

## NORRISTOWN • AMBLER

Volume 24, No. 1 January/February 2018

### Highlights

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### QUICK NEWS

#### Medicare Cards: You Don't Need to DO Anything!

Be on the lookout for a new Medicare card that will have your new Medicare number. Your social security number is being removed from the cards to reduce the risk of identity theft. Once you receive the new card, this will be the number you will use for doctors and communications with Medicare.

Please be aware that people running scams are already calling seniors asking for personal information and saying providing your details is necessary to get the new card. This is NOT true. You don't need to do anything! The cards will come without any action on your part.

If you have any questions or problems, contact Susan or Danielle.

## Jim Lewis is a Dedicated Meals on Wheels Volunteer

Jim Lewis has been volunteering for Norristown's Meals on Wheels program for just over one year, and already he has become one of the program's most essential personnel. It's no wonder he is Volunteer of the Month.

Jim's passion for connecting with the homebound seniors he serves is apparent in his detailed reports to Norristown Meals on Wheels Coordinators, Melissa and Soo. "He is on call whenever we need him!" mentions Soo. "Any route. Any day. Any time. He is one of the most dedicated volunteers that we have ever had."

Volunteering is something that Jim does in his free time, as this busy bee spends his time working security at Gwynedd Mercy College and also as a ground courier in West Conshohocken. As if volunteering and working

two jobs wasn't enough, Jim also enjoys bike riding, cheering on the Fighting Irish (Go Notre Dame!), and going on family vacations. His most recent was to the Smoky Mountains.

We're lucky to have this hardworking volunteer on our Meals on Wheels team. Keep up the great work, Jim!



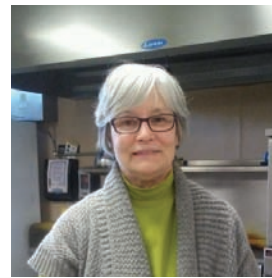
## Welcome to our new Meals on Wheels Coordinators



#### Meals on Wheels Coordinator Lizette Apy

Lizette Apy is heading our Meals on Wheels program in Ambler. Originally a Chicagoan, Lizette moved to

Philadelphia two and a half years ago and is quickly coming to love the city of brotherly love. This mother of two has had many years of experience in the food service industry, which makes her a perfect fit for our Meals on Wheels program. Lizette loves cookies, her cat named Maple, and writing children's books. Welcome to the team, Lizette!



#### Meals on Wheels Assistant Marybeth Kuehl

Welcome to the team, Marybeth Kuehl. Marybeth recently joined our team as a Meals on Wheels Assistant in Eastern Montco.

She began volunteering with Meals on Wheels this past summer with her daughter Megan, and when a staff position opened, she fit the bill perfectly. "This experience has been so rewarding for me," says Marybeth, reflecting on her past time volunteering and her future work to come. "It's such a privilege to be a part of Meals on Wheels."

## News

### Are You Happy With Your New Medicare Advantage Plan?

Be aware! If you find that your Medicare Advantage plan will not work for you, you are still able to switch back to Original Medicare during the Medicare Advantage Disenrollment Period (Jan. 1 – Feb. 14)

In the Medicare Advantage Disenrollment Period, you will have until Feb. 14 to pick up a Part D plan for prescription drug coverage. During this time, you cannot switch between Medicare Advantage plans or move from Original Medicare to Medicare Advantage. Your coverage will start on the first day of the month after the month in which you switch coverage.

### Making Your 'Golden Years' Shine

Getting older can be a difficult and frustrating experience. Sometimes the expression "Golden Years" can seem like a misnomer. According to the Center for Disease Control, older adults are at increased risk for depression. Depression is more common in people who also have other illnesses (such as heart disease or cancer) or whose function becomes limited. And about 80% of older adults have at least one chronic health condition, and 50% have two or more health issues.

The good news is that depression is NOT a normal part of aging! But someone who is depressed may have feelings of sadness or anxiety that last for weeks at a time. This is a true medical condition that is treatable, like diabetes or hypertension. So see your doctor and discuss and your options with him or her.

