

S.A.A.C.

Senior Adult Activities Center
of Montgomery County

Live Full. Live Well. Live Long.

NORRISTOWN • AMBLER

Volume 22, No. 6 November/December 2016

Highlights

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Montco SAAC Opens Art Center in Ambler Center

The Art Center at Ambler announced its official opening in October. The new art center is the top floor of the George Saurman Campus of Montco SAAC, 45 Forest Avenue in Ambler (entrance on Spring Garden).



The new Art Center at Ambler is a program of Montco SAAC, a multi-service senior center that wants to increase awareness of the positive physical and psychological impact that arts participation can have on older Americans and the community at large.

The Oreland Art Center joined the Arts Center at Ambler to create a vibrant place for artists of all ages and levels of experience to learn together, support one another, and enjoy camaraderie through classes, exhibitions and workshops.



The combination of these two groups with 100 years of experience between them offers a unique perspective for individuals throughout a lifespan.

The Art Center at Ambler offers the Arthur Bruck Gallery, the Mary Jane Wahl Fiber Arts Room, classes in painting and drawing, ceramics, print making, digital arts and quilting. Fridays will be studio days for artists. Contact us at 215-619-8863 or visit our new website at artcenteratambler.org to see course offerings.

QUICK NEWS

Open Enrollment

Just a friendly reminder to save and read all those communications from your Medicare company.

This brief window of time from now through Wednesday, December 7 is when insurance companies can change your coverage. Be sure you know what they are doing.

If you are confused about Medicare, RSVP APPRISE counselors are state-trained volunteers who provide unbiased information about Medicare benefits, Medicare Advantage and Supplemental Plans. See Susan or Betsy to schedule an appointment.

**Montco SAAC and
The Art Center at Ambler
will be
CLOSED
for the
THANKSGIVING
HOLIDAY
THURSDAY, NOVEMBER 24
and FRIDAY, NOVEMBER 25**

**Happy Thanksgiving!
We're so grateful
for all of you
We also will be closed
FRIDAY, DECEMBER 23 and
MONDAY, DECEMBER 26**

Why Get your Memory Screened?

National Memory Screening Program provides free, confidential memory screenings to individuals concerned about memory loss with the objective of early detection and intervention.

Some memory problems can be readily treated, such as those caused by vitamin deficiencies or thyroid problems. Other memory problems might result from causes that are not currently reversible, such as Alzheimer's disease. In general, the earlier the diagnosis, the easier it is to treat one of these conditions. Early recognition of mild cognitive impairment (MCI)—mild memory loss that may eventually lead to dementia—provides an opportunity for healthcare professionals to treat this condition, and possibly slow down the changes in memory and other thinking skills.

Consider having your memory screened during Memory Screening Week, November 7 through 11 by appointment. See Susan or Danielle to schedule!

Calendar of Events

November 2016

Age in Place Breakfast

Tuesday, November 1 • 10:30 a.m.

Learn about Age in Place Home Care and the services they offer their clients! This is an educational program and not an endorsement from Montco SAAC.

Senior Law Center

Tuesday, November 1 • 12:30 p.m.

Be sure to attend this special training on elder abuse and financial exploitation issues. For example learn about scams, ID theft, fraudulent access to bank accounts, abuse of powers of attorney and Representative Payee status. Bring your questions so you can take advantage of this valuable opportunity!

Safety with Danielle

Wednesday, November 2 • 12:30 p.m.

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

Cracker Barrel Lunch Trip

Wednesday, November 2 • 11:00 a.m.

Crafty Crew Continues!

Friday, November 4 10:30 a.m.

Join Susan in the dining room to make holiday ornaments for the Christmas tree in Harrisburg.



In Your Best Interest

Tuesday, November 8 • 12:30 p.m.

The incidence of scams always seems to rise around the holidays and income tax time. Be prepared with this seminar from The Lincoln Center.



Alzheimer's – What You Should Know

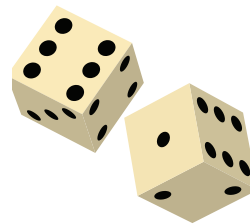
Wednesday, November 9 • 12:30 p.m.

