



MONTCO
SAAC

Norristown • Ambler

Volume 29, No. 4 July/August 2020

Live Full. Live Well. Live Long.

Welcome New Board President Richard Schulman



As we all try to recover from both COVID-19 and the shameless senseless killing of George Floyd, I am delighted and humbled to share the news that I am the new President of the Board of Directors of Monto SAAC. We have such great members, great employees, and great volunteers (including myself and numerous other board members) I want to say that we are here to help as best we can and I can't wait to work with you all. We are making plans for the re-opening of the

centers which will not happen until we are in the Green zone. Please be on the lookout for our grand reopening plans as soon as we know more. I know I speak for all employees and members of the board that we can't wait to see your happy faces back at our centers. Our thoughts and prayers are with everyone that may have lost loved ones during the pandemic, and all who mourn the killing of innocent black and minority people in this country and around the world. We pray for justice, peace, and equality for all.

Please be on the lookout for our new website coming out later this summer with a big thanks to Melissa Buckminster our Marketing Director who has been working hard on this and all social media aspects. Please note that our Art Center at Ambler, under the direction of JoEllen Ussery, is continuing to do virtual art classes and we invite you to join them. For anyone that may want to reach out to me directly you may do so at BoardPresident@montcosaac.com. Thanks all and stay safe and healthy.

Congregate Meal Pickup



While our centers may be closed due to COVID-19, lunches are still available for pickup with the reservation of a meal. Members who are 60 years of age or older may make a suggested donation of \$2, while younger members or members of the general public can purchase meals at \$4/meal. To reserve your meal and schedule meal pickup, call Norristown at 610-275-1960, or Ambler at 215-619-8863.

Eating Well During COVID-19

Maintaining a healthy diet during normal circumstances can feel like a daunting task, and during the COVID-19 crisis, slipping into unhealthy eating patterns has become even easier. Stress and isolation can cause people to use

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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

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CONSUMER & PROVIDER NOTICE

Unless specifically stated otherwise, any provider listed in this newsletter is a third party and inclusion of its information offered in seminars or workshops does not signify any relationship between it and Montco SAAC. Montco SAAC does not recommend or endorse any provider, and is not responsible for any loss related to use of services or information from any workshop.

Eating Well During COVID-19

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junk food as a coping mechanism, and fear of going to a crowded grocery store can cause people to stick with eating processed foods containing little nutritional value that they have on hand in their homes.

However, a healthy diet plays an important role in disease prevention. Foods that are high in protein, Vitamin A, Vitamin C, and zinc can help protect and regulate the body's immune system, which can help with preventing and recovering from infectious diseases like COVID-19. These vitamins and nutrients also help to prevent chronic diseases, like heart disease and Type II diabetes.

With a little planning, seniors can purchase healthy foods that are inexpensive and long lasting. Here are some tips to help save some money and reduce trips to the grocery store:

- **Plan ahead:** Think about meals ahead of time and plan them around ingredients that you already have in your home.
- **Prepare larger meals** that can be eaten as leftovers, or frozen and eaten at a later date.
- **Buy Seasonal Foods:** Fruits and vegetables are cheaper when purchased during their growing seasons. Produce like apples, carrots, and potatoes are less expensive during the fall, while berries, peppers, and tomatoes are less expensive during the summer.
- **Buy Frozen and Canned Food:** Frozen fruits and vegetables are just as healthy as fresh produce, lasts

longer, and are generally less expensive. Canned fruits and vegetables are also nutritious and affordable. Just be careful to look out for added salt and sugar when buying canned fruits and vegetables.

- **Purchase Inexpensive, Nutrient Dense Food:** Nutrient dense foods are high in nutrients and low in calories. They are full of vitamins, minerals, healthy fats, and other nutrients we need to keep us healthy and strong. Examples of these foods include broccoli, spinach, sweet potatoes, carrots, brown rice, oatmeal, canned beans, dried lentils, apples, and yogurt.
- **Purchase food with a long shelf life,** like rice, oats, pasta, and lentils.

For more information on maintaining a healthy diet, please contact Liz Van Aulen from the Montgomery County Department of Health & Human Services at 610-278-5117 ext. 6781 or at evanaulen@montcopa.org. Stay safe and healthy.

