

THE OPEN LINK

UPCOMING EVENTS:

- Penny Auction, Friday, Nov. 3 at EGFC. Doors open at 5:30 p.m. Call 215.679.6550 for more info.
- Need help this holiday? Registration is now open for TOL's holiday programs. Call 215.679.4112 to learn more.
- Choir Chimes from Generations performance, Wed., Nov. 29 at 1 p.m. at The Center. Donations accepted.

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THE OPEN LINK

VOLUME 2, ISSUE 2

FALL 2017 NEWSLETTER

An Electric Opportunity for Local Student, Resident

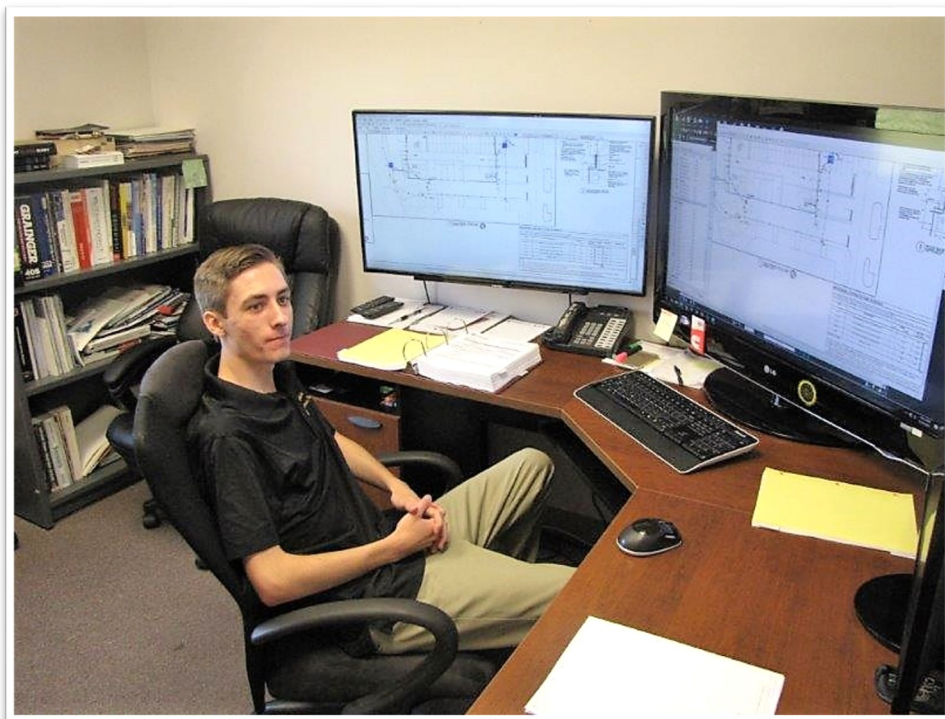
Jake Clutter can tell you what ferrite is, the difference between AC and DC currents and how the International Color Code will help you put on the proper jacket. And that's all thanks to a new partnership between

Gillespie Electric and The Open Link (TOL).

Clutter, 18, was enrolled in TOL's High School Equivalency program when a unique opportunity presented itself. Employment Counselor Sheila

Grove learned that Gillespie Electric, based in East Greenville, would be willing to consider students in the program who were interested in an electrician apprenticeship.

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Kyle Branin listens to a supervisor at Gillespie Electric explain new software. Thanks to a willingness by Gillespie to partner with TOL, Kyle is getting on-the-job training as an assistant estimator.



Message From the Executive Director



Stuart Bush, Ph.D.

Community Generosity Makes TOL Abuzz During the Holidays

If you have trouble getting into the holiday spirit this year, drop by The Open Link and prepare to be transformed! The halls and classroom are lined with bags of gifts, gift-stuffed stockings and wrapping paper. And the kitchen is transformed into a gift room stacked high with age-appropriate gifts for children birth through high school. With carols playing in the background,

volunteer 'elves' help low income parents and grandparents select gifts.

All this, with one goal! Every year, with *your* support, The Open Link helps *more than 500 children* in need have a better holiday! Just ask Jamie, who was deserted by her husband last October:

"I'm always the one trying to help other peo-

ple. Now I need help. This is such a blessing... When the kids open these gifts up, it's going to be like the best day of their life... My family is going to have a merry Christmas now, thanks to you!"

Yes, thanks to *you*! Each year The Open Link can help these children because of *your* generous donations. You can give two ways.

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Fall Festival



Co-Sponsored by



and



JOIN US AT THE UPPER
PERKIOMEN VALLEY YMCA

TUESDAY, OCTOBER 31ST
12-2 PM (Gym)

Complimentary

FUN - FELLOWSHIP
LIGHT LUNCH - ENTERTAINMENT

RSVP by Oct. 23 to The Center at The Open Link, 215.679.6550, or email volunteers@theopenlink.org



Super Sponsor Spotlight: Center for Nutrition and Wellness

For people dealing with a painful legs, feet, arms or hands from a specific type of neuropathy, the Center for Nutrition and Wellness may offer a solution.

