



MONTCO SAAC

Live Full. Live Well. Live Long.

Norristown • Ambler

Volume 30, No. 3 July/August 2021

Volunteer of the Month

Megan Gallagher



Megan began volunteering with Meals on Wheels in December of 2020. She came to us eager to learn and serve. What started as

completing volunteer hours for school has turned into relationships with both our seniors and volunteers. Between studying nursing at the Pennsylvania College of Health Sciences, working a full-time job as an x-ray technician, and caring for her family, Megan far exceeded her necessary volunteer hours and decided to keep coming back. She helps pack coolers with speed and accuracy and drives to deliver meals on her days off. Meals on Wheels Coordinator, Kristen, partnered her with another random volunteer for deliveries, and they are now inseparable! In addition to helping on delivery days, Megan assists us in completing wellness calls to our consumers during the week. Kristen is truly blown away by the many hats that Megan wears so well. She brings joy and laughter to our team and deserves to be acknowledged for her tremendous commitment to serving others.

Thank you, Megan, for being you and helping us serve the community!

Montco SAAC is Reopening!

Reopening Reunion!
 At Ambler & Norristown Centers
 July 13th, 2021 10 AM - 12:30 PM

Safely reconnect with the friends & Montco SAAC staff that you've missed throughout the pandemic.

with Norristown special guest
Senator Amanda Cappelletti

Reservations & Masks Required
 Ambler: 215-619-8863, Norristown: 610-275-1960

If there's no answer, leave a message with your name, number, and whether you require Transnet for transportation. Transportation will be arranged if needed.

This is a special Reopening Issue on Montco SAAC's bi-monthly newsletter. Our staff members are so excited to have our center members and volunteers back and in person. This newsletter will provide information about our reopening process along with programming and all of our regular features.

Welcome back!

Instructor Highlight: Horticulturalist, Cynthia Best

The Garden and Habitats Club is fortunate to have the expertise and knowledge of local Horticulturalist, Cynthia Best. Cynthia was born in Philadelphia and later moved to Ambler. She received a degree in Horticulture from Temple University and was drawn to the outdoors similar to her great grandfather, Edward Jones, who was employed as head groundskeeper for a 1st class survivor of the Titanic. Cynthia has a diverse Horticulture career ranging from owning her own design and installation company to serving as the Director

of Landscape & Grounds for two large property private facilities. She also worked as a Recreational Horticulturalist Therapist. Cynthia has received multiple awards for her dedication to her field and continues to serve her community post retirement. In addition to helping Montco SAAC's Gardens and Habitats Club thrive, she volunteers at PA Horticulture Society assessing plants for Exhibitor readiness and judging. Join talented, dynamic Cynthia Best live on Virtual SAAC every Wednesday to experience what Horticulture has to offer!



****Montco SAAC now offers a digital newsletter. To join our e-mail distribution, e-mail mbuckminster@montcosaac.org or call 610-275-1960****

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



Congratulations, everyone! Most of us are vaccinated, starting to return to a more normal life, traveling, enjoying the outdoors, and looking forward to a great summer. Thanks to everyone who purchased tickets to our Virtual Corks & Forks fundraiser and bid on some of our amazing auction items. We had a huge success, so thanks to all that participated.

We are looking forward to some great happenings at Montco SAAC. First of all, our Art Center at Ambler has again added some amazing in person classes, with tremendous instructors. Now that we have turned the corner in the fight against COVID-19, we are soon going to begin regular delivery three days per week (as opposed to one day per week) to our over 350 Meals on Wheels recipients. And finally, we will slowly begin in person gatherings at our two locations starting July 13th. Check our web site and/or your email for information about all these events.

I'd also like to start introducing some of our fantastic board members. Recently, Sonya Sanders joined the Board of Directors of Montco SAAC. Sonya is a Norristown native, attended Norristown Area High School, and lives in Norristown with her three children. Besides being the Policy Director and Office Manager of the Montgomery County Sheriff's Office and Councilwoman of the 1st District, Sonya has done extensive volunteer work in our

area and is passionate about youth involvement and public safety. We are thrilled to have her join our board.

Speaking with Susan Director of Health & Wellness



Hi everyone!

It is wonderful news that we will be reopening! I cannot wait to see all of you on your return!

Along with Montco SAAC reopening, other agencies will be reaching out as well. If you have a need that has been postponed during COVID-19, the time to act is now! Contact Susan or Danielle and we will try to help you sort things out.

FARMER'S MARKET VOUCHERS

Farmer's Market Vouchers are available. There are several ways you can obtain them in Norristown.

Applicants may mail applications and receive checks by mail. (Contact Susan if you need an application. They are also available for pick up at the center.)

Applicants may also deposit applications in a drop-box between 9 AM and 3 PM on weekdays and receive checks by mail.

