

# S.A.A.C.

Senior Adult Activities Center  
of Montgomery County

Live Full. Live Well. Live Long.

## NORRISTOWN • AMBLER

Volume 24, No. 4 July/August 2018

### Highlights

#### Programs and Services

Norristown..... 2-3

Ambler..... 5-7

#### Calendars

Norristown..... 4

Ambler..... 4

From Our Director.....8

## Save the Date!

### September 15th = Fun, Funding, Fitness and Food

We are excited about this year's Outrunning Senior Hunger 5K run and 3K walk to be held Saturday, September 15 at Montgomery County Community College. We had a great day last year with a record number of participants, amazing sponsors, fabulous music, Bryn Mawr Running Company's excellent timing services, and *still too much food!* Are we satisfied? NO!



- We want **more people** enjoying a leisurely stroll around the beautiful campus, or pushing to the 5K finish line for their best time!
- We want **more fun**, and are adding a special dog registration for the 3K walk, with a complementary event bandana!
- We want to **raise more money** so we can be sure that everyone who is in need can get the help they need!

Your support is essential in ensuring that Montco SAAC is able to continue improving lives across Montgomery County. This year the need is greater than ever. One of our major funders recently changed their giving strategy and will no longer fund programs supporting older adults. That \$75,000 is a significant portion of our budget and not receiving it makes your support this year truly urgent. Without your help, the social services, Meals on Wheels, fitness, activities, fun and food provided by Montco SAAC cannot happen.

*Don't want to do it alone?* Pull together four of your closest friends and catch up while making a difference! Maybe you'll want to make matching hats to show your team spirit.

*Not sure you can get out of bed in time for a 9:00 am start?* Sleep in and just donate, online or through the mail.

*Does 3K sound a little too challenging?* At an easy pace, you'll probably be back to the finish line in about 30 minutes. You might surprise yourself and drive home with a great prize from a local business!

*Are weekends crazy with lots of activities?* Chances are you'll cross the finish line before 10:00 am, and what a great, energizing way to start the rest of your weekend!

**But it won't be the same without you.** Come out on Saturday, September 15, join in the fun and make a difference in the lives of your senior neighbors, family and friends throughout lower Montgomery County!

### QUICK NEWS



#### Happy Fourth of July!

Please remember, our Centers will be closed for the Independence Day holiday. Have a great 4th!

## News

### Welcome Mikaela

#### Eastern Montco Meals on Wheels Coordinator

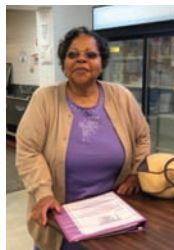


The two things I love to do the most are be in the woods and help other people. In 2017, I thru-hiked the entire 2,189.1-mile Appalachian Trail. I lived in the woods and out of my

backpack for 6.5 months as I hiked from Georgia to Maine. Once I checked my biggest bucket list item off, I decided to pursue my other passion: helping other people through food and a healthy diet. This led me to Montco SAAC so thank you for helping to fuel my passion!

### Volunteer of the Month

The Ambler Volunteer of the month is Marea Pollard. Marea is everyone's favorite MOW partner. A volunteer since 2012, Marea is an active member of Bethlehem Baptist Church in Spring House and goes to bible study every Wednesday.



She brings laughter and fun to every route that she partners with and is always willing to help out whenever needed. Thank you Marea for all that you do. We think you're the BEST!

## Calendar of Events

### July 2018

#### Who What When

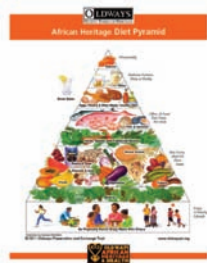
*Mondays: July 2 & 23, August 13 & 27*  
1:15 p.m.

Mystery person, place, or year. Twenty hints are given.

#### A Taste of Africa (Continued)

*Tuesday, July 3, 10 & 17, 12:30 p.m.*

This exciting new program from



Einstein is a six-week nutrition and cooking program. Each week covers a specific food group from the African Heritage Diet Pyramid.