A Word from Associate Director / Site Manager at Norristown Pat MacKenzie



Hello, everyone!

So many questions!
So many changes!
So many exclamation marks!

I am sure many of you wonder what is in store for Montco SAAC in the upcoming weeks. We won't be opening our buildings right away when Montgomery County goes

to the green phase. As of this writing, here are some things you can expect when you do come back.

Everyone will have a screening with questions about their recent exposures, travels, etc. Everyone will have their temperature taken upon arrival each day. You will not be permitted to attend if your temperature is 100.4 or greater. Everyone must wear a mask. There will be multiple hand sanitizers throughout the building. There will be fewer chairs in the dining room because tables and chairs will be placed 6 feet apart in order to meet CDC social distancing guidelines.

Let's talk about social distancing. I prefer the term physical distancing because we can still be social while we are 6 feet apart. Rummikub, card games, board games and the like won't be an option until the physical distancing requirements are lifted. The Joy Rangers in Norristown will not be able to resume practice because singing expels more breath into the air. You will not be signing the clipboard for lunch. Only one person will be allowed in the office at a time. One-time use tickets will be issued. Lunch will most likely be served in sealed containers (like Meals on Wheels). Staff will deliver meals to the tables. We will have to go back to disposable flatware and cups for the time being (boo, hiss). We will have to go to a reservation system for class participation as we will only be able to accommodate a certain number of people in an area. The same will hold true for lunch.

Transnet has requested that people who live in the same geographical area come on the same day. This is because they will only be able to transport a few people at a time. Carpooling should not be done as this would not meet the distancing guidelines.

I am sure many of you are saying, "My gosh, Pat, what in the heck CAN we do?" First, and probably most important, you will be able to see your friends! We all miss each other. Montco SAAC is our second family. Classes like yoga, Tai Chi, and Silver Sneakers will resume with limited participants. Morning stretch will be happening. Bingo can be played with disposable cards. Puzzles can be worked on but by only one person. Trivia can resume with proper physical distancing. Art4Me and art studio will resume. Stronger Seniors will be available. Danielle will have her sessions again. These are just the things that pop into my mind right now. The exact details should be in place by the next newsletter. Stay tuned!

A Word from Program Coordinator at Ambler, Deidre Rhodes



Hello Troops!! I miss all of you sooo much! The Ambler site just is not the same without hearing your wonderful voices, seeing you getting active in our exer-

cise classes and yelling out the bingo numbers for our bingo players.

I have been keeping busy by making some changes in our beautiful building. I have repotted most of the indoor plants and will be getting started on the outdoor garden soon. I have also decorated all of the bulletin boards and the halls.

Spence has been busy keeping up with the indoor and outdoor maintenance as well as cleaning and organizing our supply closets.

I hope you are enjoying the greeting cards, word searches, jokes and words of cheer that I have been mailing.

Thank you kindly to those members who have sent greeting cards back to the center! I have them proudly displayed on my office door.

I am in the office Mondays, Wednesdays and Fridays 8am – 1pm, so please call the office if you have any suggestions or just want to say 'hey.' Hopefully we will be back together again real soon, doing what we love to do (dancing, singing, exercising, painting, watching movies, playing cards, playing bingo, Sundae Mondays etc).

Ok, TTFN (ta ta for now) and remember, you are special, you are unique and you are **SOMEBODY!**

PS – Continue to wash your hands and wear your face mask when going out!

Welcome Ambler's New Site Manager

Leslie Wilson



I am the new Site Manager for Montco SAAC Ambler. I was born and raised in Montgomery County. I am from Blue Bell and raised my family in Upper Dublin and currently reside in Penllyn. I am blessed with three adult children: Alexandra, Rachel, Parker, and my sweet baby grandson, Jack.

I was a nursery school teacher for 15 years before deciding to switch gears towards seniors.

For the past 10 years, I have been working with seniors in the home health care industry. I enjoy bringing sunshine to the seniors that I work with! Socializing, being engaged, and safety are my main focuses.

I have been a Montco SAAC Board Member for the last two years. I have also been a Board Member (VP) for the Mattie Dixon Community Cupboard for the last 12 years. My heart is with serving our community and connecting with our neighbors.

Call for Artists!



