



MONTCO SAAC

Norristown • Ambler

Volume 30, No. 5 September/October 2021

## Volunteer of the Month

### Larry Vince



Our Volunteer of the Month for September is Meals on Wheels volunteer, Larry Vince! Larry joined our Ambler location in 2019.

Even though Larry is an avid volleyball player, he was looking for something meaningful to do after retirement on a regular basis and of course knew of the Meals on Wheels program for decades.

Larry stated, "It was quite easy to become a volunteer. I did some searching around online, found the contact information for the Ambler site and emailed them to see if there was any need for volunteers at that time."

He received a quick response from our MOW Team with an opening for a delivery driver and the rest is history!! Larry is also one of the volunteers who continued to deliver meals for our homebound seniors during COVID and has since joined in packing meals for the Monday route delivery before he hits the road to deliver!

## Our Spaces Have New Faces

As you return to our centers, you may have noticed some new faces or at least the part you can see with the masks!

We welcome **Donna Byrne** as the new Site Manager at our Ambler site. Donna brings a wealth of non-profit and management experience to Montco SAAC. Most recently, she filled this role at the PEAK Center in Lansdale. She has served on the staff of The Women's Center of Montgomery County, the PA Coalition Against Domestic Violence, and A Woman's Place, where she was the Executive Director. She was a long-time volunteer for the Bucks County Women's Advocacy Coalition.

**Nisey Gardner** has returned to our Norristown site in a staff position. She used to volunteer in the kitchen several years ago. She will be serving in the capacity of Kitchen assistant. She has been cheerfully greeting our Meals on Wheels volunteers and ensuring the equipment is clean throughout the pandemic. You have probably already met her during your lunchtime at the center.

**Kristen Konieczki** is the Meals on Wheels Coordinator for our Glenside consumers.

She started in that role in December 2020. She and her assistant, Sarah Willis, work out of the Mt. Carmel Church in Glenside. You might get a glimpse of Kristen in the afternoons when she comes into her office at the Ambler site.

**Grover Smith** has joined Montco SAAC as our new Maintenance person. He will split his time between Norristown and Ambler. He has been doing a great job getting the centers spiffed up for your return.

**Rachael Swierzewski** comes to us to fill the role of Development Manager. You won't see her in the center too often as she will be mostly working remotely. She will be working to ensure we can continue to offer great programming and opportunities through fundraising efforts.

**Tiffany Bellamy** will also be working mostly remotely but you will see her walking around with a camera sometimes. She has experience in Marketing, Communications, and Sales. She will be responsible for how we present our organization. She will work to help us continue our great programs by getting the word out about how awesome we are!

## Plan for your Future!

Free legal service from the Senior Law Center. Attorneys will be present to assist in the following: Simple wills, financial power of attorney, healthcare power of attorney and living wills.

Please RSVP by Wednesday, September 22nd by calling 215-701-3214

It will be held in the Norristown Montco SAAC building on Wednesday, September 29th from 9:00AM to 1:00PM.

**PLAN FOR YOUR FUTURE**  
FREE LEGAL SERVICES FOR SENIORS

Wednesday, September 29, 2021 10:00 AM - 1:00 PM

**ELIGIBILITY REQUIREMENTS:**  
Services are prioritized for low income seniors, who are 60 years and over.  
There is no charge for these services, but advance registration and eligibility screening is required.  
Qualifying individuals will be registered on a first come basis.  
TO BE SCREENED FOR ELIGIBILITY, TO REGISTER, OR FOR INFORMATION, CALL KERRY CUNNINGHAM BY SEPT. 22

**Attorneys and staff will be on location to provide assistance with the following:**

- Simple Wills
- Financial Power of Attorney
- Healthcare Power of Attorney
- Living Wills

These are documents of great importance to your future and enable you to make the legal decisions which will affect your life!

215-701-3214

LOCATION: MONTCO SAAC  
Montgomery County Senior Adult Activities Center  
536 George Street, Norristown, PA 19401

## 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  
execdir@montcosaac.org

### 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.

## Real Talk with Richard, Board President



I am a very lucky person. Not because I have been sick with Covid (which I have not) but because I've been blessed with a wonderful wife, a fantastic son, I've managed to stay relatively healthy, and I can mostly live a comfortable life in retirement.

I like what I'm doing with my life these days, able to play tennis, golf, and enjoy the outdoors. Before I retired, my son used to ask me (since he was just starting college) 'what are you going to do when you retire?' Good question from him and it made me think a lot. So, I made a list of all the things I wanted to do while retired.

I worked really hard in my career with long hours, so it was difficult to enjoy life and I wanted to do so in retirement. Now, 7 years later, I still have that list hanging on my office wall. I'm happy (and lucky) to say that I have been able to do at least parts of all of the things on my list, including giving back to the community.

