



MONTCO
SAAC

Norristown • Ambler

Volume 32, No. 4 July/August 2023

Volunteer of the Month

Donna Cohn



Our Meals on Wheels Team would like to celebrate our Volunteer of the Month, Donna Cohn, who volunteers in our

Ambler Senior Center.

Donna had an interest in helping others long since she came into our lives. As her parents grew older, Donna would cook meals and transport them to their home, where she would often visit. That started the family making 'inside' jokes regarding Donna's trips as her 'Meals on Wheels' delivery!

Years later, as a working member of Weaver's Way Co-Op, Donna saw an opportunity to spend some time at the Ambler Senior Center to help serve congregate lunches. In 2017, Donna's first 'shift' at the center was such a positive experience! The food being served to the members looked delicious and the kitchen was very clean and organized. The staff and the additional volunteers were very friendly and so positive!! Another point that really left a good impression, was the Wall of Pet photos located in the Meals on Wheels area of the Ambler Center. This collage includes pictures of the beloved pets of our staff, volunteers and senior members.

After Donna fulfilled her requirements for Weaver's Way that year, she had some extra time that she wanted to spend being useful. She couldn't

(Continued on page 2)

Montco SAAC Secures \$10,000 Monthly Ad Grant from Google to Expand Reach and Impact

Google Ad Grants

Recently, Montco SAAC was approved for a substantial monthly ad grant of \$10,000 from Google as part of the Google Ads Nonprofit Grant Program. This remarkable grant will enable Montco SAAC to significantly expand its reach and increase awareness of its impactful programs and services.

Expanding Reach through Google Ads

Through the Google Ads Nonprofit Grant Program, qualifying nonprofits gain access to up to \$10,000 per month in search ads displayed on Google.com. With this grant, Montco SAAC can now showcase targeted ads to individuals who are searching for keywords related to its mission and services. This strategic approach will amplify Montco SAAC's visibility and allow us to reach a wider audience, thereby making an even greater impact within Montgomery County.

Enhanced Opportunities for Growth

The \$10,000 monthly ad grant from Google represents a tremendous opportunity for Montco SAAC. In addition to the grant, the organization also has the option to purchase additional Google Ads in a separate account. This flexibility opens up endless possibilities for Montco SAAC to expand its reach even further and create an even more profound impact on the lives of older adults in the community.

The Power of the Nonprofit Grant Program

The Google Ads Nonprofit Grant Program is a game-changer for organizations like Montco SAAC. It empowers nonprofits to connect with individuals who are actively searching for their services online. By strategically placing targeted ads on Google.com, Montco SAAC can effectively engage with a broader audience, raise awareness about its mission, and ultimately make a lasting difference in the lives of older adults throughout Montgomery County.

Expressing Gratitude

Tiffany Bellamy, the Marketing Director of Montco SAAC, expressed her sincere gratitude for the support of Google and the tremendous opportunity presented by this grant. Bellamy believes that the grant will be instrumental in enabling Montco SAAC to reach more people in Montgomery County who can benefit from the organization's diverse range of programs and services. She is excited about the prospects of expanding their reach and making an even greater impact in the community they serve.

Montco SAAC's approval for a \$10,000 monthly grant from Google through the Google Ads Nonprofit Grant Program marks a significant milestone in their journey to create a lasting impact on the lives of older adults in Montgomery County. With the power of targeted Google Ads, Montco SAAC can now reach more

(Continued on page 2)

MONTCO SAAC

Our Mission

The mission of the Senior Adult Activities Center of Montgomery County is to involve, enrich, and empower adults 50 years of age or better to live as independently, as possible in our communities. We do this by promoting the wellness of adults 50 years of age or better through recreational, educational, and social opportunities as well as being a referral source for services available within our service area. Activities and programming of our centers emphasize creating and maintaining independence in all phases of life.

