

S.A.A.C.

Senior Adult Activities Center
of Montgomery County

Live Full. Live Well. Live Long.

NORRISTOWN • AMBLER

Volume 23, No. 4 July/August 2017

Highlights

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QUICK NEWS



Farmer's Market Vouchers Are Here at Both Centers!

In an effort to increase consumption of fresh unprocessed Pennsylvania fruits and vegetables and herbs, increase the number of Farmers Markets in our community and to increase sales at farmers markets and farm stands the ever popular vouchers are available again!

To be eligible, recipients must be 60 years of age or older by the end of 2017, have identification with their birthdate on it, and have an income under \$22,311.00 for a single individual or \$30,044.00 for a couple.

See your local SAAC office for days and times when they are available.

Mark your Calendar for Montco SAAC's 5K!



September 16th will mark the seventh annual Outrunning Senior Hunger 5k Run and 3k Walk, held on the main campus of Montgomery County Community College in Blue Bell, PA.

This fun, family and pet-friendly event is an important fundraiser for the Meals on Wheels program of Montco SAAC. Please sign up to run or walk on Saturday, September 16 and show your support of this critical program!

A wide body of research shows that programs like Meals on Wheels enrich lives and reduce healthcare costs. Every day, as part of Montco SAAC's mission to empower older adults to live well as they age, our teams of dedicated volunteers deliver two meals and a friendly visit to more than 350 recipients in our service areas such as Eastern Montgomery County, Ambler area and Norristown area.

"After my wife died, I was very depressed and had trouble making meals," said Harry. "Meals

on Wheels helps me with food, but is also a bright spot in my day. I've even grown to feel like some of the volunteers are my friends."

Montco SAAC welcomes Bryn Mawr Racing Company for race timing and event management. We are excited to incorporate Bryn Mawr Running Company's 25-plus years of experience as we plan this year's event, brought to you by our Presenting Sponsors, AARP® Medicare Supplement Plans insured by UnitedHealthcare Insurance Company and the Conicelli Family Three Little Angels Foundation; and our Partners in Positive Aging, Acts Retirement-Life Communities, and Brightview Senior Living.

As the Federal Budget calls for cuts to Meals on Wheels, we must continue to fight for support. Make a donation or register online for the Meals on Wheels Outrunning Senior Hunger 5k/3k. Or stop by either center to pick up a paper registration.

We look forward to seeing you there!

News

Going Green & Clean with Norristown's New Compost Program

Beginning in May, Norristown joined Ambler in their composting efforts! As our members who enjoy lunch served at the center already know, our nutrition team has partnered with a local farm in an effort to help reduce food waste. Montco SAAC members have been aiding staff with this undertaking by collecting compostable food at the end of lunch every day. This includes fruit, vegetables, and bread, and excludes any meat, dairy, or fatty foods. The leftovers are then added to a collection bin on site, and taken to the Edible Forrest Urban Farm on Forrest Avenue, where it is added to their compost pile. Eventually, the food breaks down and becomes nutrient rich soil that helps grow more fruits and veggies. This in turn keeps waste out of landfills, and helps make our planet just a little bit greener. Thank you all for your help!

Volunteer of the Month: Norristown's John Deiley

There is never a day that goes by at Montco SAAC where Meals on Wheels volunteer, John Deiley, isn't found dutifully filling the



coolers with meals to be sent to Montgomery County's homebound seniors. John began volunteering with Montco SAAC's Meals on Wheels program in 2010, and has since become an essential part of our volunteer team. Whether he's helping with meal prep or covering a route, John always looks for ways to lend a helping hand. With his matching shirt and sneaker combination, this snazzy former mailman is impossible to miss! Deiley's familiarity with Norristown comes from many years of delivering a plethora of goods including newspapers, mail, doughnuts, and mulch to the folks of Montgomery County. "I just like to deliver things," says John, when asked why he likes to help with Meals on Wheels. Coordinators Soo Lee and Melissa Buckminster suspect it may also have something to do with helping others, as John seems to volunteer every spare moment that he has. "We truly couldn't run this program without him," says

Melissa. "Yea," says Soo. "He's the frosting to our doughnut."

Calendar of Events

July 2017

Sing A Long

Every Tuesday 9:30 a.m. – 11:30 a.m.

