

THE OPEN LINK



VOLUME 1, ISSUE 4

SPRING 2017 NEWSLETTER

THE OPEN LINK

UPCOMING EVENTS:

- **Headache Presentation** by Good Shepherd Rehab at The Center, May 18; 1 p.m.; **FREE.**
- **PA Dept. of Agriculture's Farmer's Market Vouchers** available to seniors at The Center, starting in June. **FREE.**
- **Inside Out Picnic** at The Center, June 23 at 12:30 p.m. **FREE.**

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Employment Counseling a Big Draw at TOL

Fifty-one-year-old Jane said it literally blindsided her.

On a day like any other, she punched in to work for her full-time shift at an area Dunkin' Donuts only to be told she was being laid off.

There was no notice and no time to prepare either mentally or financially for the drastic change in her life. Jane needed to find employ-

ment, so she turned to The Open Link, where she was referred by a friend.

"I came to TOL for help with my resume and to officially search for employment," the Green Lane resident shared. "Sheila (Grove, employment counselor) helped me update my resume, helped with the online searches and uploading my resume. She was really encouraging!"

"Finding a job in your 50's can be discouraging. And I'm not that great with computers, so I appreciated the help."

After five months of faithfully searching, submitting her resume and meeting with Grove, Jane was offered and accepted a full-time position at Frederick Living, a re-

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Have you heard? Renovations are underway at The Center, inside and out! A new activity room, office and renovated bathrooms will be ready this summer to welcome seniors on the lower level. Outside, a new ramp and entryway is being constructed. We're looking forward to seeing the finished product!

Message From the Executive Director



Stuart Bush, Ph.D.

Education = Better Opportunities for Local Students

The Open Link's tag line is "Opening Doors, Linking Communities, Helping Neighbors Flourish." And with your help and partnership, The Open Link helps your neighbors flourish each day.

One important aspect of The Open Link's work is to lend a "hand up" when life knocks a family off balance through loss of job, unexpected illness, or some other crisis. Every

day your support helps community members get back on track when they encounter one of life's difficult situations.

However, to truly flourish into a significantly better future, many of your neighbors need more than a hand-up. They need a new way forward. That is why The Open Link has long made our programs in education, including high school

equivalency, a priority.

Across our society high school graduation rates are dismal. And, unfortunately, our Upper Perk School District is no exception. Some 15% of our children leave school without their high school diploma. And without a diploma these young people are lost in our economy.

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Summer Lunch Bunch is Almost Here!

The Open Link was happy to serve nutritious lunches and desserts to dozens of children in the Upper Perkiomen Valley last summer. This year, we're adding activities and more dates to the menu! The program will run June 19 through August 24. If you're interested in helping out, please contact Volunteer Coordinator/Program Manager Evet Hexamer at 215.679.6550 or email volunteers@theopenlink.org.



Super Sponsor Spotlight: Upper Perk Chiropractic

Dr. Doug Pfeiffer is a man on a mission.

The head of Upper Perk Chiropractic Center, P.C. (UPCC) and the Center for Nutrition and Wellness, in Pennsburg, wants to help people lead healthy and fulfilling lives. And that means he has dedicated his life to chiropractic and health and wellness care.

More and more people are looking for a more natural, less conventional approach in making health care decisions, according to national statistics.

“Unfortunately, the system today has become so detached from the patients’ needs it has become mechanized,” Pfeiffer said of modern health care. “We (his practice) care for them and about them.”

“More than anything else I want people to understand health, about wellness, about alternative health care; things that can be done specifically for conditions or disorders that they’re not really aware of. We try and support our patients’ health and wellness needs throughout their lives. people throughout their lives. We really give what I like to call cradle to grave care.”

At his practice, Pfeiffer began offering family chiropractic care 31 years ago. He

has since added to the service available what he refers to as “targeted functional nutrition”, non-surgical disc care,

Pfeiffer book, published in 2014, entitled, “Dr. Pfeiffer’s Guide to a Longer, Healthier Life”, guides peo-



Dr. Doug Pfeiffer speaks to a group during a recent presentation.

non-drug and non-surgical neuropathy treatment, weight loss programs, detoxification cleanse classes, massage therapy, reflexology and cold laser therapy.