My advice to all (retired, close to retirement, and those with years to go) is to

focus on the important things in your life and strive to take advantage of all the great things that this country offers. What's most important to you? Make a list and keep referring to it as you mature, refine it as necessary, and strive to live as complete a life as possible.

I am also very lucky to have a tremendous group of diverse members of the Board of Montco SAAC. This month I will highlight one of our newer and younger members of the board, Zak Pyzik. After graduating from the University of Michigan, Zak moved to Montgomery County. For the past seven years, Zak has worked with the Senate of Pennsylvania serving constituents of Montgomery and Delaware counties. He recently started a new role as Director of Government Affairs for the Pennsylvania Restaurant & Lodging Association. He and his wife Jenna live in East Norriton with their cat. He is very passionate about giving back to the community and volunteers for various nonprofits in the area. We are very lucky to have him, and all the other members of the board to help guide this vital organization.

## Still Looking To Get Your Covid-19 Vaccine?

There are walk-up appointments available in Montgomery County!

For more information visit  
[www.montcopa.org/covid-19vaccine](http://www.montcopa.org/covid-19vaccine)

### MONTGOMERY COUNTY, PA COVID-19 VACCINE CLINICS



Walk-up COVID-19 Vaccine appointments available at all Montgomery County vaccination clinics.

**For everyone aged 16 or older.**

Anyone under the age of 18 attending a COVID-19 vaccination clinic must be accompanied by a parent or guardian.

SEE HOURS AND LOCATIONS AT  
[WWW.MONTCOPA.ORG/COVID-19VACCINE](http://WWW.MONTCOPA.ORG/COVID-19VACCINE).



## Advisory Council Members Needed

One of the requirements for senior centers throughout the state of Pennsylvania is to have an advisory council. We need active members to fulfill this role.

In the past, this has been called the Advisory Board, which is a misnomer. It is not a Board of Directors. It is a council that serves as a conduit between the participants and the management. They offer advice or suggestions in such matters as center operations, programs, or issues that have arisen.

The council has been run fairly casually in the past. Upon resuming, by-laws will be adopted. The councils will have 5 members. The meetings will be run by the chairperson elected by the members of the council (not a staff member). A recording secretary will also be chosen by the council. Members will be chosen by the Site Managers for this fiscal year. This will change to being elected by the members of the centers sometime before the next fiscal year and going forward.

We are starting fresh with the councils. Previous membership is not an automatic position on the council. Please contact Pat MacKenzie at [patmac@montcosaac.org](mailto:patmac@montcosaac.org) for an application to be considered for the Norristown council. Please contact Donna Byrne at [dbyrne@montcosaac.org](mailto:dbyrne@montcosaac.org) for an application to be considered for the Ambler council. Application deadline will be October 30, 2021.

## A Note from Pat Associate Director / Site Manager at Norristown



Wow. It has been great having some spirit back in our buildings! We missed everyone and they seem to have missed us!

We have been getting some great programs off the ground. Drumming is becoming a big hit (pun intended). Zumba with Nancy is gaining ground. Jennifer's art classes are as popular as ever. Gisele is back in the house with Silver Sneakers. Rodger has returned to his roost at the Ambler site. Our yoga instructors, Laurie and Elizabeth are bringing us back to center in the center! We are still getting to benefit from Tai Chi with Darell both in-person and online. We are hearing that classic word heard in centers around the world: "Bingo!" Morning stretch continues both in person and on our virtual formats. We had the Olympics come to us. And of course, we are getting to eat lunch with our friends!

We are monitoring the Covid situation daily. As of this writing, we are still 4 weeks out from re-assessing whether we can add a 3rd day of in-house programming. Watch for updates on our Facebook page or our website [www.montcosaac.org](http://www.montcosaac.org). Also, any updates will be emailed with the weekly virtual schedule when they occur.

A couple of housekeeping reminders: masks are required in the centers, and smoking is not permitted anywhere on the grounds of the centers except in private vehicles.

## Taking Care of You! Michele Ross Program Coordinator, Montco SAAC Norristown



Studies have shown that maintaining regular physical activity can help prevent many common diseases, such as heart disease and diabetes. Making exercise a priority and habit in your daily life may lower the risk of falls, improve mental health and well-being, strengthen social ties, and improve cognitive function. We hope the exercises we offer in-person and virtually motivate you to incorporate exercise into your life.

Monday and Wednesday join us for the following virtual classes; Stretching, Dance Aerobics, Tai Chi and Chair Zumba!! Email Michele at [mross@montcosaac.org](mailto:mross@montcosaac.org) for class times.

In-Person Tuesday and Thursday Drum, up some JOY! Join our NEW Drumming classes. Drum on Tuesday at our Ambler site or Drum on Thursday at our Norristown site. Or you can Drum at both.

We hope you join us to release those endorphins and alpha waves in your brain, which are linked with general feelings of well-being and euphoria.

