



MONTCO
SAAC

Norristown • Ambler

Volume 32, No. 3 May/June 2023

Meet Katie Barbato — New Social Worker at Montco SAAC in Norristown



Hello everyone! My name is Katie Barbato and I am the new social worker at Montco SAAC Norristown. I am very excited to be a part of the Montco SAAC team and I am looking forward to getting to know each of you. I have 15+ years experience in the field and I am a licensed social worker in the state of Pennsylvania.

I am also a singer songwriter (I am releasing my new album “The Trail of Us” soon) and I have worked as a music therapist in residential and long-term care. I am passionate about empowering individuals and their families through a person centered approach. I love the healing power of music and I can't wait to share in the music with you all! I have experience with individual, group, and family therapy as well. Please feel free to stop by my office, schedule an appointment, and say hello! I am happy to help you with any needs or concerns you

may have. I love friendly visits too! So come on by for a chat!

Fun Facts about Me

-I love to hike and go on walks with dog Wilson. Wilson is a 6 year old Golden-doodle. He is very goofy, friendly, and likes to steal my winter hat off my head. Wilson's favorite foods are ice cream, cheese, and bacon. He is always following me around everywhere! Do you have pets? What is your favorite animal?

- I love listening to audio books. Here are a few In the past year I have listened to: Moby Dick, Watership Down, To Kill a Mockingbird, Bridge to Terabithia, The Stand, Frankenstein (did you know this book was written by a woman, Mary Shelley in the year 1818?), and A Christmas Carol. Do you like to read or listen to audiobooks? What are some of your favorite works of literature?

- I love to cook. I am not the best chef in the world but love to spend time in my kitchen trying new recipes and putting my own twist on things. I am always looking for healthy, tasty, and comforting recipes to try. I love making homemade eggplant parmigiana and recently learned how to make blueberry scones. I love a good tea party and my favorite tea is an English black tea PG Tips. Do you enjoy cooking or baking? What are some of your favorite meals? Any new recipes to share?

- When I am driving and relaxing I listen to WRTI the classical station. It helps me

to relax and decompress after a long day. I love all types of music. The songs I write are rock, folk, and country tunes. I love learning new songs and hearing different new styles of music. What are some of your favorite musicians? What concerts have you been to? Do you like to sing or play an instrument? Are you interested in learning a new instrument?

Centennial Participants



Ms. Josephine Talley, Blue Bell, PA

Celebrating our centennial participants in our Meals on Wheels Program, Ms. Josephine Talley was born December 14, 1920. Josephine still loves to share stories of her growing up in Attleboro, MA, read a good book when she's able, sing hymns without music and of course have a glass of wine!

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

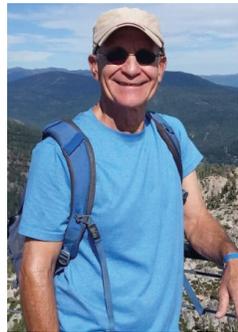
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CONSUMER & PROVIDER NOTICE

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 Richard Schulman



Well, spring has sprung, and everything looks beautiful outside. It's so exciting to see new flowers, grass, trees brimming with color and sparkling leaves each year.

We are all so lucky to live in this pretty area. As I write this, I'm sure most of you know that our Executive Director has moved on to take a new position. We wish Whitney all the best in her journey forward. She spent many years here and accomplished a lot.

Montco SAAC will continue to survive and thrive, thanks to our fantastic staff, and the leadership of our Interim Executive Director, Pat MacKenzie. Pat has been a fixture at SAAC for many years, knows the organization inside and out, and will lead us through this transitional period. We are performing a search for a new Executive Director as I write this, and by the time you may

read this, I hope we will have a new leader.

We hope you enjoyed and were able to attend our main Fund Raiser of the Year on April 27th at the Cedarbrook Country Club, a very striking location. In a new concept this year, we honored State Senator Maria Collett at our Community Champions Gala. Senator Collett is a leading supporter of aging adults in Montgomery County and a lifelong advocate for people in need. I hope the weather was great, and I know we all had a fantastic time with a great turnout for the event, which also included casino games, a silent auction, a wine pull, and beautiful artwork created by local artists.