Be entertained and sing along with our own Joy Rangers to popular songs everyone knows and enjoys.

Sing A Long Plus Gospel

Every Thursday 12:15 p.m. – 1:15 p.m.

The Thursday sessions are an extension of Tuesday's Sing A Long with the addition of some of our favorite Gospel songs.

Playing with Color

Wednesdays, July 5, 12, 19, 26 • 10:00 a.m.

The word "mandala" is from the classical Indian language of Sanskrit. Loosely translated to mean "circle," a mandala is far more than a simple shape. It represents wholeness, and can be seen as a model for the organizational structure of life itself – a cosmic diagram that reminds us of our relation to the infinite, the world that extends both beyond and within our bodies and minds. Learn to paint a Mandala and discuss experiences and relationship to the arts. Meditation music will be provided.

Gardening Center Court

Wednesday, July 5 • 10:30 a.m.

Evaluate the progress we've made with our green thumbs.

Suburban Community Hospital Summer Series: Arthritis

Wednesday, July 5 • 12:30 p.m.

Meet the new Residents at our local hospital and learn about medical problems that plague many of us. The first topic is Arthritis.

Longhorn Steakhouse

Thursday, July 6 • 11:00 a.m.

Let your taste buds have a party and enjoy Pepper-Crusted Filet & Shrimp, Grilled Hawaiian Salmon, Baby Back Ribs, Brown Sugar Peach Cobbler (yum) and a lot more.

Table Tennis (Ping Pong)

Friday, July 7 • 10:30 a.m.

Are you still as good as you once were, or as you thought you were? Now's your chance

to bring back some of your old memories and sharpen up your game. It will be fun to see how good you really are. Join us in the Community Room.

You Be the Judge/Jury

Mondays, July 10, August 14, 28 • 10:30 a.m.

Think you can compete with Perry Mason? Well, here's your chance to see how you would fare in a real courtroom evaluating real cases.

In Your Best Interest

Tuesday, July 11 • 12:30 p.m.

Meet with Danielle Charry, our expert on crimes against the elderly. Find out how to stay safe while getting the most out of life. This is a program of the Lincoln Center.

Current Events

Thursday, July 13 • 10:30 a.m.

Senator Leach's Office will be bringing free coffee and donuts. So, bring your questions and opinions along and have a very enlightening morning. After the discussion, they will take photos for Septa ID passes.

Eat Healthy – Be Active

Friday, July 14 • 10:30 a.m.

Get information on creative ways to reduce your sodium intake with our nutritionists from Einstein.

Family Feud

Mondays, July 17, August 7, 21 • 10:30 a.m.

VA Meeting

Tuesday, July 18 • 10:30 a.m.

Enjoy some of the videos of past memorial trips. Also we will be discussing many of the benefits VA members may not be aware of.

Safety with Danielle

Tuesdays, July 18 and 25 • 10:30 a.m.

Better Than Bingo

Tuesday, July 18 • Noon until ...

They're back again to entertain us during lunch, playing the songs we all remember and enjoy.

VIP BINGO

Wednesday, July 19 • 10:30 a.m.

We are looking forward to the return of our representatives from Keystone VIP, a very special Medicare plan. They will have plenty of information on their program and be hosting a morning Bingo session complete with prizes and entertainment.

Karaoke

Thursday, July 20 • 10:30 a.m.
Loosen up those vocal chords.

Who is New in Town?

Thursday, July 20 • 10:30 a.m.
Meet representatives of the Pharmacy of Norristown. Not only are they on Marshall Street right around the corner, but they have a variety of specialized services available. Meet their representatives and see what they have to offer.

Trivia

July 21 • 12:30 p.m.

Fit to a T

Tuesday, July 25 • 12:30 p.m.
Why is bone health important? What is osteoporosis? What are the symptoms and warning signs? How is it diagnosed and treated? For answers to these and other questions join Lynn Burkett, who is back with us from Reading Hospital.

Can You Use a Lifeline?

Wednesday, July 26 • 12:30 p.m.
If you have fallen or run into an emergency, a lifeline can be available to you with this service! It offers immediate contact with a live person to help. Find out how it works and what options are available.

July Birthdays

Friday, July 28
Birthday acknowledgements.