We have been fortunate to have visits from some of the new residents at Suburban Community Hospital. Today's program on Alzheimer's is an opportunity for us to meet the residents and for them to familiarize themselves with SAAC and our services.

Valley Forge Casino

Wednesday, November 9 • 10:00 a.m.

Hopefully the slots don't gobble your money during our monthly visit to the casino. The cost is \$10 which purchases a gift card you can use to go toward your lunch during our visit. As part of our group, you will receive \$20 in free slot play. The cost for Transnet is \$4.50 each way or you may drive yourself. We plan to leave the



center around 10:00. Make sure to bring a current photo ID even if you have been before.

History Guessing Game

Thursday, November 10 12:30 p.m.

A representative from the Peter Wentz Farmstead will come do a history guessing game with us.



Sugar

Friday, November 11 • 10:30 a.m.

Be with nutritionists from Einstein as they discuss ways to control the sugar in your diet.

Safety with Danielle

Tuesday, November 15 • 10:30 a.m.

Diabetes Prevention Program

Tuesday, November 15 • 12:30 p.m.

Gateway Health Systems has been providing the Health Awareness Series for several years. This month, learn about Diabetes Prevention.

Barnes Foundation

Thursday, November 17 • 10:30 a.m.

Ross Lance Mitchell, the Director of Barnes-de Mazia Education and Outreach Programs for the Barnes Foundation in Philadelphia, presents the history of Dr. Barnes and the Foundation. His presentation will focus on the Foundation's educational approach to understanding art and aesthetics.

Safety with Danielle

Tuesday, November 22 • 10:30 a.m.



Affordable Care Act and Medicaid

Tuesday, November 22 • 12:30 p.m.

Get the details about the Affordable Care Act and Medicaid from Carol Szollose,

Personal Navigator from the Rx Support Program. If you are not eligible for Medicare yet, or have children or friends who aren't, be here for this discussion with the expert.

AARP Safe Driver Course

Tuesday, November 29 • 9:30 a.m. – 2:00 p.m.

This valuable course, helping seniors adapt to age-related changes in vision, hearing and reaction time, can even save you money on your auto insurance bill. This is the four-hour refresher course for people who have completed the eight-hour course in the last three years. Preregistration is required. Call 610-275-1960.

Safety with Danielle

Tuesday, November 29 • 10:30 a.m. (see Nov 2)

Consumer Scams

Tuesday, November 29 • 12:30 p.m. Meet Bill Shimer of Montgomery County Legal Aid who will be keeping us up to date on the newest scams plaguing seniors in our area.



The Hot Taters perform

Wednesday, November 30 • 12:00 p.m.

December 2016

Victorian Christmas Traditions and Decorations

Tuesday, December 6 • 10:30 a.m. Come learn about traditions of a bygone era.

Staying Happy and Healthy As You Age

Tuesday, December 6 • 12:30 p.m. Holidays got you down? Speak to the Bayada Home Health Care representative about exercise, nutrition and the importance of a good night's sleep!

King Buffet Lunch Trip

Wednesday, December 7 • 10:45 a.m.

Since we missed our Chinatown trip this year and Tom has been diligently practicing with his chopsticks, we will head to King Buffet in Plymouth Meeting. The cost for Transnet is \$4.50 each way for those 65 and over.



Fat and Cholesterol

Friday, December 9 • 10:30 a.m.

These much-mentioned and little-understood terms will be explained. The Einstein nutritionists will also be making and offering samples of a Southwestern Black Eyed Pea and Corn Salad.

S-T-R-E-S-S

Tuesday, December 13 12:30 p.m.

Carolyn Quach-Huynh, RN, BSN, Nurse Educator from Crossroads Hospice and Palliative Care, will focus on stress. If the holiday season brings you stress or depression, check out this seminar.

Valley Forge Casino Trip

Wednesday, December 14 10:00 a.m.

