

**PROGRAMS AVAILABLE FROM:
BERKS ENCORE
610-374-3195**

BERKS ENCORE STAFF MEMBERS AVAILABLE TO SPEAK ON:

Health Insurance Options (Apprise)	Long Term Care Concerns
Social Security	Encore Services to clubs, and to individuals
Medicare Changes	Other consumer issues
Consumer Fraud	PACE/ PACENET
Property Tax/ Rent Rebates	Medicare Part D
Long Term Care Insurance	Taxes

AGING PARENT SEMINARS

Whether planning for your own future or assisting an elderly parent or relative, it is important to think about and discuss legal and financial issues, housing options and in-home support services BEFORE a crisis arises.

HOW TO BE A POWER OF ATTORNEY

Elder Law attorney Bill Blumer presents important information on requirements for individuals serving as financial or healthcare power of attorney. 60 – 90 minute program.

LIVING TRUSTS

While a Living Trust may be a useful tool in financial planning for some people, they may not be a wise choice for everyone. Attorney Bill Blumer will explain when and how these and other estate planning documents should be used.

If you have an interest in scheduling a speaker or program not listed in this book, please call Berks Encore for assistance.

PrimeTime Health Programs

Contact Person: Martha Sittler

610-374-3195 ext. 224

Alcoholism

Spin the Bottle

This program, in game format, is to increase awareness of alcoholism among older adults. The quantity of alcohol consumed is not as much an issue as how the drinking effects the person's physical and mental health, overall functioning and relationships with others. The Royal College of Physicians suggest that as many as 60% of elderly people admitted to the hospital because of confusion, repeated falls at home, recurrent chest infections and heart failure, may have unrecognized alcohol problems. Learn more about it!

Chronic Conditions

Arthritis: What Everyone Should Know

Understand the basic facts of arthritis – symptoms, causes, and treatment. Discuss the myths surrounding arthritis. Increase knowledge of the early symptoms of arthritis and the appropriate actions to take, as well as available community resources.

Cholesterol: The Killer Within

Understand cholesterol, its role in heart disease and ways to manage the cholesterol within.

Dental Health Problems are NOT a Normal Part of Aging

Take a short quiz and learn facts about dental health, tooth decay, dentures, mouth disease, and overall protection of dental health.

Diabetes, the Basic Facts

Introduces the participant to the basic facts of diabetes and who's at risk. Identifies the symptoms, types of diabetes, and how to live with diabetes.

"Fight Back a Brain Attack"

This discussion concerns stroke risk factors and reduction as well as a short video, "The Brain at Risk".

Flu Jeopardy (with flu education)

Through the format of the jeopardy game, flu facts are conveyed.

Glitter Bug

Colds, flu, etc. are highly contagious and infections are spread QUICKLY. Through the use of detective work, find traces of contamination (germs) and ways to stop the spread and stay healthy.

Hearing

Increases understanding of: the anatomy of the ear and how we hear; different hearing disorders; and some of the factors which socially isolates the person with a hearing impairment.

Osteoporosis

What really causes osteoporosis? What steps can be taken to prevent onset of further bone deterioration.

"Race for a Healthy Heart" (The Heart Horse Race Game)

Through this simulated horse race game, each team (or “horse”) races for a healthy heart by answering questions on facts about the heart and prevention of heart disease and heart attack.

Sleep Well, Feel Well

What’s your sleep IQ? Raise awareness of sleep problems among older adults and dispel misconceptions about sleep and aging.

Understanding the Common Cold

What are the symptoms of a common cold and how to simply treat it? Also, provides an overview of symptoms that may require the treatment of a doctor.

Why should I know about HIV/AIDS?

This program reviews basic information about HIV infection and AIDS, transmission and treatment. A group discussion includes the importance for senior adults’ awareness and how the social impact affects them.

Woman to Woman: Straight Talk About Mammograms and Breast Cancer

The aim of this program is to increase the learners’ awareness and knowledge of having yearly mammograms and to encourage the participants to engage in monthly self-breast exams and yearly mammograms.

You and Your Skin

Increases knowledge and understanding about the effects of aging on the skin and what to do to keep healthy skin.

Exercise

Exercise; whether it be in the form of gardening, cleaning, walking, or strength training, is beneficial in so many ways. In particular, strength training (or weight resistance training) is a technical name to describe the process of building muscles by working out against resistance, either by lifting weights or by working with machines or special large rubber bands. The benefits are numerous – it improves your balance and coordination, decreases your risk of falling or injury, helps reduce stress, improves cardiovascular fitness and you feel better physically and emotionally. Learn more about the benefits and types of exercise and ways to exercise daily.