Additionally, Montco SAAC is offering a 12 week depression support group called Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors) at its Ambler center. This exciting group will offer moderators and participants the opportunity to share tips and strategies for living a happier, healthier, more fulfilling life!

The upcoming session will be held Wednesdays, from 10:30 – 11:45 a.m. beginning January 3 at Montco SAAC Ambler, 45 Forest Avenue. So take another step out of depression and contact Danielle Charry for more information, at [dcharry@montcosaac.com](mailto:dcharry@montcosaac.com) or 215-619-8863.

This program was made possible with a grant from the VNA Foundation of Greater North Penn.

## Calendar of Events

### January 2018

#### Safety with Danielle

Tuesdays, January 2, 16, 23, 30 • 10:30 a.m.

Tuesdays, February 6, 20, 27 • 10:30 a.m.

Be sure to attend Danielle's safety seminars discussing all kinds of crime against seniors and how to handle yourself to avoid victimization.

#### Discuss and Recall

Wednesdays, January 3 and February 28

12:15 p.m.

Discussions and reminiscing that coincide with the current month.

#### Cranium Crunches

Thursdays, January 4 and February 1

10:30 a.m.

Mind-healthy puzzles, exercises, and tips.

#### 7 Secrets of People Who Keep Their New Year's Resolutions

Friday, January 5 • 12:15 p.m.

Make your resolutions stick with these tips from those who know how to do it right.

#### Story Telling

Mondays, January 8 and February 5

10:30 a.m.

Come and be a part of an intergenerational event. The children from ACLAMO love a good book! Be a listener or a reader. See Michele to sign up to read.

#### Who What When?

Mondays starting January 8 • 1:15 p.m.

Guess the mystery person, place or year. Twenty or more clues given.

#### In Your Best Interest

Tuesday, January 9 • 12:30 p.m.

With the New Year come new scams and ways to take advantage of senior citizens. Join Danielle Charry of the Lincoln Center for a review of the latest scams and where to go for help if you are a victim.

#### Current Events

Thursdays, January 11 and February 8

10:30 a.m.

Current events and conversation to enlighten your morning.

#### National Hot Tea Day and The Story of Tea

Friday, January 12 • 10:00 – 11:30 a.m.

Come to the Café for a FREE cup of tea.

Many assortments to choose from.

12:15 p.m.

The Story of Tea: Tea is grown and produced in more than 40 countries. Learn more about tea in this one-hour documentary.

#### Walk with Ease

Monday, January 15 • 9:45 a.m.

Join Meg for this evidence-based program from the Arthritis Foundation. The combination of gentle stretching, warm up and cool down, as well as daily walking are designed to improve strength, balance, stamina and reduce pain! The program will continue Monday, Wednesday, and Friday through February 23.



#### Martin Luther King Jr. Day

Monday, January 15

On this day of service, look around the center for community volunteers. A big THANK YOU to them.

10:30 a.m.: Freedom Riders Could You Get on the Bus?

12:15 p.m.: I Have a Dream Speech

#### Fraud Bingo

Tuesday, January 16 • 12:30 p.m.

Katrina Boyer of the Pennsylvania Department of Banking and Securities will be with us for a fun way to learn about fraud. Find out how you can be taken advantage of, and how to avoid having it happening to you.

#### Jeopardy Trivia

Wednesdays, January 17 and February 21

10:30 a.m.

Fun and interesting categories. You will work as a team. Healthy snacks will be provided.

## Prize Bingo

Thursday, January 18 • 12:30 p.m.

This Bingo is just a click away – replacing the traditional Bingo setup with a television. You will see the numbers and hear the caller.

## Computer 101

Friday, January 19 • 10:00 a.m.

Have you always wanted to learn how to use a computer? Now is your chance. Take advantage of this FREE opportunity by signing up with Michele. Space is limited. Instructor: Rachel Gordon

## Non-Denominational Spiritual Program

Thursday, January 19 • 12:15 p.m.

Discussion topic: Bible Trivia

## The Power of Habit, Art of Manliness

Monday, January 22 • 12:15 p.m.

