



Sponsor Spotlight on KeyBank

Montco SAAC is excited to welcome KeyBank into our community of sponsors for the 2021/2022 fiscal year. KeyBank's donation will support Montco SAAC's Meals on Wheels program – the largest in Montgomery County – as well as the Norristown and Ambler Senior Centers' congregate lunches program.

Headquartered in Cleveland, OH, KeyBank is one of the nation's largest banks, serving customers across fifteen



states, including Pennsylvania. With roughly 17,000 full-time employees, KeyBank is routinely recognized as one of the nation's top places to work. In 2021, Human Rights Campaign recognized KeyBank as one of the Best Places to Work for LGBTQ

Equality for the thirteenth year. KeyBank was also recognized for the fourteenth time by DiversityInc. as one of the Top 50 Companies for Diversity.

Through the KeyBank Foundation and the company's corporate giving programs, KeyBank supports nonprofits across the fifteen states where the company's employees live and work. Last year, KeyBank invested \$45 million in philanthropic grantmaking in these communities, including \$7.9 million in charitable contributions made through KeyBank's employee programs. During that same year, KeyBank employees donated over 50,000 volunteer hours of community service.

KeyBank joins a growing list of Montco SAAC Community Sponsors, including Conicelli Autoplex, the Three Little

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Volunteer of the Month Alex & Joe Williams

The Norristown Volunteer of the Month is actually a duo – Alex and Joe Williams! This husband-and-wife team came to us only a few short months ago, but they made such an incredible impact right away.

Joe was the first to join the team, and after a few days of delivery under his belt, he asked if his wife could join him on the routes he delivers. The more the merrier of course! The young married couple started delivering meals every delivery day possible, tackling any route that happened to be open on any given day. Then one day, they offered to come in before their route to help pack, and the rest is history!

These two now come in every delivery morning to help pack up the meal bags, and then once finished with that portion of the morning, they leave to deliver a route. Even if they are not scheduled to deliver on a particular day, Alex and Joe

will still come pack meals in the morning, and then they will stick around until all the drivers have picked up their coolers – just in case they are needed! They can handle any task I throw at them; whether it is packing meal bags or packing coolers, I can always count on them to do it right and do it FAST.

Never have I ever seen the packing portion of the morning get done so quickly! I have never felt more at ease in the morning chaos than I do now because of these two! I feel so lucky that Alex and Joe found our organization, and even more so that they enjoy us so much that they want to continue to come in every day! Their flexible schedules allow them to be able to do whatever they want: how fortunate are we that they choose to spend their time with us!

Thank you, Alex and Joe, for everything you do!

Keep Montco SAAC in Mind for Year-end Planning!



Despite what we had hoped, our lives didn't quite return to normal this year. While the Norristown and Ambler Senior Centers re-opened partially, we continue to operate a number of our programs, events, and classes virtually or

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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.

Real Talk with Board President, Richard Schulman



It seems like I've written at least one thing about the Covid Pandemic at least a little bit in each of my articles since I have been President of the Board of Directors.

I hope I can soon say that this will be the last mention of this horrible disease infecting this world. I hope everyone is getting flu shots and the boosters when you can-I know I will by the time you read this. Please check our website as we are having open sessions for members to get both of these shots.

I think it sometimes bears repeating that our goal and why we exist is to help ALL seniors maintain a high quality of life by providing activities and services (both in person and virtual) such as social workers, dance and movement activities, books and games, plus many more. Please think about donating to us at this time as we approach the holiday season. We need all the help you can provide so we can continue to provide the high level of care to our seniors.

If you read these articles, you know that I have been highlighting and introducing our board members each month. This month I will present two of our longest serving board members, who I am very honored to serve with.

The first is Reginald (Vance) Cooper. Vance currently works as the behavioral health community liaison at Lower Bucks Hospital. Vance is currently a doctoral candidate in corporate leadership at Alvernia University. He is also the co-founder of Access Purpose, a

boutique agency, that specializes in marketing campaigns, brand development and professional development services.

The second is Patricia Brown O'Hara, RN PhD who has been a nurse for over 45 years. Her nursing specialties include medical surgical nursing, Community Health Nursing, Geriatrics and Nursing Administration. Currently she is a Full Professor (tenured) and Assistant Dean of Undergraduate students, at Gwynedd Mercy University, where she has been teaching for 18 years. She has done numerous presentations both nationally and internationally, on Academic Coaching, Gerontology, and Nursing Study Abroad. She currently serves on the Board of trustees at Grand View Hospital. and is a Legal Nurse Consultant.

