

# S.A.A.C.

Senior Adult Activities Center  
of Montgomery County

Live Full. Live Well. Live Long.

## NORRISTOWN • AMBLER

Volume 24, No. 2 March/April 2018

### Highlights

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### QUICK NEWS

#### Your New Medicare Card is Coming!

The Centers for Medicare & Medicaid Services are required to remove Social Security numbers from all Medicare cards by April 2019. A new, unique Medicare number will replace the Social Security number on each new Medicare card.

Pennsylvania residents can expect to receive their new cards in April through June of 2018.

Be aware that these cards will be issued automatically. There will be no legitimate phone calls requesting personal information regarding these cards.

### Save the Date!

#### Corks & Forks

A Tasting to Benefit Montco SAAC  
Thursday, April 26 from 6-9 p.m.  
at Cedarbrook Country Club

Join us for an evening of local fare, live music, and glasses raised to Montco SAAC. Our first annual Corks and Forks Tasting will include the most delicious samples that Montco's restaurants and beverage vendors have to offer, live music provided by the bluegrass musicians, The River Bones Band, and of course, exciting auctions and raffles.



Montgomery County Senior Adult Activities Center has been a source of companionship, social services, education, and purpose for its members for over 50 years. Support from our annual events such as this helps ensure that both Montgomery County and its seniors stay strong and continue to live well. Tickets are \$60 and are available at Eventbrite.com. For more information, call 610-275-1960 or email Renae at rgagen@montcosaac.com.

### Greetings from the Board

Being involved with Montco SAAC for four years, I have observed the benefits derived by seniors of all ages. The classes in both Norristown and Ambler are designed to keep the participants physically, mentally and nutritionally fit, and well attended. Fortunately, there is room for more attendees and programs. To me, the crown jewel of our offerings is Meals on Wheels. We serve 350 individuals every weekday with a hot and cold meal. These are delivered by 300 volunteers! Can you imagine the organization necessary to make this program a reality?

As you may know, our long-time executive director, Linda Collins retired at the end of 2018. We are most fortunate to now have Whitney Lingle "running the show." She is



experienced, dynamic and excited about the opportunities to maintain what we have at SAAC and develop program offerings to the communities we serve. Our Board of Directors has grown, and there are people with a variety of skills that enable us to have appropriate oversight and visions for future development. Of course, we are always interested in having more volunteers for our board or programs, and for help to support the unfunded activities through a tax-free contribution. I am available any time to speak

with you about SAAC as I am a retired senior who loves to shoot pool at either center.

Herman Axelrod, Ph.D.  
President, Montco SAAC Board of Directors

## News

### Welcome Norristown Social Services Intern, Bridget Snyder

Hello, my name is Bridget Snyder. I will be at Montco SAAC interning from West Chester University until mid-May. I am currently in school to be a social worker.



Helping people is my passion. I chose Montco SAAC because this place holds dear to my heart. My grandmother, Ann Bean, used to attend Montco SAAC back when the day care was open. My grandfather, Harry Bean, also donated clothes to this center and hopefully will be more involved here since I love being here so much already.

I currently live at home with my mother in Norristown. Being local and already a part of this community also helped influence my choice here at SAAC. I love animals of all kinds, but my favorite animal has to be an elephant. I currently have two cats, Thomas and Tabitha, and a box turtle named Eli. My favorite food is vegetable fajitas and my favorite color is green. I am very sociable and eager to get to know everyone. If you see me around, please come say hello!

### Volunteer of the Month

Our Ambler Volunteer of the Month is Ben "Binky" Frazier. Everyone who volunteers with Binky will say that he is a pleasure to work with. He goes above and beyond to make sure that Wednesday morning's cold meals are packed and that the route is ready. He also keeps Ambler Meals on Wheels Coordinator, Lizette, on her toes by ensuring that total number of hot meals adds up correctly and that all of the special meals go to their respective consumer.



Binky always keeps us laughing in the mornings with his witty jokes, funny stories and his cute anecdotes about his little dog, Nutmeg.

Thanks for everything Binky!