Many people create resolutions to become better versions of themselves. You will learn about the ways to change a bad habit into a good one.

## Hospice 101

Tuesday January 23 • 12:30 p.m.

One of the most misunderstood medical services is hospice care. It can be an invaluable resource to patients and families. While it is not something we like to think about, it is something we should all know about. Meet Elizabeth Moyle from Heartland Hospice and get informed.

## Make and Take

Wednesday, January 24 • 12:15 p.m.

Join us today to make healthy trail mix.

## Automobile Photo Quiz

Friday, January 26 • 12:15 p.m.

How many models can you identify?

## Need an Extra Hand at Home?

Tuesday, February 27 • 12:30 p.m.

Find out what makes Hands from the Heart Home Care different! Check out their list of services and the variety of ways they can accept payment. Maybe they can provide that little extra hand you need.

## Payton Heart Project

Monday, January 29 • 10:30 a.m.

Its mission is to help stop suicide and bullying and to help end the stigma surrounding mental health. Please join us

today to make scatter hearts. These hearts will help bring awareness to these serious issues.

## QPR

Tuesday, January 30 • 12:30 p.m.

Question, Persuade, Refer is a strategy to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. The signs of crisis are all around us. Quality education empowers all people, to make a positive difference in the life of someone they know. Elliott Smith from the Aging and Adult Services Protective Services Department will be here to give us this special training.

## Arm Chair Travels

Wednesdays, January 31 and

February 26 • 12:15 p.m.

January 31 – Baltimore

February 26 – Portland

## February 2018

### Money Smart for Seniors (Part 1)

Thursday, February 1 • 10:30 p.m.

Beal Bank, USA of King of Prussia will be hosting a series of seminars on financial planning and protection. Part One will cover Elder Financial Exploitation and Identity Theft. These two issues have become more prevalent in our area. Please attend these informative sessions and be prepared!

### National Wear Red Day

Friday, February 2 • All Day

A day set aside to help raise awareness about women and heart disease. Wear something red today and encourage your friends to do the same. During the month of February, look for presentations that will help you lead a heart healthy life.

## Move More

Friday, February 2

12:15 p.m.

Learn how to join the movement to be healthy for good.

## The Hidden Epidemic

Monday, February 5

10:30 a.m.

The bad news is that 23 million Americans suffer from heart disease. The good news is that you do not have to be one of them.

## Gambling Away the Golden Years

Tuesday, February 6 • 12:30 p.m.

Compulsive gambling is an addiction; a progressive disorder that is every bit as insidious as alcohol or drug abuse. Knowledge is a powerful tool in prevention and recovery. Be with Maria Markakis of Carson Valley Children's Aid for this look at gambling and senior citizens.

## Change Your Salty Ways

Wednesday, February 7 • 12:15 p.m.

Learning to read and understand food labels can help you make healthier choices.

Continued on page 6.



**NPBTC**  
Neurology, Psychiatry and Balance  
Therapy Center, LLC

Founded by Sonya Knight, DO, a Board Certified Neurologist and Psychiatrist, and James Barsky, PT, DPT, a Licensed Physical Therapist, NPBTC offers patients coordinated medical care and rehabilitation in a warm, relaxing environment. We specialize in the diagnosis and treatment of neurological, psychiatric, and musculoskeletal conditions such as seizures, dizziness, vertigo, imbalance, and concussion



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Blue Bell, PA 19422  
Phone: 215-591-0700 | Fax: 267-419-8413 | [www.npbtc.com](http://www.npbtc.com)

## Art4ME Classes in Norristown & Ambler

### Norristown Time and Location

Art4ME – Viewing (Community Room)	Fridays	10:20 a.m.
Art4ME – Art Making (Art Room)	Fridays	12:15 p.m.

### Ambler Time and Location

Art4ME – Viewing (Art4ME Room)	Mondays	10 a.m.
Art4ME – Making	Tuesdays	10 a.m.

