



MONTCO  
**SAAC**

Norristown • Ambler

Volume 32, No. 2 March/April 2023

Live Full. Live Well. Live Long.

## Community Champions Gala

Save the Date Thursday, April 27 at 6:00 PM for the Senior Adult Activities of Montgomery County Community Champions Gala.

Enjoy an evening filled with casino games, music, food, a silent auction, live auction featuring artwork created by local artists and fundraising for a good cause and celebrate our guest of honor **Senator Maria Collett**, a leader sup-

porting aging adults in Montgomery County.

Senator Maria Collett represents the Twelfth Senatorial District across parts of Bucks and Montgomery Counties, which encompasses more than 247,410 people in Ambler, Bryn Athyn, Hatboro, Hatfield, North Wales, Souderton and Telford Boroughs and Franconia, Hatfield, Hor-

### Volunteer of the Month Malissa Aiken



Sometimes Meals on Wheels Glenside's path intersects with a volunteer who reminds us how wonderful people can be. Who immediately steps

up to any task with ease and enthusiasm. Who makes everyone smile on a daily basis, and who looks GOOD while doing it. Malissa Aiken embodies that volunteer, which is why choosing her for Volunteer of the Month was a no-brainer.

In 2015, Malissa saw that Meals on Wheels was actively searching for volunteers, and she hasn't looked back since. Contributing consistently for years, then switching to a wellness check-in role during Covid, then returning when

restrictions were relaxed, Malissa has been a reliable constant for both our organization and the consumers she so dutifully helps serve.

She packs meals, she runs the milk station, she cleans, she loads, she unloads, she is flexible, she communicates – she shows up in intangible ways that make her an invaluable asset to our team. And have I mentioned that she frequently does this in heels? She is a force.

Malissa is also a loving mother and grandmother, raising strong women who echo the good she is projecting out to the world. She makes beautiful jewelry, crochets and creates art, and selflessly donates her time and expertise to making people's lives better. Meals on Wheels Glenside is fortunate enough to have a front row seat to her successes, and we couldn't be more thankful.



*You are invited to attend*

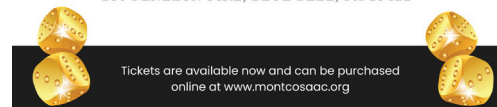
SENIOR ADULT ACTIVITIES CENTER OF MONTGOMERY COUNTY  
**COMMUNITY CHAMPIONS GALA**

**CASINO NIGHT**

THURSDAY, APRIL 27, 2023  
SIX O'CLOCK IN THE EVENING

*Cedarbrook Country Club*

180 PENLLYN PIKE, BLUE BELL, PA 19422



sham, Lower Moreland, Lower Gwynedd, Montgomery, Upper Gwynedd, Upper Moreland, Upper Southampton, Warminster and Warrington Townships.

Maria is a lifelong advocate for people in need. She began her career as an attorney representing the interests of children victimized by abuse and neglect as a Deputy Attorney General in Camden County, New Jersey. She then transitioned to a career in nursing, where she worked at the bedside as a Level I trauma nurse, in pediatric home health and in long term care working with aging adults. Most re-

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## 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.

## Community Champions Gala

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cently, Maria worked as a nurse educator, helping other nurses understand how to administer Medicaid programs.

From a young age, the values of hard work, integrity and humility were instilled in Maria by her Greek immigrant father who came to the U.S. to earn a Ph.D. in Economics and by her mother, who rose from a disadvantaged childhood to become the first member of her family to graduate from college. Maria has a BA in English Literature

from the University of Maryland at College Park, a JD from Rutgers University School of Law and a BSN from Drexel University.

As a senator, Maria is committed to making sure Pennsylvanians have clean, safe drinking water and access to quality, affordable healthcare. Maria is also passionate about making sure we have fair elections, common sense gun safety legislation, and an economy that works for all Pennsylvanians.

Proceeds benefit the Senior Adult Activities Center of Montgomery County.

Purchase tickets online at [montcosaac.org](http://montcosaac.org).

## 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 impor-

tantly, 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 second-hand 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.

With **March** already at our heels, we

know daylight savings time comes to an end, and spring begins. A sneak peak of what's ahead:

3/14 10:30 Medicare Basics with K. Kovac

3/15 10:30 Teri Wassel is back with Nutritious cooking Demonstrations.

3/17 St Patrick's Day

3/21 12:00 Al Grout Magician Comedian & Juggler will be surely captivate us

3/28 10:30 Sexual Wellness series with Main Line

3/22 Ramadan Begins

**April** brings a few Religious Observations, Easter and Passover and of course, showers for our flowers. We will be busy this year weeding and planting.

Our very own **Pat Mackenzie** (Associate Director) with her husband Scott Mackenzie will be doing armchair travels, they have traveled the world for quite some time now, and enjoy sharing their experiences with us all.

