



**MONTCO  
SAAC**

Norristown • Ambler

Volume 30, No. 2 May/June 2021

Live Full. Live Well. Live Long.

## Volunteer of the Month

### Ali Sherbiny



Ali has been nothing short of incredible to our Norristown Meals on Wheels program during this entire pandemic. He found us right away when

the world shut down – the first day of the shut-down actually – and he has been here ever since! He has dedicated himself to delivering to our seniors multiple times a week, at first just filling in wherever and whenever was needed, and now he is delivering two times a week, every week! Ali is very familiar with Norristown, through his work with a local property group, so he could take on any route that was thrown at him. Now that he comes in consistently to cover his favorite route, Ali knows his route like the back of his hand. Sometimes he even brings his dog with him in the car, only the greatest partner ever! Ali knows the importance of the social interaction side of our deliveries, so he has always been a strong advocate for more delivery days verses less. His mind is always on uplifting the well-being of our seniors! He even signs himself up for other social opportunities to make more connections with seniors, like through senior wellness buddy programs. Ali always has a smile on his face, and he always brings high energy to his delivery days. We can always count on

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## Corks & Forks: Have You Gotten Your Tickets?

We are just days away from Montco SAAC's spring fundraiser, Corks & Forks, which will be held on May 13th at 6 PM. Events like these help ensure continued services for all who count on Montco SAAC's social services, Meals on Wheels programs, and the Art Center at Ambler.

Help us meet our goal of raising \$15,000!

Due to COVID-19 safety concerns, this year's Corks & Forks fundraiser will be held virtually, with chef and bartender demonstrations from local favorites like Gypsy Blu, Five Saints Distilling, and Weavers Way giving us a behind the scenes look at their most popular dishes and drinks. We'll also have performances by local musicians as well as a silent auction which includes a round of golf at Blue Bell Country Club! You'll be

able to view the event and take part in the auction from the comfort and safety of your own home.

Many thanks to our Essential Advocate Sponsors (\$5,000) United Healthcare and Conicelli Family Three Little Angels Foundation, our Social Impact Innovators Sponsors (\$3,000) Conicelli Autoplex, Ambler Savings Bank, Silas Bolef Company, and Acts Retirement Life Communities, our generous contributor Sponsor (\$2,500) WSFS Community Foundation, and our Trail Blazers Sponsors (\$1,000) Einstein Healthcare Network, and TransNet. We couldn't do what we do without you!

For tickets, visit [montcosaac.org](http://montcosaac.org) or call 610-275-1960.



## ACAA's Mentorship Program

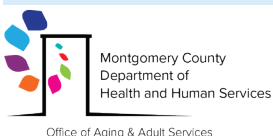


Announcing a new program to bring adult LGBTQ+ people to mentor those youth who are LGBTQ+. We

are looking for adults who are interested in the arts to form mentorships for youth who may be exploring their identity and seeking community. You do not need to be a professional artist. You do need to have an active interest in creating visual arts.

The group will take workshops together once a month to explore different virtual arts mediums.

This program will start with a kick off series of interviews with successful, professional artists from the LGBTQ+ community. This will be a live, virtual event coming in May. If you or someone you know is interested either as a mentor or a mentee, please send an email or call JoEllen Christenson, ACAA Director [joellen@montcosaac.org](mailto:joellen@montcosaac.org) / 267-436-2522.



**\*\*Montco SAAC now offers a digital newsletter. To join our e-mail distribution, e-mail [mbuckminster@montcosaac.org](mailto:mbuckminster@montcosaac.org) or call 610-275-1960\*\***

[www.montcosaac.org](http://www.montcosaac.org) • 610.275.1960

## 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.

## Real Talk with Board President, Richard Schulman



As we get closer to the so-called herd immunity in our great country, there is such hope and passion for what we can do. BUT we still need to follow the CDC guidelines of wearing masks and social distancing. We're on the cusp but not quite there yet. Hang in there everyone.

I write this today in early April on a spectacular spring day. You couldn't ask for better weather and I'm enjoying the day. It's so great to be doing things outdoors and seeing all of the flowers and trees beginning to sprout.

I am flying to California soon and I am scared, but I can't wait to see my son. I'm nervous about flying on what will undoubtedly be a full airplane, I've had my 2 vaccines and will be very careful. Wish me luck – my wife and I have not seen our son in about a year and a half.

Stay safe, healthy, and be careful and

continue to do this for our good as well as everyone else. I've been saying that almost every newsletter since I've become President of the Board of Directors!

Please do not forget to watch our Virtual Corks & Forks fundraiser on Thursday, May 13th at 6:00 PM. There will be some great chef and bartender demonstrations, musical guests, and a silent auction. Please donate as much as you can and bid on some great auction items. It's for our seniors, all we do is always for our seniors. Thanks, and have a great week and month! We hope our centers can be open soon.