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

N: Friday, December 29      A: Tuesday, January 2

### Art Viewing – New Year’s Resolutions in Art

N: Friday, January 5      A: Monday, January 9

### Art Making – Create a resolution using wax resist, with oil pastels and watercolor

N: Friday, January 5      A: Tuesday, January 10

### Art Viewing – The Art of the Woodmere

N: Friday, January 12      A: Monday, January 15

### Art Making – Create your favorite place with mixed media

N: Friday, January 12      A: Tuesday, January 16

### Art Viewing – Prehistoric and Ancient Art

N: Friday, January 19      A: Monday, January 22

### Art Making – Create a collaborative work with mixed media

N: Friday, January 19      A: Tuesday, January 23

### Art Viewing – The Instructor’s Influence

N: Friday, January 26      A: Monday, January 29

### Art Making – Create a work based on passion of love or hate with acrylic on canvas board

N: Friday, January 26      A: Tuesday, January 30

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

N: Friday, February 2      A: Tuesday, February 6

### Art Viewing – All You Need Is Love (Love in Art)

N: Friday, February 9      A: Monday, February 12

### Art Making – Create a Valentine for someone you love with mixed media

N: Friday, February 9      A: Tuesday, February 13

### Art Viewing – African American Artists

N: Friday, February 16      A: Monday, February 19

### Art Making – Create a self-portrait with mixed media, based on your cultural identity

N: Friday, February 16      A: Tuesday, February 20

### Art Viewing – Celebrating the Artists of SAAC

N: Friday, February 23      A: Monday, February 26

### Art Making – Create a celebration with mixed media of choice

N: Friday, February 23      A: Tuesday, February 27

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.



## January/February Norristown Calendar

### Exercise

Fitness Center	Daily	8:30 am
Walking	Daily	10:30 am
Yoga with Laurie	Tuesdays	10:30 am
Walk with Ease with Meg	Mon, Wed & Fri	9:45 a.m.
Line Dancing with Maria	Mon & Thurs	10:30 am
Chair Tai Chi	Mon, Wed & Fri	10:30 am
Tai Chi with Darrel	First & Third Wed	10:30 am

### Music and the Arts

Art with Jennifer	Thursdays	10 am, 12:30 pm
Jam and Sing a Long	Thursdays	10:30 am
Art 4 Me - Viewing	Fridays	10:20 am
Art 4 Me - Making	Fridays	12:15 pm

### Games

Wii	Daily	10:30 am
Rummikub/Games	Daily	10:30 am
Bingo	Daily	10:30 am
Billiards/Pinochle	Daily	10:30 am

### Other

Shopping	Fridays	Noon
Bible Study	Wednesdays	12:15 pm
Tuesday Ticket	Tuesdays	10:30 am
Out of Depression	Wednesday	10:30 am

## January/February Ambler Calendar

### Exercise

Fitness Center	Daily	8 am - 4 pm
DanceFit	Mondays	10:15 am
Strength with Tiffany	Wednesdays	9:45 am
Growing Stronger (12 Weeks)	Tues & Thurs	1:00 pm
Chair Zumba	Wednesdays	10:15 am
Chair Aerobics & Strength	Friday (Starts Nov. 3)	10:15 am
Silver Sneakers Balance	Weds (Starts Nov. 8)	11:00 am
Tai Chi	Mon & Thurs	11:00 am
Yoga	Fridays	10:30 am

### Games

Billiards Room	Daily	8 am - 4 pm
Bingo	Mon, Wed & Fri	10:00 am
Pinochle	Mon & Fri	12:00 pm

### Enrichment

Advanced Quilting	Wednesdays	1:00 pm
APPRISE	First Fridays	9:00 am
Knitting & Crocheting	Fridays	10:30 am
Piano Lessons	Appointment Only	
Art4ME – Viewing	Mondays	10:00 am
Art4ME – Making	Tuesdays	10:00 am

### Other

Hearing Screenings	2nd Wednesday	10:45 am – 12 pm
VNA Blood Pressure	2nd Wednesday	10 am – 12 pm
Senior Law Clinic	Last Friday	10 am – 12 pm
Salon Manicures	Appointment Only	
Massage	Appointment Only	

## George Saurman Campus at Ambler SAAC

### News



#### A Walk Down Memory Lane

*John (Jack)  
Braithwaite* begins his interview with recollections

of his service in the U.S. Armed Forces during the Korean War (1950-1953). Recognized for his special talents as an entertainer, he was stationed in Okinawa, Japan, as Entertainment Director to the visiting USO. In addition to numerous other duties, his assignment included greeting the USO celebrities, organizing their itineraries and detailing barrack assignments. He describes his Okinawa office as one very large room filled with a variety of musical instruments, many of which he eventually teaches himself to play.