August 2017

Safety with Danielle

August 1, 15, 22 and 29 • 10:30 a.m.

Socialization is the Best Vitamin

Tuesday, August 1 • 12:30 p.m.
Jerri Kohut from Cathedral Village will be with us to explore the importance of social contact to your health.

Gardening Center Court

Wednesday, August 2 • 10:30 a.m.
Evaluate the progress we've made with our green thumbs.

Red Lobster

Thursday, August 3 • 11:00 a.m.
Get out your lobster bibs. You're gonna need 'em. You can't leave there hungry

after choosing from lobster, shrimp, crab linguini alfredo, tilapia, salmon and much, much more. Come, join us for a feast you will remember for a long time.

In Your Best Interest

Tuesday, August 8 • 12:30 p.m.
A look at Senior Safety and how to avoid the variety of ways people are targeting us.

Current Events

Thursday, August 10 • 10:30 a.m.
Representatives from Senator Leach's office will come to the center to lead a lively discussion on current events. Afterwards, they will be taking photos and process for Septa ID Passes.

Suburban Community Hospital Summer Series: High Blood Pressure

Thursday, August 10 • 12:30 p.m.
Our series continues with a look at your blood pressure, what it is, what it means, and how and why to control it. Bring your questions!

Just Say Yes!

Friday, August 11 • 10:30 a.m.
Find out how to read nutrition labels with our Einstein staff!

VA Meeting

Tuesday, August 15
10:30 a.m.

Threats! In your Home?

Tuesday, August 15
12:30 p.m.
As we all know, we are so conditioned to what is in our home, we really don't see it any more. This company's specialty is in-home safety evaluations. Don't miss this informative seminar on the hidden risks inside your home. This program is a presentation of A-1 House Prep.

Transnet meeting

Wednesday, August 16
10:30 a.m.
"Your Safety is Our Business" – Maria Church, the Risk Management Director at Transnet, will be coming to Montco SAAC to discuss with everyone any

concerns, complaints, and suggestions you may have to improve the service they provide.

Trivia

Friday, August 18 • 10:30 a.m.
We will have many new questions that will boggle your mind. Surprise yourself; you just might actually know some of the answers.


Do You Remember?

Tuesday, August 22 • 12:30 p.m.
Senior Helpers, an in home care company, will offer this special seminar on Alzheimer's disease. They will also distribute material on their company and explain how they can be of assistance.


Karaoke

Thursday, August 25 • 10:30 a.m.
Tune up your vocal chords and join in singing the songs we all grew up with. The experience will definitely bring back some fond memories you may have forgotten.

Continued on page 5.



NPBTC
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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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Art4ME Classes in Norristown & Ambler

Art Viewing - Home Grown

N: Friday, July 14 • 10:20 - 11:30 a.m. • In the Community Room.

A: Monday, July 17 • 10:00 - 11:00 a.m. • In the Art4ME Room.

Art Making - Decoupage your own keepsake box with items from home

N: Friday, July 14 • 12:15 - 1:15 p.m. • In the Art Room.

A: Tuesday, July 18 • 10:00 - 11:00 a.m. • In the Art4ME Room.

Art Viewing - Stolen Works

N: Friday, July 21 • 10:20 - 11:30 a.m. • In the Community Room.

A: Monday, July 24 • 10:00 - 11:00 a.m. • In the Art4ME Room.

Art Making - Create your own forgery or a study of a master work with acrylics

N: Friday, July 21 • 12:15 - 1:15 p.m. • In the Art Room.

A: Tuesday, July 25 • 10:00 - 11:00 a.m. • In the Art4ME Room.

Art Viewing - Degenerate Art

N: Friday, July 28 • 10:20 - 11:30 a.m. • In the Community Room.

A: Monday, July 31 • 10:00 - 11:00 a.m. • In the Art4ME Room.

Art Making - Create your own expressionist painting with acrylics or watercolor

N: Friday, July 28 • 12:15 - 1:15 p.m. • In the Art Room.

A: Tuesday, August 1 • 10:00 - 11:00 a.m. • In the Art4ME Room.

Art Viewing - Music in Art

N: Friday, August 4 • 10:20 - 11:30 a.m. • In the Community Room.

A: Monday, August 7 • 10:00 - 11:00 a.m. • In the Art4ME Room.

