



MONTCO  
**SAAC**

Norristown • Ambler

Volume 30, No. 1 January/February 2021

## Volunteer of the Month

### Rae Huebner

There's a reason why we call Rae Huebner "Queen Rae." Compassionate, enthusiastic, and always willing to help, Rae continuously illustrates what it means to be



empathetic, while always maintaining an enviable sense of self. Rae has been with Montco SAAC's Meals on Wheels team in Glenside for five years and remains an invaluable advocate for the program and every lucky senior with whom she comes in contact.

She's the kind of person who, when asked if she knows anyone who can donate a microwave, will produce TWO microwaves within ten minutes. (True story! This happened!)

To say that Rae is helpful would be an understatement. She drives, cleans, packs food/milk, organizes (and more!), in addition to listening, advising, and always being up for a great conversation on how we can improve and grow as an organization. Rae understands the importance of making people feel seen and heard. She genuinely adores our seniors. She is a fantastic volunteer and we are so lucky to have her. She is true royalty.

## Managing a Chronic Illness? My Life, My Health Class Series Will Help Get You Through!

Join us for My Life, My Health to examine new ways to deal with the same old problems!

Although no one wants to have a chronic condition, most of us will suffer from two or more during our lifetime. Chronic illnesses cause fatigue, anger, stress, anxiety, difficult emotions, worry, frustration, and even feelings of helplessness. In My Life,

My Health we will explore ways to cope with these difficulties.

This program is offered through a one-hour conference call hosted by Susan Edgren, Montco SAAC's Director of Health and Wellness, once a week for 6 weeks. Only a telephone is needed! My Life, My Health will be held Monday afternoon from 2:00-3:00 p.m. and will run from February 1st to March 8th, 2021.

## Welcome Intern Rosalyee Mardi



My name is Rosalyee Mardi and I am a senior at West Chester University. I am an undergrad

social work student, and I plan on getting my masters after I graduate. I stayed off campus in West Chester for the past four years, but now I am back home in King of Prussia.

I live at home with my father and my cat Tigger. I enjoy working out and spending time with my family. During the summers, I vacation down the shore in Sea Isle City. In my free time, you can find me hanging out with friends or catching up on a Netflix series.

I am very passionate about traveling. I would like to broaden my horizon and travel out west. A goal of mine is to visit all the State parks in the country. I have already checked off all the State parks in PA. In the future, I plan to move to somewhere warm. My mom's side of the family lives in Arizona, so I plan on eventually residing out there.

I am currently taking classes online and doing my internship at Montco SAAC. The population that I want to work with is seniors, and I am also considering working with missing and exploited youth. I am very passionate about being a social work major. I believe in advocating for individuals who do not have a voice. If I were to be remembered for one thing, it would be for my determination and dedication for helping others.

## MONTCO SAAC

### Our Mission

The mission of the Senior Adult Activities Center of Montgomery County is to involve, enrich, and empower adults 50 years of age or better to live as independently, as possible in our communities. We do this by promoting the wellness of adults 50 years of age or better through recreational, educational, and social opportunities as well as being a referral source for services available within our service area. Activities and programming of our centers emphasize creating and maintaining independence in all phases of life.

### 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.org  
execdir@montcosaac.org

### 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.

## Real Talk with Richard, Board President



By the time you read this all of the holidays will be over but I hope everyone had a wonderful holiday season. The COVID-19 struggles have left us weary and tired and probably lonely but we all have to just hang in there for now. I hope some of you have received vaccines by now or will be able to very soon. We are hopeful for a fabulous and prosperous year with all of us able to get a vaccine (please everyone – get the vaccine when you are able!) so we can begin the process of returning to normal. I am hopeful that by next summer the economy, schools, small businesses, hospitals, and all other businesses are moving along in the recovery effort. Until then, please continue to wear masks and social distance.

At this time of year, especially this year, we need to give thanks. First, I send my thanks to all of the tens of thousands of health care workers in this country. What would we do without them? It's also very important to thank all of the staff at Montco SAAC who have worked tirelessly in the last 10 months to not only help get food delivered, work on so many fabulous daily virtual activities, keep the Art Center partially open in Ambler, and continue to offer assistance and support to all of our amazing seniors in this area. How can we ever thank them enough?

We also have to thank the countless volunteers who help get the food into our vehicles and all those who continue to deliver meals (over 300 beautiful people!) while trying to maintain social distancing and stay safe. This past early December Monday we all delivered in a driving rain-so thanks to them for all their help each week. Like others that deliver I am so grateful to the smiles and thanks I receive from the seniors on my route. They do make my day!

Our centers remain closed these days but we really hope to be open sometime in the new year, once the county gives us the ok. We can't wait to see everyone singing, dancing, eating, and just visiting with each other. Until then relax, stay home, and I and everyone at Montco SAAC wish you all the best.