In addition to his regular duties, Jack spun his talents traveling with the Military Orchestra. He shares a story of a tour in Greenland during which a communication was received requesting the band play for a remote group of 30 service men stationed at the North Pole. So, just north of the Arctic Circle at Thule Air Base; their gear and a crate of frozen meat loaded into a large cargo helicopter, off they go to entertain the troops at a radar and communications site. It was a tough one day excursion that meant the world to 30 isolated GI's in the northern most part of the earth.

Jack has performed in countries all over the world, including South Korea, where he lived on a train for 40 days, entertaining at each train stop, whether it was one soldier or 20 soldiers.

In civilian life, he was a literal 'Jack of all trades': a chocolatier, cooking up tasty *Stutz Candy* holiday treats and Easter bunnies; a private detective, an EMT, an herbalist and a member of a country western trio called *Country Gents*, touting a hit single.

For relaxation, Jack enjoyed hiking the Chilkoot Trails in Alaska, prospecting for gold in Wyoming and collecting rocks. His

next endeavor is to learn diamond cutting. His final comment... "Life is great!"

### January 2018

#### Conversation and Donuts with Representative Mary Jo Daley

*Wednesday, January 3 • 12:30 p.m.*  
Representative Mary Jo Daley from the 148th Legislative District in Montgomery County visits Montco SAAC. Bring your questions and concerns.

#### Faith the Therapy Dog

*Friday, January 5 • 12:30 p.m.*

#### Alzheimer's Disease (Part 1)

*Monday, January 8 • 12:30 p.m.*  
Join us for Part 1 of a three-part series on Alzheimer's Disease. Alicia Sheerin from the Alzheimer's Association will be with us again with information on detection, prevention and treatment. Part 2 will be February 5 at the same time.

#### Communication Strategies for Dementia Care

*Wednesday, January 10 • 12:30 p.m.*  
Join Crystal Morgan and learn how to stay connected with a loved one with Dementia.

#### Learn Your Name in Morse Code

*Thursday, January 11 • 12:30 p.m.*

#### Second Friday Flea Market

*Friday, January 12 and Friday, February 9  
11:00 a.m. – 1:00 p.m.*

#### Fraud Bingo

*Monday, January 15 • 12:30 p.m.*  
Katrina Boyer of the Pennsylvania Department of Banking and Securities will be with us for a fun way to learn about fraud. Find out how you can be taken advantage of, and how to avoid having it happening to you.

#### Veterans Assistance Home Care Benefits

*Wednesday, January 17 • 10:30 a.m.*  
Executive Home Care will discuss the Veteran Administrations' special pension for aid and attendance benefits for veterans and surviving spouses with non-service related disabilities requiring regular assistance.

#### Ted Talks: Everyone Has a Story

*Thursday, January 18 • 10:30 a.m.*

#### Fire Safety

*Friday, January 19 • 12:30 p.m.*  
Did you know that today, if your home broke out in fire, you would have less than three minutes to escape safely? Forty years ago, a person had about 17 minutes to escape a burning home. Evolutions in furnishings, homes incorporating more open layouts, and lightweight construction materials allow fires to spread much quicker. Fire Chief Richard Lockhart will share information on ways to protect yourself and your family.

#### Pain Management

*Monday, January 22 • 12:30 p.m.*  
Valley Forge Physical Therapy will present tips on Pain Management. As many of our programs point out, a sedentary lifestyle can add to your discomfort rather than help it, so get some advice from the experts.

#### Global Belly Laugh Day

*January 24 • All Day*  
This is a holiday dedicated to celebrating the great gift of laughter, which is known to have mental, physical and heart health benefits. Bring in your jokes and we'll share some chuckles!