Art Making - Explore depicting sounds with watercolor

N: Friday, August 4 • 12:15 - 1:15 p.m. • In the Art Room.

A: Tuesday, August 8 • 10:00 - 11:00 a.m. • In the Art4ME Room.

Open Studio - Come finish a work or start a new one!

N: Friday, August 11 • 10:20 - 11:20 a.m., 12:15 - 1:15 p.m.

A: Tuesday, August 15 • 10:00 - 11:00 a.m. • In the Art4ME Room.

Art Viewing - Parenthood

N: Friday, August 18 • 10:20 - 11:30 a.m. • In the Community Room.

A: Monday, August 21 • 10:00 - 11:00 a.m. • In the Art4ME Room.

Art Making - Create a pastel version of your parenthood

N: Friday, August 18 • 12:15 - 1:15 p.m. • In the Art Room.

A: Tuesday, August 22 • 10:00 - 11:00 a.m. • In the Art4ME Room.

Art Viewing - Movement in Art

N: Friday, August 25 • 10:20 - 11:30 a.m. • In the Community Room.

A: Monday, August 28 • 10:00 - 11:00 a.m. • In the Art4ME Room.

Art Making - Create a watercolor depicting movement

N: Friday, August 25 • 12:15 - 1:15 p.m. • In the Art Room.

A: Tuesday, August 29 • 10:00 - 11:00 a.m. • In the Art4ME Room.

Open Studio - Come finish a work or start a new one!

N: Friday, September 1 • 10:20 - 11:20 a.m., 12:15 - 1:15 p.m.

A: Tuesday, September 5 • 10:00 - 11:00 a.m. • In the Art4ME Room.

July/August 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	Mondays	1:00 pm
	Wed & Fri	12:30 pm
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	Mondays	10:30 am

July/August Ambler Calendar

Exercise

Fitness Center	Daily	8 am - 4 pm
Exercise Aerobics	Mondays	9:45 am
Exercise with Tiffany	Wednesdays	9:45 am
Growing Stronger (12 Weeks)	Tues. & Thurs.	10:00 a.m.
Seated Strength Training & Balance	Wednesdays	10:00 am
Seated Aerobics	Fridays	10:00 am
Silver Sneakers Balance	Wednesdays	11:00 am
Tai Chi	Mon. & Thurs.	11:00 am
Yoga	Tuesdays	1:00 pm
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
Scrabble	Mon, Tues, Wed, Fri	1:00 pm

Enrichment

Advanced Quilting	Wednesdays	1:00 pm
APPRISE	First Fridays	9:00 am
Knitting & Crocheting	Fridays	10:30 am
Piano Lessons	Appointment Only	
Art 4 Me - Viewing	Mondays	10:00 a.m.
Art 4 Me - Making	Tuesdays	10:00 a.m.

Other

Salon Manicures	Appointment Only	10 am - 12 pm
Massage	Appointment Only	11 am - 1 pm

George Saurman Campus at Ambler SAAC

July 2017

Fire Works: Fire Safety in the Home and Community

Monday, July 3 • 12:30 p.m.

This seminar will review mindfulness strategies that will assist individuals to focus on maintaining safety in the home and community. Join us for this prevention activity that will spark your brain to stay alert.

The Peyton Heart Project

Wednesday, July 5 • 12:30 p.m.

The mission of the Peyton Heart Project is to help raise global awareness about suicide and bullying and to help end the stigma surrounding mental health issues. Patti Dille shares her own personal story and explains the meaning of the delicate, handmade hearts with the inspiring quotes and how they end up around the world.

Transnet: Your Safety is Our Business

Monday, July 10 • 11:00 a.m.

TransNet offers advice on how to stay safe when using public transportation.

Identifying Butterflies

Wednesday, July 12 • 12:30 p.m.



Butterflies are everywhere and many people don't know how to identify them. Join Sandi Yanisko from the Penn State

Extension Master's Program as she enlightens us with her expertise regarding these beautiful and fragile creatures.

Piano Sing-a-Long with Larry

Friday, July 7 • 12:30 p.m.

Meals on Wheels volunteer Larry Kirschner plays some classic tunes and shares music trivia about some of his favorite compositions. Singing is encouraged and lyrics are supplied.