## An Update on Montco SAAC's Board of Directors

Things have been moving fast with the Board over the last 6 months. Board President, Richard Schulman, has been posting his updates in each newsletter, but we're also in the process of creating our next strategic plan. Strategic plans help set the course for the coming years and serve as a living document for board and staff to refer to as they make decisions day-to-day.

We also have several new members:

**Sonya Sanders** is a Norristown City Counselor and longtime Norristown resident. Her mom participated at Montco SAAC and Sonya volunteered with us for years before joining the Board. Her experience and knowledge of the community has been a helpful addition.

**Andrew Fiorenza** is a CPA. His broad finance background is proving helpful as he joins us on the strategic planning committee.

**Zak Pyzik** is a communications specialist and also serves on the boards of Transnet and ElderNet. His interest in senior services and experience working with the press is a fantastic help.

**Michelle Berk** is an elder law attorney and longtime supporter of Montco SAAC. You might know her from one of her many presentations at the senior centers on legal issues facing older adults.

**John Fennell** is a longtime public servant currently working with a local elected official. He started his journey with Montco SAAC doing public outreach and has also assisted us with grants.

**Hani Zaki** is an epidemiologist who currently runs his own consulting firm. His expertise has been invaluable as we've navigated the pandemic and the necessary changes to keep everyone safe.

If you have any questions about board service feel free to reach out to Executive Director, Whitney Lingle at [execdir@montcosaac.org](mailto:execdir@montcosaac.org) or Board President, Richard Schulman at [boardpresident@montcosaac.org](mailto:boardpresident@montcosaac.org).

## Speaking with Susan Director of Health & Wellness

Hi Montco SAAC Family!



It is spring and things are looking up with the weather and the availability of vaccinations! I am going to lead off with vaccination information, so if you already have that taken care of, **CONGRATULATIONS!**

Preregistration for the County list for vaccinations is available here:

<https://veoci.com/veoci/p/form/n8e5ry45jw8y#tab=entryForm>

If you do not have computer access or do not feel comfortable registering yourself, help is available! Call the volunteers at the County Hot Line, 833-875-3967. At this point they are preregistering you and calling back when your name comes up on the list. By the time you get this they will hopefully, have switched over to making the appointment at the time of the first call!

Other preregistration lists are available covering other locations. If you wish to explore these options or are having problems with any of the above contacts, contact me at 610-275-1960 ext. 122.

TransNet transportation is available to the County Vaccination locations for registered TransNet riders. Call 215-542-7433 to make arrangements. To become a registered rider, fill out the application at

[https://3a8c57b4-c399-400e-8ff2-e3f6be4c13a2.filesusr.com/ugd/749c2f\\_d5feb0333b2046bc877a5a35887bc094.pdf](https://3a8c57b4-c399-400e-8ff2-e3f6be4c13a2.filesusr.com/ugd/749c2f_d5feb0333b2046bc877a5a35887bc094.pdf) and submit with proof of age.

People living in Montgomery County who have experienced a COVID hardship and are in need of rent and/or utility assistance should call 2-1-1 or text your zip code to 898-211 or contact either:

**ACLAMO** by calling 610-277-2570  
**Family Services of Montgomery County** by calling 610-630-2111 x235.

For income tax assistance, call CAD-COM. They are providing VITA services. To schedule an appointment, call 610.277.6363, ext. 115 (limited hours).

## WISE (Wellness Initiative for Senior Education)

**First time at Montco SAAC!**

The WISE Program is a wellness and prevention program targeting older adults, which is designed to help them celebrate healthy aging, make healthy lifestyle choices and avoid substance abuse. It provides valuable educational services to older adults on topics including medication misuse and man-

agement, stress management, depression, and substance abuse. WISE helps prevent high risk behaviors through education.

The six-lesson curriculum is facilitated by trained prevention specialists once per week over a six-week period. Each lesson is an hour and a half long and will be offered in our regular Zoom program Monday mornings May 17 through June 28 from 10:30 to 12 noon. During the lessons, participants enjoy interactive exercises that include small group discussions and projects. Contact Susan or Michele to register!

Join us on weekdays on Zoom for virtual programming. To join our Zoom programs contact [sedgren@montcosaac.org](mailto:sedgren@montcosaac.org) for details.

#### Monday

9:00 a.m. – Morning Stretch

9:30 a.m. – Dance Aerobics with Rodger

10:30 a.m. – Dealing with Difficulties with Danielle

11:30 a.m. – Armchair Travel

12:30 p.m. – Lunch Bunch (bring a sandwich and visit with other lunchers!)