Applicants may also ring the doorbell, submit applications, and receive checks on the spot Monday, Wednesday, and Friday from noon to 3:00 p.m.

This is an awesome program so be sure to get your vouchers. And join us on Zoom every second Tuesday for the Einstein Nutrition program, "Say YES to Fruits and Vegetables"!

FOOD COST A PROBLEM?

The State of Pennsylvania has expanded its Senior Food Box program and we are able to take new applicants. If you are 60 or older and would like to know more about this option, contact me for details. What will you receive in the food box?

- Fruits & Juices
- Vegetables
- Cheese
- Milk
- Meat, Poultry, & Fish
- Plant-Based Protein
- Cereals
- Pasta or Rice

Boxes are available for pick up at the center when we are open or by appointment.

VACCINATIONS

Vaccinations are available in your home if you are truly homebound. If you would like to look into this option for yourself or someone you know, please let me know.

TIRED OF BEING ALONE?

If you are feeling lonely or isolated and would like the opportunity to talk to a like-minded person, the Rotary Club of Blue Bell is matching our seniors with club members who have similar careers and hobbies for a weekly phone call. The participants so far are thoroughly enjoying this opportunity to get to know a new person! Contact Susan for an application!

TRY OUT TECHNOLOGY

I think we all discovered during the past year how important technology is. I can honestly say that I learned an incredible number of skills that have enabled

me to keep in touch with my family, friends, and Girl Scout troop as well as our tech savvy members.

If you want to explore technology options that may be available to you, upgrade your equipment, or learn more about how to use what you already have, here are some places you could contact.

TechOWL

TechOWL will help senior citizens or people with a disability try out equipment for free. Your local TechOWL specialist will:

- Work with you to select the right device.
- Load the software and apps that you need and want.
- Support and teach you throughout the process.

For Bucks, Chester and Montgomery county residents, Contact: Julie Ann Lieberman (800) 204-7428 or (215) 204-5967

TEAM CHILDREN

Has a warehouse full of refurbished computers. Call to schedule an appointment and they can help you chose equipment. The average laptop is about \$150, and it is loaded with the software and ready to use. 610-666-1795. 960 Rittenhouse Rd., Audubon, PA 19403 or teamchildren@teamchildren.com

MONTGOMERY COUNTY RSVP

RSVP is offering FREE computer training. 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. Sign up to be a student: <https://tinyurl.com/seniortech-Form>

To learn more, email scherrir@rsvpmc.com.

org or call (610) 834-1040 x.128

I have heard GREAT things about all of these options so give it a try!

Get in touch if there is something I can do to help!

Chat with Pat Associate Director



It's happening!!!

We are opening our doors for in-person programming on July 13th. There are still many details to work

out and there will be a learning curve. I will give you the insight that I have so far.

We will be only open on Tuesdays and Thursdays to start. Meals on Wheels will be running on Monday, Wednesday, and Friday. To come to the center, you must call and reserve your spot in each program you wish to attend a week in advance. If you need Transnet, please advise us when you call so we can send over the reservation to them. Although not as strict as it was a few months ago, we need to follow social distancing guidelines. Therefore, please know that you cannot just show up at the center at will at this point. Walk-ins will be asked to leave unless they are here to conduct business with the office. Appointments will need to be made with our social workers. Zoom programming will be moved to Mondays and Wednesdays. However, as of this writing, Jennifer will be doing the art viewing program via Zoom on Friday mornings. Check-in phone calls will be scaled back quite a bit. Staff will be returning to more of their pre-pandemic duties.

Staff is still tweaking the fine details of how our in-person programming will run. As of now, we are looking at 2 morning classes, lunch, and 1 after lunch class. We are contacting our caterer to see if it is possible to get individually packaged cold lunches. There will not be traditional hot dip and serve lunches for a while. The ability to have afternoon classes will depend on that availability. Another option we talked about is having everyone bring a bag lunch from home. We will have to see if that is allowable. We will still offer the Grab N Go lunches for the foreseeable future.

We will keep safety protocols in place. Masks are required to be worn by all staff, volunteers, and participants. If you have a reason that negates wearing a mask, please confide in a staff person and we will see what we can do to accommodate you. Refusal to wear a mask makes you ineligible to attend the center. Anyone who breaks this rule will

be given a warning. If it continues to be an issue, the offending party will be banned from attending the center until the pandemic is over. Social distancing (6 feet distance) will be practiced. Please don't make the staff be the pole police. Yes, we have a 6-foot pole in Norristown! Please do not come to the center if you are feeling ill, even if only a little bit.

As per Pennsylvania Department of Aging guidelines, we are not permitted to ask for proof of vaccination nor can we deny participation to those who are not vaccinated. You are welcome to share your status if you wish. We hope that everyone would be willing to do what is needed for their own safety and the safety of their friends at the center. This is one reason masks are a must.

