



MONTCO
SAAC

Norristown • Ambler

Volume 31, No. 4 July/August 2022

Volunteer of the Month

Ira Stahl



Glenside MOW is excited to spotlight Ira Stahl! As a local Glenside business owner, Ira

has been serving this community for years. He's always striking up conversations, connecting people, and ready to help.

He wears many hats as a volunteer, including the magician's hat he wore at the Ambler center reopening in April. Not only has Ira put on magic shows for our volunteers, but sometimes when he's delivering meals, Ira brings magic tricks to show people in their homes!

Our Meals on Wheels consumers have called us to say how much joy he brings with the meal delivery.

We're truly grateful for the time, talents, and support that Ira continues to provide.

Montco SAAC's Executive Director, Whitney Lingle, Appointed to the Pennsylvania Council on Aging



Montco SAAC's Executive Director, Whitney Lingle has been appointed to

the Pennsylvania Council on Aging. Whitney will serve as an advocate for older individuals and advise the governor and the department on planning, coordination and delivery of services to older individuals.

The Pennsylvania Department of Aging works to ensure that older adults across Pennsylvania have access to quality services and supports that help them age and live well. The department provides a wide array of services and programs intended to help older Pennsylvanians live and thrive in their homes and communities for as long as possible.

"It's an honor to serve with these other accomplished advocates for

older adults. I'm excited for our Montco SAAC team to have the opportunity to have an impact at the state level," said Whitney Lingle, Executive Director.

The Pennsylvania Department of Aging offers services to older adults including home-delivered and congregate meals, caregiver support, health and wellness services, personal assistance, senior community centers, Medicare enrollment counseling, transportation, job training, elder abuse prevention, PACE prescription assistance and more.

"It has been a huge honor to work with Whitney in the last few years. She has tirelessly helped shape Montco SAAC to become one of the premier organizations that help all seniors in Montgomery County. The entire Board of Directors is extremely proud of her and look forward to more great things in the future," said Richard Schulman, President, Board of Directors.

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 Richard Schulman



Summer is here! The weather has been gorgeous, flowers are growing, and life is beginning to normalize to a certain extent. In the midst of so much tragedy in this world we have to find some things to be happy about so I choose to focus on the weather and being able to enjoy the outdoors again.

My first term as President of the Board of Directors on Montco SAAC has come to a close but I want to introduce the 'new' board of directors. I will continue as President for a second term and Pete Harkin will also begin a second term as our steady and knowledgeable Treasurer.

Our newly conferred Doctorate Vance Cooper will become our new Vice President, and Sonya Sanders will be stepping up as Secretary. We wish

them all the best as we move forward in some very exciting times for Montco SAAC.

Montco SAAC is just initiating a process to adopt a new name for our senior organization. As we move forward with our mission where aging adults and their families can find support, guidance, educational and social programs in order to be healthy, active and engaged community members we feel a different name may be more representative of our future direction.

Please look for information on this in future newsletters and here is a link you can use to make an entry: <https://docs.google.com/forms/d/e/1FAIpQLSfAmfqYsq7id9JL8ukFCgxLOxESPqtBspcrknjyDdrQUJ3jQ/viewform>.

I do pledge to personally give a \$50 gift certificate if we choose YOUR submission. Please stay tuned and look for a link to submit your choices.

LET'S MOVE FORWARD TOGETHER!

Renew your Membership Today!

True to its mission, Montco SAAC continues to serve and empower seniors today and every day. Even during the most difficult times, we've kept in touch with our members through virtual classes, individualized wellness checks conducted by social workers and center staff, and Grab N' Go meals for those of you who normally count on our congregational lunches for a nutritious meal.

Since our re-opening in April, members can rest assured that **Montco SAAC has returned to the in-person instruc-**

tion and social activities you've come to enjoy and rely on over the years.

We understand that, for many of you, our centers are like a second home. We are delighted to welcome you back. By renewing your Montco SAAC membership, you will be able to benefit from Montco SAAC's services throughout the 2022-23 fiscal year. Your support also helps fund the organization so that others can benefit from those services too. Visit www.montcosaac.org to renew your membership today!

Explore the Positive Effects of Art at the Art Center at Ambler



The Art Center at Amber (ACAA) provides professional, inclusive access to art resources, education and community to intergenerational audiences throughout Montgomery County. ACAA emerged from the bequest of Arthur Bruck, a former community member at the Ambler Senior Adult Activity Center. As a result of his generosity, CDBG funds from the county, and the interest of local artists, ACAA was born.

ACAA offers drawing, painting, sculpture, photography, ceramics and more for adults and youth of all ages. Our teaching artists have a diverse range of expertise and an absolute desire to make a positive impact on their students through art.

There's something for everyone at ACAA! To learn more and register today visit artcenteratamber.org.

Did you know?

Chemicals released in the brain during the process of making art positively affect our sense of well-being and can help us step into a flow state, a moment when we are so engaged in a positive experience that time has no meaning and we are intensely focused on what we are doing. Better known as being "in the zone."

Speaking with Susan Director of Health & Wellness



Dear Montco SAAC Family,

I have mixed feelings as I move into retirement from Montco SAAC. It will be strange to adjust

to the change after my long affiliation here, but I am looking forward to whatever comes next. It has been wonderful getting to know all of you and I will keep in touch through my staff friends. I will miss you all very much! Susan

Be aware of these helpful options:

7th Annual Montgomery County Trail Challenge! For complete information check out <https://www.montcopa.org/2584/Trail-Challenge>. The Montco Trail Challenge will run from May 7 – December 4, 2022.