### Happy 4th of July!

*Wednesday, July 4 • Center Closed*

### Bienvenidos Hispanos!

*Miercoles, Julio 11, 18, 25 • 12:30 p.m.*

### Safety with Danielle

*Wednesday, July 18 & 25 • 10:30 a.m.*

The Lincoln Center's Danielle Charry will be with us discussing safety through the summer season. This interactive program is fun and informative.

### Clases De Ingles – Beginner English

*Miercoles, Julio 11 • 12:30 p.m.*

### Zoo Day

*Monday, July 2 • 12:30 p.m.*

Penguins, Polar Bears and more. The Philadelphia Zoo, the first zoological gardens in the United States, opened on this day in 1874.

### Jeopardy Trivia

*Thursdays, July 5 & 19, August 2 & 16*  
12:15 p.m.

Six categories and six questions for each category. Two teams compete. Team members work together. Healthy snacks provided.

### An Independence Day Coincidence (Video)

*Friday, July 6 • 12:15 p.m.*

Three of the first five United States presidents died on the fourth of July.

### Blueberry Muffin Day

*Wednesday, July 11 • 12:15 p.m.*

The blueberries are ripe this month. Let's celebrate and make muffins.

### In Your Best Interest

*Wednesday, July 11 • 10:30 a.m.*

One of the latest scams involves a man hired to be a personal buyer. Of course the check they gave him to cover the items was fraudulent. Keep on top of this and more with Danielle.

### Bingo

*Thursdays, July 12 & August 9 • 12:15 p.m.*

You may receive the five health benefits of Bingo

1. Enhances hand-eye coordination

2. Boosts cognitive abilities
3. Improves physical health
4. Increases socialization
5. Accelerates healing and recuperation



First game is free. Prizes for the winners.

### Travelogues

*Mondays, July 16 & August 20 • 12:15 p.m.*

July 16: Victoria, British Columbia  
August 20: From Bombay to Mumbai

### Hair Cuts

*Wednesdays, July 18 & August 15*

It is always nice to get your hair cut. It seems to make everyone happy. How about a free one provided by Premier Barber Institute? There is not a charge for this service. Registration is required. See Michele to get your name on the list.



### National Lollipop Day

*Friday, July 20*

Today we will have a summer themed lunch and at each table there will be an assortment of lollipops. They'll sure bring back great memories.

### Dementia, What it IS and what it ISN'T

*Tuesday, July 24 • 12:30 p.m.*

Hope Chatman will be visiting to share new information on Dementia. What constitutes normal aging? What if I think I may have dementia? What treatments are trending?

### The Recliner, Man's Other Best Friend

*Wednesday, July 25 • 12:15 p.m.*

Discover why recliners are associated especially with men and recall some of the popular TV shows viewed while sitting in one. Sit back and get comfortable, and let's learn about recliners.

### How to Become an Early Riser, and Six Daily Habits of the World's Most Successful CEOs

*Friday, July 27 • 12:15 p.m.*

In less than 20 minutes you will begin to understand the importance of the saying, "Early to bed, early to rise makes a man healthy, wealthy, and wise."

**Need Medicare Coverage for Dental and Vision?**

*Tuesday, July 31 • 12:30 p.m.*  
 These two sought-after additions to Medicare will be discussed by the Agents for Advocacy.

**August 2018**

**Bienvenidos Hispanos!**

*Miercoles, Agosto 1, 8, 15, 22, 29*

**Clases de Ingles – Beginner English**

*Miercoles, Agosto 1, 8 • 12:30 p.m.*

**National Root Beer Float Day**

*Monday, August 6 • 12:15 p.m.*  
 After lunch enjoy a frothy root beer float treat. Sugar free root beer will be available.

**Safety with Danielle**

*Tuesdays, August 7, 21 & 28 • 10:30 a.m.*

**Home Care Corner**

*Tuesday, August 7 • 12:30 p.m.*  
 Take a look at Interim Health Care, a company providing a myriad of in-home services. You can pick and choose!