Incontinence

“Who Me? Have an Incontinence Problem?”

Learn about types of incontinence, common causes of urinary incontinence, problems related to urinary incontinence; where, when and why to get professional help, and treatment and management options available for those with urinary incontinence.

Injury Prevention

“Are You Safe & Secure in Your Home?”

Make it tough on burglars by exploring ways to reduce your chances of becoming their target.

Be Winter Wise

An injury prevention program pertaining to winter weather, safety (indoors and outdoors).

Head Over Heels BINGO

An interactive way for small groups to learn more about injury prevention in the home. This program includes a 14-minute video.

Keeping a “Safe” Home

Addresses prevention of accidental falls, cuts, bruises, strains and burns. Discusses actions and behaviors to prevent accidental injuries in the home.

Summer Safety

Protect yourself from hazards due to summer weather and other conditions, i.e., burns, bites and heat-related problems.

Walk Smart, an Injury Prevention Program

Understand how to use your “smarts” for walking safety.

Medication Management

Herbal Supplements

Use of herbal supplements in the United States has grown dramatically in recent years. Learn about the classification of herbal supplements, safety of herbal supplements and review 5 popular supplements.

What You Should Know About Over-the-Counter Drugs

What are the potential dangers of OTC drug usage, drug interaction, and side effects? It encourages participants to seek information and advice concerning OTC drug use.

Medications Safety

Includes a video or DVD produced by the Berks County Office of Aging and Berks Community Television (BCTV) explaining the importance of taking all your medications wisely.

Mental Health

Calming Your Nerves

Identify stresses and stress-producing situations, and how to handle everyday problems through coping techniques including relaxation exercises.

“Clearing the Cobwebs”

Is it my memory or is it something more? Learn about memory and avoidance of memory loss. Try ways to keep your memory alive.

Understanding Depression

Depression – a treatable medical illness, often goes undiagnosed and untreated, in older adults, for many reasons. This program, which includes a 15 minute video, will enlighten participants as to the many faces of depression, illness - which plays a role in depression and help for depression.

“Warm Fuzzies”

This program includes a friendly 12-minute video and group discussion on “warm fuzzy” feelings and how it affects us and others in our daily lives. Don't be a cold prickly!

“The Blues: Not a Normal Part of Aging”

Through this program, we hope to increase awareness that depression is a treatable medical illness, help recognize symptoms of clinical depression, and to dispel myths and stigmas that are often barriers to treatment of late-life depression. It also includes a 20 minute video.

Nutrition

Eat Well and Be Well

This discussion aims to increase awareness and understanding of how nutrition affects appearance. Learn helpful and healthful hints for a nutritious diet and good eating habits.

“Exploring Healthy Eating Habits”

Discussion includes why we eat, how we eat, when and where we eat and balanced nutrition for healthy eating.

FIGHT BACK! Keep Food Safe from Bacteria (includes summer food safety)

Millions of Americans get sick from unsafe food each year and in some cases, older adults are much more likely to suffer severe effects. Discussion on proper food handling for food safety regarding storage, cleaning, cooking and chilling foods.

Go With the Grain (Dietary Guidelines Tell the Whole Grain Story)

This slide program emphasizes the importance of eating more whole grains, the definition of a grain, and whole grain health benefits.

Pyramid Power: Nutrition Bingo

A fun way designed to learn about the food pyramid, food servings, and healthful eating.

Vitamins and Your Health

Increases participants' basic knowledge of vitamins and vitamin supplement use. Learn how to combine food choices and vitamin intake.

My Pyramid – “Steps to a Healthier You”

Help yourself to a healthier lifestyle. What is your balance between food and physical activity? Program is based on the new food guide pyramid.

These interesting "remember when" slide programs are available by calling Martha at the Berks Encore office 610 374-3195 extension 224. There is no charge for affiliated clubs.

REMEMBERING FASHION

Corsets, spats, bobs, oxford bags,
Raccoon coats, crinolines and ducktails

REMEMBERING AUTOMOBILES

Cars of our youth, your first car,
effect of automobiles on our lives

REMEMBERING SCHOOL DAYS

One room school houses, slate
pencils, walking to school,
the readers

REMEMBERING COUNTRY FAIRS

Farm animals, contests, commercial
Displays, food and fun

REMEMBERING SUMMERTIME

Front porch swing, sandlot baseball,
parasols and swimming holes

REMEMBERING TRAIN RIDES

Dining car with silver service,
railway stations, mail car,
all aboard

REMEMBERING GAMES

Old games bring back memories

REMEMBERING BIRTHDAYS

Celebrate your past, make a wish
for the future

REMEMBERING 1924

Flappers, bathtub gin, Babe Ruth,
Keep Cool with Coolidge, the
Charleston, the bees knees,
Ain't We Got Fun

