



MONTCO
SAAC

Norristown • Ambler

Volume 31, No. 3 May/June 2022

Volunteer of the Month Matt Rissinger

The Norristown Volunteer of the Month is Matt Rissinger! Matt came to us at the beginning of this year, recently retired and looking for something to fill his new free time. Some of his fellow church mates also volunteer for Norristown Meals on Wheels: before the pandemic, there were quite a few groups who came in to cover a specific route that was close to where they reside, one group per week so that it was always covered. Nowadays, only about one or two of those groups continue to volunteer.

Matt heard we may need some help, and he reached out to us to see what he could do. He was looking to cover the same route his friends know, but that route has been pretty much fully covered most of the time. Thankfully, Matt was willing to try different routes, and the rest is history!

He now comes in every Wednesday to drive whatever route I have open, and he even comes in early to help pack! He has even been known to be so flexible that he can cover on Mondays last minute, or even take out two routes if there is an unexpected opening. Matt always comes in ready to work at any job with a smile on his face, and it is contagious! He has been such a wonderful addition to this team, and I hope he is having as much fun as we are when he comes in!

Thank you Matt for being a stellar addition to our Norristown Meals on Wheels team!

Community Champions Week



Montco SAAC celebrated Community Champions Week during the month-long, nationwide March for Meals campaign encouraging community members to volunteer with Meals on Wheels.

Montco SAAC took part in its 19th Annual March for Meals, a commemoration of the momentous day in March 1972 when President Nixon signed into law a bill amending the Older Americans Act of 1965 to add a nationwide nutrition program for seniors 60 and older.

During its annual Community Champions Week, Montco SAAC invited community leaders and elected officials to join its volunteers as they deliver Meals on Wheels to homebound seniors in Montgomery County. State Representative Mary Jo Daley, State Senator Amanda Cappelletti, State Senator Art Haywood, State Senator Maria Collett, Abington Township Commissioner John Spiegelman, and Ambler Mayor Jeanne Sorg were among those who participated this year. Montco SAAC also hosted employees from corporate and com-

munity funders, such as Ambler Savings Bank, Humana, and VNA Foundation of Greater North Penn.

"I was thrilled to be back at Montco SAAC to help with Meals on Wheels deliveries during Community Champions Week," says Senator Maria Collett, who serves PA's 12th Senate District. "This critical program serves hundreds of community members each week by providing balanced meals and a friendly wellness check, and I'm grateful for the dedicated staff and volunteers who make it all happen."

Community Champions Week is not only an opportunity for participants to learn more about the Meals on Wheels program; it's also an opportunity for homebound seniors to meet some of the public officials and leaders who are making a difference in their community.



"Seniors who receive Meals on Wheels often have limited interactions outside the home," says Whitney Lingle, Montco SAAC's executive director. "We think it's important to highlight the fact that this program is about more than just delivering meals. We know that these visits have a positive impact on mental health and overall well-being."

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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.

Message from Board President Richard Schulman



Greetings once again as Spring is officially here. There are some great things happening these days at Montco SAAC. First of all, by the time

you read, this our centers will be back open for seniors! It's great news but of course we still are (and encourage everyone) being careful related to Covid, and please and follow any masking rules that we will have in place. We continue to offer virtual sessions as well as in place going forward. If you do not get our weekly email schedule you can also check our website (montcosaac.org).

In the midst of this good news, I hope that by the time you read this the horrific war in Ukraine will be over (fingers crossed). There truly are no words to express the despair and pain

on the faces of those that have been forced to leave their homes and belonging behind. We pray for all those families that have lost loved ones and homes.

This month I'd like to highlight another of our board members. Zak Pyzik is currently the Director of Government Affairs at the Pennsylvania Restaurant & Lodging Association, where he's been since April 2021. Before joining the team at PRLA, Zak spent seven years in the Pennsylvania State Senate where he most recently served as the Director of Communications for State Senator Daylin Leach. Zak grew up in the Poconos, graduated from the University of Michigan with a degree in Political Science, and now lives in East Norriton, with his wife, Jenna.