**Happiness Happens Day**

*Wednesday, August 8 • 12:15 p.m.*  
 Today we will learn about the Secret Society of Happy People, see some positive quotes and idioms, and enjoy some Hershey Kisses. Happy people have a way of finding the silver lining in even the darkest clouds.

**13 Ways to Simplify Your Life**

*Friday, August 10 • 12:15 p.m.*  
 We will discuss ways to simplify your life, reduce clutter and streamline.

**South Paw Day**

*Monday, August 13 • 12:15 p.m.*  
 Today is International Left-Handers Day. If you are not left-handed, try to eat your lunch or perform a task only using your left hand today. If you are left-handed try to use your right hand for a task. We will share 11 little known facts about left-handers. If two left-handed people have an argument, who is right?

**In Your Best Interest**

*Tuesday, August 14 • 12:30 p.m.*  
 You can never be too aware of the things

people are doing to scam seniors! Find out what you can do to protect yourself and where to go if you get caught. Danielle Charry from The Lincoln Center is the expert.



**India Independence Day Lunch**

*Wednesday, August 15 • 11:45 a.m.*  
 On this day in 1947, India gained its independence from the United Kingdom. Join us today for an Indian themed lunch. India trivia will be available.

**Have Things Done Your Way!**

*Tuesday, August 21 • 12:30 p.m.*  
 Loyal Neighbors is a company that helps final expense services. No one likes to think that far into the future but you can protect your loved ones and know things will be done right. Check out what they have to offer.

**Ten of the Most Heavily Guarded Homes on Earth**

*Wednesday, August 22 12:15 p.m.*  
 “A man’s home is his castle” is a common saying. This interesting video delves into the world of high-tech security that puts all of our dead-bolted front doors to shame.

**History of Fair Days and American Fair Trivia**

*Friday, August 24 12:15 p.m.*  
 More state fairs are held in August than in any other month of the year. Today you will learn about the history of fairs, some American Fair trivia, and the 4-H. Do you know what the four H’s stand for? You will after today.

**What is a True Supplement?**

*Tuesday, August 28 • 12:30 p.m.*  
 With Open Enrollment just around the corner, it’s time to look at possible options to expand your coverage. Few people understand what a supplement is and this is the time to find out. Agents for Advocacy will be with us again for this informative seminar.

**Death-Defying Daredevils**

*Friday, August 31 12:15 p.m.*  
 We will take a look at some of the most sensational daredevils over the past century and a half, along with the stunning and death-defying feats they have performed.

**Out of Depression** will not be held from July 18 through August 29. Members are free to meet in the community room in August if they wish to do so. See Michele for access.

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



**Neurology, Psychiatry and Balance Therapy Center, LLC**  
 725 Skippack Pike | Parc Plaza, Suite 130  
 Blue Bell, PA 19422  
 Phone: 215-591-0700 | Fax: 267-419-8413 | [www.npbtc.com](http://www.npbtc.com)

## Art4ME Classes in Norristown & Ambler

### Art4ME Norristown Time and Location

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

### Art4ME Ambler Time and Location

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

### July

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

N: Friday, July 6    A: Tuesday, July 10

#### Art Viewing – The Night Life

N: Friday, July 13    A: Monday, July 16

#### Art Making: Create your own nocturnal scene by etching on scratchboard.

N: Friday, July 13    A: Tuesday, July 17

#### Art Viewing – Genre Painting

N: Friday, July 20    A: Monday, July 23

#### Art Making: Create an acrylic painting of your favorite everyday scene.

N: Friday, July 20    A: Tuesday, July 24

#### TBA – Possible Field Trip

N: Friday, July 27    A: Monday, July 30

### August

*The instructor will be away from August 1 through August 14.*

#### Art Viewing – Home Grown: The Work of PA Artists

N: Friday, August 17    A: Monday, August 20

#### Art Making: Create a decoupage of items from home on a wood box with mixed media.

N: Friday, August 17    A: Tuesday, August 21

#### Art Viewing – Stolen Works

N: Friday, August 24    A: Monday, August 27

#### Art Making: Create your own forgery of your favorite master work with acrylics on canvas board.

N: Friday, August 24    A: Tuesday, August 28

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

N: Friday, August 31    A: Monday, September 4

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.