Non-Discrimination Policy

Montco SAAC does not discriminate against members, clients, applicants, or employees on the basis of race, color, creed, religion, sex, age, national origin, marital status, sensory or physical or mental handicap, political ideology, or sexual orientation. On request, people with disabilities will be provided with reasonable accommodations.

Contact Information

Norristown

536 George Street, Norristown, PA 19401 • (610) 275-1960

Ambler

45 Forest Avenue, Ambler, PA 19002 • (215) 619-8863

Email

info@montcosaac.org
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CONSUMER & PROVIDER NOTICE

Unless specifically stated otherwise, any provider listed in this newsletter is a third party and inclusion of its information offered in seminars or workshops does not signify any relationship between it and Montco SAAC. Montco SAAC does not recommend or endorse any provider, and is not responsible for any loss related to use of services or information from any workshop.

Message from Board President

R. V. Cooper, Jr.



Spring may have passed us by, but the buzz of summer is in full swing. For many, it's the best time of the year

with beaches, vacations, cookouts and perfect weather to enjoy.

As the newly appointed President of the Board of Directors for Montco SAAC, I am writing this message to acknowledge the tremendous contributions made by Richard Schulman. As the President of the organization for a few years, his service has been nothing short of exemplary. With a heavy heart, Richard has decided to step down as he moves out of the area. We thank him graciously for his service and wish him well on his future endeavors.

During this time of transition, we would also like to acknowledge Pat

MacKenzie, who has taken up the mantle of the Interim Executive Director. Her leadership has been pivotal to continue our services without interruption. She has been the glue that has held us together, and we applaud her efforts.

Our search for a new Executive Director continues, and we have been pleased to meet with some excellent candidates. We are confident that we will make the right decision soon and carry our mission forward.

As we go through this season of change, we hope that you will continue to support Montco SAAC. Our goal is to expand our services at both our centers to provide seniors in our community with exciting, creative and healthy programming. For more information on how you can contribute, please visit our website or call us at 610-275-1960.

We thank you for your invaluable support!

Volunteer of the Month

Continued from page 1

think of a better place to volunteer and continue her service than the Ambler Senior Center. And now, in 2023, Donna continues to be an amazing part of our team; volunteering 2 days a week, assisting us in serving congregational lunch to the members.

In Donna's words... "Great People, Great Service, and a Great Experience!"

Thank You, Donna! We appreciate you!

Google Ads Grant

Continued from page 1

individuals, raise awareness about their programs and services, and ultimately enhance the well-being of older adults within the community.

This remarkable opportunity, combined with the organization's dedication, is sure to propel Montco SAAC's mission forward, fostering positive change and improving the lives of older adults in Montgomery County.

Attention Members

DUES ARE DUE BY JULY 1. Renew at www.montcosaac.org/membership

WHAT'S HAPPENING Norristown

The following are classes offered, which will allow you to enjoy life, happy and engaged!

Toss that preconceived depressing notion you have of Senior Activities Center, pay us a visit, with the understanding that activities vary from center to center, but the goal is the same, to stimulate you cognitively, physically, and socially while providing a dose of daily happiness.

Sit Stretch Be Fit

Monday through Friday 10:00 am

This class uses gentle movements, while working on strength, balance, and flexibility. Did I mention you get to see Michele (former program coordinator) via a recorded session made exclusively for us.

Chair Yoga with Laurie

Tuesdays 10:30 am

Enjoy increasing flexibility while reducing pain and stress, it can even boost your mood, all while sitting comfortably in your chair.

Tai Chi

Wednesdays & Fridays 10:30 am

Strengthen your upper and lower extremities, increase your energy while improving your agility, but also decrease anxiety and stress.

Zumba Gold with Nancy

Thursdays 10:30 am

This Latin-inspired workout is tailored for you to move every muscle in your body! Easy-to-follow choreography that focuses on range of motion and coordination, providing cardiovascular endurance.