REMEMBERING THE DEPRESSION

Beans, bacon and gravy, seven cent
cotton and a forty cent meal, dust
bowl farms and FDR

REMEMBERING FARM DAYS

Morning chores, threshing, going
to town, a big family, butter churning

REMEMBERING THE HOME FRONT

Factory work during war, rationing
the fuel, saving rubber, waiting for
a loved one to return home, listening
to the radio

REMEMBERING WORK LIFE

The history of work in USA, your
first job, retirement, work songs and
tools of different trades

REMEMBERING PETS

Animals make people happier, healthier and more
sociable. Kit contains skits, songs, masks

REMEMBERING HOME

Remember bedtime stories, family dinners and daily
chores. Our homes were all different, but we all share
some similar memories of home.

REMEMBERING THE FIFTIES

The decade that brought us babies, the Korean War,
TV dinners, babies and civil rights, Tupperware and
babies, Joe McCarthy and McDonald's and babies and
scrabble and Elvis and teenagers.

ENTERTAINMENT

BERKS COUNTY SENIOR ORCHESTRA

50-piece orchestra
Claire Flemming
Berks Encore
610-374-3195
Donation \$150 minimum

MUSIC, MEMORY JOGGERS, & MORE

Lively presentations using animated toys and audience participation. Over 700 shows including Nostalgia, Travelogues, Special Interest, Music & Dance, Documentaries, Old Movies & TV shows, Comedy, Bloopers, Art...
Linda Garber
610-434-6664
e-mail: party4@rcn.com
Website: www.memoryjoggersandmore.com

BERKS COUNTY THERAPY & DEMO DOGS

Margie Stiller
610-670-0302
Donation Welcome

WAYNE EPLER

Keyboard
610-478-0377
\$45.00 charge

READING HIGH SCHOOL CHAMBER SINGERS

Contact: Joe Smith
610-371-5751

STERLING AND BERT (JUST TWO)

Computerized accordion and vocal
610-373-2358
Fee negotiable

"CHALK TALK"

Presentation on scriptures/ religious
James and Tracey Snyder
610-777-3252
Snyderchalktalk.com
Donations accepted

"MUSIC IN THE LIVING"

Michael and Cindy McGrath
Live music to enhance any occasion. Piano, classical guitar, flute, fiddle, etc.
1-877-687-4247

HERSHEY PARK PIANO MAN:

KARL HAUSMAN
Pianist/sing-a-long – variety of music
610-670-1687
www.Karlsmusic.com
\$85.00

BILL MINNICH

Entertainment with "The Accordion Organ Sound"
Happy toe tapping music. Audience participation, sing-a-long and Broadway melodies.
610-374-4925
Fee negotiable

KENNETH C. GEHRET

Professional Music Services
Variety of Instruments
610-927-1755
Call for fee.

BARRY SURRAN

Pennsylvania Senior Idol winner 2008
Tony Bennett style singer w/ recorded accomp.
610-844-1996
Fee negotiable

JERRY GEHRET

Singer with recorded accompaniment
ONLY available evenings and weekends
484-333-4887
Fee negotiable

ENTERTAINMENT CONT---

MARIMBA & CHIME MUSIC

Donna Debellis
1-570-668-0820
Negotiable

ROBIN FLOWERS & COMPANY

Female drummer with trio.
Guitars, vocal, drums, keyboard, etc.
(Rock & Roll, Big Band and Dance Music)
A variety of music; 30's to today.
610-376-1660
Fee Negotiable

RICH MACHEMER

Singer - Guitarist – Humorist
Folk/pop/sacred music/sing-a-longs
610-926-3287

MARIAN GEHMAN AND FRIENDS

Ventriloquist
For all ages and occasions.
610- 777-1606
www.marianandfriends.com
\$200.00

HAROLD STIEF

A Sound/Slide Presentation
"The Beauty of Nature in God's World"
Four different presentations
610-693-5234
\$40.00

VARIETY SHOW

Evelyn Adam
Ventriloquist, skits, songs
Entertainment for all ages
610-683-3921

MAREN MORGAN THOMSON

Patriotic & Love Songs
Songs from movies
Spring and Winter programs
Evenings and weekends
Summer-weekdays
610-370-2758
Fee negotiable

J. J. & COMPANY, SINGING DJ

Karaoke, Rock and roll, oldies, country, polkas
570-622-0274
Call for prices.