#### Piano Sing-Along With Larry

*Friday, January 26 • 12:30 p.m.*

#### Hospice 101

*Monday, January 29 • 12:30 p.m.*  
One of the most misunderstood medical services is Hospice care. It can be an invaluable resource to patients and families. While it is not something we like to think about, it is something we should all know about. Meet Elizabeth Moyle from Heartland Hospice and get informed.

#### J. T. Trinacia Headlines at the SAAC

*Wednesday, January 31 • 12:30 p.m.*  
With his powerful, yet melodic voice, dynamic stage presence, personality and charisma, J.T. Trinacia has established a reputation for his ability to sing in a variety of different styles and genres from the 1920's through today. Who's ready to dance?

### February 2018

#### Popcorn and a Movie: Ground Hog Day

*Thursday, February 1 • 10:00 a.m.*



## **Famous Philadelphians**

*Friday, February 2  
12:30 p.m.*

This special program for Black History Month features videos of these famous African Americans who

lived in Philadelphia and became internationally known in the performing arts: Marian Anderson, Chubby Checker, John Coltrane, James DePriest, Gamble & Huff, Judith Jamison, Paul Robeson and Will Smith. Produced and presented by Nancy Capizzi.

## **Alzheimer's Disease (Part 2)**

*Monday, February 5 • 12:30 p.m.*

## **Swingin' and Swayin' With Woody**

*Wednesday, February 7 • 12:30 p.m.*

## **Pizza and a Movie: Hidden Figures**

*Thursday, February 8 • 11:00 a.m.*

Hidden Figures is a 2016 American biographical drama film about black female mathematicians who worked at the National Aeronautics and Space Administration during the Space Race.

## **Piano Sing Along with Larry**

*Friday, February 9 • 12:30 p.m.*

## **QPR**

*Monday, February 12 • 12:30 p.m.*

Question, Persuade, Refer is a strategy to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. The signs of crisis are all around us. Quality education empowers all people, to make a positive difference in the life of someone they know. Elliott Smith from the Aging and Adult Services Protective Services Department will be here to give us this special training.

## **Valentine's Day Bingo**

*Wednesday, February 14 • 12:15 p.m.*

Throw on something red (a warm, bright, energizing color) and shake off those winter blues with some Bingo and sweet Kisses.

## **Westminster Versus SAAC: A Dog Show Challenge**

*Friday, February 16 • 10:30 a.m.*

Bring in photos or videos of your favorite canine companion(s), past or present, and we'll have our very own dog show. Categories will include the smartest, cutest, sweetest ... to name a few. Please submit materials by Friday, February 5 to be included in the slideshow.

## **Positive Affirmations**

*Monday, February 19 • 12:30 p.m.*

## **Popcorn and a Movie:**

### **Sands of Iwo Jima**

*Thursday, February 22 • 10:30 a.m.*

**Continued on next page.**

## **Norristown Continued**

### **Shop Smart to Eat Smart and Eat Smart When You Eat Out**

*Thursday, February 8 • 12:15 p.m.*

Overwhelmed by all the options in the grocery store? Are there any healthy options away from home? You will learn tips to help you cut through the clutter. Change a little, change a lot.

### **Rethink Your Drink**

*Friday, February 9 • 12:15 p.m.*

Learn 16 tips along with what drinks are categorized into RED, YELLOW, and GREEN.

### **Septa ID Passes**

*Monday, February 12 • 10:30 a.m.*

Courtesy of Senator Leach's office, ID passes will be taken for anyone age 65 and older, with a valid ID. With your Septa pass you may ride FREE on all transit routes and pay just \$1.00 on regional rail for travel in PA.

### **Mardi Gras Trivia**

*Tuesday, February 13 • 10:30 a.m.*

Shrove Tuesday or Fat Tuesday, Mardi Gras dates back thousands of years to pagan spring. Join us to learn more about this Christian holiday. Wear beads and look for party poppers at lunch.