Drums Alive

Tuesdays 10:30 am

It's a brain and body stimulant all the

while promoting emotional, physical and social well-being. Most importantly, it can improve moods as well as easing stress. It's also L-O-U-D!

Line Dancing

Thursdays 12:30 Noon

Who doesn't like to dance? It is such a great, fun form of exercise, I'm just afraid to tell you that it also improves muscle function, balance and flexibility, especially because it is so much fun! So I can add that it's also great for cardio health while having even more fun!

SAAC Fifth Avenue

Monday to Friday 9:00 am-2:00 pm. You can also make an appointment with Marcia.

Yes, thrifting is a thing! We carry a large inventory of not only secondhand clothing, but we also carry a robust collection of new clothing, jewelry, and accessories, find unique pieces, save money, and reduce your carbon footprint. Visit us to see what's new in fashion, recycle your style for the best prices in Montgomery County!

Gym

Open Monday-Friday from 8:00 am to 10:30 am or 11:30 am to 1:30 pm.

For your convenience, we have treadmills, exercise bikes, hand weights, and other equipment available for your use. First-time users will get help from a staff member who will guide you and keep you safe while using the equipment.

Meditation

Starting in November, we will offer guided meditation to help manage anxiety and stress while helping you to control your patience and possibly gain more focus and improve your memory. Overall, you may be able to improve your relationships with others, while gaining focus while practicing relaxed

breathing. control your patience and possibly gain more focus and improve your memory. Overall, you may be able to improve your relationships with others, while gaining focus while practicing relaxed breath

What Can You Look Forward To in July?

07/04 Our Center will be closed for Independence Day!

07/07 Tina, the Humana Representative, will be doing her program in a box, which is a surprise!!

07/10 David Stevenson from Cross-road Hospice & Palliative Care will share some information about when it is necessary to consider these coping skills for grief & loss.

07/13 D. Jankowski will share valuable information about gun safety, helpful tips, things to know etc.

07/19 National Hot Dog Day, need I say more?

What About August?

It's Diversity Awareness Month, help Montco Senior Adult Activities Center, Norristown celebrate the differences that make us all unique, as well as the similarities that brings us together. We will learn and talk about different cultures, play different types of cultural music, and even taste ethnically diverse foods.

The 1st week in August (1-7) starts the International Clown Week. Clowning around day is 08/01.

Let's have some fun with the programming!! Looking forward to some outings and or trips this month coming.

(Continued on page 4)

What's Happening in Norristown

Continued from page 3

Other services offered

Premier Barbers is a school that goes to different communities to provide their services, every 2nd Wednesday of the month they come to Our Center in Norristown, so make sure you get your haircut or trimming.

Senator Cappelletti's Office Representative is here every 2nd Thursday of the month, to assist and expedite and help find resolutions to issues you may have. A very popular request is obtaining Septa ID cards, they are usually here from 11:00 to 1:00 pm.

Main Line Health provides us with a nurse to take blood pressures every 3rd Friday of the month. Remember if your BP is normal, you don't have to do anything, if it's elevated, they will suggest you contact your primary care physician.

WHAT'S HAPPENING Ambler

Ambler MontcoSAAC would like to welcome our new friends from Park Creek Place Senior Living. They have been coming to our center and enjoying the activities all while building wonderful relationships.

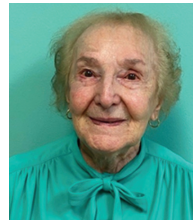
In July we will be hosting our second Shingles Vaccine Clinic with the Pharmacies from Giant Supermarket. There will be an Injury prevention presentation given by Jeraldine Kobut from Presbyterian Senior Living. Megan Bauerle from Visiting Angels will be calling bingo while providing important information about their organization.

Attention Members

DUES ARE DUE BY JULY 1. Renew at
www.montcosaac.org/membership

On July 10th we will be celebrating the monthly birthdays with a Game Show Day hosted by Steve Silverberg. The members will enjoy an exciting day of games like hum that tune, trivia & guess the drawing. Blue Cross will be hosting a Basket Weaving class on July 14th. Come and learn how to make your very own fruit basket to take home with you.