If there is a positive case reported in one of the centers, everyone who was at the center on the day that person was there, will be advised to be tested. The center will close for 2 days for clean-

ing and sanitizing. The Montgomery County Office of Senior Services will be notified.

The Site Managers and staff have been hard at work getting the centers ready for your return. There will be visual reminders throughout the building for social distancing. These can be tape on the floors, spots on the carpets, markings on railing, sign, etc. Chairs will be arranged with 6 feet distance. We will have extra chairs marked off with caution tape or streamers. Chairs will not be permitted to be taken out of these "corrals". Surfaces are being sanitized daily. To help with high touch surfaces, you will be asked to wash hands and/or use sanitizer before touching the sign in screen. It will be covered in plastic wrap so it can be wiped and sanitized. There will be bottles of sanitizer placed throughout the buildings for your convenience. Norristown has installed a sink and vanity in the front lobby where the drinking fountain used to be. Next to masks, clean hands are the next best defense against spreading germs and viruses.

Also, just a reminder that our campuses are now smoke-free. Smoking is not permitted on our grounds. You may sit in your vehicle or go to the sidewalks if you need to smoke.

Please check our website, www.montcosaac.org, and our Facebook page for updates. You will be advised of changes during the well check phone calls, as well. Updates will also be sent along with the weekly Zoom emails.

I'm unfurling my welcome back banner!



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Please contact Fawn Rupp or Carol Frawley for more information

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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

July

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 – Images of America – (Virtual)

N: July 2, 2021

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

N: July 2, 2021 A: June 29, 2021 –(Virtual)

Art Viewing – Flora and Fauna – (Virtual)

N: July 9, 2021

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

N: July 8, 2021, (Virtual class) A: July 13, 2021 – In person art making on Tues. 10:00 AM. Same day virtual class is at 1:00 PM.

Art Viewing – The Nightlife

N: July 16, 2021 (Virtual)

Art Making: Create an etching using a scratch board and etching tool of a nighttime scene.

N: July 15, 2021 – In person art making on Thurs. 10:15 AM. Same day virtual class is at 1:00 PM.

A: July 19, 2021 – In person art making on Tues. 10:00 AM. Same day virtual class is at 1:00 PM.

Art Viewing – Genre Painting

N: July 23, 2021, (Virtual)

Art Making: Create your favorite everyday scene with acrylic on canvas board.

N: July 22, 2021 – In person art making on Thurs. 10:15 AM. Same day virtual class is at 1:00 PM.

A: July 27, 2021 – In person art making on Tues. 10:00 AM. Same day virtual class is at 1:00 PM.

Art Viewing – Home Grown (PA Artists)

N: July 30, 2021, (Virtual)

Art Making: Decoupage a box with items from home, with mixed media.

N: July 29, 2021 – In person art making on Thurs. 10:15 AM. Same day virtual class is at 1:00 PM.

A: August 3, 2021 – In person art making on Tues. 10:00 AM. Same day virtual class is at 1:00 PM.

August

Art Viewing – Stolen Works

N: August 13, 2021, (Virtual)

Art Making – Create your own forgery! Make a study of a famous stolen work with acrylics on canvas board.

N: July 30, 2021 – In person art making on Thurs. 10:15 AM. Same day virtual class is at 1:00 PM.

A: August 3, 2021 – In person art making on Tues. 10:00 AM. Same day virtual class is at 1:00 PM.

Art Viewing – Degenerate Art

N: August 13, 2021, (Virtual)

Art Making: Create your own degenerate work with acrylics or watercolor.

N: August 12, 2021 – In person art making on Thurs. 10:15 AM. Same day virtual class is at 1:00 PM.

A: August 17, 2021 – In person art making on Tues. 10:00 AM. Same day virtual class is at 1:00 PM.

Instructor will be away on vacation August 18 – Sept. 1, 2021

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 2021

From Our Director, Whitney Lingle



A Word from Whit

I'm so happy that we are welcoming all of you back to our centers as we gradually return to a normal schedule. Staff and volunteers have been working hard to make things safe while keeping the fun alive and I'm thrilled that we'll be keeping up a hybrid offering of in-person and virtual programs.

The past year and a half has been so full of changes and challenges. The pandemic has created a new landscape and the public is more aware than ever of the impact social isolation can have on a person. That's not a new

issue for seniors, but this renewed societal interest is an opportunity to expand programs, gain volunteers, and empower even more people to live well as they age.

We are also wishing bon voyage to our Director of Communications and Development, Melissa Buckminster. She is moving to San Francisco this summer and we wish her all the joy and happiness in the world. She'll continue as part of team Montco SAAC working remotely until she finds a new position. We're so excited to see what she'll do next!

Cheers,
Whit