



MONTCO SAAC

Norristown • Ambler

Volume 31, No. 1 January/February 2022

Volunteer of the Month

Bill Walz



Bill Walz started volunteering for Glenside Meals on Wheels consistently in July. His wife, Viria, has been helping the Glenside MOW team for about

4 years. Throughout those 4 years, Bill would spend his extra vacation time from work delivering meals with his wife.

Retirement came for Bill, and he was ready for a bigger commitment with Meals on Wheels. Bill and Viria were the first people I contacted when we resumed 3 delivery days per week, back in July. They wanted to help as much as possible and started delivering meals two of the three delivery days per week!

In early October, Viria had to take a break from volunteering. Bill took a week to make sure his wife was settled, and he returned the following week with a friend to continue delivering meals twice per week.

Bill has gone above and beyond, even delivering multiple routes when I needed extra help. It is easy to see how much he cares for our MOW consumers and the other volunteers.

I am so thankful for Bill and his eagerness to serve the Glenside community!

Independence Blue Cross Supporting Seniors!

The holidays are a joyous time for many of our seniors. It is a time for family, friends, and grandchildren. It is a time of warmth and belonging. But for many seniors, the holidays can also be challenging. Isolation and grief can feel overwhelming. Those with physical disabilities may be unable to participate in the same holiday activities they once enjoyed. And for those who struggle financially, the holidays offer little reprieve.



Montco SAAC is pleased to share that we teamed up with Independence Blue Cross (Independence) in November and December to spread some holiday cheer to

those in need. Independence donated blankets, hats, masks, pill boxes, canned goods, and other pantry items to Montco SAAC seniors, several of whom participated in our Meals on Wheels program. Montco SAAC staff and volunteers were delighted to spread some extra goodwill over the holidays by delivering these baskets—and checking in on our home-bound seniors.

This isn't the first time Independence Blue Cross has contributed to Montco SAAC.

In October 2021, Independence donated water, masks, sunglasses, and reusable water bottles to our 11th Annual Outrunning Senior Hunger 5K and Fun Mile. That same month, Independence also pledged \$5,000 to become an official Montco SAAC event sponsor for the 2022 calendar year!



As we begin the year anew, we look forward to strengthening our relationships with our local and regional partners. With their support, Montco SAAC will continue providing healthy meals, crucial health and wellness programming, and vital social services to over 2,700 seniors in Montgomery County.

Thank you, Independence Blue Cross!

Independence Blue Cross is a subsidiary of Independence Health Group, Inc. — independent licensees of the Blue Cross and Blue Shield Association, serving the health insurance needs of Philadelphia and southeastern Pennsylvania.

OUR NORRISTOWN Sneak Preview!

On January 20, Theatre Horizon plans to co-host a public reading of an early draft of the OUR NORRISTOWN script, followed by a facilitated feedback session with community members. This reading will be held in person at the Norristown

Center but will be Zoomed as well! You may remember that Zoom and in-person SAAC members interviewed with Theatre Horizon staff to help provide input for this play. The final production is slated to open in September of 2022!

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

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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



The Corona Virus Omicron variant may be with us but I believe these are also happy times as the holiday season is upon us. I wish all members, friends, volunteers, employees, and everyone a healthy, happy, and successful New Year.

This morning I was looking for inspiration and I found this poster from a meditation teacher I have studied, Sebene Selassie. She has a beautiful, silky-smooth voice.

I will finish by introducing Mike Bellezza, another of our fantastic Board of Directors. After graduating from James Madison University, Mike spent the first portion of his career as a capital market professional in New York and Philadelphia with Bank of America, Lehman Brothers, and Janney Montgomery Scott.

More recently, Mike transitioned into a new career at Wawa, where he leads its Operations Performance Analysis

7 RULES OF LIFE

1. SMILE

IT ALWAYS WORKS OUT IN THE END!

2. BE KIND

YOU HAVE THE POWER TO MAKE PEOPLE FEEL GOOD!

3. DON'T GIVE UP

IF IT DOESN'T WORK THE FIRST TIME, FIND ANOTHER WAY!

4. DON'T COMPARE

EVERYONE'S ON A DIFFERENT JOURNEY!

5. AVOID NEGATIVITY

AVOID NEGATIVE THOUGHTS, SITUATIONS & PEOPLE!

6. MAKE PEACE WITH YOUR PAST

FOCUS ON BEING PRESENT & CREATING A BETTER FUTURE!