CHET LANE ONE MAN BAND

Keyboard/Sing-a-long, etc.
610-779-0787

SARAH GRACE

Pianist – Ballads, Broadway tunes, Dixieland and
Swing Folk Songs, Blues, Classical and Singalongs
610- 796-1191
\$45

"AFTER HOURS"

Chuck Mowery
Single or Duo Available
Live entertainment – sing-along, guitar, vocal
610-775-1114

RHYTHM AND MUSIC

Janet & John O'Such
A variety of musical entertainment
Modern, rock, polka, Latin music for all occasions.
610-326-2915

LAURA SEIDEL

Vocal, oldies, Patsy Cline,
songs from 30s, 40s, 50s, and 60s
610-370-9254

ENTERTAINMENT CONT.-

KEYBOARD PERFORMANCE

Ed Wolf
610-796-2784

PHIL STAR ENTERTAINMENT

www.philstarentertainment.com

Bagpipers, belly dancers, clowns, jazz bands,
ragtime, etc..
610-327-3939

JOE KEYS

Piano/vocal
Big band, 50's and 60's, polkas,
foxtrots, sing-a-longs
610-372-5724

"BANJO BOB" BALTHASER

Old time music parties, sing-alongs, etc.
1-717-273-8710
Reading Area - negotiable

DEBRA IRENE WAHL

Vocalist Variety (Dinner Shows Available)
610-562-5352
www.Act1productions.com

GRANDPA'S RAG TIME PIANO

Classical Rag Time music available for all those occasions
that call for something special.
Thomas Berger
610-589-5228

JOE SOLTYSIK COMBO

40's – 90's Music
Country-Rock-Polkas-Big Band-Ballroom
610-678-0816

MAGIC, COMEDY & JUGGLING ACT

Al Grout
610-435-4587
\$150.00 and up

ANDREW ROBLIN

Theme shows for all holidays
Plays 5 instruments and sings,
grunts, yodels, struts.
610-965-2498

"BY REQUEST"

Big band, variety of music,
Waltz's, polkas, line dances, etc.
Bob Kreitz
610-670-2908

KOSTIVAL'S ARTS & ANTIQUES

Traditions of Pysanky Egg Decorating and
History of Antique Christmas Ornaments late 1800's –
1960s
Kim Kostival; 610-779-5993 work
610-376-0755
Fee negotiable

"YODELING BETTY"

Contact Betty Naftzinger
610-488-1920
Donation

"JUST US" + "ENCORE"

Flugel Horn, Vocals, Cordovox and Drums
Variety of Music – Trio Available
Larry Bortz
610-780-0101

GEORGE BATMAN

Singalongs and dance!
30's, 40's, 50's music
\$60 for 1 hour
610-376-4654

WYOMISSING BAND, INC.

Mr. Bill Smith
610-372-8713

ENTERTAINMENT CONT.-

THE KEYS OF LIFE

Organ music - bring own modern organs from Fairgrounds Square Mall
Keyboard World –Rick Barham
610-921-3436
Donations welcome

COMEDY BLAST

Outstanding comedy and music for all events. Includes impersonations of George Burns and many other shows.
Call Steve Bix
1-800-865-2844

"CORNERS THE CLOWN"

Magic Show/balloon sculpturing
Russ Rohrbach
610-775-2154
\$150.00

ORGAN MUSIC BY RICK BARHAM

Private parties, club activities, dinner dances.
610-927-3316 or 610-921-3436
Nominal fee

VOCALS, GUITAR, BANJO, FIDDLE & CLOG DANCING

Old time country, folk, bluegrass, gospel and coal mining songs
Contact Jay Smar
Celebrating 32nd year as a full-time musician.
1-570-366-0703
jaysmay@comcast.net

FULL CIRCLE MUSIC SOCIETY

Acoustic music, string instruments, blues, folk, gospel, country
Call Bill Jester
610-775-7322
Jester48@ptd.net
\$200 (Negotiable)
(This group performs monthly at Alvernia College and Fairgrounds Mall)

SAM FARANDA

Accordion/vocal
610-376-9623

CELTIC SONGS AND STORIES

"Up the Boyo" Guitar and vocal.
Chuck Barr
610-562-0240
\$75.00

DENNY McCONNELL'S

"Music to You"
Karaoke, DJ
Play Mobile Jeopardy
610-779-7141

PRETZEL CITY DIXIELAND JAZZ BAND

John Frankhouser
610-777-4179

JIM McCLORY'S TRAVELING MEMORABILIA SHOW

Music, classic movies, posters, TV shows, records, books, model cars, commercials, band photos, radio shows, etc.
Cell # 610-551-7083

SONG-STYLES BY CINDY

Keyboard music from the 20's-70's including polkas, love songs, folk music, show tunes, swing and big band, patriotic, rock and roll, country and sing-a-long songs.
610-767-7722
Affordable prices.