### Making Your "Golden Years" Golden

Getting older can be a difficult and frustrating experience. The expression "Golden Years" can sometimes seem a

misnomer. According to a study from the Center for Disease Control, older adults are at increased risk for depression. About 80% of older adults have at least one chronic health condition and 50% have two or more. Depression is more common in people who also have other illnesses (such as heart disease or cancer) or whose function becomes limited.

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

Additionally, Ambler SAAC is offering a 12-week depression support group called Healthy IDEAS. (Identifying Depression, Empowering Activities for Seniors.) 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 begin the first week in April. 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.

## Calendar of Events

### March 2018

#### Money Smart for Seniors (Part 2)

*Thursday, March 1 10:30 a.m.*

Identity theft is a disturbing crime, but did you know that there are multiple kinds of identity theft? Find out more and what to do to protect yourself with the volunteers of Beal Nevada Service Corporation, King of Prussia Branch.

#### Be Fit

*Thursdays, March 1 and April 5 • 10:30 a.m.*

A chair exercise that works your head to your toes.

#### Celebrating Purim and Holi

*Thursday, March 1 12:15 p.m.*

Learn about two celebrations. Purim is one of the most joyous of all Jewish holidays. Holi is a spring festival celebrated by Hindus primarily in India and Nepal.

## SAVE THE DATE!

May 7-11

**Montgomery County Senior Games**  
For information or registration forms see Michele.

### Newton's Egg Drop Experiment

*Friday, March 2 • 12:15 p.m.*

A classic science demonstration illustrates Newton's first law of motion.

### Cranium Crunch

*Mondays, March 5 and April 9 • 12:15 p.m.*

Mind-healthy puzzles, exercises, and tips. On March 5, we will have additional fun facts about names to celebrate name week.

### Safety with Danielle

*Tuesdays, March 6, 20, and 27 • 10:30 a.m.*

The best defense is knowledge. Examine ways to stay safe and avoid the pitfalls of technology and other threats to seniors and find out where to go for help if you run into trouble.

### Home Care Corner

*Tuesday March 6 • 12:30 p.m.*

Enjoy a relaxing visit with the staff of Sweet Home Health Care. Offering clinical health care, homemaker services, and companions, they will discuss how their services can make your home comfortable while you or a friend age in place.

### Name that Irish Tune and Truth and Blarney

*Wednesday, March 7 • 12:15 p.m.*

Test your knowledge of popular Irish themed tunes. Learn interesting facts about Ireland.

### Mad for Plaid Day

*Wednesday, March 7 • All day*

Wear plaid today! From madras, to tartan, to gingham, to check, to the most popular plaid – Black Watch.

### International Women's Day

*Thursday, March 8 • 12:15 p.m.*

In celebration of Women's History month, join us today to test your women's history IQ.

## Name Tag Day

Thursday, March 8 • All day

It can be hard to remember everyone's name. Sport a name tag today and you may just make a new friend or two!

## The Meaning of Your Name and Genealogy Day

Friday, March 9 • 12:15 p.m.

Learn the origin of your name and take home family trees.

## Jeopardy Trivia

Monday, March 12 and Thursday, April 5

12:15 p.m.

Test your knowledge with six categories and six questions for each category. Snacks provided.

## March Madness

Tuesday, March 13

The first round of the NCAA Basketball tournament starts today. Let's follow our favorite teams. Look for schedules and brackets to be posted in the fitness room.

## In Your Best Interest

Tuesday, March 13 • 12:30 p.m.

Danielle Charry of The Lincoln Center will be discussing scams and other crimes specially geared towards the older adult population. Learn how to recognize and deflect these efforts.

## Celtic Spirit

Wednesday, March 14 • 12:15 p.m.

Presented by Jim Rembisz, Piper. Celebrate Saint Patrick's Day and enjoy the sounds of the Great Highland Bagpipes.

## Egg Filling Day

Thursday, March 15 • 9:30 a.m.

Help fill the eggs for the preschool egg hunts. Candy and plastic eggs will be provided.

## Prize Bingo

Thursdays, March 15 and April 12

12:15 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.