## 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	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

## July/August Ambler Calendar

### Exercise

Fitness Center	Daily	8 am - 4 pm
DanceFit	Mondays	9:45 am
Strength with Tiffany	Wednesdays	9:45 am
Growing Stronger (12 Weeks)	Tues & Thurs	1:00 pm 4/24 – 5/31 10:00 am 6/5 – 8/9

Chair Zumba	Wednesdays	10:00 am
Chair Aerobics & Strength	Friday	10:15 am
Silver Sneakers Balance	Weds	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

AJH Blood Pressure Screenings	2nd Wednesday	9:30 am – 11:30 pm
Senior Law Clinic	Last Friday	10 am – 12 pm
Massage	Appointment Only	
Mobile Office of Rep. Mary Jo Daley	3rd Friday	11:00 am – 1:00 pm

**George Saurman  
Campus at Ambler SAAC  
July 2018**

**Need Medicare Coverage for Dental and Vision?**

*Monday, July 2 • 12:30 p.m.*  
These two sought-after additions to Medicare will be discussed by the Agents for Advocacy.

**Happy 4th of July!**

*Wednesday, July 4*  
Center Closed



**Reading Terminal Market**

*Friday, July 6 • 10 a.m. – 1:00 p.m.*  
Transnet is \$15.00 round trip.

**How Can an Ombudsman Help?**

*Monday, July 9 • 12:30 p.m.*  
Kathleen Paris from the Office of Aging will be explaining what an ombudsman is and what they do. In brief, they investigate and work to resolve individual complaints and issues on behalf of consumers of long-term care services. Their services extend far beyond this and could be invaluable to a friend or loved one.

**Abington Jefferson Health Blood Pressure Screenings**

*Wednesday, July 11 • 9:30 – 11:30 a.m.*

**Norristown Gospel Choristers**

*Wednesday, July 11 • 12:30 p.m.*  
Elvis impersonator, gospel singer/song writer and rap recording artist, Jim Fazio and a special guest will entertain us with a new Gospel ensemble.

**Popcorn and a Movie: Into the Wild**

*Thursday, July 12 • 10:00 a.m.*  
Going back to the basics for Simplicity Day.

**Rick DZ Magic**

*Friday, July 13 • 12:30 p.m.*  
Rick Dziekan has more than 20 years of experience in making magical memories for audiences of all types. His philosophy regards magic as being all about entertaining interactions with people. Mark your calendars!

**Dementia – What it IS and What it ISN'T**

*Monday, July 16 • 12:30 p.m.*  
Hope Chatman will be visiting to share new information on Dementia. What constitutes normal aging? What if I think I may have dementia? What treatments are trending?

**Know What You Eat**

*Wednesday, July 18 • 12:30 p.m.*  
Carol Sweeney is a registered dietician with 25 years of experience. She will be speaking about the Mediterranean Diet and how incorporating this way of eating will have lasting health benefits as we age.

**The Chris and Scott Show**

*Friday, July 20 • 12:30 p.m.*  
These talented gentlemen will entertain us with familiar songs that beat with their solid acoustic sound and harmonization. Feel free to sing along!



**Ambulance 101**

*Monday, July 30 • 12:30 p.m.*  
The Community Ambulance Association of Ambler would like us to know some things to make their job easier and more effective! Find out when to call an ambulance, ways to prepare, to make your ambulance ride safe, and what to do to expedite treatment at the hospital. We all want the best possible outcome from your ride!