HISTORY OF NEVERSINK MOUNTAIN

SLIDES/LECTURE

Books will be available to purchase at presentation
Paul Druzba – WEEU
610-376-7335
pdruzba@weeu.com
\$50

TONY FARINA ENTERTAINMENT

Vocalist (Frank Sinatra, Dean Martin, Tony Bennett, Perry Como, etc.)
610-916-1003; www.tonyfarinaentertainment.com

WAYNE HOFFMAN ENTERTAINMENT

Magic and mind-reading audience participation, live birds, etc.
610-775-7767

AL ZENTNER

Piano, Old time sing-along
610-944-0946; 610-334-3337 cell

ENTERTAINMENT CONT.-**PROFESSIONAL DJ SPECIALIZING IN OLDIES.**

Extensive music collection 30's, 40's and
50's, big band, dancing music.
215-679-9636

MARIA DAMORE

Vocal Performance
30's – 60's, light jazz, pop, Broadway
610-370-0635
1 hour: \$100.00

**CELTIC HARP, HAMMERED DULCIMER,
TIN WHISTLES, FLUTES, ETC.**

Cathleen A. Sauber
610-589-9644 – e-mail: harpy1@verizon.net
\$100/hour

Has performed at weddings, retirement homes,
hospitals, historic sites, churches, schools,
restaurants, funerals, etc.
Also available as a duet with violin

KEYBOARD/VOCAL

Harry Boyajian
610-334-7045
Reasonable Rates
Excellent Show

TOM CALVIN

215-679-9636
Professional DJ
Specializing in Oldies
Rates start at \$125

THE NEIL WRIGHT BAND

Offering a variety of music
Neil Wright
www.neilwright.com
610-371-5285

GK ENTERTAINMENT

D.J. - Gary Kauffman
Music for all occasions Music from the 30's, 40's 50's to
the present
610-323-1646
Fee negotiable \$50/ hr and up

MUSICAL COUSINS PLUS ONE

Music from the 40s, 50s and 60s
Standards, country, oldies, pop, polkas
Will take requests and encourage group participation and
singalongs.

Lee Autier
610-287-4216
Fee negotiable

CHARLES TAMBURELLI

Oldies including: Sinatra, Bennett as well as
Country: Charlie Pride, Loretta Lynn, Hank Williams
Hymns
\$75.00 or less
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HAPPY BOOMBADEERS

Rosie and Charlie Werner
Days, evenings and weekends
\$50 minimum donation
610-693-8397

STEVE KUCENSKI

Accordian – polkas, waltzes, standards and country
music. Has played shows with Frank Yankovic, Myron
Floren and others.
610-375-1089
Fee negotiable

ENTERTAINMENT CONT.-

BERKS ENCORE GERMAN BAND

Mark Schneiderhan
610-678-3666

ACT 1 PRODUCTIONS

Dinner Theatre Shows available
(Katherine Hepburn, country, mysteries, etc.)
Debi Wahl
610-562-5352

ERIC CAWALLA

Instrumental and vocal
610-781-8312
Fee negotiable

GARY GOOD

Trio, trumpet, drums, accordion, vocals
610-373-3127
Fee negotiable

ONE MAN BAND

GUITAR/VOCAL/KEYBOARD

Variety 40's – 50's
Paul Sterner
610-847-2148

TIGGAR COMEDY/MAGIC SHOW

Balloon Twisting Program
"Amazing TV Product Lecture"
"Stuff You Just Don't See Everyday"
More to come! Brent Lill
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KEITH BRINTZENHOFF

PA Dutch, Folk & Country Songs & Humor
Hoedowns to Bluegrass
484-336-9639

BOB KREITZ & FRIENDS

Standards, jazz, variety of music for dancing or
listening.
Bob Kreitz
610-670-2908

TRADITIONAL COUNTRY MUSIC

Guitar and singing the good old classic country
songs. Johnny Cash, Buck Owens and more..
Barry Lee
610-323-4813
\$150

MALU LANI DANCERS

Talented teens with beautiful and colorful
costumes dance Polynesian dances.
Anita Doucette, Director
610-562-4420
Fee Negotiable