## Non-Denominational Spiritual Programs

Fridays, March 16 and April 13 • 12:15 p.m.

March 16: The Symbolic Egg

April 13: Be the Change

## Mothers of Invention

Monday, March 19 • 12:30 p.m.

You may (but probably won't) be surprised by how many modern conveniences were invented by women.

## Spring into Action

Tuesday, March 20 • 12:30 p.m.

Join our Bayada Nurses for an informational seminar on arthritis. With the winter departing, find out how to welcome spring and minimize your arthritis symptoms at the same time.

## Make and Take

Wednesday, March 21 • 12:15 p.m.

Everyone loves a peanut butter egg. Today, learn how to make them.

## Who What When

Thursdays, March 22 and April 26

1:30 p.m.

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

## Armchair Travelogues

Fridays, March 23 and April 27

12:15 p.m.

History and landmarks along with light exercise prompts

March 23: Castles, Palaces, and a Kenyan Safari

April 27: Charleston, Churches, and Brazil

## Spaghetti Supper

Saturday, March 24

5:00 – 7:00 p.m.

Join us for dinner and raise money for our senior centers! Brought to you by the Norristown Advisory Board. To be held at the Norristown center. Tickets: \$10; \$5 for children 10 years old and under

## The Evolution of the Easter Bunny

Monday, March 26

12:15 p.m.

Learn how the familiar rabbit became a symbol for such a miraculous event in religious history. View a short film on the history of Easter.

## Stress Testing

Tuesday, March 27 • 12:30 p.m.

Look forward to a visit from King of Prussia Physical Therapy. They will be bringing their stress tester and discussing ways to reduce strain on your body.

## Four Questions and More

Thursdays, March 29 • 12:30 p.m.

Learn one of the most important rituals at a Seder.

**April 2018**

## Safety with Danielle

Tuesdays, April 3, 17 and 24 • 10:30 a.m.

Danielle Charry from the Lincoln Center will be educating us on ways to avoid problems in daily life.

## Coping with Loss

Tuesday, April 3 • 12:30 p.m.

Crossroads Hospice will be sharing their staff with us to discuss grief and loss. The last year has seen the passing of some of our charter members and some of our newer ones. Staffing changes and relocation of members have also taken their toll. Be sure to attend this informative and helpful seminar.

**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**  
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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

### 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.

### March

#### Art Viewing – Women in the Arts

N: Friday, March 2                      A: Monday, March 5

#### Art Making: Create a portrait of your favorite lady with mixed media.

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

#### Art Viewing – Famous Works

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

#### Art Making: Create a study of your favorite master work with colored pencils or markers.

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

#### Art Viewing – The City Scope

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

#### Art Making: Create a collage of a cityscape.

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

#### Art Viewing – The Landscape

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

#### Art Making: Create your ideal landscape with pastels.

N: Friday, March 23                      A: Tuesday, March 27  
*Instructor will be out of town March 28 through April 3.*

### April

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

N: Friday, April 6                      A: Monday, April 9

#### Art Viewing – Family Portraits

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

#### Art Making: Create a family portrait with mixed media.

N: Friday, April 13                      A: Tuesday, April 16

#### Art Viewing – Still Life, Old and New

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

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

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

#### Art Viewing- Animals in Art

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

#### Art Making: Create a sculpture of your favorite animal with Self-hardening polymer clay.

N: Friday, April 27                      A: Tuesday, May 1

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.



## March/April 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

## March/April 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

March 2018

### GMU Returns for Community Clinic

*Mondays • 8:00 a.m. – 2:00 p.m.*

Dr. Jo and a new group of nurses from Gwynedd Mercy University will immerse themselves in daily activities at the center as they work towards completion of community service. In addition to blood pressure and medical screenings, they will also assist with Meals on Wheels, lunch service, general assistance and play. Be sure to give them a big Montco SAAC welcome!

### Shragher Chiropractic: Spinal Health

*Friday, March 2 • 12:30 p.m.*

Christine Mecutchen from Shragher Chiropractic Center returns to Montco SAAC with a follow-up presentation that focuses on spinal health and wellness. Save a little room, she's bringing cookies again!