**Visiting Angels: Fall Prevention**

*Wednesday, July 25 • 12:30 p.m.*  
Falls are usually caused by one or more risk factors which can be linked to a physical condition, a medical problem, or the home environment. Visiting Angels will educate

us regarding ways to reduce fall risk and perpetuate a quality life.

**Popcorn and a Movie: Right Footed**

*Thursday, July 26 • 10:00 a.m.*  
A salute to Americans with Disabilities Day.

**Senior Law Clinic**

*Friday, July 27 • 10:00 a.m. – 12:00 p.m.*  
Attorney Marykate Kelly offers free legal advice, free notary public and reduced costs for wills or powers of attorney.

**Piano Sing Along with Larry**

*Friday, July 27 • 12:30 p.m.*

**August 2018**

**The Closet Magician**

*Wednesday, August 1 • 12:30 p.m.*  
Suffocating with clutter? Bobbie Burkhardt will discuss tips and tricks that will put order back into your life, take the stress out of your next move and avoid wasted time looking for misplaced items in your house.

**Dog Days of Summer**

*Friday, August 3 • 12:30 p.m.*  
This special program features beautiful videos in many different musical styles that celebrate summer's hottest days. You are invited to come hear a variety of music by composers such as John Barry, George Gershwin, Felix Mendelssohn, Cole Porter and Antonio Vivaldi as well as performances by Judy Collins, Perry Como, Patti Page, Frank Sinatra and Esperanza Spalding. Produced and presented by Nancy Capizzi



**Vision Screening**

*Monday, August 6 • 10:30 to 12 p.m.*  
It's a good idea to have your vision checked every year. Take advantage of this opportunity to have a free check by the Montgomery County Association for the Blind. They will also be discussing options for people with failing vision.

## Abington Jefferson Health Blood Pressure Screenings

Wednesday, August 8 • 9:30 – 11:30 a.m.

## Popcorn and a Movie: Ten Canoes

Thursday, August 9 • 10:00 a.m.

Dedicated to this International Day of the World's Indigenous People.

## SEPTA ID Event

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

This event will introduce seniors, age 65 and older, to SEPTA's fare payment and collection system called the SEPTA Key Program. Representatives will be available to assist applications and a new photo ID card. The SEPTA Key enables seniors to ride free on all SEPTA Transit Services and pay only \$1.00 on all PA Regional Rails.

## What is a True Supplement?

Monday, August 13 • 12:30 p.m.

With Open Enrollment just around the corner, it is time to look at possible options to expand your coverage. Few people understand what a supplement is and

this is the time to find out. Agents for Advocacy will be with us again for this informative seminar.

## Piano Sing Along With Larry

Wednesday, August 22 • 12:30 p.m.

## Popcorn and a Movie: 12 Years a Free Man

Thursday, August 23 • 10:00 a.m.

Today is the International Day of Remembrance of Slave Trade and Abolition.

## Senior Law Clinic

Friday, August 24 • 10:00 a.m. – 12:00 p.m.

See Friday, July 27 for a description.

## Be Your Best You!

Monday, August 27 • 12:30 p.m.

Join our new representative from Bayada Nurses for a quick look at your health and mobility. Bayada's goal is to help you keep moving forward in the best possible physical condition.

## Philadelphia College of Pharmacy Returns

Wednesday, August 29 • 12:30 p.m.

Sandy Schultz and a new group of interns will visit, providing, blood pressure screenings, medication reviews and an educational presentation on pharmaceuticals.

## Norristown Continued

### Upcoming Events You Can Look Forward to:

#### Walking Challenge

Monday, September 3 – Friday, September 28

#### WII Tournament

Tuesday, September 4

#### Programa de Capacitación en Diabetes – En Espanol

6 semanas consecutivas

Miercoles, Septiembre 12, 19, 26

10:00 a.m. – 12:00 p.m.

Miercoles, Octubre 3, 10, 17

10:00 a.m. – 12:00 p.m.