Healthier Holiday Treats

Tuesday December 20 12:30 p.m. in the Café Everyone loves to indulge during the holidays, but there are ways to make your desserts more nutritious. Join Rabiya Bower, RD,

LDN and in-store nutritionist for GIANT as she discusses how to make all of your favorites; cookies, cakes, and other treats more nutrient-



dense. What does that mean? It means your treats can have fewer calories and those calories will provide you with lots of nutrients. Get rid of the guilt and enjoy something that tastes good and is good for you. Samples will be provided. Remember, this presentation will provide you with stamp #2 in your Passport to Positive Nutrition. Make sure you attend and work on filling up your passport with stamps and your brain with great information on healthy holiday treats!

Better Than Bingo Performs

Wednesday, December 28 • 12:00 p.m. Montco SAAC.



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

Art4ME Classes in Ambler

All classes at both locations are from 10:00 – 11:00 a.m.

Art Viewing: Perspective in Art

Ambler: Monday, November 7
Norristown: Thursday, November 10

Art Making: Drawing with perspective using pencils or graphite

Ambler: Tuesday, November 8
Norristown: Friday, November 11

Art Viewing: Scenes of Bounty

Ambler: Monday, November 14
Norristown: Thursday, November 17

Art Making: Creating a still life painting with acrylics

Ambler: Tuesday, November 15
Norristown: Friday, November 18

Art Viewing: Cartooning

Ambler: Monday, November 28
Norristown: Thursday, December 1

Art making: Pen & Ink

Ambler: Tuesday, November 29
Norristown: Friday, December 2

Art Viewing: Scenes of Winter

Ambler: Monday, December 5
Norristown: Thursday, December 8

Art Making: Creating a winter scape with acrylics

Ambler: Tuesday, December 6
Norristown: Friday, December 9

Art Viewing: Symbolism in Art

Ambler: Monday, December 12
Norristown: Thursday, December 15

Art Making: Depicting Personal Symbols with mixed media

Ambler: Tuesday, December 13
Norristown: Friday, December 16

Art Viewing: Prehistoric and Ancient Art

Art Making: Creating a cartoon character with pen and ink

Ambler: Monday, December 19
Norristown: Thursday, December 21

Art Making: A collaborative mural painting with acrylics

Ambler: Tuesday, December 20
Norristown: Thursday, December 22

November/December Norristown Calendar

Exercise

Fitness Center	Daily	8:30 am
Walking	Daily	10:30 am
Yoga with Laurie	Tuesdays	10:30 am
Exercise with Meg	Mon & Wed	1:00 pm
Line Dancing with Maria	Mon & Thurs	10:30 am
Chair Tai Chi	Mon, Wed & Fri	10:30 am

Music and the Arts

Art with Jennifer	Thursdays	10:00 am
Jam and Sing a Long	Thursdays	10:30 am
Art 4 Me	Wed & Thurs	10:15 am

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
Current Events	Fridays	10:30 am

November/December Ambler Calendar

Exercise

Fitness Center	Daily	8 am – 4 pm
Armchair Aerobics - Seated	Mondays	10:00 am
Balance Class (<i>Silver Sneakers</i>)	Wednesdays	11:00 am
Exercise Aerobics	Mon & Wed	9:30 am
Strength Training & Balance - Seated	Wednesdays	10:00 am
Tai Chi	Mon & Thurs	11:00 am
Yoga	Tuesdays	1:00 pm
Yoga	Fridays	10:30 am
Zumba Gold (<i>Silver Sneakers</i>)	Wednesdays	2:00 pm

Games

Billiards Room	Daily	8 am – 4 pm
Bingo	Mon, Wed & Fri	10:00 am
Bridge	Tuesdays	12:30 pm
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
Quilting	Mondays	10:30 am
VNA Blood Pressure	Second Wed	9:30 am

Outside Groups

Bridge	Tuesdays	12:30 pm
Duplicate Bridge	Fridays	12:30 pm
Oreland Arts		

George Saurman Campus at Ambler SAAC

News

Montco SAAC Senior Gardens Project

Montco SAAC Ambler has a big garden project in the works! As one of the sites selected for the What a Waste program by the National Foundation to End Senior Hunger (NFESH) we are monitoring and reducing food waste produced by our nutrition services. We are composting food scraps and will use the resulting compost for our garden club starting in March! Trax Café is our composting partner, and the senior-accessible garden boxes are being built as part of Jacob Johnston's Eagle Scout project for Troop 3 in Ambler.