### Pain Management

*Monday, March 5 • 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.

### Health Awareness Event

*Wednesday, March 7 • 12:30 p.m.*

Doctor of Pharmacy candidates from the Philadelphia College of Pharmacy, Alexander Ma and Travis Murray, will present an educational event on medications and vaccines. Bring in a list of your medications for a medication review and ask questions. A blood pressure screening will be offered as well. Come join us for a presentation on vaccines, including a newly approved vaccine for shingles. Don't miss out!

### Popcorn and a Movie: One Woman One Vote

*Thursday, March 8 • 10:00 a.m.*

In celebration of International Women's Day, this documentary discusses the 70-year battle for woman's suffrage, culminating in the passing of the Nineteenth Amendment to the Constitution.

### SAAC Flea Market

*Friday, March 9 • 11:00 a.m. – 1:00 p.m.*

### Guidelines for Making Healthy Food & Lifestyle Choices (Part 1)

*Monday March 12 • 12:30 p.m.*

Make sure to attend this three-part series on living well with Diabetes presented by Giant Food Stores. In-store nutritionist Christina Fava, MA, RDN, LDN will discuss this important topic. The next two sessions will be on successive Mondays.

### Protection from Fraud and Abuse

*Wednesday, March 14 • 12:30 p.m.*

Presented by Interim Healthcare of Lower Montgomery County.

### St. Patrick's Day Bingo

*Friday, March 16 • 12:30 p.m.*

Wear some green and play for some gold.

### Mobile Office of Mary Jo Daley

*Monday, March 19 • 11:00 a.m. – 1:00 p.m.*

Lee Mooney, a staff member from Representative Mary Jo Daley's office, will be on site to present information on services such as PennDOT forms, free notary services, the Property Tax/Rent Rebate Program, PACE and PACENET, just to name a few.

### All About Carbohydrates (Part 2)

*Monday, March 19 • 12:30 p.m.*

Join Christina Fava of Giant Food Stores for nutrition tips.

### Traumatic Brain Injury and Contact Sports

*Wednesday, March 21 • 12:30 p.m.*

George Smith, a neuroscientist from Temple University educates us on the causes, symptoms, and outcomes of TBI as related to a degenerative brain disorder associated with repetitive head trauma.

### Popcorn and a Movie: A Seal's Day (2007)

*Thursday, March 22 • 10:00 a.m.*

Congress declared "International Day of the Seal" on this day in 1982 to bring attention to the cruelty of hunting these beautiful animals. This movie documents their awe-inspiring odyssey from Mexico to Northern California and beyond, the longest journey of any marine mammal on Earth.

### Diabetic Meal and Snack Planning (Part 3)

*Monday, March 26 • 2:30 p.m.*

The third and final part of this Diabetes seminar will include helpful hints on meal planning. Bring your questions.

### Senior Law Clinic

*Friday, March 23 • 10:00 a.m. – 12:00 p.m.*

Attorney Marykate Kelly offers free legal advice, free notary public services and reduced costs for wills and powers of attorney.

### Faith the Therapy Dog

*Friday, March 23 • 12:30 p.m.*

Faith and her human, Steve Conway, Humane Educator for the SPCA, return to the center.

### Piano Sing Along with Larry

*Friday, March 23 • 12:30 p.m.*

Join Larry, a valued MOW volunteer, as he plays from his extensive repertoire of nostalgic piano tunes. Lyrics are supplied, and singing is encouraged.

April 2018

### Coping with Loss

*Monday, April 2 • 12:30 p.m.*

Crossroads Hospice will share their staff with us to discuss grief and loss. The last year has seen the passing of some of our charter members as well as some of our newer ones. Staffing changes and relocation of members have also taken their toll. Be sure to attend this informative and helpful seminar.

### Alderfer Auction Presents: Transition and Downsizing

*Wednesday, April 4 • 12:30 p.m.*

After decades of accumulating personal property, the thought of moving can seem daunting and paralyzing. An Alderfer Auction representative will discuss options that could simplify your downsizing process and reduce the physical and emotional toll of transition.

