



MONTCO
SAAC

Norristown • Ambler

Volume 31, No. 2 March/April 2022

Volunteer of the Month

Andy Kernitz



We are excited to announce Andy Kernitz as Montco SAAC's Volunteer of the Month! Andy joined Ambler's Meals on Wheels Team in August 2021 as a substitute driver and has been by our side ever since!

After Andy retired from his full-time job, he was in search of something meaningful to do with his spare time. His neighbor works for RSVP, Retired Senior Volunteer Program in Montgomery County and told Andy of their connection to Meals on Wheels. In Andy's direct words, "I decided to try the Meals on Wheels Volunteer Program. I met with Georgene in the Ambler Senior Center and fell in love with her and everyone there and what they were doing to help our homebound seniors. I made the meal deliveries and talked with the people to see if I could help with anything simple like trash or mail. This experience has been very eye opening and now my wife Diane is involved. We look forward to helping."

And helping is an overstatement when it comes to Andy!! Since he started, Andy has delivered meals to over half of Ambler's Meals on Wheels recipients in the Ambler area. He has even assisted in delivering for last minute cancellations. And sometimes we are lucky to have his wife, Diane help us too!

A great part of this is that Andy and Diane are now members at the Ambler Senior Center and enjoy participating in the many classes and activities offered. They have become part of our Montco SAAC family and we could not be more thankful!

Montco SAAC Awarded \$800,000 from the Regina Charitable Fund of the Philadelphia Foundation



The Senior Adult Activities Center of Montgomery County (Montco SAAC) has received \$800,000 from the Regina Charitable Fund of the Philadelphia Foundation. The gift will support Montco SAAC's facility upgrades in Norristown, PA.

Located at 536 George Street, Montco SAAC's Norristown Senior Center offers fitness, education, nutrition, art, and recreational classes, as well as congregate lunches. The Norristown building is also home to one of Montco SAAC's three Meals on Wheels sites. Each year, Montco SAAC's volunteers distribute over 166,000 nutritious meals to homebound seniors in Montgomery County.

"This is a truly transformative gift," said Whitney Lingle, Montco SAAC's executive director. "Like all buildings, our Norristown site has degraded over time. This grant will allow us to upgrade our facilities so that our seniors can enjoy a safe, comfortable, and dignified experience while they socialize with friends and participate in vital health and wellness programming."

The good news comes as a relief after two challenging years.

According to Lingle, the staff at Montco SAAC remained dedicated to keeping in touch with its members, especially during Covid-related closures. Seniors were offered online services and classes, as well as telephone and at-home wellness checks.

"Seniors deserve high-quality care and resources—no matter the circumstances," said Lingle. "Improving our facilities will help us expand our services following a particularly rough period for older adults."

The grant was made possible by the Regina Charitable Fund, a donor-advised fund of the Philadelphia Foundation.

In 2021, the Regina Nursing Home, a 121-bed skilled nursing facility located in Norristown, was sold to a private equity firm. Proceeds from the sale were designated for charitable use. The Philadelphia Foundation manages over 1,000 active funds, partnering closely with its donors to steward investments and maximize community impact.

Montco SAAC expects to begin the process of upgrading its Norristown facilities later this year.

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



I hope I'm not giving away too much by saying I'm old enough to remember the anti-war movement of the 1960's. As war unfolds in front of us, I think about

some of my idols and heroes of those years and things they said that are still so true today related to the needless war going on today.

One is by Mahatma Gandhi who said "I appeal for cessation of hostilities, not because you are too exhausted to fight, but because war is bad in essence." The other quote is from one of the great Americans of my life Dr. Martin Luther King, Jr. who said "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

I hope we all pray for peace, and of

course the total end of the Corona virus and all of its variants.

Montco SAAC recently received a large grant from the Regina Charitable Fund of the Philadelphia Foundation. This is a major accomplishment and we look forward in the coming months to sharing our plans to upgrade our Norristown facility as well as our Ambler location.

This month I'd like to highlight another of our newer Board members – Sheila Stith. Sheila is a dedicated advisor in helping people understand health insurance with a genuine commitment to client needs. She brings over 30 years of experience in the healthcare benefits field with a proven background with Aetna Insurance and expertise in Medicare. She is President/CEO of Stith & Associates Health Insurance Agency and works with many seniors.

Thanks for all you do Sheila, and all of the Board of Directors of Montco SAAC.

Meet Jim Malone!