The Coalition Against Hunger SNAP Hotline Team – Whether it's navigating the SNAP application process or providing case management, our SNAP Hotline team is available to help Monday – Thursday from 9:00 am to 5:00 pm and on Friday from 9:00 am to 4:00 pm. Give our SNAP Hotline team a call at 215-430-0556.

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 email, you

are eligible to become a student. Once you are enrolled, RSVP volunteers will help you gain comfort in using a PC, tablet or mobile device of your choice during scheduled online sessions. Sign up to be a student! To learn more, email scherrir@rsvpmc.org or call (610) 834-1040 x.128.

PA Link & Tech OWL Partnership for seniors & individuals living with a disability. 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 or (215) 204-5967, ATinfo@temple.edu

RSVP's PA Medi is a group of state trained volunteers who can help you assess your Medicare options. Call for an appointment if you would like to review your existing plan or if you are new to Medicare.

Farmer's Market Produce Vouchers are available at Montco SAAC to seniors over 60. Please bring ID with your birthdate.

Social Security Administration Online services are available at www.ssa.gov. National toll-free number is 800-772-1213. To speak with a local staff person, visit the online office locator. Enter the individual's zip code, press enter.

(continued on page 4)

Speaking with Susan*(Continued from page 3)*

We will be continuing with a modified Zoom Schedule. Please contact the office for login information if you would like to join us.

MONDAY

10:00-11:00 Dance Fit with Rodger
 11:00-12:00 Tai Chi with Darrel
 12:30-1:30 Speaker/Entertainer

TUESDAY

11:00-12:00 Educational Programs *
 12:30-1:30 Trivia/Games

WEDNESDAY

10:00-11:00 Chair Zumba with Rodger
 11:00-12:00 Varied Programming
 12:30-1:30 Afternoon Speaker/Entertainer

THURSDAY

10:00-11:00 Yoga with Elizabeth
 11:00-12:00 Varied Programming
 12:30-1:30 Line Dancing with Nancy

FRIDAY

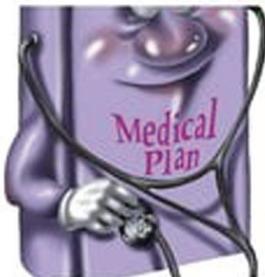
10:30-11:30 Art4Me – Viewing
 12:30-1:30 Afternoon Speaker/Entertainer

*** EDUCATIONAL PROGRAMMING****JULY**

July 5 TBA
 July 11 Frauds, Scams and How to Avoid Them, Sandy Todt, Harleysville Bank
 July 18 Fraud Bingo, George Dillman, PA Department of Banking and Securities
 July 25 Cardiovascular Accident, Jeraldine Kohut, Cathedral Village

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



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:

\$4.20 per meal



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

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: 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 art making program!

Montco SAAC Art-making virtual class is at 1:00 PM every Wednesday, via zoom. The virtual art making day may be subject to change, please email ahead for information: jfinch@montcosaac.org

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

July 2022

Open Studio – Come and finish an artwork, or start a new one!

N: July 1 A: July 5 Virtual: July 6

Art Viewing - Images of America

N: July 8 A: July 11 Virtual: July 8

Art Making: Create your version of America with mixed media.

N: July 8 A: July 12 Virtual: July 13

Art Viewing - Visions of Light

N: July 15 A: July 18 Virtual: July 15

Art Making: Create a chiaroscuro drawing with charcoal or graphite on paper

N: July 15 A: July 19 Virtual: July 20

Art Viewing - Politics in Art

N: July 22 A: July 25 Virtual: July 22

Art Making: Create a political artwork with mixed media.

N: July 22 A: July 26 Virtual: July 27

August 2022

Art Viewing - Celebrations in Art

N: July 29 A: August 1 Virtual: July 29

Art Making: Sculpt a celebration with wire.

N: July 29 A: August 2 Virtual: No class this day.

Instructor away August 3- 5

Open Studio – Come and finish a work, or start a new one.

A: August 8 and 9 Virtual: August 10

Art Viewing - Great Portraits

N: August 12 A: August 15 Virtual: August 12

Art Making: Create a portrait with charcoal and pastels on paper.

N: August 12 A: August 16 Virtual: August 17

Art Viewing - Flora and Fauna in Art

N: August 19 A: August 22 Virtual: August 19

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

N: August 19 A: August 23 Virtual: August 24

Art Viewing - The Nightlife

N: August 26 A: August 29 Virtual: August 26

Art Making: Etch a nocturnal scene with stick and scratch paper.

N: August 29 A: August 30 Virtual: August 31

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 July / August 2022

From Our Director, Whitney Lingle



A Word from Whit

Hello!

As I write this from my toasty home office I feel excited for the summer ahead. We've managed to keep staff and participants safe by continuing to wear masks and maintain other COVID mitigation measures. I so appreciate your continued compliance as we return to being able to see each other in person and have fun doing the awesome activities Montco SAAC offers.

Since being appointed to the PA Council on Aging I have been thinking about the larger picture of advocacy in PA and

what we can do to help other older adults in Montgomery County and beyond. I know some of you have expressed that we do a lot of surveys, but that data has helped us fight for better healthcare and better home and community-based services in the state. This year alone, I'm presenting at 2 national conferences on aging and the data shows that funders can do a better job of supporting services like Meals on Wheels and senior centers and that it's not only good for the heart, it actually saves lives. I thank you all for your continued support and participation as we work to make aging a positive experience for all.

Best,
Whit

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