

Live Full. Live Well. Live Long.



MONTCO
SAAC

Norristown • Ambler

Volume 31, No. 6 November/December 2022

Thank you for Making Outrunning Senior Hunger a Success



On Saturday, December 15, 2022, the Senior Adult Activities Center of Montgomery County invited the public to participate in the 12th Annual Outrunning Senior Hunger 5K and Fun Mile. Participants competed with others by completing a 5K race (3.1 miles) or fun mile (1 mile).

All proceeds from the event will benefit the Senior Adult Activities Center of Montgomery County helping seniors in your community receive the Meals on Wheels and friendly visits from volunteers that they desperately need.

To learn more about Outrunning Senior Hunger visit <https://www.montcosaac.org/osh>



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.

Message from Board President Richard Schulman



Another calendar year is too quickly coming to a close. I will share some of the goals that our great organization is trying to achieve going forward as we support all ages of seniors. However, first I want to share some of our accomplishments.

We have over 300 volunteers that deliver over 16,600 meals through the Meals on Wheels program in much of Montgomery County each year. It sounds great and it is! We strive to provide healthy, nutritious meals to our seniors. We also provide a huge list of in-person and online activities for all people and fantastic art programs.

However, to continue to attract people to our mission and provide our many services, we need spaces that are welcoming and allow for growth of the senior center and to develop even healthier and customizable meals. We are embarking on a major fund-raising campaign goal to raise the funds to

provide a more robust, friendly, open environment to attract all seniors.

We always are seeking new opportunities for assisting seniors and we are rolling out a new program to support people aging in place by aiding individuals with a registered nurse, occupational therapist, and other accessible healthcare in Montgomery County. We are launching the CAPABLE program developed by Johns Hopkins School of Nursing to assist this effort. Be on the lookout for more information about this new exciting program.

Please join me and our fantastic group of employees, volunteers, and board members in supporting our great organization in any way you can with donations, volunteering, or memorial donations.

We are happy to meet and/or talk to you about how you can support our organization and help us continue to provide the services our seniors need and appreciate. Please call us at 610-275-1960 or email at info@montcosaac.org or contact us via our website (MontcoSAAC.org) and we will respond to you as quickly as possible.

It's Time to Think About Your IRA Charitable Rollover



"Finding Joy in the Age of the Pandemic," was created by our member, Angela Ngai, during a virtual Art4Me class at the Art Center at Ambler. Acrylic paint on watercolor paper, 2021.

The IRA Charitable Rollover provides you with an excellent opportunity to make a gift during your lifetime from an asset that would be subject to multiple levels of taxation if it remained in your taxable estate.

To qualify You must be age 70½ or older at the time of gift.

Transfers must be made directly from a traditional IRA account by your IRA administrator to Montco SAAC. Funds that are withdrawn by you and then contributed do NOT qualify. Gifts from 401k, 403b, SEP and other plans do not qualify.

Gifts must be outright. Distributions to donor-advised funds or life-income arrangements such as charitable remainder trusts and charitable gift annuities do not qualify.

Benefits — qualified charitable distributions

- ◇ Can total up to \$100,000.
- ◇ Are not included in your gross income for federal income tax purposes on your IRS Form 1040 (no charitable deduction is available, however).
- ◇ Count towards your required minimum distribution for the year from your IRA.

To learn more visit montcosaac.org/ira

Montco SAAC's Art Center at Ambler



The Art Center at Amber (ACAA) at Montco SAAC provides professional, inclusive access to art resources, education and community to intergenerational audiences throughout Montgomery County.

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, visit www.montcosaac.org/classes-ambler-art-center.



ART CENTER
AT AMBLER

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

Become a Member / Renew Your Membership

Montco SAAC is the community focal point where aging adults and their families find support, guidance, educational and social programs to help navigate life transitions and continue to be active, creative, healthy and engaged in the community through our three Meals on Wheels programs, two senior centers, and inter-generational art center.