CHORUSES

HORIZON SINGERS

Betty Creary, Director
Need piano
610-374-3195
Donation

CHORAL GROUP FROM THOMAS H. FORD SCHOOL
610-371-5928

RIVERSIDE ELEMENTARY SCHOOL CHORUS

Contact: Rebecca Kaufman
610-371-5896

MUHLENBERG SENIOR HIGH CHORUS

Contact: Bill Snelling
Will accept donations
610-921-8078

MIFFLIN H.S. GOVERNORS & FIRST LADIES

Governor Mifflin High School
Catherine Fellman
610-775-5089

PHOEBE-BERKS CHORALEERS

Jake Bowers
610-927-8681
Donation

RAJAH SHRINE CHANTERS

Russell Miller
610-926-6131
Donation

NEVER TOO LATE

Barbershop Quartet
Jim Leese
610-929-2143
\$125.00

WYOMISSING HIGH SCHOOL CHORUS

Sharon Luyben
610-374-0739, Ext. 2142

TEEN CHALLENGE CHORUS

Gospel and inspirational music
Call: Bob Kastanza
1-717-933-4181

ZION'S BAPTIST MALE CHOIR

Grant Jackson
610-370-5014
Donations accepted.

READING PRETZEL CITY BARBERSHOP CHORUS NUGGETS RETIREES – SMALLER CHORUS

RON BEIBER
610-670-8874

MUHLENBERG COMMUNITY CHORUS

25 – 35 singers
Need piano
Please call JoAnne
610-478-7939
Donation

If you need a choral program, why not call your local elementary or secondary school.

TRAVEL, HISTORY & SCENERY

HISTORICAL SOCIETY OF BERKS

19th Century Berks
Colonial Berks County
Native Americans of Berks County
Basketweaving Demo.
Vicki Heffner
610-375-4375
\$75.00 fee

VERNON J. BOOSE

Professional slide presentation
Hunting, fishing, nature & travel
Over 40 programs including:
"Wonderful World of Color"
"Color Me, West"
"Snowmobiling Yellowstone" and more!
1-717-336-2294 Home
\$50.00 Minimum Donation

BERKS COUNTY PARKS & RECREATION

Cathy Wegener and Becky Richards
Any topic pertaining to park and
recreation services including: Canal Museum,
Gruber Wagon Works or upcoming events.
610-374-8839
Free

BERKS COUNTY GAME COMMISSION/

WILDLIFE CONSERVATION OFFICER
Slide programs or talks on area wildlife
610-926-3136 Ext. 3610
Free

"FLAGS OVER AMERICA"

Shares 88 unique flags, facts and history of each
flag and battles of our country.
Wayne Fliegel
1-570-739-2441

GREYHOUND RESCUE

Brings greyhounds and discusses the fate of the
dogs when they can no longer race.
Joan Fish
610-777-5342
Donations accepted for the care of dogs

MARY ANN OWENS

Navajo Programs

Speaks on 1-year experience as a missionary
nurse on the Navajo Reservation in Rock Point,
Arizona. She will come dressed as a Navajo
grandma, show slides and bring Navajo items to
display.

No fee but donations to the Navajo Lutheran
Mission are appreciated.

Storytelling:

Multiple stories from ancient cultures which tell of
life lessons and morals. Uses puppets and
audience participation

\$35 - \$45 fee for Storytelling programs
610-987-6465

NATIVE AMERICAN HERITAGE PROGRAMS

Topics include information on local Lenape
Indians including:

"Position of Women at the Time"

"Role of Lenapes in the French and Indian War"

"Native American Contributions"

"Native Americans in the Civil War"

610-434-6819

Fee negotiable.

A COMBAT VET REMEMBERS WWII

Army veteran Robert Huber shares stories from
his service during WWII

Musical Videos: Patriotic, holiday or special
theme videos available.

Robert Huber

610-375-8864

No charge

LECTURES & COMMUNITY INTEREST

FRANK GILYARD

African-American Museum and the
Underground Railroad
\$50.00
610-929-9907

MILLER-KEYSTONE BLOOD BANK

Volunteers needed – Andrea Gebely
610-926-6060

SALVATION ARMY

Program/history
Kay Meitrott, Director of Social Services
610-373-5208 x 205
Donations accepted

BERKS COUNTY SHERIFF'S DEPARTMENT

"Refuse to be A Victim"
Common sense ways to avoid becoming a victim
of crime.
Contact: Maureen Tice
610-478-6240 ext. 3262

DR. MATT JOHNS

Lower Back Pain
610-775-XRAY
No Charge

BERKS COUNTY OFFICE OF AGING

Provide speakers on various age-related topics.
Dennis Scalese
610-478-6500

BERKS HEIM

Long Term Care and Nursing Homes
Jerry Fudeman
610-376-4841, ext. 7445

FIRE PREVENTION SAFETY TIPS FOR SENIORS

Todd Yeager
610-655-6041
Fire Marshall of Reading
(Presentations for city of Reading only)Outside the city, call your
local fire department.