Socialization is the Best Vitamin

Monday, July 10 • 12:30 p.m.

Jerri Kohut from Cathedral Village will be with us to explore the importance of social contact to your health.



Musical Gifts From Paris

Friday, July 14 • 12:30 p.m.

Nancy Capizzi presents an hour-long program sharing beautiful music and dance videos depicting styles from

Broadway, classical, film, folk, golden oldies and jazz. Performers will include Anna Caterina Antonacci, Ella Fitzgerald, Gene Kelly and Leslie Caron, Rudolph Nureyev, Edith Piaf and Andre Rieu.

An Educational Seminar on Medicare Supplement Insurance

Friday, July 21 • 12:30 p.m.

This session will open with a discussion on why pre-existing conditions matter when applying for Medicare supplement insurance, address the question of who is qualified for enrollment and identify the various supplement plans and what they cover.

Do You Remember?

Monday, July 17 • 12:30 p.m.

Senior Helpers, an in home care company, will offer this special seminar on Alzheimer's Disease. They will also distribute material on their company and explain how they can be of assistance.

Continued on next page.

Norristown Continued

August Birthdays

Friday, August 25

Birthday acknowledgements.

Do You Need More Energy or Less?

Tuesday, August 29 • 12:30 p.m.

Join us for a visit from PECO experts who will be telling us how to keep our energy costs lower, they will offer tips and tricks on energy savings and talk about PECO programs



1st Annual Cinco de Mayo Pinto Bean Race

And they're off! As they dash out the gate, a perfect start! Head to head, these stealthy steeds are really pulling out the beans. They get around the first turn and it looks like Yellow Straw and The Blue Blower are inching ahead. The race is really heating up! Pinky Legume runs to the outside to pass Sucking Air and Red Hot Chili Pepper. Watch out! Chick Pea and Pinto Pattie block her as they head into the last turn. Whoa! The long shot, Pea Shooter, is pulling up fast! And they're heading to the finish line ... and ... it's Pea Shooter by a nose! **WHAT A RACE!!!**

customers find useful. There will be brochures and giveaways.

Suburban Community Hospital Summer Series: Diabetes

Wednesday, August 30 • 12:30 p.m.

Our final seminar will focus on Diabetes, what is it? What to do about it? And how to live with it? Being better informed is the first step to better health.

The Wissahickon Pops Orchestra

Wednesday, July 19 • 12:30 p.m.

The Wissahickon Summer Music Program provides opportunities for instrumental music students in Central Montgomery County to keep up and expand their skills by performing at different venues around the county. It is a delight to announce that this very talented group of young Americans will be visiting the SAAC once again. We welcome them back!

American Short Stories

Wednesdays, July 19, 26 and August 2
10:30 – 12:00 p.m.

Thea Howey, an educator at the Montgomery County Community College, will lead a book discussion group where readers come together and talk about three separate short stories and share their reading experience and personal thoughts regarding the literature. Don't miss out! Please contact Gisele at 215-619-8863 to sign up.

The Opioid Crisis in Our Community

Monday, July 24 • 12:30 p.m.

The staff of the Center for Excellence will be informing us of the dangers of prescription and non-prescription medications in our lives and what they are trying to do about the problem.

2017 Ambler SAAC Carnival

Friday, July 28 • 9:30 a.m. – 12:00 p.m.

Come one, come all! Compete in a Bean Bag or Toilet Paper toss! Have your fortune told or pose for a strong man photo-op. Concessions, games, activities and much, much, more! Get your 'carnie on' for a fun-filled morning of entertainment!



Taking Steps to Better Health

Monday, July 31 • 10:00 a.m. – 2:00 p.m.

Be sure to take advantage of the health screenings available through Health Steps. All testing is covered by Medicare, so bring your insurance cards.

August 2017

Montgomery County Recorder of Deeds

Wednesday, August 2 • 10 a.m. to 12 p.m.

If you are a Montgomery County resident with a copy of your DD214 or 256, you are eligible for a photo ID card that provides discounts to over 400 vendors in the Montgomery County area. The cards are made on-site and only take a few minutes to process. A photo ID is also required.

Need Help?

Monday, August 7 • 12:30 p.m.

Be aware of the services and volunteer opportunities available in our community. Check out the Interfaith Housing Alliance.