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

Community Champions Week

(Continued from page 1)

Since 2002, Meals on Wheels America has spearheaded the annual March for Meals campaign in an effort to bridge the gap between seniors served and those who are in need, which is widening as a result of rising demand, declining public and private resources, and rising food, transportation, and operational costs.

“With the nations’ senior population increasing dramatically, now is the time to support local Meals on Wheels pro-

grams – through volunteering, donations, and speaking out – to ensure we are able to deliver for another 50 years,” says Ellie Hollander, President and CEO of Meals on Wheels America.

Montco SAAC is the largest Meals on Wheels provider in Montgomery County, serving over 350 seniors each day.

For more information on how you can volunteer or advocate for seniors in Montgomery County and across the country, visit <https://montcosaac.org/meals-on-wheels>.

Speaking with Susan Director of Health & Wellness



Dear Montco SAAC Family,

It has been wonderful to see so many of our members back in our Norristown Center, and I know the same is true for Ambler as well. I am counting on COVID dissipating like the past winter so we can all move into Spring with a sense of renewal. Here is a list of services available. As always, if you need help with something we have not highlighted here, call Susan or Danielle!

Caregiver Chat (Virtual) – Connect with other caregivers and share tips and challenges. Contact Susan at sedgren@montcosaac.org for login information.

Rapid At-Home COVID 19 Test Kits – A Free Second Order is available! These kits will contain four tests. Here is how to place a second order:

Go to www.covidtests.gov

Click the blue button that says “*order free at home tests*”

Fill out the information with your residential address

Click the green button that says “*check out now*”

7th Annual Montgomery County Trail Challenge! For complete information check out www.montcopa.org/2584/Trail-Challenge. The Montco Trail Challenge will run from May 7 –

December 4, 2022. Join us for an info session with Kristi Goodwin on 6/13 at 10:30 in Norristown!

The Emergency Rent and Utilities (ERU) – Program is designed to provide housing stability to low- and moderate-income Montgomery County, Pennsylvania, residents at risk of eviction and/or homelessness as a result of COVID-19. If you have questions or need assistance, call 610-630-2111 ext. 235

Veterans Crisis Line – If you are a veteran and in crisis, you can call the toll-free Veterans Crisis Line at 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.

Social Security Administration – Online services are available at www.ssa.gov. National toll-free number is 800-772-1213.

The Coalition Against Hunger SNAP Hotline Team – Whether it’s navigating the SNAP application process or providing case management, our SNAP Hotline team is available to help Monday – Thursday from 9:00 am to 5:00 pm and on Friday from 9:00 am to 4:00 pm. Give our SNAP Hotline team a call at 215-430-0556.

RSVP can help you gain skill and confidence using a computer, the internet, social media, Zoom and email! 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. Sign up to be a student! To learn more, email scherrir@rsvpmc.org or call (610) 834-1040 x.128.

PA Link & Tech OWL Partnership for seniors & individuals living with a disability. It’s never too late to learn and use technology! The PA Link has partnered with TechOWL and Temple University to assist people in accessing the necessary hardware to fit their needs, a hot spot if necessary, training on technology, and ongoing support.

· *For Bucks, Chester and Montgomery county residents, contact: Jule Ann Lieberman (800) 204-7428 or (215) 204-5967, ATinfo@temple.edu*

The Lincoln Center – Elder Victim Mobile Support is available telephonically or online to all residents of Montgomery County aged 60 and above, free of charge. Services include: crisis support and safety planning, intensive case management with info and referrals to community resources, and trauma-informed cognitive behavioral psychotherapy. Spanish support staff available. Call 484.948.2790 for more info.

Farmer’s Market Vouchers will be available after June 1st.

We will be continuing with a modified Zoom Schedule. Please contact me for login information if you would like to join us.