7. TAKE CARE OF YOUR BODY & MIND

ONE STRUGGLES TO SURVIVE WITHOUT THE OTHER!

efforts, designed to improve financial and operational efficiency. During the last six years, Mike has served Montco SAAC both on the Board of Directors and as a volunteer driver for its Meals on Wheels program, where his passion for supporting our community's Seniors blossomed after seeing first-hand the tremendous impact our programs and initiatives have on those we serve.

Meet Jim Malone!

Montco SAAC Business Member & Certified and Licensed Medicare and Senior Specialist



January is usually the time of year people look to review their Life or Final Expense Insurance.

Did you also know that it is the start of

Medicare's Open Enrollment Period? For three months, anyone who already has an Advantage Plan can return to

their old plan or select a new one. Also, Medicare has designated certain plans as "5 STARS," meaning that even if you missed the sign-up deadlines, you can still get insurance – even if you only have Basic Medicare.

Do not go it alone! For all your Health or Life Insurance needs, contact Jim Malone at 215-783-0560 or jpmmsc@gmail.com.

Speaking with Susan Director of Health & Wellness



Happy New Year Everyone! It is my hope that the new year will bring increased cooperation and good health for all. We are so fortunate to have each other and Montco SAAC to keep us involved.

Here are a few services that may make your life a little easier. Please remember to reach out to Danielle or me with needs you may have that are not addressed here.

The 2021-2022 **Low-Income Home Energy Assistance Program** is open. LIHEAP helps low-income individuals and families cope with the cost of heating during the winter months. They can also help in some kinds of heating emergencies. The application is available in English and Spanish at Montco SAAC offices.

If you are not yet eligible for Medicare, **Pennie** enrollment is open until January 15, 2022! Nearly everyone qualifies for savings because of the American Rescue Plan. Help investigating this option is available. Call your SAAC center for details.

SNAP Emergency Allotments continue into the new year. Every household that receives SNAP will get extra benefits, called "emergency allotments" (EAs), in the second half of the month. EAs are to help with food costs during the pandemic. They will continue till the end of the emergency.

Interested in technology but don't know where to start? It's never too late to learn and use technology!

The **PA Link** has partnered with **TechOWL** and Temple University to assist people in accessing the necessary hardware to fit their needs, a hot spot if necessary, training on technology, and ongoing support! For Bucks, Chester and Montgomery County residents, contact: Jule Ann Lieberman (800) 204-7428.

Do you have the equipment but need to know how to use it? **RSVP** can help you gain skill and confidence using a computer, the internet, social media, Zoom and email! If you are at least 55 years old, have a computer or tablet with a camera and microphone and can receive an email, you are eligible to become a student. To learn more, email scherrir@rsvpmc.org or call (610) 834-1040 x.128.

Medi PA – If you are struggling to understand complex Medicare plans, we can help. State-trained Medicare counselors offer free, unbiased easy-to-understand information about the best plans for your health coverage. Contact Susan or RSVP to schedule an appointment.

Feeling Depressed? You are not alone! The past two years have been difficult for everyone. **Healthy Ideas** is a program offering empowering activities for seniors who are feeling down. Contact Susan or Danielle for details.

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

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

The Dish with Deidre Program Coordinator at Montco SAAC Ambler



Greetings from Ambler! Boy oh boy have we been having a GREAT time these past couple of months! In October we had a lovely program

titled, 'The Magic of Kindness.' Patricia Gallagher taught us the benefits of being kind to each other. What a treat.

October was fire safety month, so our friend Todd Hairson from Health Partners Plans stopped by to remind us to be safe this winter season. Space heaters should only be plugged directly into wall outlets and we should check our smoke alarms on a monthly basis.

Olivia Dlugos from Sunrise of Dresher showed the members how to do lovely flower arrangements using live flowers.

We also had a visit from some furry friends from Elmwood Park Zoo in Norristown! Both members and staff enjoyed meeting a rabbit, a turtle and Woo-Woodini the owl.

Lastly, we had a murder mystery play titled, 'Who Killed the Butler?' Both members and staff participated in the play. We dressed up as our characters and some even had accents. It was BIG fun!

November was awesome as well. Vocal Entertainer Marcus Chaney from One Track Entertainment came and did a full concert for us. His smooth, yet strong voice rocked the house. We were groovin', dancin' and singin' along.

Our social worker Danielle Charry did a presentation on being thankful. This

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The Dish with Deidre

(Continued from page 3)

corresponded with our Thankful Tree bulletin board. Members and staff were asked to write down 3 things they were thankful for. The most popular statements were being thankful for life, family and coming to the Senior Activity Center.