#### Tuesday

9:00 a.m. – Morning Stretch

9:30 a.m. – Young at Heart with Rodger

10:30 – 11:15 a.m. – Yoga with Laurie

11:15 a.m. – Who, What, When?

11:30 a.m. – Various Educational Programs

12:30 p.m. – Lunch Bunch

1:00 p.m. – Bingo!

#### Wednesday

9:00 a.m. – Morning Stretch

9:30 a.m. – Chair Zumba with Rodger

10:30 a.m. – Tai Chi with Darrel

11:30 a.m. – Various Educational and Entertaining Programs

12:30 p.m. – Lunch Bunch

1:00 p.m. – Garden and Habitat Club

#### Thursday

9:00 a.m. – Morning Stretch

9:30 a.m. – Young at Heart with Rodger

10:30 a.m. – Dealing with Difficulties with Danielle

11:30 a.m. – Zumba Gold with Nancy

12:30 p.m. – Lunch Bunch (bring a sandwich) and play Trivia

1:00 p.m. – Bible Study with Minister Joyce Elliott

#### Friday

9:00 a.m. – Morning Stretch

9:30 a.m. – Yoga with Elizabeth

10:30 a.m. – Art 4 Me

11:30 a.m. – Various Educational Programs and Games

12:30 p.m. – Lunch Bunch (bring a sandwich and visit with other lunchers)

1:00 p.m. – Around the Piano with Larry (every other week!)

### The Dish with Deidre Program Coordinator at Montco SAAC Ambler



Greetings Members!

Happy May. I love Spring (minus the allergies). I hope this message finds you and your family well.

I would like to continue to encourage you to join our online Zoom programming. Please call us at 215-619-8863 for instructions on how to get connected. The online Zoom programming runs Monday through Friday 9am-1pm.

We are slowly taking steps to eventually open our doors again. We will surely let you know when we do. Most of the staff at Montco SAAC has received, or is in the process of getting our vaccinations. We have also been receiving word that a good majority of our members are doing the same. Please let us know if you are having issues getting registered to receive your vaccination. We may be able to help.

## Directions for Connections

The PA Council on Aging hosted, and Norristown Program Coordinator, Michele Ross, presented at Pennsylvania's first ever Social Isolation Symposium. The PA Council has been working on the growing issue of social isolation among older adults. It featured nationally known speakers that focused on how to get older adults engaged, ensuring their continued health and wellbeing.

This symposium was presented to individuals who work with and care for older adults and the public. It was a two-day event with over 600 attendees. There were over twelve workshop sessions to choose from. Some topics included how to prevent social isolation among LGBTQ+ older adults; supporting seniors to stay healthy during a pandemic; staying social in a socially distanced world; and getting seniors online.

Social isolation is strongly related to poor health. With the forced isolation, PCOA has been looking at how we can face this issue during the pandemic and after. One of the goals of this event was to give hope. Hope that the exchange of ideas and resources will fuel creativity, collaboration, and ultimately more connections for older adults.

The PCOA serves as an advocate for older adults. They advise the Governor and the Department of Aging. The

Council is made up of 21 volunteers, the majority are required to be age 60 or older. They are nominated by the Governor and approved by the Senate. Check out their site for resources. <https://www.aging.pa.gov/organization/pa-council-on-aging/Pages/default.aspx>

## Something to Keep in Mind with Warmer Weather on the Horizon

### Leslie Wilson Ambler Site Manager



So let's review the basics of dehydration in older adults, and what's known about helping older adults stay hydrated.

#### What is dehydration and what causes it?

Dehydration means the body doesn't have as much fluid within the cells and blood vessels as it should.

Normally, the body constantly gains fluid through what we eat and drink, and loses fluid through urination, sweating, and other bodily functions. But if we keep losing more fluid than we take in, we can become dehydrated.

If a person starts to become dehydrated, the body is designed to signal thirst to the brain. The kidneys are also supposed to start concentrating the urine, so that less water is lost that way.

#### Why are older adults at higher risk for dehydration?

Unfortunately, the body's mechanisms meant to protect us from dehydration work less well as we age. Older adults have reduced thirst signals and also become less able to concentrate their urine.

Other factors that put older adults at risk include:

- Chronic problems with urinary continence, which can make older adults reluctant to drink a lot of fluids
- Memory problems, which can cause older adults to forget to drink often, or forget to ask others for something to drink
- Mobility problems, which can make it harder for older adults to get something to drink
- Swallowing difficulties

Dehydration can also be brought on by an acute illness or other event. Vomiting, diarrhea, fever, and infection are all problems that can cause people to lose a lot of fluid and become dehydrated. And of course, hot weather always increases the risk of dehydration.

Also, older adults are more likely to be taking medications that increase the risk of dehydration, such as diuretic medications, which are often prescribed to treat high blood pressure or heart failure.