Pfeiffer also guides his patients through educational classes and programs about such problems as stress management and the importance of proper sleep. He offers nutritional and educational programs which are free to the public. One of which, his family health and wellness program, he has offered monthly for as long as his practice has been open.

ple through what he calls “the four pillars of health”. He refers to the ‘Eat Right, Think Right, Move Right and Sleep Right’ components of the “Health and Wellness Paradigm”.

In addition to increasing his nutrition and education offerings, his practice has also expanded to include a new program called Brain-span, which tests cognitive function. It’s one of the only methods to get baseline data for patients suffering from dementia, Alzheimer’s, ADHD and concussive injuries and then

“TOL is one (organization) we feel strongly about because it’s right here and it’s right for our community. We can see and hear about the ways it meets people’s needs in our community every day.”

~ Dr. Doug Pfeiffer

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Valued Volunteers: Jim and Nina Landis

If you spend any time with Jim and Nina Landis, you'll find two people who are friendly, compassionate, hard-working and always willing to lend a helping hand. Not much to improve on, right?

But, according to both, volunteering continues to change them – for the better.

Jim first encountered The Open Link about five years ago, he said, through his plumbing and heating business. The main office needed a plumber and, aside from a problem he could fix, Jim also found staff members who were making a difference in the Upper Perkiomen Valley.

“Working with TOL employees, I was convinced it was an organization that serves this community and I wanted to be a part of it,” he said.

Jim applied to be a volunteer and Nina soon followed.

Jim currently delivers Meals on Wheels and additionally fills in as a substitute if there's a need. He's also been known to help with other things, like moving

cabinets or doing light maintenance at The Center. Nina drives people to medical appointments



Jim and Nina Landis at The Open Link's Brunch and Silent Auction last year.

through TOL's Transportation Assistance Program (TAP) and volunteers in the food pantry each week.

“My faith teaches me to serve and, as a resident of the community, TOL offers different opportunities to give back some of the blessings I've enjoyed,” Jim said of volunteering.

Nina, a retired teacher, said she too wanted to serve others and found the perfect opportunities at TOL.

“Having taught for many years, I came to know of the struggles that some families face.

Working with children who live with those struggles day in and day out tore at my heart. I wanted to serve my community in ways that bring some relief and hope to those families.”

While they are blessed but busy with nine grandchildren, and volunteering at their church, Bally Mennonite, Souderton Mennonite Home and an afterschool program for children, Jim and Nina say it's important to them to keep helping people through TOL.

It truly makes them happy.

“Volunteering has allowed me to experience a new circle of good friends,” Jim said. “It's also a blessing to see clients get two good meals for that day and their thankfulness for the service. Many people just need to see another face and have a little conversation and food...You know you're leaving them in better spirits.”

“I enjoy the interactions with people,” Nina agreed. “I enjoy learning about their lives. I hope they feel heard and also feel a bit

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Presentation by Teri Wassel, M.S., R.D., Montgomery County Health Department

Soup's On!

Nutrition Series: Part 4 of 4

Each participant will make a nutritious layered dried bean soup mix and learn the basics of preparing any type of soup.

Thursday, June 8, 2017
1:00 p.m. - 2:00 p.m.



517 Jefferson Street • East Greenville, PA 18041

Space is limited so sign up early!

Please RSVP by June 5th: Call 215-679-6550 or email volunteers@theopenlink.org.



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To compound the problem, changes in statewide high school equivalency testing in 2014 had made it more difficult for students across Pennsylvania to access the test. The format was less flexible (on-line only) and there were far fewer testing centers and no seats available at the testing centers in Montgomery County. Our students had to travel all the way to Lehigh

Carbon Community College to take each test.

So when the Pennsylvania Department of Education in 2016 engaged Educational Testing Service to provide the High School Equivalency Test as fully equivalent to the existing test (GED), our High School Equivalency instructor, Dr. Eve Puhalla, urged The Open Link to become a testing center.

Now, for the first time ever in the Upper Perk Valley, The Open Link is offering free high school equivalency preparation and high school equivalency testing in one location. This has quickly become a win-win: in a few short months our students' success rate has soared!

It's great to see these neighbors flourishing!

Get Engaged!

Visit The Center, 517 Jefferson Street, East Greenville, to connect with friendly people doing fun activities!

For more information, visit www.theopenlink.org or call 215.679.6550.



AGE OUT LOUD: MAY 2017



★ D.J.—Tom Calvin's Oldies

★ Photos

★ Dancing

★ Prizes

★ Refreshments

THE CENTER
at
THE OPEN LINK

**The Center
517 Jefferson St.,
East Greenville, PA 18041**



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tirement community in Upper Frederick Township. She said she truly enjoys her new job, which came with good benefits.