We are truly appreciative of the work that these two such highly accomplished and dedicated board members provide to our organization.

Welcome Yasmine – Norristown Intern!



My name is Yasmine Smith. I am currently a senior at Cabrini University majoring in Social Work and Black Studies. I am the Social Work Club

President at Cabrini University which allows me to tell other students on campus about the importance of social work.

I was born and raised in Chester, PA. I have two older brothers, which makes me the youngest and only girl in my family. Although I was raised in Chester, for high school I went to West Nottingham Academy, a boarding school located in Colora, Maryland.

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In my free time I enjoy playing games and doing other activities with my niece and nephews. I also love cooking, baking, and trying new foods or restaurants. When I am not spending time with my family or doing schoolwork, I run my small business that I started recently. I own a business called Touch of Beauty Collection LLC where I sell handmade and natural body care products. I want to be a social worker because I love helping people when I can. Everyone needs help sometimes so I like to be the one people can depend on.

Speaking with Susan Director of Health & Wellness



Hello everyone!

I hope you and yours are all well and being safe!

It has certainly been a roller coaster of a summer with

COVID-19 numbers decreasing, mask restrictions withdrawn, and then reinstated and the onslaught of the variants. It is hard to know what to expect when you wake up in the morning!

That said, it is a beautiful fall, and we are planning a variety of options to keep our members active and healthy into the winter months!

Montco SAAC will be hosting A Matter of Balance, an evidence-based program. It is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. We are offering this program now to introduce fall prevention tips and indoor exercise options as we move into winter weather. This program will be offered

virtually on Tuesdays from November 9 through December 28th. You can register or get further information by contacting Susan or Michele.

If you are feeling isolated and/or bored with the coming months, consider contacting PA Link & Tech OWL Partnership. It's never too late to learn and use technology! This partnership will assist people in accessing the necessary hardware to fit their needs, a hot spot if necessary, training on technology, and ongoing support. Tech OWL 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. They serve seniors and individuals living with a disability. Montgomery County residents, contact: Jule Ann Lieberman (800) 204-7428 or (215) 204-5967, ATinfo@temple.edu

For those of you with a computer who just need to gain skill and confidence using a computer, the internet, social media, Zoom and email this opportunity from RSVP is for you! 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. Once you are enrolled, RSVP volunteers will help you gain comfort in using a PC, tablet or mobile device of your choice during scheduled online sessions. To learn more, email scherrir@rsvpmc.org or call (610) 834-1040 x.128.

COVID stresses have been affecting everyone in every area of our lives. The PA Council on Aging has created a new interactive guide to support seniors and combat some of the

biggest sources of stress in their lives during COVID-19. The guide includes resources, activities and videos to help older Pennsylvanians avoid social isolation and stay mentally and physically fit... If you have computer access, check it out. If you do not contact Susan or Yasmine and we will connect you via chrome book while you are at the center, or print out what can be printed for you. The guide is available at <https://my.visme.co/view/4d8vmyqz-solo>

If you are struggling with other issues the following information may come in handy.

Remember that our state offers trained Medicare Counselors to help you investigate the myriad of Medicare plans. This group of RSVP volunteers offers free, unbiased, easy to understand information about the best plans for your health coverage. Nancy Morris, our Zumba Gold instructor, is one of these counselors! Contact Susan at 610-275-1960 ext. 122 and I can connect you.

The Social Security Office is open for important services. Online services are available at www.ssa.gov. The national toll-free number is 800-772-1213.

The Veterans Crisis Line is available if you are a veteran and in crisis, you can call toll-free 1-800-273-TALK (8255) and press 1. This service is available 24 hours a day, seven days a week and is available to everyone. All calls are confidential.

I was recently in contact with our local Fire Chief who was promoting The Smoke Detector Hot line. Call (610) 270-2870 to check your smoke detector or have one installed. This is a fabulous service that saves lives!

Call if there is something I can help you with!



Buy or lease a new Subaru between November 18, 2021 and January 3, 2022 and Subaru of America will donate \$250 in your name to charity. All you need to do is tell them you want it to go to Meals on Wheels! Meals on Wheels is one of four national participating charities and has been since the inception of the event. As a member of Meals on Wheels America, Montco SAAC will receive a share of the donations from Subaru vehicles sold at participating Subaru retailers across the state. Over the last 13 years, Subaru of America Inc. and its participating retailers have donated more than \$200 million to charity!