SAFETY, INSIDE AND OUTSIDE YOUR HOME

Barbara Conrad, Reading Hospital and Medical Center
610-988-8000
No fee.

SPEAKER SERIES AT BERKSHIRE COMMONS

Health and Wellness
Stroke
Parkinson's Disease
Heart Disease and Heart Healthy Diet
Dementia
Improving Memory
VA Benefits
"Get Hip, Don't Slip"
Info on Support Group "Getting Back into Life"
Kim Kostival.
610-779-3993

BERKS VISITING NURSE ASSOCIATION

Health Care Topics:
"Agency Services"
"Arthritis"
"Diabetes"
"Hospice"
"Keep Your Home Safe"
"Nutrition ABC's"
"Prescriptions and Medications"
"Volunteerism"
"Wellness for Seniors"
You and Your Heart"
Other topics available at your request.
Call: Bob Gutmann 610-378-0481, Ext. 3316 or
Ellen Hein , Ext. 3313
six weeks prior to your preferred date.

ARTHRITIS/OSTEOPOROSIS

Dr. Michael A. Borofsky,
Dr. Nancy Walker,
Dr. Sauren Mehta
Slides/Lecture
610-375-4251 to schedule through Office Mgr.
Donation to Arthritis Foundation accepted

ALZHEIMER'S UPDATE

Shawn Barndt & Kara Protzman
Essential Neighborhood Unit Director
Chestnut Knoll Assisted Living, Boyertown
610-473-8066

TAKING CARE OF THE CAREGIVER

Jodi Daniels & Linda Detweiler
Chestnut Knoll Assisted Living, Boyertown
610-473-8066

RIDGEWOOD FAMILY SERVICES

Gail M. McKim, CSA

"Transitioning Seniors into New Lifestyles".

Downsizing ones personal belongings and furnishings to accommodate a move can be very stressful and overwhelming. Assistance with these decisions makes the move less stressful.

610-507-3446

DIAKON VOLUNTEER HOME CARE

1-800-366-0929

Services and volunteer opportunities

610-682-1412 or 1-866-844-9091

BLUE MARSH LAKE

"What's it all about?"

"The Beginnings of Blue Marsh Lake"

"Wildlife at Blue Marsh"

Junior Ranger Program; Dam Tower Tours

Career Program

Water Safety Programs

Water Safety Session, Water Safety Films,
Awareness Program in Boating and Water Safety,
Personal Watercraft Course, Basic Boating Course.

Interpretive Facilities

Great Oak Nature Trail Tours, Squirrel Run Nature Trail,

Visitor Center, Sensory Trail - Universal Trail

Special Events

Water Safety Festival, Displays, Take Pride in Blue
Marsh, Wildlands Weekend: weekend after Labor
Day Commemoration of Lewis and Clark Expedition

Contact: Kathy Grim

610 376-6337

FRANK VAHOVICH, PHD

"Dr. V" can tailor - make humorous talks for reunions
and special occasions.

"Don't wait, Celebrate, Before It's Too Late"

"How to be your own Worst Enemy"

"Schools Aren't What They Used to Be"

"Twenty Six Words From Z to A"

(Words that guarantee success and happiness)

"Soon Equals Late"

Plus 2 video presentations

30 minute - hour

610-929-2367

No charge

BERKS EYE PHYSICIANS AND SURGEONS

1802 Paper Mill Rd.

Dr. Domenic C. Izzo, Jr. MD

Cataract Surgery, Refractive cataract surgery,
Glaucoma surgery, Laser vision correction
Comprehensive Ophthalmology

Dr. Francisco L. Tellez, MD

Specializing in Cataracts & Glaucoma
Comprehensive Ophthalmology

Dr. Peter D. Calder, MD

Cataract Surgery, Refractive Cataract Surgery
Comprehensive Ophthalmology

Brendon J. Weaver, OD

Comprehensive Optometry and Contact lenses

610-372-0712

FREE PROGRAMS FROM MANORCARE

Healthcare

Medicare 101

Selecting Rehab Services; What Happens After You Fall

Understanding Long Term Care

What to Expect from Skilled Nursing Rehab

Physical/Occupational Therapy

Staying Strong/ Staying Independent

Maintaining Joint Health

Reach Higher with Stretching

Rejuvenation Through Relaxation

Energy Conservation

Improving Your Activities of Daily Living

Staying Safe at Home

Protect the Skin You're In; Controlling Pain

Avoiding a Fall Through Improved Balance

Social Services

Understanding Medical Assistance

Advance Directives: Making Your Wishes Known

Services that Can Benefit You

Doing Things a Different Way

Dealing with Normal Losses as you Age

Nutritional

Nutritional Needs as You Age

Staying Hydrated: Giving Your Body More Fluids

Healthy Snacks (with Demonstration)

Understanding Portion Sizes

How Our Body Burns Calories

Exercise Does Not Mean Sweating

Fast Food: The Good, the Bad, the Ugly

Judy Wechter 1-717-368-9899 (cell#)

No fee

LECTURES & COMMUNITY INTEREST CONT.