Dr. Doug Pfeiffer has developed a two-pronged approach at his Pennsburg practice that doesn't utilize drugs but instead seeks to treat the true cause of the condition. It is estimated that more than 20 million people in the U.S. suffer from some type of neuropathy.

The condition is due to damage to the peripheral nervous system, the vast communications network that transmits information between the central nervous system (the brain and spinal cord) and every other part of the body. The tiny blood vessels in the limbs called the "micro-circulation", which feed the nerves become compromised, and the resulting poor circulation causes damage to the nerves.

According to the National Institute of Neurologic Disorders and Stroke, symptoms can range from numbness or tingling, to pricking sensations, or muscle weakness. Areas of the body may become abnormally sensitive leading to distorted pain response. Severe symptoms may include burning pain (especially at night), muscle wasting, paralysis, or organ or gland dysfunction.

Dr. Pfeiffer said the most common misconception about the condition is that it's caused by diabetes. He said non-diabetic causes are more common.

While standard medical practice is to prescribe antide-



Dr. Doug Pfeiffer, Upper Perk Chiropractic and The Center for Nutrition and Wellness

pressants, pain medications, anti-seizure medications, and pain-relieving creams, Pfeiffer incorporates nutritional supplements and topical creams to enhance the production of nitric oxide in the body. This, in turn, enhances blood flow and circulation.

"Our form of care differs from standard medical treatment in that we use specific techniques to increase and restore the micro-circulation that feeds the nerves in the legs, feet, arms and hands," he noted.

His practice also utilizes

infrared light therapy to enhance circulation and restore nerve function along with targeted nutrition.

Dr. Pfeiffer has his patients use a unique nerve stimulating instrument at home to "reboot" and enhance nerve function. Vibration plate therapy is also used on site to stimulate nerve endings in the feet and legs.

Patients are monitored on a weekly basis and have regular retesting performed to monitor their progress.

"The advantages to our program are that we are truly working toward correcting the causes of the condition. Through education, training, supervised and tested progress, we have seen the correction of not only the symptoms, but also the causes of the condition," Pfeiffer said.

Upper Perk Chiropractic/the Center for Nutrition and Wellness is a 2017 Platinum Sponsor of TOL.

For more information on the Center for Nutrition and Wellness, or to find out more about its Peripheral Neuropathy Care Plan, contact them by phone at 215.679.WELL (9355), email centerfornutritionalwellness@gmail.com, or visit their website at www.centerfornutritionalwellness.com. Consultations are free to anyone with this newsletter and there is no obligation.

"The advantages to our program are that we are truly working toward correcting the causes of the condition."

~ Dr. Doug Pfeiffer

Valued Volunteer: John Farris

After more than four decades serving the people of the Upper Perkiomen Valley as a popular dentist, John Farris is now serving people in a different way – as a Meals on Wheels volunteer.

With a smile and a reassuring demeanor, Farris has been delivering hot and cold meals to homebound seniors for about two and a half years. He said he first learned about The Open Link when he was practicing at Red Hill Dental.

“I had a lot of patients come in who said they got Meals on Wheels,” he said, noting he also knew former Open Line staffer Harriet Rapine, who would talk to him about the program and all the families it was helping.

“I was always interested in it. As I got near the end of my practice people would say, ‘Hey, what are you going to do when you retire? Can you help us out with Meals on Wheels?’ So when I did retire, I called up and said, ‘I’m here to help.’”

Farris noted that while he

can’t volunteer every day, he is able to help once a week. He’s also involved in other community



John Farris loads up his vehicle with meals to deliver to area seniors who are homebound.

service endeavors including the Upper Perkiomen Valley Lions Club, volunteering at his church, St. Philip Neri, and providing transportation to friends less fortunate than himself.

But he knows the need is real for homebound seniors.

“I had a friend who got Meals on Wheels years ago,” he explained. “I saw the benefits of it.”

“One of the things I like about the program is it gets those seniors to see someone every day.

I think a lot of the people stay home and, if they didn’t have something like that, they’d have nobody to talk to.

“It’s gratifying to see them smile when you walk in the door.”

He encouraged people to volunteer if they’re able.

“I think if people would try it out or see what it’s like, find out more about it, I think they’d enjoy it. I know it’s hard to get people to volunteer to do the extra work, but I think they’d definitely benefit from doing it.”

Farris said aside from Meals on Wheels, he also appreciates The Open Link’s Back-to-School supply drive and giveaway, food pantry and the senior center’s community meal.

Offered Monday through Friday at 12:30 p.m. in East Greenville, the catered hot meal is open to all seniors with a suggested donation of \$2.

“I enjoy coming up for lunch,” he said. “The people that

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Want to Help Your Neighbors in Need?

The holidays are fast approaching and that means it's time for The Open Link's annual Thanksgiving Dinner, Adopt-A-Family and Christmas Room programs.

Make giving a tradition in your home!

For more information, visit
www.theopenlink.org or call Counselor
 Laura Dzugan at 215.679.4112 or email
laurad@theopenlink.org.

Thanks for making a difference in our
 community!



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Join our Adopt-a Family program which matches families in need with families and organizations that care. We start gathering names of "Adopting Families" in October on a first-come, first-served basis. Reserve your spot early: this program always fills up fast!