Please see our website (<http://montcosaac.org> for more information) or call us at 610-275-1960 to see how we can help you, and to make a donation of any amount. We continue to search for ways to help our seniors live fun, healthy, active, and creative lives in our two senior centers, and inter-generational art center.

Please think of supporting us to continue our efforts and expand our offerings.

We Could Not
Do It Without Your Support.

WHAT'S HAPPENING Norristown

Planning activities months in advance requires us to be on top of our game. Still, it allows us all to plan so other appointments don't interfere with all the fun programs held at our Activities Center. However, at times new program opportunities present themselves, after the schedule has been finalized and printed. Consequently, we ask that you keep an open mind if we must change or modify a program without prior notice.

MAY

5/1 "Donuts with a Doctor," will be an informal presentation by The Clinical Director of Total Performance PT, Dr. C. Jameson who will also be answering questions etc.

5/5 We will have a cooking demonstration courtesy of Einstein Hospital, could not happen at a better time.

It's Cinco de Mayo folks. Let's celebrate Mexico's victory over France in 1862, known as the Battle of Puebla.

5/12 Martha's Community Farm will join us and talk about growing fresh food together as a community.

5/17 The Foster Grandparents representative will be here to talk about how you can stay active by serving youth in our community, by providing one-on-one support to children. It's a win, win situation.

5/19 The Senior Law Center Rep, Lucy Qiu, will present financial scams targeting seniors & potential problems with adult children overstaying their welcome.

5/31 Natacha Rivera from Victim Services Center & Courtney Marengo with

Laurel House Will discuss other forms of abuse you may not be aware of.

JUNE

The month of June is bittersweet. Juneteenth, known to some as the 2nd Independence Day, celebrates the freedom of enslaved African Americans. For over 150 years, communities across the country have celebrated this holiday. This year it is celebrated on June 19, 2023.

Also, in June we celebrate LGBTQ, but specifically on Wednesday, June 28 is Stonewall Uprising Anniversary. Its historical significance is seen in the formation of LGBTQ Civil Rights Organizations as well as the Gay Liberation Front. This all boils down to equality & inclusion.

6/6 and 6/13 Senior Services of North America, will be sharing information on how to Reduce the High Cost of Rx and Prescription Safety. Although you have heard about this before, our goal is to educate you all we can on Senior Scams, which have increased in the past few years.

6/21 Giant Pharmacy vaccination event is going to be in full swing, from 10:00 a. m. till noon. No appointment needed.

Bring your Medicare and pharmacy insurance and CDC cards. The vaccine stars are *Shingle & *Covid 19 Boosters.

You do not want to miss our Bingo Tuesdays. We have great sponsors coming to a game near you!!

Meet new people, say hello to the ones you are familiar with, socialization is the key to a healthier YOU!

WHAT'S HAPPENING Ambler

May



Darrel Bryant instructs our Tai Chi class two days a week and now will be hosting two self-defense classes per month.

5/5 TRY County Therapy will be out to speak about the various types of arthritis and strategies to reduce joint pain.

5/19 Tina Jackson from Humana will be coming to Jeopardy with members all while introducing the members to all Humana has to offer.

5/22 Nancy with Jefferson will be coming to check the members' blood pressure.

5/24 Jill Blackshaw from Sunrise of Dresher will be coming and creating beautiful flower arrangements with the members to take home.

5/29 Amy Stern of Rubin, Glickman, Steinberg and Gifford, P.C. be here to offer free law advice open to everyone. She specializes in Wills, Power of Attorney.