Faith Joins Larry Kirschner in a Piano Sing-a-Long

Friday, August 11 • 12:30 p.m.

Visit with Faith the therapy dog and her human, Steve Conway, Humane Educator Montco SPCA while listening to some classic piano tunes played by Meals on Wheels volunteer Larry Kirschner.

Can You Use a Lifeline?

Monday, August 14
12:30 p.m.

If you have fallen or run into an emergency, a lifeline

can be available to you with this service. It offers immediate contact with a live person to help. Find out how it works and what options are available.

Handwriting Analysis

Wednesday, August 16 • 12:30 p.m.

Nancy Szamborski has been doing handwriting analysis (graphology) and teaching how-to classes for many years. "It's interesting and fun," she says, "especially for those of us who learned to write in cursive." She has done this class at spas, senior centers, libraries, and employee groups. It's a combination of handouts, charts, and a little hands-on to get everyone involved. Nancy does not analyze individuals in public but shows participants how to do it themselves and understand its meaning.

Reading Terminal Market

Friday, August 18 • 10:00 a.m. – 2:30 p.m.

A great place to use those Farmer's Checks! Regarded as one of the best Farmers' Markets in America, the Reading Terminal Market offers over 80 vendors, offering a wide range of local and exotic vegetables, fruits, fresh fish and seafood, local meats, poultry and a plethora of prepared foods including the famous Philly cheese steak. Transnet will be \$15.00 round trip.

Self-Care for All Seasons

Monday, August 21 • 12:30 p.m.

Self-care is vital to healthy living and the functioning of the mind and body. Explore the importance of personal self-care and learn techniques to incorporate positive behaviors into the busiest of schedules.

Philadelphia College of Pharmacy

Wednesday, August 23

Clinic is 10:00 a.m. – 12:00 p.m.

Presentation begins at 12:30 p.m.

Pharmacy students offer free pressure screening, medication review and drug therapy pros and cons. A health issue-related talk will be presented after lunch.

Do You Need More Energy or Less?

Monday, August 28 • 12:30 p.m.

Join us for a visit from PECO experts who will be telling us how to keep our energy costs lower. They will offer tips and tricks on energy savings and talk about PECO programs customers find useful. There will be brochures and giveaways.

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What is Healthsteps?

Healthsteps is a portable service that provides an Annual Wellness visit which is centered around Medicare's annual wellness visit guidelines. They provide preventive and diagnostic care for diabetes, hypertension, fall prevention, depression, cardiovascular and chronic disorders. This visit is provided at no cost to seniors or the center and is not subject to Medicare Part B deductibles, co-insurance, or co-payments. Your results are sent to your primary care physician.

Healthsteps will be visiting the Ambler Center on Monday July 31 from 10 a.m. to 2:00 p.m. Bring your insurance information to participate!

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

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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. **DISCLAIMER**

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FROM THE DIRECTOR

Welcome Whitney Lingle as Associate Director

Happy Summer! It's in the summer that Montco SAAC starts its new fiscal year. July will also be the start of our new Associate Director, Whitney Lingle.

Whitney is no stranger to Montco SAAC. She started here in the position of Ambler Meals on Wheels Coordinator and then moved on to Director of Food and Nutrition Services and now is Associate Director. I will be mentoring Whitney in the next six months on the best practices of a nonprofit and the intricacies of working with Board, staff and volunteers and the public as well as planning and implementing the mission and doing fiscal sustainability. Whitney is no stranger to the business world and to nonprofits.

She is finishing her Masters Degree at Ball State University, she completed LaSalle's Nonprofit Certificate Management program and has been involved in fundraising for Meals on

Wheels. Whitney will be based in Norristown , but will be traveling to our different sites in her role as Associate Director. I hope you will find she has a passion for serving others, love challenges, is self-motivated, and organized. What more can you ask for?



Linda

Linda Collins
Executive Director, Montco SAAC

**ALL MONTCO SAAC CENTERS WILL BE CLOSED
MONDAY, JULY 3 & TUESDAY, JULY 4**

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

Time Dated Material
July/August 2017

Norristown Center
MONTCO SAAC
536 George Street
Norristown, PA 19401
Return Service Requested

Non-Profit Org.
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