"I love it. I love the clients; they are great people," she said without hesitation.

Jane said she would definitely recommend TOL to others in need of employment assistance.

"In this day and age us older people need that help," she noted.

Grove said serving as an employment counselor is a rewarding profession. She assists more than 100 people each year with vocational testing, developing career plans, creating and updating resumes and applying for jobs online.

"I get to meet a wide variety of



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'lighter' in spirit after we've been together."

"While my desire is to serve others in this way, I have received so much myself. These encounters are changing me, and for that I am so grateful!"

We're grateful to you, Jim and Nina! We couldn't do our work without people like you.

For more information on volunteering at The Open Link, please contact Evet Hexamer, Volunteer Coordinator/Program Manager, at 215.679.6550 or email volunteers@theopenlink.org.

people with unique life and work experiences," she said. "I get satisfaction from being able to match a client with a job or an employer; just being a part of the process!"

Grove, who had many years of experience working for the state's Office of Vocational Rehabilitation, said she's accustomed to helping people overcome a variety of hurdles when it comes to finding a job.

"The biggest stumbling block for the majority of people I meet is not knowing how to look and ap-

ply for jobs in our electronic age," Grove said, noting people also sometimes lack the skills necessary for a living wage job or don't have transportation.

"But I've seen time and time again that if people are motivated and willing to work at finding employment, they can overcome their barriers and be successful."

For more information about employment services at The Open Link, please contact Sheila Grove at (215) 679-4112 or by e-mail at employment@theopenlink.org.

The Open Link Food Pantry Needs Spring 2017

- Juice (64 oz. preferred)
- Canned Tomatoes
- Spaghetti Sauce
- Canned Kidney, Black and Baked Beans
- Pasta, Pasta Sides and Rice
- Pancake Mix and Syrup
- Soups and Stew
- Soft burrito and flour/corn tortillas

Top Personal Items Needed

- Laundry Detergent (small containers)
 - Body Wash
 - Shampoo
 - Conditioner
 - Deodorant

Donations can be dropped off at The Open Link Main Office, 452 Penn Street in Pennsburg, during regular office hours. For more info, call 215.679.4112.



Main Office

452 Penn St.

Pennsburg, PA. 18073

Phone: 215-679-4112

Fax: 215-679-9795

Email: info@theopenlink.org

The Center

517 Jefferson St.

East Greenville, PA. 18041

Phone: 215-679-6550

www.theopenlink.org

“Opening Doors, Linking Communities, Helping Neighbors Flourish.”

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implement treatment and track progress.

Pfeiffer has also dedicated much of his life to another mission, helping people in need. He was the head of “Friends of the Open Line” in the early 2000’s when the agency was in dire straits due to cutbacks in government funding.

That group raised money to help the agency get back on its feet and started the first brunch and silent auction fundraiser in 2004. Pfeiffer and his wife, Liane, went on to support various programs at The Open Link for more than 25 years. His practice has been a longtime sponsor, including a platinum sponsor in 2017.

“I feel this organization has been so important to our community for

many, many years because of all the things it does. There’s nothing else in our community to fill that particular void,” he said. “We have a lot of other great service organizations but Open Link has always been there for people in dire need and I know what that’s like.”

Pfeiffer referred to a modest upbringing where he remembered times when his family didn’t have enough money to pay the heating bill or much to eat.

“Just having the opportunity to be able to assist people in times of need and at certain times of the year, like at Christmas. We support other organizations, but TOL is one we feel strongly about because it’s right here and it’s right for our community. We can see and hear about the ways it

meets people’s needs in our community every day.”

He said recognition for his support isn’t what fuels him to do what he does.

“I never want to do things to get the reward from it. I want to do things for the sake of helping the community and helping people. I feel so blessed to be in a position to get paid to do what I do because I enjoy it, but also so that I can give back to others too.”

Thank you, Dr. Pfeiffer and Upper Perkiomen Chiropractic Center, for your investment in The Open Link and the Upper Perkiomen Valley!

For more information, visit UP-CC’s website, upchiropractic.com, Facebook page, or call them at 215.679.7800.



Help us go green! If you or someone you know enjoys our newsletter, please help us save on costs by subscribing digitally at www.theopenlink.org. Thank you!