### Historical Society of Pennsylvania: Political Cartooning

*Friday, April 6 • 12:30 p.m.*

Kimberly McCleary will discuss editorial cartoons dating back to the Civil War, the Progressive Era and WWI.

### GMU Community Health Fair

*Monday, April 9 • 10 a.m. - 12:00 p.m.*

Our visiting Gwynedd Mercy University nurses will host a Health Fair on this, the final day of their community clinic at the SAAC. They will provide information on a variety of topics and services.

## Financial Exploitation

*Monday, April 9 • 12:30 p.m.*

The Senior Law Center, which recently opened an office in Norristown, will present a seminar on senior finances and how to keep your resources safe. Meet their representative and learn the details.

## Popcorn and a Movie: Apollo 13

*Thursday, April 12 • 10:00 a.m.*

Today is International Day of Human Space Flight.

## Second Friday Flea Market

*Friday, April 13 • 11:00 a.m. – 1:00 p.m.*

## Fraud Bingo

*Monday, April 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.

## Ambler SAAC Spelling Bee

*Wednesday, April 18 • 10:00 a.m. – 12:00 p.m.*

Calling all spellers and word aficionados! Montco SAAC and volunteers from UnitedHealthcare Medicare & Retirement invite you to compete in this spell-down tournament. The two co-champions will compete with other finalists at the County Championship Spelling Bee on Wednesday, May 16, in Norristown. Call or come in to sign up.

## Earth Fest 2018

*Friday, April 20 • 10:00 a.m. – 1:15 p.m.*

Hosted by Temple University Ambler, the mission of EarthFest is to promote environmental awareness using sustainable concepts, methods and practices to protect and preserve our environment. Organizations, businesses, students of all ages, and individuals demonstrate sustainable concepts and technologies, and provide interactive educational displays and activities. Bring a lunch or purchase one from the variety of food trucks that will be available. Transnet: \$6.90 round trip.

## Pennies for Puppies Bake Sale

*Wednesday, April 25*

Guide Dogs of America created this

**Continued on next page.**

## Norristown Continued

### Flower Arranging

*Wednesday, April 4 • 10:30 a.m.*

Volunteer instructors: Norristown Garden Club Get ready for spring. Help us make flower arrangements for the dining room tables.

### Money Smart for Seniors (Part 3)

*Thursday, April 5 • 10:30 p.m.*

Be with volunteers of Beal Bank USA bank for this final seminar on planning for unexpected life events. This is something we should all be thinking about as the unexpected is never far away.

### How to Tie Seven Basic Knots

*Friday, April 6 • 12:15 p.m.*

Learn what knots are used for and see demonstrations on how to tie each knot.

### In Your Best Interest

*Tuesday, April 10 • 12:30 p.m.*

The Lincoln Center will be hosting its monthly session on crime and how it impacts all of us. Please bring questions if you have been a victim or a target of these numerous efforts to separate you from your money.

### Tanya and Marge Making Music Memories

*Wednesday, April 11 • 12:15 p.m.*

A special treat today after lunch. You will want to get up and dance.

### Inside Alcoholics Anonymous

*Thursday, April 12 • 10:00 a.m.*

April is Alcohol Awareness Month. The

purpose of this observance is to emphasize the need for education of the dangers of unsafe alcohol consumption. Today you will see the study of the 12-step group.

### Juliette Gordon Low

*Monday, April 16 • 12:15 p.m.*

Presenter: Peggy Labosh, Reenactor. Learn about the fascinating life and lasting achievements of the founder of Girl Scouts of the USA. Enjoy samples of the famous cookies.

### Gambling away the Golden Years (Part 2)

*Tuesday, April 17 • 12:30 p.m.*

As more and more opportunities to gamble become available, the problem of gambling addiction is growing as well. Even if you missed Part 1, take part in this addiction prevention program. It is fun and informative. (Part 3 is scheduled for May 22.)

### Spelling Bee

*Wednesday, April 18 • 12:15 p.m.*

Spelling bees, long a domain of grade-schoolers, are no longer off-limits to seniors. Sign up today with Michele to be a part of this fun event. Prizes will be given for the top two winners and they will be eligible to participate in the County's Bee that will be held at Montco SAAC on May 16. Refreshments will be provided for spellers and attendees.