On July 14th we will be celebrating Ada Sandy's 102nd birthday! Ada has been an active member of MontcoSAAC since August of 2008. She said her favorite thing about coming to MontcoSAAC are all the wonderful friends she has made.



In August we will have a Motown performer from MoBetter Entertainment for the monthly birthday celebration. A nutritional meal taught and served by Teri Wessel, yummy! The members are going to get a day out to a local Ambler restaurant for lunch.

Keep an eye out for our weekly raffle baskets.

Classes offered in Ambler

Full Body Chair Pump is a great way for all to get a great workout. Tai Chi will center you while helping with balance. Zumba Gold you will get you moving to Latin music. Silver Sneaker is an up and physical full energy workout to get that blood flowing. Chair Aerobics will give you that exercise you need while staying seated. Art4Me is for all art levels from beginner to pro, this class is a wonderful way to express yourself in art. Garden & Habitat is a fast-growing class in which we learn all about indoor and outdoor planting as well as the habitat around us. Learn

self-defense from Darrel, our Tai Chi instructor.

Ambler Art Center at MontcoSAAC

3-day Photography Workshop with George Johnson

Take a walk through Ambler and explore its uniqueness through the eye of your camera. George Johnson, local Ambler photographer, will help you see areas that you never knew were there. His keen eye and attention to detail will enable you to see beyond a tangible space. Using your own camera, George will help you find the right exposure and teach you the value of good composition. His 3-day workshop will teach you skills that you can apply every day when taking photos.

Each day will encompass a different lesson in equipment, technique, other fine art photographers, and observing the beauty of Ambler. After reviewing all your photographs, you can select and print a black and white 8" x 10" image suitable for framing. The workshop will be held at the Ambler Art Center and will also involve walking locally through town. Space is limited so please sign up on our website, www.montcosaac.org.

There will be two separate 3-day Workshops offered: Each will be held from 10am-1pm Tuesday, July 11, 18, and 25, then on Thursday, July 13, 20, and 27th.

(Continued on page 7)

Medicare Questions?

Don't Go It Alone!



Call Jim Malone
Licensed Independent Agent

215-783-0560

Thank You to Our Sponsors





GRAB N' GO MEALS



Reservations must be made one week in advance by calling.

Tuesday Pick Up
10:30 - 11:00AM

Montco SAAC Norristown
610-275-1960

Thursday Pick up
11:00 - 11:30AM

Montco SAAC Ambler
215-619-8863

Over 60 years old: Donation of \$2.00 per meal.

Under 60 years old: \$4.20 per meal

536 George St. Norristown, PA 19401 | montcosaac.org

CAREGIVER CHAT



JOIN US ON Tuesdays or Thursdays

@ 10:30AM
Zoom Only

@ 7:00PM
Zoom Only

Caring for someone you love can be a rewarding and joyous experience. It can also be stressful when the demands of caregiving and the demands of daily life clash.

The purpose of Montco SAAC's Caregiver Chat is to build support systems for caregivers, discuss common stressors and possible solutions, develop relationships with individuals in similar circumstances, and share some good times with others.



**MONTCO
SAAC**

Sessions begin January 11 & 13 For More Information Contact

Susan Edgren
610-275-1960 ext. 122
sedgren@montcosaac.org

Danielle Charry
215-619-8863
dcharry@montcosaac.org




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ART4ME | JULY / AUGUST Art4ME TOPICS

The Art4Me program offers in-person classes and virtual classes.

Virtual presentations are hybrid and held on Fridays at 10:30 AM through Montco SAAC's Zoom site.

Meeting ID: 852 9277 5844 **Password:** MissingYou

If you have art supplies at home, feel free to create art and share with other members through our virtual art making program!