Buy gifts for our holiday gift room. You can find gift ideas on "Gift Balls" located on trees at several local businesses and churches or just drop by The Open Link for ideas.

You can help the children of folks like Erica, a single mom of four children. She works full-time to provide for her kids. But every paycheck goes into the absolute necessities like rent on an apartment big enough for their family of five, groceries, utilities and the like. There is literally nothing left over after the bills are paid.

"It honestly makes me upset to know that I, myself, can't provide this for them. I work hard. But

programs like Adopt-A-Family have helped my family tremendously. It helps my children have something to open on Christmas morning because I don't have the extra funds to make that happen for them. Christmas isn't all about the presents, but I'm truly blessed to know such people who've given us love and generosity during the hard times. Everyone who makes this possible are our true angels."

Many thanks to you, the angels.

Will You Join Our Team of Sponsors?

The Open Link is blessed to have many area businesses and organizations who committed to sponsor our work in the community in 2017. Our 2018 sponsor search has begun. Will you be next?

For more information on sponsorship and its benefits, call 215.679.4112 or email communications@theopenlink.org.

THE
OPEN LINK



www.theopenlink.org

Penny Auction

50/50 Raffle * Baked Goods * Great Prizes

Friday, November 3, 2017

Doors Open at 5:30 PM

Bidding Begins at 6:30 PM

East Greenville Firehouse (*Social Hall*)
401 Washington Street
East Greenville, PA 18041



ADMISSION

\$4 for Adults • \$2 for Children

Free for children 3 & Under

.....

Proceeds benefit The Open Link

For more information or to get involved, please call
The Open Link at 215.679.4112 or email volunteers@theopenlink.org.



**Follow us for
up-to-date
prize info!**



(Continued from page 1)

Gillespie Electric has been a longtime supporter, and a 2017 Platinum Sponsor, of The Open Link.

It sounded like a fantastic chance to learn a trade, Clutter and his TOL instructor, Dr. Eve Puhalla, agreed. So as he worked to earn his diploma, he was interviewed and then was offered the job.

He started on May 8, the day he learned he passed his final exam.

"I was incredibly happy about graduating. It helped me move forward with my life," he said.

"Jake is working well for us," said Gillespie Electric Operations Manager, Ed Tryon. "He is currently at one of our projects in Exton learning the electrical business. He has been working with our foreman learning commercial wiring and conduit installation. He has done some outside underground work to the site lighting poles around the site."

Clutter said the apprenticeship is working out great and is also helping him save for the future.

"I work a ton of hours, as much overtime as I can, and have been making some great increases in my savings. I think this is a great opportunity for anyone who can handle working hard. It's great work and you learn a lot!"

Gillespie also partnered with TOL to find a local resident, Kyle Branin, who was a good fit for an estimator position with the company. He was unemployed and had come to TOL for help with his resume and to find employment. He was hired as an assistant estimator at Gillespie.

"In the last month, he has learned basic blueprint reading and gained an understanding of electrical symbols," Tryon said, adding that Branin is also learning new software programs. "He has worked in our estimating database doing change orders and learning about how we quote electrical work.

"Both men have been very conscientious and very willing to learn new things. We are excited to have them here and look forward to continuing to work with them!" Tryon said.

"It has been great working with TOL to be able to work with local people to place people in our organization. It is exciting to be able to give young people to learn a career and give them a trade they can use for the rest of their lives."

Grove lauded the partnership

and said she hopes TOL will be able to form similar relationships with other area employers. She noted that more meetings are scheduled in the coming weeks.

"I think it is a wonderful way to link our clients to careers that will enable them to earn a living wage," she said.

For more information on TOL's employment services, call 215.679.4112 or email employment@theopenlink.org.



Top Food Pantry Needs

- \$10 gift card to Weis/Redners for turkey or ham
- Canned Yams
- Canned Gravy
- Canned Corn
- Canned Mixed Fruit
- Canned Pumpkin
- Boxed Mashed Potatoes
- Boxed Stuffing
- Canned Green Beans
- Canned Cranberry Sauce
- Muffin/Cornbread Mix

Top Pantry Personal Items Needed:

- Body Wash
- Shampoo
- Deodorant
- Conditioner

Please make sure all donated items are within a good expiration date. Thank you!



Donations can be dropped off at The Open Link Main Office,

452 Penn Street in Pennsburg, during regular office hours:

Mon - Fri, 8:00 am to 4:00 pm, and Tuesdays 8:00 am to 7:00 pm.

For additional information, please call The Open Link at 215.679.4112 or visit us at www.theopenlink.org.



Non-Profit
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Permit #10045

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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you get to meet and to talk to – it’s very enjoyable. I would recommend more people try it. It’s a nice social program.”

Thank you, John, for your willingness to help seniors in our community. We couldn’t do our work without people like you!

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

Thanks for
your
Support!



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amazonsmile
You shop. Amazon gives.

Just  Give.org

Network  for Good™

The Open Link is a 501(c)(3) non-profit organization. All contributions are tax-deductible.