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



Hearing Aids, all of which can be part

If you missed the Open Enrollment Period, don't worry! There is still time to change a plan—especially if you need Dental, Vision or

of a Medicare Advantage plan. Don't forget that enrolling in a 5-Star Plan can happen all year long. There are also plans that don't require changing anything at all! Don't 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



Hi Montco SAAC Family,

As I write this it has been a month since we closed again, and it already seems like forever! I hope you are all remaining safe and healthy.

We have some wonderful things coming up this spring whether we are in person or on Zoom... or BOTH! I specially want to encourage you to Celebrate Healthy Aging with our WISE program. This is one of the new evidence-based programs offered by our county. It is a wellness and prevention program, which is designed to help seniors make healthy lifestyle choices and avoid substance abuse. It features a different topic each week including medication misuse and management, stress management, depression, and substance abuse. It runs from March 29th to May 3rd. Learning from previous programs we are offering it from 12:30 to 2:30 on Tuesdays so other programming is not impacted. Preregistration is necessary so contact Susan or Marcia to register or for more details!

If you are caring for an older adult and would like to share resources, and connect with like-minded individuals, join Danielle and me for Caregiver Chat either Tuesdays at 10:30 or Thursdays at 7:00! Zoom in at:

<https://us02web.zoom.us/j/2333847717?pwd=bUhnT0FIRVE1WGR0QTdaOVlXbnJwdz09>

Meeting ID: 233 384 7717

Password: Care536!

Good news for those of us who have been struggling to locate Covid tests! Every home in the U. S. is eligible to order 4 free at-home COVID-19 tests. The tests are completely free. Orders will usually ship in 7-12 days. Order your tests now so you have them when you need them, or if you need help contact Susan or Danielle. Here is where to place your order. <https://www.covidtests.gov/>.

Montgomery County offers Free COVID-19 testing for all ages at 5 sites across the county. Registration is open 24-7 (online) at <https://www.montcopa.org/3744/COVID-19-Testing> and appointments can be booked up to four days in advance. Appointments can also be made by calling 610-970-2937. Phone registration opens at 8:30 am and lines will be open until all appointment slots are filled. Montgomery County offers FREE flu and COVID-19 vaccines at all their vaccine clinics. For more information, check out their website at www.montcopa.org/covid-19vaccine.

Grab and Go Meals are available at both Centers. Call and reserve 5 dinners the week before and pick them up the following Tuesday! Call 610-275-1960 or 215-619-8863. For people over 60 the suggested donation is \$2.00. 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 or at <https://www.compass.state.pa.us/compass.web/Public/CMPHome> Help is available for water bills. The Low-Income Household Water Assistance Program is an emergency water assistance program to help families having difficulty paying their water bills. The program was created by the federal government due to the COVID-19 pandemic. Applications will be taken online at www.compass.state.pa.us or the county assistance office. More information is available on the Department of Human Services website. Rent and Tax rebates can be completed at both sites by appointment. Call 610-275-1960 or 215-319-8863.

PA Link & Tech OWL is a partnership offering seniors & individuals living with a disability technology access. They will help access the necessary hardware to fit your needs, a hot spot if necessary, training on technology, and ongoing support. TechOWL will provide an assessment of needs and work with the individual to provide the essentials to enable social interaction with family and friends, access to the Internet, and the ability to connect with telehealth and other important appointments. For Bucks, Chester and Montgomery County residents, contact: Jule Ann Lieberman (800) 204-7428 or (215) 204-5967, ATinfo@temple.edu Self-Determination Housing of PA (SDHP) offers a home modification program. They are accepting applications from homeowners

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Speaking with Susan

(Continued from page 3)

ers over the age of 65 with a goal to remain in their homes and live independently by offering home modifications at no cost to the homeowner. For more information or to request and application, please call (610) 873-9595, option 2 or e-mail homemods@inglis.org. The PACE and PACENET programs serve as lifelines for hundreds of thousands of older adults who need assistance with paying for their prescription medications. PACENET has now increased their maximum income eligibility to: Singles \$33,500, Married \$41,500. Applications are available at <https://pacecares.magellanhealth.com/>. If you are in need of other services, please do not hesitate to reach out to Danielle, me, or one of our interns, Yasmine or Tiana!

Be safe,
Susan

ZOOM SCHEDULE

MONDAY

9:00 am Morning Stretch
9:30 am Dance Aerobics with Rodger
10:30 am Educational Programming
11:30 am Misc. Programming
12:30 pm Lunch Bunch: Bring a Sandwich & Socialize

TUESDAY

9:00 am Morning Stretch
9:30 am Young at Heart
10:30 am Yoga with Laurie
11:30 am Danielle's New Perspectives
12:30 pm Lunch Bunch & Who What When???