UNITED WAY OF BERKS COUNTY

"VOLUNTEER SERVICES & OPPORTUNITIES"

610-685-4571

"COURT APPOINTED SPECIAL ADVOCATE PROGRAM"

Volunteer to speak up for a child and help them gain a safe, permanent home. Advocate for the best interests of children while they are under court supervision as a result of child abuse or neglect. CASA volunteers come from all walks of life. Contact Nicole Morris at 610-685-4566

CAMPANELLA & PEARAH EYE CARE ASSOCIATES

Peter C. Campanella, M.D.

Cataracts, Cataract Surgery and Refractive Surgery (LASIK).

Lucy J. Carins, M.D.

Glaucoma, Age-Related Macular Degeneration and Dry Eye Syndrome.

Bradley L. Loeb, O.D.

Diabetic Eye Disease, Macular Degeneration and Flashes and Floaters

Call Mary Ann Gring, Office Manager, at 610-678-4552 to schedule any presentation.

AMERICAN RED CROSS

Speakers available for:

Health & Safety Services

Emergency Preparedness

Youth Services

Armed Forces Emergency Services

Volunteerism

History of the American Red Cross

International Services

Life Line

Contact: Kara Mowbray

610-375-4383

FOOT CARE

Dr. Michael Stevens, podiatrist

Kutztown area

610-683-5067

HOW NOT TO BE A VICTIM and DON'T FALL FOR A TELEPHONE LINE

Walt Zabrinisky, Kutztown Police

(Kutztown area only)

610-683-3545 ext. 345

Free

Call your local police department for similar programs.

BERKS COUNTY BAR ASSOCIATION

544-546 Court Street

P. O. Box 1058

Reading, PA 19603

Functions of a Lawyer

Operation of the Courts

Judicial Selection

Our Jury System

Wills & Estate Planning

Tax Law

Duties of Citizenship

Freedom of Speech, Press & Religion

What is our Constitution?

Law Day

Youth Education for Citizenship

Problems of the Elderly

Domestic Relations Law

Criminal Law

Consumer Rights and Remedies

Credit & Bankruptcy

Mental Health & the Law

Medical Malpractice

Labor Law

Municipal Government, Zoning, etc.

Real Estate Sales, Contracts & Restrictions

Civil Rights

Parental Responsibility for Juveniles

Landlord/Tenants Rights & Problems

610- 375-4591

Remember local business, agencies, hospitals and utilities are all good sources of speakers - most for free. Ask for Community Relations Dept. Most companies are glad to help out!

ALBRIGHT COLLEGE

P. O. Box 15234

Reading PA 19612-5234

College Relations Office

(610) 921-7526

www.albright.edu/services/speakersbureau.html

Topics include:

The History of Aviation

Albright's Holocaust Resource Center

Holland Through its Artists

Michelangelo's Sistine Chapel Interpreted

Needlework: Samplers and More

History of Photography

The Automobile's Arrival as seen in Early Postcards

Flying the Alaskan Highway

The African-American Experience

Going Batty: The Biology of Bats

Gardening: Garden Flowers and Their Wild Relatives

(Many more – check website)

PENNSYLVANIA STATE UNIVERSITY-Penn State Berks

Campus

Tulpehocken Road

P.O. Box 7009

Reading, PA 19610-6009

Jane Bauman

Office of University Relations

610-396-6053

REVERSE MORTGAGES

Dale N. Shuey

Fulton Bank

1-800-220-9034

ALVERNIA COLLEGE

Reading, PA 19607-1799

Public Relations Department

610 796-8258

Programs on various topics

Presented by professional staff.

KUTZTOWN UNIVERSITY OF PENNSYLVANIA

Public Relations Office RM 213

Matt Santos, Director of Public Relations

Stratton Administration Building

Kutztown, PA 19530

610 683-4114

SPEAKERS/TOPIC BOOKLET AVAILABLE

Some topics include:

The Economy

Education

Computer Technology

Government

Family Relationships

Pennsylvania German Culture

International Relations

Environmental Issues