# GRAB N' GO MEALS



At Montco SAAC

Tuesday and Thursday Pick Up  
11:00AM to 11:30AM

Reservations must be made one week in advance by calling

**Montco SAAC Norristown:**

610-275-1960

**Montco SAAC Ambler:**

215-619-8863

**Over 60 years old:**

Donation of \$2.00 per meal.

**Under 60 years old:**

\$4.50 per meal



536 George St. Norristown, PA 19401 | 45 Forest Ave Ambler, PA 19002

## Wills Clinic to be Held at Norristown

Do you have a will? Is it something you are planning to do "someday"? Well, someday is here!

The Senior Law Center in Cooperation with the Montgomery County Bar Association is having a clinic at Montco SAAC at the Norristown location on Wednesday, September 29, 2021 from 9:30 a.m. to 1:00 p.m. Attorneys and staff will be assisting with simple wills, financial and healthcare power of attorney documents, and living wills. These documents are of great importance and enable you to make the legal decisions that impact your life. You will leave the clinic with these documents in hand!

There will be no charge for these services, but **advance registration and an eligibility screening are required.** These services are being offered to low-income people who are over the age of 60. There are limited slots available and qualifying individuals will be registered on a first come first served basis. The deadline to register is September 22, 2021.

To be screened for eligibility, to register, or for information call Kersey Cunningham at 215 701-3214. *Do not call the senior centers.* They will not be able to assist you.



**BRANDYWINE LIVING**  
*at Senior Suites*

*Life is Beautiful*

2101 New Hope Street | East Norriton, PA 19401

Please contact Fawn Rupp or Carol Frawley for more information

732.303.3100

www.Brandycare.com • 1-877-4BRANDY

**ART4ME | SEPTEMBER Art4ME TOPICS****Art4ME in Norristown - Time and Location**

Art4ME – Viewing (Community Rm) Fridays 10:15 AM  
 Art4ME – Making (Art Room) Fridays 12:15 PM

**Art4ME in Ambler - Time and Location**

Art4ME – Viewing (Art 4 Me Room) Mondays 10:00 AM  
 Art4ME – Making (Art 4 Me Room) Tuesdays 10:00 AM

**Zoom presentations are held on Fridays at 10:30 AM through  
 Montco SAAC's Zoom site. Meeting ID: 203 302 3571**

**Password: MissingYou**

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

**Ambler art making group meets at 1:00 PM every Tuesday, via  
 zoom.**

**Meeting ID: 812 1238 3183, Password: Art4ME20**

**Norristown art making group meets at 1:00 PM every  
 Thursday, via zoom.**

**Meeting ID: 836 1754 6471, Password: Art2020**

**September****Art Viewing – Labor in Art via SAAC Zoom**

September 3, 2021

**Art Making: Create a sculpture of your favorite job with  
 aluminum foil.**

N: September 8, 2021 A: September 7, 2021

**Art Viewing – Music in Art via SAAC Zoom**

September 10, 2021

**Art Making: Using watercolor, paint musical sounds from  
 your favorite music.**

N: September 16, 2021 A: September 14, 2021

**Art Viewing – Parenthood in Art via SAAC Zoom**

September 17, 2021

**Art Making: Create a pastel of your version of parenthood.**

N: September 23, 2021 A: September 21, 2021

**Art Viewing – Long Live Latin American Art via SAAC Zoom**

September 24, 2021

**Art Making: Create a Latin American still life painting with  
 acrylics on canvas board.**

N: September 29, 2021 A: September 28, 2021

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.





**Norristown Center**  
MONTCO SAAC  
536 George Street  
Norristown, PA 19401

## Time Dated Material September / October 2021

### From Our Director, Whitney Lingle



#### A Word from Whit

Greetings!

The back-to-school vibes are in the air and the Montco SAAC crew has been getting down to business as we reopened our doors to the public in July. We're staying cautious with continued COVID

mitigation efforts, but it has been wonderful to see all of you coming back to our centers to do activities and socialize.

As you come back to Montco SAAC, consider becoming a volunteer. We have something for everyone including:

- Packing Meals on Wheels
- Delivering Meals on Wheels (drivers and runners)
- Serving Lunch
- Helping prepare mailings

- Serving on the Board of Directors
- Helping with ACAA art classes and functions
- Special events
- Community outreach
- Calling bingo
- Helping out in the thrift shop at Norristown

We also have an opportunity coming up Sunday, August 29. We need 10 volunteers to help out with the Upper Dublin Triathlon so that Montco SAAC can receive a \$3,000 donation. So far we have 7 people (including myself!). If you can help out that day during the event sign up at: <https://signup.com/go/nTBXmiM> and be sure to put Montco SAAC in the organization line. Email me at [execdir@montcosaac.org](mailto:execdir@montcosaac.org) so I know to add you to our list.

Best,

*Whit*

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