Our intern from West Chester University Tiana Borden, closed out the month with a presentation on Celebrating Native American Heritage Month. What an awesome job she did. We learned so much about the Native American Culture.

We did some big things in December. We celebrated Hanukkah, Christmas and Kwanzaa. Our new Art Director Parker Jackson painted ceramic angels with the members. Our buddy Eric Meenley, The Music Man graced us with his presence.

Olivia from Sunrise of Dresher was back to do another fantastic art project with us.

Look out for information coming soon on state run evidence based programs 'Healthy Steps for Older Adults' and 'Bingocize.' Healthy Steps for Older Adults is a two day fall prevention program designed to raise fall prevention knowledge and awareness. Bingocize is a 10 week program that combines a bingo-like game with exercise and health education. You may contact the Ambler center for more information.

We are on social media. Please check out our Facebook and Instagram pages and like, share and comment. We upload pictures and flyers of all the activities we have. All activities are accessible in person and via Zoom.

Please contact us at 215-619-8863 or

drhodes@montcosaac.org to register for our programs or to obtain the Montco SAAC Zoom link. Please also visit our website <https://montcosaac.org> where you can obtain a copy of the monthly activities calendar.

Michele FAREWELL Michele Ross Norristown Program Coordinator



It is with mixed emotions that I write my last newsletter post. A new opportunity to serve seniors at another center closer to my

home began on December 8. When I walked into your hidden gem

(MONTCO SAAC) in 2017, I walked into a warm and welcoming environment. I always looked forward to each day. From Morning Stretch, Bingo, and Trivia to hot dogs, hot oatmeal with the fixings, and your wonderful music group. My heart is filled with gratitude and wonderful memories. During this pandemic, some good things happened. One was a great thing. I met some awesome folks virtually from our sister center in Ambler.

May you all continue to remain active, think positive, and enjoy the moments. Please know you will be missed and remembered fondly.

Wishing you all the best in this New Year.

Subaru's Share the Love Event Supports Meals on Wheels!



Buy or lease a new Subaru between November 18, 2021 and January 3, 2022 and Subaru of America will donate \$250 in your name to charity. All you need to do is tell them you want it to go to Meals on Wheels! Meals on Wheels is one of four national participating charities and has been since the inception of the event. As a member of Meals on Wheels America, Montco SAAC will receive a share of the donations from Subaru vehicles sold at participating Subaru retailers across the state. Over the last 13 years, Subaru of America Inc. and its participating retailers have donated more than \$200 million to charity!

To find a Subaru dealer near you, visit www.subaru.com/find-retailer. To learn more about Montco SAAC's Meals on Wheels program, visit us at www.montcosaac.org/meals-on-wheels.

Wardrobe Bingo Benefiting Montco SAAC and The Wardrobe

Come see Montco SAAC's thrift shop and PA Workwear program in action and join in on snacks, drinks (BYO), raffles and bingo for some great prizes!

See montcosaac.org for more information.

Thursday, March 31st – Montco SAAC Norristown
5 pm-8 pm

Additional events at The Wardrobe's Lansdowne
and Philadelphia locations.



Become a Sponsor!

THE WARDROBE & MONTCO SAAC PRESENT

B I N G O

Become a Sponsor of BINGO and Enjoy:

- A tabling opportunity at all 3 BINGO nights
- Verbal recognition at all 3 BINGO nights
- Logo on all promo materials
- Logo on event webpage
- Recognition on all social media platforms

All proceeds support ending clothing insecurity in our region, providing individuals with outfits for work to foster their transition to independence.

WHEN & WHERE

March 17, 2022
413 North 4th Street
Philadelphia, PA 19123

March 24, 2022
62 West Marshall Rd
Lansdowne, PA 19050

March 31, 2022
536 George Street
Norristown, PA 19401



TO LEARN MORE ABOUT THIS EVENT, CONTACT

Rachael at rswierzewski@montcosaac.org
or Erica at erica@careerwardrobe.org

NEW Caregiver Support Group

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 support group 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. Join us weekly beginning January 11th and 13th.

Join us Tuesdays at 10:30 am on Zoom, or in person at 536 George Street, Norristown, PA

Thursday evenings at 7 pm on Zoom.

Contact Susan or Danielle for information or log in information.

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

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215-619-8863
dcharry@montcosaac.org

ZOOM SCHEDULE!