1:00 pm Bingo

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
1:00 pm Art Making with Jenny

Contact Jenny @ jfinch@montcosaac.org for login information

THURSDAY

9:00 am Morning Stretch
9:30 am Young at Heart with Rodger
10:30 am Danielle's New Perspectives

11:30 am Zumba Gold with Nancy
12:30 am Lunch Bunch & Trivia

FRIDAY

9:00 am Morning Stretch
10:00 am Yoga with Elizabeth
10:30 am ART4ME: Viewing
11:30 am Drums Alive!
12:30 pm Lunch Bunch

Contact Susan at sedgren@montcosaac.com for login information

COVID-19 VACCINE

FIRST AND SECOND DOSES

12 years of age and over (Pfizer COVID-19 vaccine): Available on a walk-in basis at all OPH clinics. NO APPOINTMENT is necessary. Additionally, the J&J (Janssen) vaccine is also available at all OPH clinics on a walk-in basis to those aged 18 and older.

BOOSTERS

Pfizer, Moderna, and J&J (Janssen) COVID-19 vaccine boosters are available to everyone ages 18 and older. Pfizer boosters are available to those aged 16 & 17. Appointments are required, no walk-ups will be accepted.*

*Appointments for boosters are released one month at a time. If the date you're eligible to receive your booster on falls outside that range, you will not yet be able to make an appointment or receive a booster and should check back later.

THIRD DOSE FOR IMMUNOCOMPROMISED

Pfizer vaccine is available for those 12 years and up and Moderna vaccine is available for those 18 years and up who are immunocompromised. For a list of qualifying condi-

tions, click here. To schedule, you should be at least 28 days from your last dose of COVID-19 vaccine.

Note: Residents attending a County-run clinic for a 3rd dose or a booster dose must bring their CDC vaccination card or a picture of their card on their phone to their appointment. If you have lost your vaccination card, call one of our three health centers for assistance:

Norristown Public Health Center:
(610) 278-5145

Tuesday-Friday from 8am-12:30pm & 1:30-3pm (**Not available on Mondays**)

Pottstown Public Health Center:
(610) 970-5040

Monday, Tuesday, Thursday, & Friday from 8am-12:30pm & 1:30-3pm (**Not available on Wednesdays**)

Willow Grove Public Health Center:
(215) 784-5415

Tuesday-Friday from 8am-12:30pm & 1:30 pm-3pm

Questions about the COVID-19 vaccines or how the vaccination process works? Check out the FAQ page for more details. <https://www.montcopa.org/3671/COVID-19-Vaccine-FAQs>

Happenings

March

3/7, 10:30 a.m.

Cancer Prevention and Early Detection,
Jeraldine Kohut, RN, BS, MA, NHA, Cathedral Village

11:30 a.m.

Maya Angelou

American poet & civil rights activist.
She silenced her voice as a child and
Made it a force in her memoirs

3/14, 10:30 a.m.

**Williamway LGBT Community Center-Ed
Miller Senior Programs Coordinator**

11:30 a.m.

Sonia Sotomayor

A fearless Federal Trial Court Judge,
entered the record book to be the 1st
Hispanic & the 3rd woman to serve in
a high court

3/21, 10:30 a.m.

**Reverse Mortgage-George Dillman
PA Department of Banking and Securities**

11:30 a.m.

Michele Obama

An American attorney & author,
served as the 1st Lady of the United
States from 2009-2017& the 1st African
American to serve in that position

3/28, 10:30 a.m.

**Community Safety-Elizabeth Raum, Office
of Community Information and Education**

11:30 a.m.

Amanda Gorman

A 22-year-old poet who read an
original work at President Joe Biden's
Inauguration and the 1st young poet
laureate of the United States in 2017

April

4/4, 10:30 a.m.

**Injury Prevention and Exercising, Flexibility,
Strength and Balance-Jeraldine Kohut,
Cathedral Village**

11:30 a.m.

Ramadan in America

Since the beginning of times people
have celebrated in many different ways
for many different reasons... so today
we talk about those in America

4/11, 10:30 a.m.

**National Citizen Scientist Month - How
You Can Help**

11:30 a.m.

National Pet Day

Having a pet can increase exercise opportunities,
blood pressure& even Help us manage depression & loneliness by
giving us companionship

4/18, 10:30 a.m.