Get involved, and help members take home fresh produce, by joining the garden club, donating to the project, and using reusable bags when shopping at Whole Foods Market Plymouth Meeting now through January 15th. We are the recipient of their Nickels for Nonprofits program over the holiday season, and every donation will help us fund this project!

November 2016

Hearing Aid Screenings and Cleanings

Wednesday, November 2 • 10:45 a.m. – 1:30 p.m.
Suburban Hearing Aid Center and board-certified hearing instrument specialist Charles Marcus will offer free hearing tests, cleanings and consultations. A lunch and learn presentation on hearing aid technology will also be presented.

Faith the Therapy Dog and Piano with Larry

Friday, November 4 • 12:30 p.m.
Visit with Faith (and her human Steve) while enjoying vintage piano tunes played by Meals on Wheels volunteer Larry Kirschner. Singing is encouraged.

Growing Older, Happy and Healthy

Monday, November 7 • 12:30 p.m.
Join Brittany McDonald from BAYADA Home Health Care for this look at overall health and a bright outlook.

Philadelphia College of Pharmacy

Wednesday, November 9 • 10:00 a.m. – 1:30 p.m.
Pharmacy students will offer free blood

pressure screenings and medication reviews, followed by a presentation on Insomnia during lunch. Yes, there will be a BINGO session (based on the presentation) afterwards.

Septa ID Event

Friday, November 11 • 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". Representative Rochelle Culbreath will make herself 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.

S-t-r-e-s-s

Monday, November 14 • 12:30 p.m.
Carolyn Quach-Huynh, RN, BSN, Nurse Educator from Crossroads Hospice and Palliative Care will be focusing on stress. If the holiday season brings you stress or depression check out this seminar.

The Affordable Care Act and Medicaid

Wednesday, November 16 • 12:30 p.m.
Get the details about the Affordable Care Act and Medicaid from Carol Szollose, Personal Navigator from the Rx Support Program. If you are not eligible for Medicare yet or have children or friends who are not, be here for this discussion with the expert.

Fit to a T

*Monday, November 21
12:30 p.m.*
Fit to a T session participants learn why bone health is important.

Art with Jennifer

*Tuesday, November 22
10:00 a.m.*

Holiday Bazaar at SAAC

*Wednesday, November 23
10:00 a.m. – 1:00 p.m.*
Join us for a holiday shopping extravaganza featuring one-of-a-kind handmade crafts, gifts, jewelry and decorations. For anyone interested in donating items or vending a table, please call Gisele at 215-619-8863.

Senior Law Center

Monday, November 28 • 12:30 p.m.
Be sure to attend this special training on elder abuse and financial exploitation issues, for example scams, ID theft, fraudulent access to bank accounts, abuse of powers of attorney and Representative Payee status. Bring your questions so you can take advantage of this valuable opportunity!

Functional Fitness

Wednesday, November 30 • 12:30 p.m.
Health Partners will be joining us for a look at seated exercise, what to do, and how to make it work for you.

December 2016

Holiday Shopping at the Flourtown Dollar Store

Friday, December 2 • 10:00 a.m.
Truck on down to Flourtown and get your dollar on! Buy your presents, paper and decorations for the holidays and enjoy a relaxing lunch at McDonalds.

Healthier Holiday Treats

Monday, December 5 • 12:30 p.m.
Everyone loves to indulge during the holidays, but there are ways to make your desserts more nutritious. Join Rabiya Bower, RD, LDN and in-store nutritionist for GIANT as she discusses how to make all of your favorites; cookies, cakes, and other treats more nutrient dense. What does that

Bring Your Reusable Bags

Whole Foods Market Plymouth Meeting September 26th – January 15th

500 W. Germantown Pike
Plymouth Meeting, PA 19462
610-832-0010

Montco SAAC is the recipient of Whole Foods' Nickels for Nonprofits program at the Plymouth Meeting store over the holiday season. Shop with your reusable bags and help Montco SAAC's new garden club grow!