El Programa de Educación en Diabetes, también conocido como DEEP, fue desarrollado para proporcionar las herramientas para controlar mejor su diabetes a fin de reducir las complicaciones y llevar vidas más saludables y prolongadas.

**Senior Living Home Health Care**



**Senior Living Home Health Care Agency**  
Where We Go Above And Beyond Client's Expectations

*Meals & Errands	*Med Reminders
*Bathing	*Grocery Shopping
*Dressing	*Grooming
*Light Housekeeping	*Laundry
*Incontinence Care	*Companion Services
*Pet Care/Walking	*Hourly or Live-in Care
*Comfort Care	*And much...much more..

**We are MEDICAID WAIVER approved**

Servicing Philadelphia, Montgomery, Chester, Delaware, & Bucks Counties

**610-292-8508**  
[www.seniorlivinghhc.com](http://www.seniorlivinghhc.com)

**Concerned about Medicare costs?**



**RSVP**  
 Rite, Service, Value, Pleasure

Have limited income? We can help.  
 Call the APPRISE Medicare FREE counseling program  
 610-834-1040 x.175

Link  
 APPRISE  
 Pennsylvania  
 DEPARTMENT OF AGING



**BRANDYWINE LIVING**  
*at Senior Suites*  
*Life is Beautiful*

2101 New Hope Street | East Norriton, PA 19401  
 Please contact Fawn Rupp or Carol Frawley for more information  
 732.303.3100

www.Brandycare.com • 1-877-4BRANDY

## 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

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.

PENNSYLVANIA'S  
**Telecommunication Device  
 Distribution Program**

**TDDP**

disabilities.temple.edu/tddp  
 TDDP@temple.edu  
 800-204-7428 (voice) 866-268-0579 (TTY)

**LONG & FOSTER** REAL ESTATE | **CHRISTIE'S** INTERNATIONAL REAL ESTATE

**Leonor S. Judge ABR, SRS**  
 REALTOR®

Direct 267.481.0012  
 Office 215.643.2500  
 Fax 215.643.1500  
 leonorjudge@gmail.com  
 LeonorJudge.com

**Long & Foster Real Estate, Inc.**  
 775 Penlyn Blue Bell Pike  
 Blue Bell, Pennsylvania 19422



When caring for your loved ones becomes overwhelming,  
 we can help!



**Assisting Hands**  
 Home Care

Call today for a FREE assessment  
 215 600 1809

Full range of non-medical in-home services  
 Philadelphia, Lower Montgomery and Bucks County

www.assistinghands.com/centralphiladelphia  
 philadelphia@assistinghands.com

# FROM THE DIRECTOR

## A Word from Whit



What a great May/June for Montco SAAC! I've been blown away by all the support.

Hot off the success of the debut of Corks & Forks, we launched right into the thick of preparing for the annual Silver Foxes Fashion Show. Spoiler alert: IT. WAS. AWESOME! The models looked snazzy, the crowd was enthusiastic, and the complimentary mimosa toast had the group feeling festive.

We are starting summer with the first steps in the Making Space for Innovation project, including training with the PA Department of Aging and preparing to launch our second cycle of What A Waste at Montco SAAC Norristown with the National Foundation to End Senior Hunger (NFESH). The program helps nutrition programs divert food waste to compost and increase food access

by making us more efficient and launching a more robust gardening program. I'm thrilled to once again work with the team at NFESH and continue our leadership as a top senior nutrition program. Feel free to join us for the kickoff celebration on Tuesday, August 14 with NFESH President Matt Levine.

In other news, keep an eye out for Team Montco SAAC during Community Champions Week, July 30 through August 6. Friends and neighbors who have made a positive impact in the community are invited to be special guests delivering Meals on Wheels with our volunteers. It is great community outreach, and a fun way for local leaders to see firsthand the impact and importance of our programs.

Best,  
Whit

Whitney Lingle  
Executive Director

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

Time Dated Material  
July/August 2018

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

Non-Profit Org.  
U.S. Postage  
PAID  
Permit No. 6526  
Southeastern PA