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Speaking with Susan*(Continued from page 3)***MONDAY**

10:00-11:00 Dance Fit with Rodger
 11:00-12:00 Tai Chi with Darrel
 12:30-1:30 Speaker/Entertainer

TUESDAY

10:00-11:00 Zumba with Nancy
 11:00-12:00 Educational Programs *
 12:30-1:30 Trivia/Games with Lady T

WEDNESDAY

10:00-11:00 Chair Zumba with Rodger
 11:00-12:00 Silver Sneakers Strength and Balance
 12:30-1:30 Afternoon Speaker/Entertainer

THURSDAY

10:00-11:00 Yoga with Elizabeth
 11:00-12:00 Silver Sneakers Stability
 12:30-1:30 Line Dancing with Nancy

FRIDAY

10:30-11:30 Art4Me – Viewing
 12:30-1:30 Afternoon Speaker/Entertainer

*** EDUCATIONAL PROGRAMS***Monday In Person—Tuesday on Zoom***MAY**

2 & 3 **Medicare 101**, Keith Green, Senior Healthcare Advocates
 9 & 10 **Using Technology to Stay Connected**, Humana
 16 & 17 **Long Term Care—What You NEED to Know**, Lori Boukrouche, Agents for Advocacy

22 & 23 **Health and Wellness**, Jeri Kohut, Cathedral Village

30 **Memorial Day – Closed**

31 **Spring Produce with Mary**, Mary Robinson, Giant Foods

JUNE

5 & 6 **ID Theft**, George Dillman, PA Department of Banking and Securities

12 & 13 **Montgomery County Trail Challenge**, Kristi Goodwin

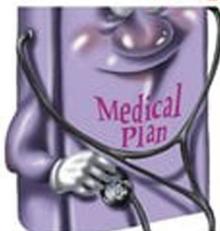
20 **Juneteenth – Closed**

21 **Reverse Mortgage**, George Dillman, PA Department of Banking and Securities

26 & 27 **Chronic Bronchitis**, Jeri Kohut, Cathedral Village

Medicare Questions?

Don't Go It Alone!



Call Jim Malone
 Licensed Independent Agent

215-783-0560

Thank You to Our Sponsors



Where Loving-Kindness Lives



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

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



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732.303.3100

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ART4ME | MAY / JUNE Art4ME TOPICS

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

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

May 2022

Art Making: Sculpt a spring bouquet with tissue paper and pipe cleaners.

N: April 29 A: May 3 Virtual: May 4

Art Viewing – Celebrating Asian Art

N: May 6 A: May 9 Virtual: May 6

Art Making: Sculpt the form of your culture that you wish to share with clay or mixed media.

N: May 6 A: May 10 Virtual: May 11

Art Viewing – Landscapes

N: May 13 A: May 16 Virtual: May 13

Art Making: Create a favorite landscape with pastels on paper

N: May 13 A: May 17 Virtual: May 18

Art Viewing – Family Portraits

N: May 20 A: May 23 Virtual: May 20

Art Making: Create a collage of your concept of family.

N: May 20 A: May 24 Virtual: May 25

Open Studio – Come and finish an art-work or start a new one!

N: May 27 A: May 31 Virtual: June 1

Center closed May 30 in observance of Memorial Day.

June 2022

Art Viewing – Celebrating Pride

N: June 3 A: June 6 Virtual: June 3

Art Making: Create a watercolor painting using the colors of the rainbow.

N: June 3 A: June 7 Virtual: June 8

Art Viewing – Still Life; Old & New

N: June 10 A: June 13 Virtual: June 10

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

N: June 10 A: June 14 Virtual: June 15

Center closed June 20 in observance of Juneteenth.

Open Studio – Come and finish an art-work or start a new one!

N: June 17 A: June 21 Virtual: June 22

Art Viewing – Animals in Art

N: June 24 A: June 27 Virtual: June 24

Art Making – Sculpt your favorite animal with self-hardening clay.

N: June 24 A: June 28 Virtual: June 29

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 May / June 2022

From Our Director, Whitney Lingle



A Word from Whit

Hello!

As I write this, the senior center sites are teeming with energy. It is so wonderful to have people back for in-person services and supports from nutrition education to tai chi. The best part about this job is the connection to community and that has been hard during the closures despite our best efforts via phone and Zoom. Having you back in the building means so much and reminds us of the mission.

In other exciting news about our mission, I have been appointed to the Pennsylvania Council on Aging by Governor Tom Wolf. The Council works with the Secretary of Aging and various state and local resources on aging services to advocate for better services and outcomes. One of their recent triumphs was a conference about social isolation which has been more prevalent during COVID than ever. I'm excited for this new era of opportunities to advocate for elders in Pennsylvania.

Best,

Whit