Program Description: When customers bring their reusable bags to shop at Whole Foods Market, they may receive a 5-cent bag refund for every bag, or choose to donate their 5-cent bag credit to our featured nonprofit recipient. The more guests who bring their reusable bags, the more funds we are able to donate.

mean? It means your treats can have fewer calories and those calories will provide you with lots of nutrients. Get rid of the guilt and enjoy something that tastes good and is good for you. Samples will be provided. Remember, this presentation will provide you with stamp #2 in your Passport to Positive Nutrition. Make sure you attend and work on filling up your passport with stamps and your brain with great information on healthy holiday treats!

Experts in Arthritis

Monday, December 12 • 12:30 p.m.

Experts in Arthritis is a nationwide program that brings people with arthritis together with world-class experts in arthritis care. They present sessions covering current scientific evidence for the treatment and self-management of osteoarthritis, rheumatoid arthritis, juvenile arthritis, and answer questions related to current knowledge about arthritis care. The objective of Experts in Arthritis is to provide people with arthritis with accurate information about treatment options so they can live life to the fullest.

Seasonal Wellness Support

Monday, December 19 • 2:30 p.m.

The winter holiday season can be exciting and filled with joy. Unfortunately, this time of year can also trigger sadness, unhealthy habits, and increased risk for depression. Join us for a discussion on how to stay positive and work through the “holiday blues”. We will explore self-care techniques and review resources that are available to promote wellness and reduce stress. 'Tis the season to self-advocate for a sound mind and positive mood!

Art with Jennifer

Tuesday, December 20 • 10:00 a.m.

Thieving of the Elves and Ugliest Sweater Contest

Wednesday, December 21 • 12:30 p.m.

Bring a funny, weird or crafty re-gift or dollar store item wrapped in festive paper and let the friendly rivalry begin! Everyone who brings a gift gets to play. Festivities begin at 12:30 p.m. Wear your favorite old holiday sweater to the games and win the ugliest sweater contest.

Bingo Callers Wanted!

Do you have a passion for speaking in a loud voice? Do you like intense drama? If you answered “Yes” to either of these

questions then we are looking for you! SAAC needs volunteers for Mondays, Wednesdays and Fridays from 10:00 a.m. to 12:00 p.m. to call out Bingo. If interested, please call Gisele at 215-619-8863 and she will gladly sign you up.

Boomer Events

(Unless otherwise indicated, all programs will be held at 45 Forest Avenue in Ambler. Pre-registration with payment is due for all events. For information, call Jill at 215.619.8863.)

Chinese Medicine for Better Health

Monday, November 7 • 2:00 – 4:00 p.m.

\$25 (Register by November 2)

We'll discuss the history and theory of Chinese Medicine and delve into the techniques used to diagnose an imbalance. Learn how Daoist and Confucian theory shaped the medicine and introduced the idea of treating body, mind and spirit. We will also discuss how you can influence your health through diet, exercise and meditation. Instructor: Sharon Sherman, L.OM, Founder, Empirical Point Acupuncture

Grain-Free Baking

Wednesday, November 9 • 4:00 – 5:30 p.m.

\$28 (Register by November 4)*

Whether you are gluten-free, starting a Paleo diet or just looking to cut back on grains in your diet, this workshop will help you tackle the challenge of grain-free baking. Through a combination of demo, lecture, and hands-on learning, students will create delicious muffins, breads and other baked goods. We will also go over tips on how to use and store grain-free flours like almond, chestnut and coconut. Students will leave with samples and recipes to use at home. (*plus \$8 materials fee payable to instructor at the class) Instructor: Megan Haupt.

Social Security 101

Thursday, November 10 • 7:00 – 9:00 p.m.

\$8 (Register by November 4)

The rules for Social Security are changing in the very near future! This is a must-attend class for anyone thinking about retiring or

Holiday Music Programs

Periodically, special guests may pop into the SAAC during the month of December. Two such guest appearances would be Kathy Keefe, local opera singer, and a United Healthcare volunteer project called the MARBLE band. Announcements will be posted at SAAC well before the events begin. As December approaches, please feel free to call Gisele at 215-619-8863 for more information.