As yellow heads towards green, we at Montco SAAC's Art Center at Ambler are excited to once again fill our classrooms with artists collaborating and learning. This includes filling our hall and walls with fresh art... **YOUR ART!** If you are a student who participated in our Virtual Student Exhibit or are a creative member of Montco SAAC's Art4Me program, show us what you've got!

We are also looking for art from our students and members who have been creating during the pandemic. If you have work you've done over the last three months, share it with us. We are ready for pieces now!

Your Work Isn't Framed? No worries!

Framed or loose art, canvases wrapped or unwrapped, stable ceramics and pottery... we want to see your work. Bring 1 or 2 pieces, maximum size 24" x 36", plus frame.

Work will be on display through September. Please contact our Director, JoEllen Ussery, 267-436-2522, to arrange drop off.

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ART4ME | JULY AND AUGUST 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

(Yellow phase)

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 Virtual Web Ex Program.

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**.

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

July

The following listing is for a possible Green phase of 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.

Closed July 4th. Happy Independence Day!

Art Viewing- Family Portraits

N: July 10, 2020 A: July 6, 2020

Art Making: Create a collage of your favorite family with mixed media.

N: July 10, 2020 A: July 7, 2020

Art Viewing- Still Life; Old & New

N: July 17, 2020 A: July 13, 2020

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

N: July 17, 2020 A: July 14, 2020

Art Viewing- Animals in Art

N: July 24, 2020 A: July 20, 2020

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

N: July 24, 2020 A: July 21, 2020

Art Viewing- Politics in Art

N: July 31, 2020 A: July 27, 2020

Art Making: Create your own political work with mixed media.

N: July 31, 2020 A: July 28, 2020

August

Art Viewing- Spirituality in Art

N: August 7, 2020 A: August 3, 2020

Art Making: Create a mandala of your spiritual belief with mixed media.

N: August 7, 2020 A: August 4, 2020

Art Viewing- Visions of Light

N: August 14, 2020 A: August 10, 2020

Art Making: Drawing Light and Shadow with charcoal.

N: August 14, 2020 A: August 11, 2020

Art Viewing- Celebrations in Art

N: August 21, 2020 A: August 17, 2020

Art Making: Celebrate with wire! Create a wire sculpture.

N: August 21, 2020 A: August 18, 2020

Art Viewing- Flora & Fauna in Art

N: August 28, 2020 A: August 24, 2020

Art Making: Create a watercolor of your favorite plant with an animal.

N: August 28, 2020 A: August 25, 2020

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

N: September 4, 2020 A: August 31 & September 1, 2020

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 July / August 2020

From Our Director



A Word from Whit

As I sit down to write this, we are 12 days out from George Floyd's murder. Our staff and volunteers are working extra hard to care for those we serve during these difficult times. Board and staff leadership are working to reflect on

the systems and policies we currently have in place to ensure we are approaching everything with best practices and viewing each issue through the lens of anti-racism to ensure we are neither perpetuating nor upholding white supremacy.

Over the past year reading "So You Want to Talk About Race" by Ijeoma Oluo and "Me and White Supremacy" by Layla F. Saad have helped me grow as a person and as a nonprofit professional. I highly recommend both books, and there are many more reading lists for allies popping up daily. I am an academic at heart and this national upheaval has led me to research once again.

In "How to Be an Antiracist," Dr. Ibram Kendi writes, "[We must] believe in the possibility that we can strive to be antiracist from this

day forward. Believe in the possibility that we can transform our societies to be antiracist from this day forward. Racist power is not godly. Racist policies are not indestructible. Racial inequities are not inevitable. Racist ideas are not natural to the human mind."

I wholeheartedly agree with Dr. Kendi. Transformation is possible, and it is badly needed. Montco SAAC's dedicated team of staff and volunteers are committed to tirelessly pursuing anti-racist practices in every part of what we do. From the accessibility of our services to the diversity of our leadership team we are committed to continuing what we've been doing right and improving everything else. That includes doing a better job of inviting the black community to participate in our services so that the population we serve accurately reflects the demographics of our service areas.

If you have thoughts on how we can better serve you or ideas for programs, I welcome your conversation. Feel free to email me at execdir@montcosaac.com or call the Norristown office at 610-275-1960.

In solidarity,
Whit

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