### Volunteer Appreciation Day

*Thursday, April 19 • All Day*

Join us as we celebrate all the volunteers that help make our center great. "Not only must we be good, but we must also be good for something." – Henry David Thoreau Thank you for being both.

### Earth Day

*Friday, April 20 • 12:15 p.m.*

Join us to learn about Earth Day (Saturday, April 22). The focus will be on Earth Day facts and the father of The Green Movement, Henry David Thoreau.

### Baseball Trivia

*Monday, April 23 • 10:30 a.m.*

Test your knowledge of the sport and the players who are forever in our memories.

### Elder Empowerment

*Tuesday, April 24 • 12:30 p.m.*

Jessica Rice of the Victim Service Center will share ways to stay strong at a time when many of us feel insecure or threatened. She will also discuss the ongoing support the center can provide if you are victimized. Please take this opportunity to be informed.

### Building the Boeing 747 Documentary

*Wednesday, April 25 • 12:15 p.m.*

Enjoy the making of the latest 747-8 aircraft, which boasts not only being technologically superior but also environmentally advanced to all others.

program to help raise the funds needed to provide guide dogs free of charge to blind men, women and children. Bring in your favorite goodie to sell for an awesome cause.

### Senior Law Clinic

Friday, April 27 • 10 a.m. – 12 p.m.  
See March 23 for a description of services.

### Piano Sing Along with Larry

Friday, April 27 • 12:30 p.m.

### Elder Empowerment

Monday, April 30 • 12:30 p.m.  
Jessica Rice of the Victim Service Center will share ways to stay strong at a time when many of us feel insecure or threatened. She will also discuss the ongoing support the center can be if you are victimized. Please take this opportunity to be informed.

## 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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732.303.3100

### PENNSYLVANIA'S

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# TDDP

disabilities.temple.edu/tddp

TDDP@temple.edu

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# FROM THE DIRECTOR

## A Word from Whit

From WHYY Studios in Philadelphia...  
Montco SAAC just completed our first shift as pledge drive volunteers for WHYY. It was super exciting to see my childhood/adulthood/forever hero Terry Gross in her element, and we enjoyed supporting the cause. Empowering people to live well must be executed on many fronts to be successful, and the information, education, and cultural contributions WHYY and NPR make have an important impact.

The Montco SAAC team has a lot of fun projects in the works! March brings the Norristown Advisory Board's Spaghetti Supper fundraiser, and in April we have our first annual Corks & Forks tasting and the second annual juried show at the Art Center at Ambler. We're also preparing to launch a refreshed Boomer U in May, and getting ready for the June 9 fashion show!

A nice thing about moving my primary office from Ambler to Norristown has been to experience the atmosphere at each site. If you usually visit a specific center, make sure to check out activities and events at the other as well. You might find that you want to take more tai chi with Darrel each week, since he teaches at both the Ambler and Norristown centers, or take a ceramics class with Savannah through the Art Center at Ambler ([artcenteratambler.org](http://artcenteratambler.org)). Thanks for being part of Team Montco SAAC!

Best,  
Whit

Whitney Lingle  
Executive Director

## Welcome Norristown Office Manager Charmane Ogawa



Charmane possesses more than 10 years of human resources and organizational development experience. Her expertise is talent management, organizational development, training and development, and leadership and management coaching. Charmane is known for implementing human resource management strategies that enable companies to recruit, train, and retain talent.

She is passionate about helping businesses make the most of their resources and talent and helping individuals make the most of their job search. In addition to accomplishments in HR/OD, Charmane has also provided career transition services for more than five years through one-on-one coaching, group workshops, and educational seminars at nonprofit organizations.

Charmane holds a BS in Business Management from University of Phoenix, a Master's in Human Resources Management and a Master's in Finance from Lincoln University. She is certified through the Human Resource Certification Institute as a Human Resource Professional (PHR) and is excited to meet all of the members at Montco SAAC!

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

Time Dated Material  
March/April 2018

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