## Connecting Seniors with the Safety Net

Team Montco SAAC received an exciting new grant this spring to help connect older adults with technology, provide training, and help get tablets and wi-fi to those who need them.

The grant is a collaborative project funded by the HealthSpark Foundation. HealthSpark has been working hard over the last several years to build a stronger network of safety net services in Montgomery County. Safety net services include everything from social services and nutrition assistance like Montco SAAC provides to housing assistance, shelters, food pantries, and more.

The project Montco SAAC is working on starts with a survey process that

began in April. We are working with several other county-funded senior centers including PALM in Ardmore, The Open Link, Generations, and Peak.

We are also working with an organization called Generations Online who help train seniors to use unfamiliar technology. This project will be a nice complement to the technology training recently offered by RSVP. It's especially important for our services because technology can help reduce isolation while people are staying home due to COVID.

For senior center staff, so much of the work we do to help people comes from interacting at the centers. By connecting online we are maintaining those connections. Another benefit of people getting comfortable with this technology is that they are then also more

likely to stay connected to friends and family.

The \$30,000 grant will help fund the training and staff costs associated with the program as well as provide funds for hardware for those in need. If successful, we hope to grow the project over time.

### Volunteer of The Month

**Ali Sherbiny**

*(continued from page 1)*

him for a good conversation – and a nice compliment too! Our Meals on Wheels programs is so lucky that Ali found us, and even luckier than he has been a part of our team for well over a year now.

Thank you, Ali, for being a top notch volunteer every day!



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## ART4ME | MAY AND JUNE Art4ME TOPICS

### Art4ME in Norristown - Time and Location

Art4ME – Viewing (Community Rm) Fridays 10:15 AM  
 Art4ME – Making (Art Room) Fridays 12:15 PM

### Art4ME Ambler - Time and Location

Art4ME – Viewing (Art 4 Me Room) Mondays 10:00 AM  
 Art4ME – Making (Art 4 Me Room) Tuesdays 10:00 AM

**For everyone's safety, 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!

**Ambler art making group meets at 1:00 PM every Tuesday, via zoom.**

**Meeting ID: 812 1238 3183, Password: Art4ME20**

**Norristown art making group meets at 1:00 PM every Thursday, via zoom.**

**Meeting ID: 836 1754 6471, Password: Art2020**

### May

The following listing is for a possible re-opening. This is subject to change. If unable to meet in person, all presentations will be conducted Friday mornings at 10:30 through the Virtual SAAC site.

Art Viewing – Animals in Art  
 N: May 7, 2021 A: May 3, 2021

Art Making: Create a work of art of your favorite animal with your preferred medium.  
 N: May 7, 2021 A: May 4, 2021

Art Viewing – Politics in Art  
 N: May 14, 2021 A: May 10, 2021

Art Making: Using mixed media, create your own political artwork of a cause that is important to you.  
 N: May 14, 2021 A: May 11, 2021

Art Viewing – Spirituality in Art  
 N: May 21, 2021 A: May 17, 2021

Art Making: Create a mandala of your favorite form of spirituality with mixed media.  
 N: May 21, 2021 A: May 18, 2021

Art Viewing – Visions of Light  
 N: May 28, 2021 A: May 24, 2021

Art Making: Using graphite or charcoal create a work using light and shadow.  
 N: May 28, 2021 A: May 25, 2021

### June

Art Viewing – Celebrations in Art  
 N: June 4, 2021 A: June 7, 2021

Art Making: Create a work of art of your favorite celebration with your choice of medium.  
 N: June 4, 2021 A: June 8, 2021

Art Viewing – Great Portraits  
 N: June 11, 2021 A: June 14, 2021

Art Making: Create a portrait with charcoal and or pastels.  
 N: June 11, 2021 A: June 15, 2021

**Center Closed in honor of Juneteenth June 18th.**

Art Viewing – Flora and Fauna in Art  
 N: June 25, 2021 A: June 21, 2021

Art Making: Create a watercolor showing an animal in their environment.  
 N: June 25, 2021 A: June 22, 2021



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

## Time Dated Material May/June 2021

### From Our Director, Whitney Lingle



#### **A Word from Whit**

Hello!

I hope this newsletter finds you safe, vaccinated, and enjoying this nice spring weather. We're working hard to continue delivering virtual services while our doors remain closed. They've been going really well and we plan to continue with a hybrid model in the future. You'll be able to participate with Montco SAAC from home and in person once we reopen our doors.

If you're looking for a way to support our programs and services, consider buying a ticket for Corks and Forks! On May 13 we will be streaming an exciting program of music, recipe demonstrations, and some familiar Montco SAAC faces in a celebration of our mission and the people we serve. More information can be found on our website or on Eventbrite when you search Montco SAAC.

Cheers,  
*Whit*