### **In Your Best Interest**

*Tuesday, February 13 • 12:30 p.m.*

Danielle Charry of the Lincoln Center will be hosting a victimization discussion. Not only will there be tips on staying safe, but also information on resources that can help during or after the fact.

### **Name that 'Heart' Tune and Love is in the Air Trivia**

*Wednesday, February 14 • 12:15 p.m.*

Test your knowledge of songs with heart in the title. You will LOVE the trivia questions.

### **Chinese New Year**

*Thursday, February 16*

Join us today as we celebrate the Year of the Dog

10:30 a.m.: Test your knowledge at Chinese New Year Trivia

11:45 a.m.: Handmade lanterns, and dragons, along with fortune cookies and treats will be scattered on the dining room tables.

12:30 p.m.: Watch a Dragon Dance on TV along with a documentary of China's Forbidden City

### **Presidents Day**

*Monday, February 19*

10:30 a.m.: How much do you know about the Presidents?

12:15 p.m.: Valley Forge Documentary

1:15 p.m.: Stealing Lincoln's Body – A film regarding one of the most bizarre conspiracies in US history.

### **Pain Management**

*Tuesday, February 20 • 12:30 p.m.*

Valley Forge Physical Therapy will present tips on Pain Management. As many of our programs point out, a sedentary lifestyle can add to your discomfort rather than help it, so get some advice from the experts.

### **African American History Trivia and Discussion**

*Friday, February 23 • 12:15 p.m.*

Today we will recognize and celebrate achievements of African Americans in U.S. History. Did you know that George Washington Carver was able to derive nearly 300 products from peanuts?

## The Role of Light and Its Effects on Health

Friday, February 23 • 12:30 p.m.  
Join Sal, as he takes you on a deep dive into the impact of light on our sleep, energy and hormones, as well as ways in which you can "hack" your home and work environments for optimal well-being.

## The Keys to a Healthy Heart

Monday, February 26 • 12:30 p.m.  
It is Heart Month and the

Montgomery County Department of Health will address the numerous ways you can improve and maintain heart health.

## Pink Shirt Day

Wednesday, February 28 • All Day  
On this day, everyone is encouraged to practice kindness and wear pink to symbolize that you do not tolerate bullying.

## MONTCO SAAC

### Our Mission

The mission of the Montco SAAC is to involve, enrich and empower adults 50 years of age and better to live as independently as possible in our communities.

When donating to United Way, please specify the Senior Adult Activities Center of Montgomery County, account number: 108.

Montco SAAC is funded by Montgomery County Aging and Adult Services, United Way, monies raised by participants, foundation grants, individual and service club contributions and the generosity of the community through wills and bequests. Montco SAAC is a non-profit organization and an equal opportunity employer.

### 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.com • execdir@montcosaac.com

### CONSUMER & PROVIDER NOTICE

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Please contact Fawn Rupp or Carol Frawley for more information  
732.303.3100

### PENNSYLVANIA'S

## Telecommunication Device Distribution Program

# TDDP

[disabilities.temple.edu/tddp](http://disabilities.temple.edu/tddp)

[TDDP@temple.edu](mailto:TDDP@temple.edu)

800-204-7428 (voice) 866-268-0579 (TTY)

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# FROM THE DIRECTOR

## Happy New Year!



This newsletter marks my first month as Montco SAAC's Executive Director. I have been part of this team for nearly four years, and every role I've had has been a delight. I'm so excited to continue working with all of you as we pursue new opportunities and continue the legacy created by over 50 years of staff, members and volunteers.

It is rare to find a job that dovetails perfectly with one's personal mission. While in graduate school researching issues surrounding hunger and food access, I was overwhelmed by the scope of those in need and the complexity of the problem. Upon starting at Montco SAAC, I found an organization worth fighting for and an incredible mentor in Linda Collins. I feel very fortunate to be able to help empower people to live well with such a dedicated and talented team. I'm excited for this next chapter!

Cheers,

*Whit*

Whitney Lingle  
Executive Director, Montco SAAC

## Fun at MontcoSAAC



*Pre-K students from ACLAMO listen intently to a story being read by a Montco SAAC participant.*

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

Time Dated Material  
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