All Montco SAAC members can take advantage of our special events, discounts and activities offered at both Centers. An annual membership for people 50 years of age or better is a donation of \$30. Couple Membership is \$40; couple membership is for two people, at least one of who is age 50 or better, and who reside at the same address. Your membership is good at either of the two centers: Norristown and Ambler.

Lifetime Membership

By choosing to become a Lifetime Member, you are giving a truly important gift to the Center. Each donation from a Lifetime Membership is placed in a special endowment fund. Your donation grows each year and enables the Center to use your gift year after year to continue the many important classes, activities, socials, card parties and exciting trips for members.

Never pay annual dues again or worry about membership price increases

Take advantage of all special events, discounts, and activities offered by the Center

Join other Lifetime Members in supporting the Center

Business Membership

Here are some of the benefits that you will enjoy as one of our Business Members. Dues are \$300.00 per year and include:

Business card size ad in our bi-monthly newsletter (six times each year);

Our bi-monthly newsletter;

Referrals from our Outreach Department.

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

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

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



BRANDYWINE LIVING

at Senior Suites

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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 | NOVEMBER / DECEMBER Art4ME TOPICS

The Art4Me program offers in-person classes and virtual classes.

December 2022

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

November 2022

Instructor is away October 28 - November 13, 2022.

Open Studio - Come and finish an artwork, or start a new one!
Virtual: November 16 A: November 14th & 15th

Art Viewing - Scenes of Bounty
N: November 18 Virtual: November 18 A: November 21

Art Making: Create an acrylic harvest still life on canvas board.
N: November 18 Virtual: November 23 A: November 22

Centers Closed November 24th & 25th. Have a Beautiful and Safe Thanksgiving.

Art Viewing - Native American Art

N: December 2 Virtual: December 2 A: November 28

Art Making: Create your pictorial history with colored pencils and paper.

N: December 2 Virtual: November 30 A: November 29

Art Viewing - Famous Prints

N: December 9 Virtual: December 9 A: December 5

Art Making: Design and carve your printing plate.

N: December 9 Virtual: December 7 A: December 6

Art Viewing - Scenes of Winter in Art

N: December 16 Virtual: December 16 A: December 12

Art Making: Create a winterscape with acrylics on canvas board or an ornament.

N: December 16 Virtual: December 14 A: December 13

Art Viewing - The Mystery of a Masterpiece, Nova video
Ambler only: December 19

Art Making: Using layers in paint with acrylics.
Virtual: December 21 A: December 20

Centers closed December 23rd & December 26th. Happy Holidays!

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

N: December 30 Virtual: December 28 A: December 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.



It's Time for Open Enrollment

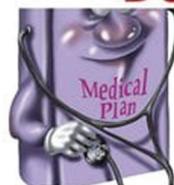
Looking for 2023 health coverage?

Don't miss out on affordable health care coverage for 2023. Your health is important. That's why Keystone 65 offers you opportunities to get affordable health coverage. With the largest network of doctors and hospitals in the region, Independence Keystone 65 remains committed to providing you with the peace of mind that comes with an Independence card.

To learn more about your options contact Jim Malone at 215-783-0560.

Medicare Questions?

Don't Go It Alone!



Call Jim Malone
Licensed Independent Agent

215-783-0560



Norristown Center
MONTCO SAAC
536 George Street
Norristown, PA 19401

Time Dated Material November / December 2022

From Our Director, Whitney Lingle



A Word from Whit

Hello!

Happy holidays!

It seems like October just blew by with school back in full swing and the senior centers busy with everything from tai chi to watercolor.

Team Montco SAAC is getting ready for a critical season of giving making sure those we serve have what they need and also preparing to engage and thank all the generous donors who think of us this time of year for a gift that helps us continue our innovative and effective services.

Hopefully you've already gotten your flu shot and a bivalent booster for COVID, but if you haven't, there is still time.

Call your primary care physician to set an appointment. It's cold and flu season on top of the ongoing pandemic so it makes sense to continue wearing masks when out and about and keep your hands sanitized!

I wish you a magical season of some (not too disruptive) snow and maybe a hot cup of cocoa.

Warmly,

Whit

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