Caroling with Kathy Keefe and Friends

Friday, December 9 • 12:30 p.m.

Opera singer Kathy Keefe and a small group of friends will be performing a collection of vintage carols in the spirit of the holiday season.

MARBLE Band

Friday, December 16 • 12:30 p.m.

UnitedHealthcare Medicare & Retirement staff visit with an entourage of singers and musicians whom will serenade us with songs of holiday cheer.

claiming Social Security. Whether you are married, single, divorced or widowed you deserve to know your options. Many people end up leaving lots of money on the table because they were not well prepared to make this decision. You will learn in simple fashion the basics to Social Security, what is changing, and strategies to maximize your benefits. Each attendee will be offered a complimentary analysis that will examine their specific benefits and outline the most efficient time and ways to claim Social Security for their situation. Instructor: Andrew Herron, CFP

Success Tips with Difficult Aging Parents

Wednesday, November 30 • 4:00-6:00 p.m.

\$10

If you're part of the sandwich generation, you may be coping with a difficult elderly parent. You are not alone. There are ways to help you deal with this challenging, emotional situation. Join us for success tips and a comforting discussion. Instructor: Danielle Charry, M.Ed, FDC

Volunteer Travel Opportunities

Thursday, December 8 • 7:00 – 9:00 p.m.

\$20 (+ \$5 materials fee payable to instructor at class)

Have you ever wanted to combine travel and volunteering? Learn about 1-2 week (or longer) international and domestic opportunities to experience new places and

cultures from a completely different perspective as a volunteer. While much of the material will draw on programs sponsored by Habitat for Humanity, we will cover topics relevant to a wide range of volunteer opportunities. You will also receive materials with information on programs sponsored by multiple organizations.

Graham Robb is an attorney living in Philadelphia who is a regular volunteer with Habitat for Humanity in Philadelphia and has led teams of volunteers to Romania, Zambia, Argentina, Portugal, Macedonia and most recently to Nicaragua. He has also participated as a volunteer on builds in Louisiana and Brazil.

FUN AT MONTCO SAAC



A visit from Glenn Miller had our members up and dancing!



Art for Me instructor, Jennifer Finch, has been doing some AMAZING things in her classes. Drop by and try out sculpting, or painting, or ...

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

Lisa Seonia

Director of Marketing



SPRING MILL

A Presby's Inspired Life Community

2002 Joshua Road | Lafayette Hill, PA 19444-2430

phone: 610-260-1175 | fax: 610-862-6049

cell: 215-815-2196

lisa.seonia@presbysinspiredlife.org

SENIOR SUITES

Catherine Quinn, AAS
Director of Community Relations
2101 New Hope Street
East Norristown, PA 19401



(610) 272-6200

BRANDYWINE
SENIOR LIVING

Life is Beautiful

Fax: (610) 278-0326
www.Brandycare.com

FROM THE DIRECTOR

Think About Montco SAAC and What it Means to You



Most of us take time this month to make annual donations to our favorite charities. It is one way we try to express gratitude for organizations that have made a difference to us or change other people's lives in ways that are meaningful.

Sometimes I pool money with friends so we can make a larger donation to organizations like Montco SAAC. I give

because I believe that we are important to people and to our communities. I know, I work here, but most of the time I enjoy coming to work. The best part of my job is seeing you and your spirit fills me with great hope for my future. On November 6, I turned 70. I was told that I am now officially old. Well, Halleluiah, I have been

waiting. Whether I am working or retiring, I plan to continue with your help to make our senior centers the place to be.

Now as we approach the end of the year, reflect on your life, your experiences and your values, and take time during the holidays with your family or friends to share the stories that made you who you are. Think about Montco SAAC and what it means to you. If you can, end the year with a donation to help us continue our work into the future.

Happy Holidays from MONTCO SAAC!



Linda
Linda Collins
Executive Director, Montco SAAC

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

Time Dated Material
November/December 2016

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