To find a Subaru dealer near you, visit www.subaru.com/find-retailer.

To learn more about Montco SAAC's Meals on Wheels program, visit us at www.montcosaac.org/meals-on-wheels.

Spotlight

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Angels Foundation, and Ambler Savings Bank.

For more information on KeyBank, visit www.key.com. For more information on becoming a Montco SAAC Community Sponsor, please visit www.montcosaac.org/sponsor-packet.

Year-end Planning

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on a modified schedule. No matter what challenges we face, however, Montco SAAC remains steadfast in our commitment to the communities of seniors we serve. Help us close out this year with a strong finish and a fresh start for 2022!

Consider including Montco SAAC in your year-end giving by visiting www.montcosaac.org/donate.




BRANDYWINE LIVING
at Senior Suites

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Please contact Fawn Rupp or Carol Frawley for more information
732.303.3100

www.Brandycare.com • 1-877-4BRANDY

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:
\$4.50 per meal



536 George St. Norristown, PA 19401 | 45 Forest Ave Ambler, PA 19002

ART4ME | NOVEMBER / DECEMBER 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.

November

Happy Diwali!!!

Decorate a Diwali candle holder with acrylic paint.

N: November 4 **A:** November 2 **Virtual:** November 3

Art Viewing – Cartooning – (Virtual)

N: November 5, 2021

Art Making: Create a cartoon using pen and ink, or markers.

N: November 11 **A:** November 9 **Virtual:** November 10

Art Viewing – Great Photography – (Virtual)

N: November 12, 2021

Art Making: Create a hand altered 'Selfie' photograph, with markers or colored pencils.

N: November 18 **A:** November 16 **Virtual:** November 17

Art Viewing – Scenes of Bounty in Art

N: November 19, 2021 (Virtual)

Art Making: Create a harvest still life with acrylics on canvas board.

N: November 23 **A:** November 21 **Virtual:** November 22
Closed for Thanksgiving. Happy Native American Heritage!
November 25 and November 26th.

December

Open Studio – Come and Finish a work or start a new one!

N: December 2 **A:** November 30
(No virtual class on December 1, 2021)

Art Viewing – Famous Prints

N: December 3, 2021 (Virtual)

Art Making: Design and create a printing plate with soft-kut blocks

N: December 9 **A:** December 7 **Virtual Class:** December 8

Art Viewing – Symbolism in Art

N: December 10, 2021 (Virtual)

Art Making – Create your own symbolic work with mixed media.

N: December 16 **A:** December 14 **Virtual:** December 15

Art Viewing – Scenes of Winter

N: December 17, 2021 (Virtual)

Art Making: Create a winterscape with acrylic paint on canvas board, or an ornament.

N: December 23 **A:** December 21 **Virtual:** December 22

Center Closed for Holidays. Happy Solstice, Happy Hannukah, Merry Christmas, and Happy Kwanza!

Art Viewing – New Year's Resolutions Depicted in Art

N: December 31, 2021

Art Making – Create a wax resist of something you want to see in 2022.

N: January 6, 2022 **A:** January 4, 2022 **Virtual:** January 3, 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 November / December 2021

From Our Director, Whitney Lingle



A Word from Whit

The crisp fall air has me in a great mood. Usually, this time of year I have been able to see so many of our supporters at our annual ACAA Anniversary and Outrunning Senior Hunger, but due to COVID we are remaining virtual. Nevertheless, it

has been great to see those of you who have returned to our in-person senior center programing and those visiting virtually.

One of the best parts of being on the Montco SAAC team is getting to connect with the people we serve. I hope this approaching holiday season finds you safe and maintaining connections with family and friends through the phone, online and small gatherings.

Tax season is also approaching and it's a great time to make an end of year donation to help us meet our goals of avoiding a waiting list for our vital services including social supports, nutrition assistance, health and wellness and recreation. Any amount is so appreciated and many of our strongest donors are our own participants! Your support shows how important our programs are and I'm so grateful for all you do as a friend of Montco SAAC.

You'll see that this fall and winter we have several vaccination opportunities popping up across the county. If you need help getting a vaccine appointment for COVID, shingles or the flu, don't hesitate to reach out. If we don't have something on the calendar, we'll find someone that does.

Happy holidays,

Whit

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