(Continued on page 4)

What's Happening in Ambler

Continued from page 3

June

6/2 Heather DeCarlo will be speaking about a Foster Grandparent program. The Foster Grandparent Program is a part of AmeriCorps Seniors, a federal agency that encourages adults 55 and older to share their skills, talents and experiences to meet a wide range of community challenges through three programs – Foster Grandparents, RSVP and Senior Companions. The YWCA Tri-County Area sponsors and administers the Foster Grandparent Program for Montgomery County

6/6 and 6/20 Music Magic – Enjoy a sing along with music therapist Katie Barbato. Katie will be performing old favorites and requests from the audience. Musical instruments/percussion will be provided if you would like to play along. There will be music trivia and possibly some funny jokes! Music helps relieve stress, improves your mood, and helps us feel connected. Come and experience the magic of music!

6/30 we will be having a Senior Prom for the members including kids from the art center Kids Summer Workshop. A day full of fun activities including Vincent Romano who will be performing Frank Sinatra and Dean Martin songs, a photo booth, hair, and makeup artists.

Every Thursday we have a blossoming Gardens and Habitats class instructed by Cynthia Best, a horticulture specialist. The members learn how to grow indoor and outdoor plants. Our members have been taking advantage of the beautiful weather and enjoying class outdoors while planting seasonal flowers at the center.

Ambler Art Center at MontcoSAAC



Come explore your creativity in our Art Center. We have our summer sessions posted on the website and are offering some exciting classes. Try your hand at photography with George Johnson. He will 'expose' you to a whole new world through the lens of your cell phone. One of our newest instructors, Michele Laverty, will introduce you to hand building and the

beauty of working in clay. We also offer wheel throwing for beginners. In June and July we will be offering a 4 day kids workshop for ages 10-15. But, class size is limited so sign up soon. We have so many exciting changes coming to the Art Center now that we're back in session. So, check us out! I have no doubt you'll find the right class to stir your creativity.

Medicare Questions?

Don't Go It Alone!



Call Jim Malone
Licensed Independent Agent

215-783-0560

Thank You to Our Sponsors



Where Loving-Kindness Lives





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

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ART4ME | MAY / JUNE 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

May 2023

Art Viewing - Family Portraits

N: May 5 Virtual: May 5 A: May 1

Art Making: Create a collage of your version of a family with mixed media.

N: May 5 Virtual: May 3 A: May 2

Art Viewing - Celebrating Asian Art

N: May 12 Virtual: May 12 A: May 8

Art Making: Using clay or mixed media, create a sculpture representing some part of your heritage that you wish to pass on to others.

N: May 12 Virtual: May 10 A: May 9

Art Viewing - Still Life; Old & New

N: May 19 Virtual: May 19 A: May 15

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

N: May 19 Virtual: May 17 A: May 16

Art Viewing - Animals in Art

N: May 26 Virtual: May 26 A: May 22

Art Making: Create a sculpture of your favorite animal with self-hardening polymer clay.

N: May 26 Virtual: May 24 A: May 23

Closed Monday, May 29, in observance of Memorial Day.

June 2023

Open Studio - Come in and finish an older work, or start a new one!

N: June 2 No virtual presentation this week A: May 30

Virtual Art Making Wed. May 31/ Open studio format Questions & Answers.

Art Viewing - Movement in Art

N: June 9 Virtual: June 9 A: June 5

Art Making: Using watercolor, create a work of art that shows movement.

N: June 9 Virtual: June 7 A: June 6

Art Viewing - Politics in Art

N: June 16 Virtual: June 16 A: June 12

Art Making - Create a political work of art with mixed media.

N: June 16 Virtual: June 14 A: June 13

June 19 - Center is closed in honor of Juneteenth.

Open Studio - Come in and finish an older work, or start a new one!

N: June 23 No virtual presentation this week A: June 20

Virtual Art Making Wed. June 21/ Art video of Great American Works of Art/ Open studio

Art Viewing - Images of America

N: June 30 Virtual: June 30 A: June 26

Art Making: Create a work of art of the America you would like to see with mixed media.

N: June 30 Virtual: June 28 A: June 27

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
May / June 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