## Weekly Virtual Programming

Have you taken advantage of Montco SAAC's virtual programming? Stay connected with your friends from the center while learning, having fun, and staying fit! Below are the main daily activities in addition to new and exciting activities each week! To join, email or call Susan at [sedgren@montcosaac.org](mailto:sedgren@montcosaac.org) or call 610-275-1960.

### Monday

9:00 a.m. – *Morning Stretch*  
9:30 a.m. – *Dance Aerobics with Rodger*  
10:30 a.m. – *Varied Topics with Danielle*  
11:30 a.m. – *Armchair Travel*  
12:30 p.m. – *Lunch Bunch (bring a sandwich and visit with other lunchers!)*

### Tuesday

9:00 a.m. – *Morning Stretch*  
9:30 a.m. – *Young at Heart with Rodger*  
10:30 – 11:15 a.m. – *Yoga with Laurie*  
11:15 a.m. – *Who, What, When?*  
11:30 a.m. – *Educational Programming*  
12:30 p.m. – *Lunch Bunch (bring a sandwich and visit with other lunchers!)*  
1:00 p.m. – *Bingo*

### Wednesday

9:00 a.m. – *Morning Stretch*  
9:30 a.m. – *Chair Zumba with Rodger*  
10:30 a.m. – *Tai Chi with Darrel*  
11:30 a.m. – *Varied Programming*  
12:30 p.m. – *Lunch Bunch (bring a sandwich and visit with other lunchers!)*  
1:00 p.m. – *Book Club (contact [dcharry@montcosaac.com](mailto:dcharry@montcosaac.com) for details)*  
*Our new offering, Irina's Children*

### Thursday

9:00 a.m. – *Morning Stretch*  
9:30 a.m. – *Young at Heart with Rodger*

10:30 a.m. – *Varied Topics with Danielle*  
11:30 a.m. – *Zumba Gold with Nancy*  
12:30 p.m. – *Lunch Bunch (bring a sandwich) and play Trivia*  
1:00 p.m. – *Bible Study with Minister Joyce Elliott*

### Friday

9:00 a.m. – *Morning Stretch*  
9:30 a.m. – *Yoga with Elizabeth*  
10:30 a.m. – *Art 4 Me*  
11:30 a.m. – *Varied Programming*  
12:30 p.m. – *Lunch Bunch (bring a sandwich and visit with other lunchers)*

## Speaking with Susan Director of Health & Wellness



Hi to all our Montco SAAC Family! We miss you so much here at the centers! I am glad that you are all staying home and being safe and am thankful for all who visit on our Virtual Montco SAAC, but our buildings are lonely! If you have access to a smart phone, tablet, or computer, send your email address to [sedgren@montcosaac.org](mailto:sedgren@montcosaac.org) to have your name added to the virtual mailing list. We send out a weekly virtual schedule and additional community information.

Many social services are currently available, although response time is significantly longer. If you have a specific need that you are procrastinating about, turn over a new year leaf and call Susan or Danielle and see what resources we can find. No doubt, as things free up, agencies will be inundated. Whatever we can do to be

proactive will be to our advantage. To contact us directly call Susan at 610-275-1960 extension 122 or [sedgren@montcosaac.org](mailto:sedgren@montcosaac.org). To reach Danielle call 215-619-8863 or [dcharry@montcosaac.org](mailto:dcharry@montcosaac.org).

Legal Aid of Southeastern PA is available to help with public benefits including Unemployment, Social Security, Evictions, Foreclosures and Expungements. Visit [LASP.org/intake](http://LASP.org/intake) or call 877-429-5994 weekdays 9 a.m. to 4 p.m.

Depression counseling is available if you are feeling anxious and isolated. You can contact Central Behavioral Health Senior Outreach Services at 610-279-9270. There is also a 24-hour Mental Health Support Line/Warmline. You can call toll-free from anywhere in PA. 1-855-284-2494

Although no one wants to have a chronic condition, most of us will suffer from two or more during our lifetime. Chronic illnesses cause fatigue, anger, stress, anxiety, difficult emotions, worry, frustration, and even feelings of helplessness. In *My Life, My Health*, an upcoming virtual workshop, we will explore ways to cope with these difficulties.

2020 was a long and challenging year for all of us. A shocking number of our friends are no longer with us. Please know that the staff and volunteers are sharing your sadness. We are thinking of you and wishing you moments of peace and comfort as we move into a better year.

Be safe.

*Susan*

## A Note from Pat Associate Director / Site Manager at Norristown



Just like the Electric Prunes in the 60's, I had too much to dream last night. I dreamt that our front door was not locked, and a bunch of people were hanging out in our building. As I was herding them out the front door, there was a crowd in front of the building and one of our usual characters was making a beeline to come in the front door. I thought,

“gee, word gets around fast” thinking a rumor had gone around that we were open. I wanted to loudly announce that we are not open but I was hoarse so I couldn't be heard. Then the crowd dispersed. I woke up.

