...when the food is fresh, tasty & nutritious



COUNTRY MEADOWS
RETIREMENT COMMUNITIES

Independent Living
Personal Care
Memory Care
Restorative Care

451 Sand Hill Road, Hershey
(near the Med. Center)
717-533-1880

CountryMeadows.com



Medicare Annual Open Enrollment October 15 - December 7

**Not sure which Medicare plan is right for you?
Let us help you sort it out.**

Medicare Open Enrollment Event

October 27th 9:00am-2:00pm
November 15th 9:00am-2:00pm
December 1st 9:00am-2:00pm

Leader Center for Active Life

605 Cocoa Avenue, Hershey, PA 17033

To make an appointment:

Call PA MEDI, Dauphin County
717-780-6130

Review and Make Changes to Your Benefits! Make sure you have a plan that will meet your health needs and may save you money.

- Review your current coverage
- Check if you qualify for any cost saving programs
- Compare your plan with other options
- Search for plans on the internet that meet your prescription and medical needs
- Give you clear answers to your questions
- Help you enroll in a plan

Can't make it to the event? PA MEDI Can Still Help!

Call us for free, one-on-one help or to find out about our next enrollment event.

Call us today!

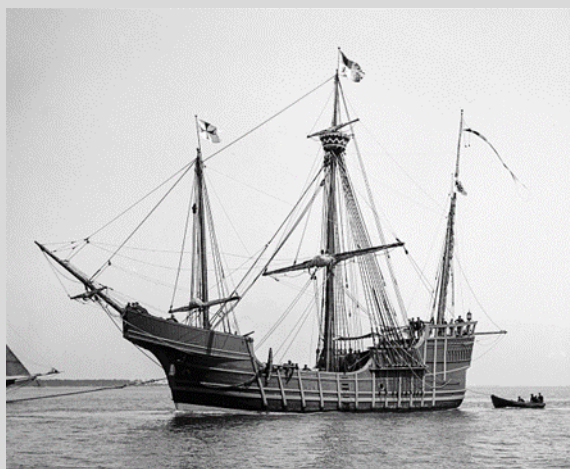
717-780-6130

We offer help over the phone or in-person.

Sponsored by Dauphin County Area Agency on Aging

Country Meadows' 459 Club invites you to experience ...

**Local historian, John Maietta, presenting,
“Christopher Columbus: Villain or Hero?”**



**Thursday, October 12th
2:00pm - 3:00pm**

A native of Williamsport, John Maietta retired from a lifelong public relations career in 2010. In 2014, he received a master's degree in applied history from Shippensburg University. He later taught introductory courses in world history at Shippensburg and York College of Pennsylvania. His popular presentations on history and culture have been featured at many libraries, retirement centers, and other venues through the central Pennsylvania region.

Country Meadows of Hershey
459 Sand Hill Road
RSVP to Kris or Shannon at 717-533-6996



GREAT GIFT IDEA!

Memory Pillows
Custom –made for you
from ties, shirts, etc. by our
Fiber & Friends group.
\$40 and up
(100% donation to Center)

Interested in having a special pillow made? Please call us at 717-533-2002 and leave your information. Someone from the group will get back to you!

“Living with Dementia” Series

October 18 at 2:00 PM

Presented by Penn State Health, hosted at
Londonderry Village

Topic: “Planning for the Future”

Register at 814-865-1234

A supervised Memory Café for loved ones living with dementia will be available during the session.

Leader Center for Active Life
605 Cocoa Ave
Hershey, PA 17033



605 Cocoa Ave
Hershey, PA 17033
Phone: (717) 533-2002

Leader Center for Active Life strives to positively impact our community by promoting healthy aging through social engagement, physical and emotional well-being, civic involvement, creative offerings, and lifelong learning for those over 50 years of age.

Leader Center for Active Life is an independent, non-profit organization, depending solely on private funding and endowments to operate. Although there is no formal dues structure, members are expected to contribute a donation of at least \$100 per year.

Megan Marshall:
President of the Board of Directors
Annamarie Fazzolari: Executive Director
Kim Reese: Office Coordinator
Kathy Giovanniello: Administrative Assistant

Dates to Remember

10/3, 10/4, 10/17—Leader Learns

10/5 & 10/19—Living After Loss SG

10/18—Jay from Go Comp

10/20—Monthly Social

10/27—PA MEDI Clinic

10/27—Spooky Lunch & Learn