We will also have the pleasure of hosting, not one but two cooking demonstrations.

4/12 10:30 Jena Wood from Giant Food Store

4/21 12:30 Kisha from Einstein

## Ambler

### Fitness

Our recently added Zumba with Nancy is a big hit every Tuesday at 11am. We offer Tai Chi twice a week with Darrel Monday at 10am and Thursday at 11am. If you prefer a chair class, we offer Full Body Chair Pump on Monday at 10am with Gisele and Chair Aerobics with Diane on Friday at 10:30 am.

### Activities

We'll be taking a trip to the **Stoogeum Museum** in March. The members will get to see three floors fully dedicated to all things Three Stooges.

**Ladi Icon Beauty Academy** will be coming out to treat our members to a spa day

The first Friday in March the **Price is Right** at MontcoSAAC! A twist on the classic game show

**Movie and a snack** every Thursday

**Gardens and Habitat** will teach you how to have a green thumb and you'll go home with flowers or a plant

**Bingo** every Monday, Wednesday and Friday 10am-12pm

**Card sharks** gather for a challenging game of pinochle with our pinochle champion Dolores Jones and friends

In **March** we will do **Armchair Travel**, a fun way to learn about the tunnels of Moscow without traveling halfway across the world

We will be working with a Physical Therapist to **improve handwriting skills**. Learn how to massage and stretch your hands and fingers. Over the course of several weeks, we will see how our handwriting skills change.

In **April** we will be taking a fun trip to a local restaurant for lunch

## Medicare Questions?

Don't Go It Alone!



Call Jim Malone  
Licensed Independent Agent

**215-783-0560**



## CAPABLE/SAFE HERE Update

**Kristen Konieczki**

I did a site visit last week for one of our CAPABLE participants. Ms. H has been one of our Meals on Wheels clients since 2018, so I have known her for a few years. She has struggled with functionality while aging in her home and faced many roadblocks in accessing care. She was the first person I invited to participate in our CAPABLE program.

One of the most unique parts of CAPABLE is that the participant chooses their own goals to accomplish, 3 goals with the Occupational Therapist and 3 goals with the Registered Nurse.

Ms. H is working towards increasing safety in doing laundry, increasing safety with climbing the stairs to the bathroom, and navigating her sleeping situation with the main floor recliner.

A big piece of this program is incorporating a handyperson to install or replace accessibility devices. Our wonderful handyperson, Mads Glasco, was able to help with so many tasks at Ms. H's house. Some of the tasks included installing a handrail, repairing locks on the doors, installing CO2 smoke detectors, strategically placing nightlights, connecting a Ring doorbell, and more. I arrived at the home as Mads had reconfigured the recliner. Ms. H was so overjoyed because she finally had a safe, comfortable, and functioning recliner! She said, "Even if all Mads did today was fix this chair, it's changing my life."

After being an overnight nurse for decades, Ms. H is often only able to nap in her chair throughout the day. The lift feature of the recliner signifi-

cantly decreases the fall risk and stress of navigating in and out of the chair. Ms. H will have a few more visits from the OT and RN to continue making progress towards her goals. She is working with the RN to find a primary care doctor appropriate for her needs. I cannot wait to see the progress Ms. H continues to make in her home.

While CAPABLE is an incredible program, Montco SAAC has been able to make it even sweeter with a fund started by a donation from the Ambler Rotary. The SAFE HERE fund was created to provide small home repairs, appliance replacement, and more to our Montco SAAC community. Within a

week of receiving this funding, Montco SAAC was able to partner with Gerhard's Appliance of Glenside to replace a nonfunctional refrigerator for one of our treasured volunteers.

Pairing these two programs has allowed us to provide a much larger scope of service to those we are serving. It's truly amazing how seemingly small repairs to a home can greatly affect the ability to age in place. If you are interested in helping build the SAFE HERE fund for future home repairs and appliance replacement, you can delegate your donation to Montco SAAC directly to the SAFE HERE fund.

## Tips to Plan for Phased Retirement

Transitioning into phased retirement can be both exciting and daunting! To help make the process easier and less stressful, here are some key tips:

Establish a plan of action that outlines your retirement goals, budget, and timeline. This will help you to stay on track and make informed decisions.

Phased retirement is an increasingly popular option for those nearing retirement age who want to ease out of work but still remain active in their careers. It is important to understand the rules and regulations that apply to phased retirement in order to ensure a successful transition.

First, the employer and employee must agree to the terms of the phased retirement agreement. This should include the hours per week that the employee will work and the corresponding salary reduction and retirement benefits.

Second, the employee must have reached the minimum age requirement

for phased retirement, which is typically 62 years old.

Third, the employee must have worked at the same employer for at least 10 years prior to entering into a phased retirement agreement.

Fourth, the employee must complete an annual certification process to verify that they are still eligible for phased retirement.