MONDAY

- 9:00 am – Morning Stretch
- 9:30 am – Dance Aerobics with Rodger
- 10:30 am – Educational Programming (In Person Thursdays 11:15)
- January 3** – New Year, New Habits
- 10 – Einstein's Just Say Yes to Fruits and Vegetables
- 17 – Weight Loss for the New Year
- 24 – Medicare 101
- 31 – QPR – Suicide Prevention

February 7 – Heart Healthy Nutrition

14 – Einstein's Just Say Yes to Fruits and Vegetables

21 – Managing your Medicines

28 – 5 Wishes

11:30 am – Modern Marvels

12:30 pm – Lunch Bunch: Bring a Sandwich & Socialize

1:00 pm – Bingo

TUESDAY – Center Programming!

WEDNESDAY

9:00 am – Morning Stretch

9:30 am – Chair Zumba with Rodger

10:30 am – Tai Chi with Darrel

11:30 am – Deidre's Hour

12:30 pm – Lunch Bunch

THURSDAY – Center Programming!

FRIDAY

10:30 am – ART4ME: Viewing

11:30 am – Gardens and Habitats (January 7 & February 4)

11:30 am – Movie Club (January 14, 21, 28 & February 11, 18, 25)



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732.303.3100

www.Brandycare.com • 1-877-4BRANDY

ART4ME | JANUARY / FEBRUARY Art4ME TOPICS

For now, all Art4Me presentations will be on-line until further notice.

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!

Montco SAAC Art-making virtual class is at 1:00 PM every Wednesday, via zoom.

Meeting ID: 857 1368 3277, Password: Art4Me2021

The following schedule is our hybrid programming. This is subject to change. All presentations will continue to be conducted Friday mornings at 10:30 through the Virtual SAAC site.

January

Art Viewing – New Year's Resolutions in Art – (Virtual)

N: January 7, 2022

Art Making: Create a wax resist of what you would like to see in 2022.

N: January 6, 2022 A: January 4, 2022 Virtual: January 5, 2022

Art Viewing – Prehistoric and Ancient Art – (Virtual)

N: January 14, 2022

Art Making: Create a work of art, that says something of you. This work will be collaborative or will cohabit the work of others in mixed media.

N: January 13, 2022 A: January 11, 2022 Virtual: January 12, 2022

Art Making: Transform an everyday household item into a work of art.

N: January 20, 2022 A: January 18, 2022 Virtual: January 19, 2022

Art Viewing – Transformed Objects

N: January 21, 2022 (Virtual)

Art Making: Open Studio – Finish an artwork or start a new one!

N: January 27, 2022 A: January 25, 2022 Virtual: January 24, 2022

Art Viewing – Celebrating the Chinese New Year (The Year of the Tiger)

N: January 28, 2022 (Virtual)

Art Making: Create a work of art to attract personal strength and prosperity with mixed media.

N: February 3, 2022 A: February 1, 2022 Virtual: February 2, 2022

February

Art Viewing – All You Need Is Love (Love in Art)

N: February 4, 2022 (Virtual)

Art Making: Create a valentine for someone you love with mixed media.

N: February 10, 2022 A: February 8, 2022 Virtual: February 9, 2022.

Art Viewing – African American Greats

N: February 11, 2022, (Virtual)

Art Making: Create a self-portrait of your cultural identity with mixed media.

N: February 17, 2022 A: February 15, 2022 Virtual: February 16, 2022.

Art Viewing – Perspective in Art

N: February 18, 2022, (Virtual)

Art Making: Create a drawing using perspective with pencils or graphite.

N: February 24, 2022 A: February 22, 2022 Virtual: February 23, 2022.

Art Viewing – Celebrating the Artists of SAAC

N: February 25, 2022

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 January / February 2022

From Our Director, Whitney Lingle



A Word from Whit

Dear Friends of Montco SAAC,

Happy New Year! The air is full of possibilities and the Montco SAAC team is excitedly preparing programs

for a new year. We hope to see a reduction in COVID cases and that we can start to increase our hours for programming. Our primary goal is to keep everyone safe while we continue to deliver high-quality services and I appreciate all of you being so patient and kind.

We are hoping to have a bingo event in collaboration with

The Wardrobe in February to show off our thrift shop and the amazing PA Workwear program that prepares people for jobs with clothing for interviews and starting employment. Hopefully, some of you can join us to enjoy snacks from Manna on Main Street and bingo with friends!

We are presenting the new strategic plan to the Board for approval in January. I cannot wait to share our exciting new goals with you when we can get started!

Cheers,

Whit