Fire – Claire Kuzmicki

11:30 a.m.

Earth Day and Arbor Day

As part of earth day and arbor day, we
will take a closer look at 2 countries
known for their Rain forest as tropical
paradise. Panama & Costa Rica.

4/25, 10:30 a.m.

**Cooking for One-Spring Produce – Mary
Robinson, Giant Food Store**

11:30 a.m.

Comedy Hour

Why have a comedy hour... because
laughter stimulates many organs, from
enhancing your intake of Oxygen rich
air, to stimulating your heart/lungs
muscles etc.

AARP Tax-Aide Tax Filing Assistance 2021 Tax Year Appointments

Ambler Senior Adult Activities Center (SAAC)
45 Forest Avenue, Ambler, PA 19002

AARP Tax Assistance will be provided at Ambler Senior Adult Activities Center
by reservation only. Appointments will be scheduled for every **Tuesday**
starting February 8th through April 12th.

To schedule an appointment by Phone:

Call (267) 469-0104. This number is dedicated for Ambler SAAC Tax-Aide Reservations
only. The announcement will be updated to inform when all appointments have become
filled. *When all appointments are filled* for the season the recording will be changed to
advise so.

After the recorded announcement completes, leave a message and provide: your Name and
Your Phone Number.

We will contact you by phone to schedule your appointment. **Please pick up calls from
(267) 469-0104.** If you don't answer you can't get an appointment.

OR you can TEXT to (267) 469-0104 - I can call or text you back.

OR you can email to - TaxaideAmbler@gmail.com

The process is the same as last year. You will need to obtain forms before your
appointment. You will need to fill out forms before you arrive and we will scan your tax
documents. We will schedule you for a second appointment in 14 days to review and
sign your return.

Please note:

**No appointments will be arranged through the staff at Montco SAAC
Ambler.**

**When you receive a call back from (267) 469- 0104
you must answer. Appointments are limited and
you may not be able to get an appointment if we
are unable to reach you.**

Add this number to your phonebook or write it down near your phone.

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

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



BRANDYWINE LIVING
at Senior Suites

Life is Beautiful

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 | MARCH / APRIL 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.

March

Art Viewing - Great Artists Who Happen to be Women - (Virtual)
N: March 4, 2022

Art Making: Create a portrait of your favorite lady with pastels.
Virtual: March 2, 2022

Art Viewing - Sports in Art - (Virtual)
N: March 11, 2022

Art Making: Depict your favorite sport with mixed media.
Virtual: March 9, 2022

Art Making: Transform your initials into a work of art with mixed media.
Virtual: March 16, 2022

Art Viewing - Famous Works
N: March 18, 2022 (Virtual)

Art Making: Create a study of your favorite masterpiece with colored pencils on paper.

Virtual: March 23, 2022

Art Viewing - The City Scape
N: March 25, 2022 (Virtual)

Art Making: Create your favorite city with a mixed media collage.
Virtual: March 29, 2022

April

Art Viewing - Landscapes
N: April 1, 2022, (Virtual)

Art Making: Create a landscape with pastels on paper.
Virtual: April 6, 2022.

Art Viewing - Family Portraits
N: April 8, 2022, (Virtual)

Art Making: Create a work of art about family with mixed media.
Virtual Class: April 13, 2022.

Art Viewing - Spirituality in Art
N: April 15, 2022, (Virtual)

Art Making: Create a mandala about your spiritual beliefs with mixed media.
Virtual Class: April 20, 2022.

Instructor is away April 22, 25 & 26th.

Art Viewing - Springtime in Art
N: April 29, 2022

Art Making: Sculpt a bouquet of flowers with paper.
Virtual Class: April 27, 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 **March / April 2022**

From Our Director, Whitney Lingle



A Word from Whit

Hello!

It's so nice to have the days getting just a little bit longer and enjoying some afternoon sun as I walk my dogs. Montco SAAC's team of staff and volunteers is getting prepared for a great spring session with new activities and programs to brighten the lives of those we serve.

If you know anyone who is available to help volunteer, we could use some assistance delivering Meals on Wheels. We're

also hoping to do some children's art programs in the summer and will have volunteer opportunities for that as well.

Be sure to save the date for May 19th's Corks and Forks event. If COVID rates are low enough we'll be holding the event outside so we can enjoy each other's company in a safe environment. Whatever the next few months brings, keep enjoying our virtual programs and stay in touch!

Cheers,

Whit