I am hoping by the time you read this, the vaccinations are being rolled out and you will soon be able to receive one. Our reopening will be a controlled “slow but steady wins the race” type of thing. I think that is why I had the stress dream about people pouring in the doors. A lot of effort has gone into planning for your return. There will be “one ways” and “6 feet” and occupancy limits, oh my! Your safety and well-

being are our utmost concern. When we feel it is safe to start offering some limited in-house programming, our regular attendees will be informed during the wellness check phone calls they have been receiving throughout this pandemic. We trust from there that “word will get around fast” as per usual.

By the time our next newsletter comes out, we will have been closed for a year! How naïve I was when I bought the “Welcome Back” banner last March just after we closed. I put it in the window thinking you were going to see it in two weeks! I have it safely stored and cannot wait to unfurl it for all to see!



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*Please contact Fawn Rupp or Carol Frawley for more information*

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## ART4ME | JANUARY AND FEBRUARY Art4ME TOPICS

### Art4ME in Norristown - Time and Location

Art4ME – Viewing (Community Rm) Fridays 10:15 AM  
 Art4ME – Making (Art Room) Fridays 12:15 PM

### Art4ME Ambler - Time and Location

Art4ME – Viewing (Art 4 Me Room) Mondays 10:00 AM  
 Art4ME – Making (Art 4 Me Room) Tuesdays 10:00 AM

**For everyone's safety, all Art4Me presentations will be on-line until further notice.**

**Presentations are held on Fridays at 10:30 AM through Montco SAAC's Zoom site. Meeting ID: 203 302 3571, Password: MissingYou**

If you have art supplies at home, feel free to create art and share with other members through our virtual program!

**Ambler art making group meets at 1:00 PM every Tuesday, via zoom.**

**Meeting ID: 812 1238 3183, Password: Art4ME20**

**Norristown art making group meets at 1:00 PM every Thursday, via zoom.**

**Meeting ID: 836 1754 6471, Password: Art2020**

### January

The following listing is for a possible re-opening. This is subject to change. If unable to meet in person, all presentations will be conducted Friday mornings at 10:30 through the Virtual SAAC site.

**Happy New Year!**

### Art Viewing - New Year's Resolutions Depicted in Art

N: January 8, 2021 A: January 4, 2021

### Art Making: Create a wax resist of what you want to see in 2021.

N: January 8, 2021 A: January 5, 2021

### Art Viewing - Prehistoric and Ancient Art

N: January 15, 2021 A: January 11, 2021

### Art Making: Create a collaborative work of what you would like to leave behind.

N: January 15, 2021 A: January 12, 2021

### Art Viewing - Sports in Art

N: January 22, 2021 A: January 18, 2021

### Art Making: Create a mixed media work of your favorite sport.

N: January 22, 2021 A: January 19, 2021

### Art Viewing - Transformed Objects

N: January 29, 2021 A: January 25, 2021

### Art Making: Transform an Everyday Object into a Work of Art.

N: January 29, 2021 A: January 26, 2021

### February

### Art Viewing All You Need is Love

N: February 5, 2021 A: February 1, 2021

### Art Making: Create a Valentine for those you Love.

N: February 5, 2021 A: February 2, 2021

### Art Viewing - Celebrating the Chinese New Year (The Year of the Ox)

N: February 12, 2021 A: February 8, 2021

### Art Making: Create a work of art to attract prosperity.

N: February 12, 2021 A: February 9, 2021

### Art Viewing - Celebrating African American Greats

N: February 19, 2021 A: February 15, 2021

### Art Making: Create a self-portrait of your cultural identity with mixed media.

N: February 19, 2021 A: February 16, 2021

### Art Viewing - Perspective in Art

N: February 26, 2021 A: February 22, 2021

### Art Making: Create a drawing using perspective with graphite or pencil.

N: February 26, 2021 A: February 23, 2021

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.





**Norristown Center**  
MONTCO SAAC  
536 George Street  
Norristown, PA 19401

## Time Dated Material January/February 2021

### From Our Director, Whitney Lingle



#### **A Word from Whit**

Happy New Year! Though we are still in the midst of the COVID pandemic and face new challenges every day, a new year still feels like a clean slate. I'm hopeful that 2021 will

bring greater stability to organizations like Montco SAAC that make up the social safety net. Funding for the Older Americans Act tends to stay flat year to year, but perhaps the incoming administration will help make seniors a priority. In addition to feeling hopeful, I'm overwhelmed with gratitude for the volunteers, staff and participants that make up the Montco SAAC community. The Board has been through a lot of changes in the last 10 months, and they have risen to every challenge and remained so supportive of our mission.

If you're receiving this newsletter, it's likely you are aware of our staff's efforts to stay connected to participants during the pandemic. From Zoom classes to friendly phone calls to packages in the mail, team Montco SAAC has maintained our high level of service despite having to pivot to new means of connection. Our Meals on Wheels teams are delivering 1-2 days per week to reduce exposure risk but are still delivering friendly smiles and wellness checks to those most vulnerable.

Thank you for your continued support of Montco SAAC and the critical mission we fulfill. Your donations, time and assistance mean so much. We couldn't do this without you.

Best,  
*Whit*

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