Finally, the employer and employee must adhere to all applicable laws and regulations, such as the Age Discrimination in Employment Act and the Fair Labor Standards Act.

Consider working with a financial advisor to help you create a plan and make sure you are making the best decisions for your retirement.

A financial advisor can be a great resource for retirees looking to secure their financial future.

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## *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](http://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](mailto:sedgren@montcosaac.org)

**Danielle Charry**  
215-619-8863  
[dcharry@montcosaac.org](mailto:dcharry@montcosaac.org)



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*Please contact Fawn Rupp or Carol Frawley for more information*

**732.303.3100**

**[www.Brandycare.com](http://www.Brandycare.com) • 1-877-4BRANDY**



## ART4ME | MARCH/APRIL 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](mailto:jfinch@montcosaac.org)

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

### March 2023

#### Art Viewing – Great Artists Who Happen to be Women

N: March 3 Virtual: March 3 A: March 6

#### Art Making: Create a pastel of your favorite lady.

N: March 3 Virtual: March 8 A: March 7

#### Art Viewing – Famous Works

N: March 10 Virtual: March 10 A: March 13

#### Art Making: Create a study or a parody of your favorite masterpiece, with colored pencils or markers.

N: March 10 Virtual: March 15 A: March 14

#### Art Viewing – Celebrating the Art of Ireland

N: March 17 Virtual: March 15 A: March 20

#### Art Making: Turn your initials into art with mixed media.

N: March 17 Virtual: March 22 A: March 21

#### Art Viewing – The Cityscape

N: March 24 Virtual: March 24 A: March 27

#### Art Making: Create a collage of your favorite city with mixed media.

N: March 24 Virtual: March 29 A: March 28

#### Art Viewing – The Landscape

N: March 31 Virtual: March 31 A: April 3

#### Art Making: Create a pastel of your favorite landscape.

N: March 31 Virtual: April 4 A: April 4

### April 2023

#### Art Viewing – Spirituality in Art

N: April 7 Virtual: April 7 A: April 10

#### Art Making: Create a mandala of your preferred mode of spirituality with mixed media.

N: April 7 Virtual: April 12 A: April 11

#### Art Viewing – Still Life; Old & New

N: April 14 Virtual: April 14 A: April 17

#### Art Making: Create an acrylic still life painting on canvas board.

N: April 14 Virtual: April 14 A: April 17

#### Instructor is away: April 19 – April 26

#### Art Viewing – Spring Time in Art

N: April 28 Virtual: April 28 A: May 1

#### Art Making: Sculpt a bouquet with tissue paper and pipe cleaners.

N: April 28 Virtual: May 3 A: May 2

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.



## Tips for Phased Retirement

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They can help you develop a retirement plan, as well as provide guidance on investments, budgeting, and estate planning.

They can also help you understand the tax implications of retirement, and ensure that you have the necessary funds to meet all of your retirement needs.

Additionally, they can provide advice on potential sources of retirement income and help you create a portfolio that will ensure your financial security in the years to come.

Ensure that you have enough money saved to comfortably transition into retirement and make sure you are taking full

advantage of any tax incentives that may be available to you.

Saving for retirement is one of the most important things you can do for your future financial security. Here are a few tips for getting started:

**Make a plan and set a goal.** Decide how much you want to save each month and how much you need to have saved by retirement.

**Open a retirement account.** Choose an account that best fits your needs and preferences, like a traditional or Roth IRA, 401(k), or other retirement plans.

**Automate your savings.** Set up automatic transfers from your checking account to your retirement fund each month so you

don't have to think about it.

### Take advantage of employer matching.

If your employer matches your contributions to a retirement plan, make sure you're contributing enough to maximize the match.

**Build an emergency fund.** Having a separate emergency fund to cover unexpected expenses can help you avoid dipping into your retirement savings.

**Invest strategically.** Consider investing in a diversified portfolio of stocks, bonds, and other investments that can help your money grow.

By following these steps, you will be much better prepared for a successful transition into phased retirement.



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

## Time Dated Material March/April 2023

### From Our Director, Whitney Lingle



#### A Word from Whit

Hello from the Montco SAAC Team!

Spring is quickly approaching and it's so nice to see the first signs of birds returning and flowers blooming. There are some crocuses in my neighborhood that my dogs find fascinating as we walk through the sidewalks surrounding our home. At our centers, fresh new programming is also blooming as our team works to bring interesting topics and activities to life.

I'm excited to see the latest crop of Art4Me pieces as

participants illustrate the world around them. I love to hear the dance steps and drum beats of our fitness classes as I write grants and work on our strategic plan. There are some exciting things on the horizon for Montco SAAC including a new Norristown location, more intergenerational programs, dedicated greenspace for outdoor activities, and more.

I hope to see you around our centers as we welcome spring with open arms.

Cheers,

*Whit*