Montco SAAC Art-making virtual class is at 1:00 PM every Wednesday, via zoom. (All topics and art making activities are subject to change.)

Meeting ID: 857 1368 3277 **Password:** Art4Me2021

July 2023

July 3rd and 4th, Center closed for Independence Day.

Art Viewing - Visions of Light.

N: July 7 Virtual: July 7 A: July 10

Art Making: Create a chiaroscuro drawing with charcoal or graphite.

N: July 7 Virtual: July 12 A: July 11

Art Viewing - Flora and Fauna in Art.

N: July 14 Virtual: July 14 A: July 17

Art Making: Create a watercolor of your favorite plant and animal.

N: July 14 Virtual: July 17 A: July 18

Art Viewing - The Nightlife in Art.

N: July 21 Virtual: July 21 A: July 24

Art Making: Create an etching on scratch paper of a nighttime scene.

N: July 21 Virtual: July 26 A: July 25

Art Viewing - Celebrations Depicted in Art.

N: July 28 Virtual: July 28 A: July 31

August 2023

Art Viewing - Great Portraits

N: August 4 Virtual: August 4 A: August 7

Art Making: Learn to draw a portrait with charcoal and pastels.

N: August 4 Virtual: August 9 A: August 8

Art Viewing - Music in Art

N: August 11 Virtual: August 11 A: August 14

Art Making: Create a watercolor depicting sounds and tones.

N: August 11 Virtual: August 9 A: August 21

Art Viewing - Transformed Objects

N: August 18 Virtual: August 18 A: August 14

Art Making - Transform an everyday object into a work of art with mixed media.

N: August 18 Virtual: August 16 A: August 15

Instructor is away August 24 - August 31st. See you in September!

This program was supported in part by the Pennsylvania Council on the Arts, a state agency funded by the Commonwealth of Pennsylvania and the National Endowment for the Arts, a federal agency.



Ambler Art Center at Montco SAAC

Continued from page 4

Ambler Art Center Instructor Michele Laverty Awarded Scholarship

ACAA Ceramic Teaching Artist, Michele Laverty, will continue her ceramic education this summer. For two weeks she will be studying with Australian artist *Fleur Schell* at *Gaya Ceramic International Art Center* in Bali, Indonesia. Michele was awarded a scholarship to attend.

Fleur's playful attention to detail, mastery of scale and mode of fantasy

storytelling caught Michele's attention a few years ago.

Michele wrote in her scholarship application: "As the session is outlined, I am thrilled to see that there will be emphasis on the properties of porcelain. With my experiences in porcelain paperclay, Fleur's knowledge and practice will enable me to meet a desired objective. It is my goal to apply my collective knowledge of porcelain to my sculptural characters."

"For years, I have sought teachers that could articulate their storytelling process. The insights that Fleur is offering

(transforming words to 3-D) is something that I would thoroughly absorb and put to test. Working with Fleur will also help me expand my expressive vocabulary and further define my voice as an artist."

Upon return, Michele looks forward to sharing expanded skills, techniques and inspirations with her students.

An avid open water swimmer, Michele is also excited to explore the waters around the island, while she is there.

To see some of Michele's work, visit www.HartsLaneStudio.com



Norristown Center
MONTCO SAAC
536 George Street
Norristown, PA 19401

Time Dated Material
July / August 2023

Get Involved with Montco SAAC



Donate

Support Montco SAAC's two senior centers, Meals on Wheels program and intergenerational art center with a tax-deductible donation.

Donations can be made to specific programs, but the most helpful donations are made to Montco SAAC as a whole that can be used for general operations.

Volunteer

There are lots of ways to help the team at Montco SAAC! Whether you're interested in delivering Meals on Wheels, calling bingo, serving lunch, planting flowers or assisting in an art class we have options to suit your talents and interests.

To learn more about how to get involved visit montcosaac.org/get-involved

Contributions to Montco SAAC should be sent to the Norristown Center address: 536 George Street, Norristown, PA 19401