



**MONTCO
SAAC**

Norristown • Ambler

Volume 26, No. 2 March/April 2019

Live Full. Live Well. Live Long.

News

Welcome to Intern Andrew Humes



My name is Andrew Humes. I am starting my junior internship here at Montco SAAC. As a social work major at West Chester University I am excited to finally start putting what I have learned into practice. I have the good fortune of working under Susan Edgren. You should be able to find me in her office most Tuesdays and Thursdays. I want to thank the staff and community members at Montco SAAC for making me feel welcome my first days here.

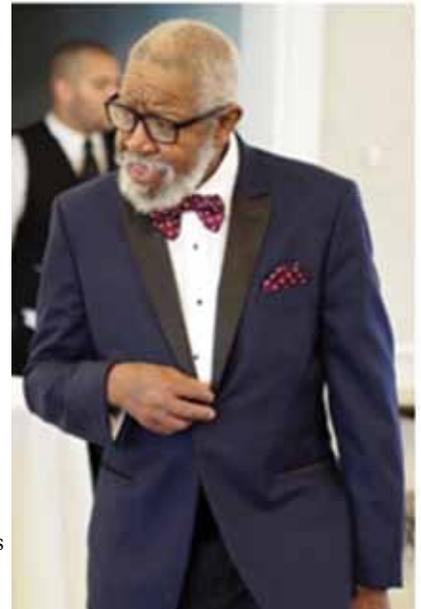
I am originally from Mechanicsburg, PA. Before entering the social work major at West Chester University, I briefly studied Family & Human Services at Towson University. Outside of social work I am interested in music, sports, and video games. I learned tuba in high school which led to three years in my high-school's marching band and three years of collegiate marching band between Towson and West Chester. As a sports fan, my favorite teams are the Philadelphia Eagles and the Philadelphia 76ers. For self-care, my favorite leisure activities are going to the gym and playing video games. I am excited to see what these upcoming months at Montco SAAC have in store.

SAVE THE DATE!

Silver Foxes Fashion Show & Benefit Brunch at Blue Bell Country Club Saturday, June 1st at 10 am

What better way to support Montco SAAC than with fashion, fun and food? Bring your friends and family for a delicious brunch and enjoy a mimosa while checking out the Silver Foxes Fashion Show with clothing provided by local boutiques, modeled by our fabulous members and volunteers!

The fun takes place Saturday, June 1st, 10 am, at Blue Bell Country Club. Your \$40 ticket gets you access to all the action. Join us for a fabulous morning to support a fabulous cause – Montco SAAC's three Meals on Wheels programs, two senior centers, and its inter-generational art center. Tickets will be available on Eventbrite.com or at either Montco SAAC location beginning in mid March.



It Can be Easy Being Green! *Is that plastic or a fish swimming by?*

According to a report conducted by the World Economic Forum, by 2050, there may be more plastic in the ocean than there are fish. Did that stir your heart in disbelief? If not, how about this – the massive amount of plastic usage has caused significant toxicities to human beings and animals.

As we approach Earth Day, Montco SAAC of Norristown will ramp up environmentally friendly practices in an effort to make our community and the world at large a more welcoming place to live. The first initiative is to eliminate Styrofoam plates, cups and plastic utensils during congregate lunch service. We will also decrease the usage of plastic bags throughout the center. We strongly encourage all members to bring reusable bags from home to use throughout the day whether you're shopping at the SAAC's Fifth Avenue or receiving free healthy produce. This will help our center to be more mindful of both our environment and future.

Let's make our planet safer and cleaner by joining this movement! Will you join us?

****Montco SAAC now offers a digital newsletter. To join our e-mail distribution,
e-mail mbuckminster@montcosaac.com or call 610-275-1960****

www.montcosaac.com • 610.275.1960

Norristown Happenings

March

Technology Tips

Mondays at 12:30 p.m.

Instruction provided by Richard Schulman, Montco SAAC Board Member. Bring your laptop, iPhone, Android and questions. See Michele to sign up for a one on one.

Jeopardy Team Trivia

Thursdays at 12:30 p.m.

Join this fun game inspired by the TV show with six categories and six questions. We play with two teams, and if you don't know the answer, it's not a problem. Your team can help! Healthy snacks will be provided.

Complimentary Hair Cuts

Every third Thursday at 10:30 a.m.

Provided by Premier Barber Institute of Norristown. Sign up in the office. Drop ins are welcomed if time allows.

Sleeping Mat Project

Fridays at 10:30 a.m.

What's plarn? It's plastic yarn made from plastic grocery bags. The plarn is turned into waterproof mats that are given to the homeless in our community. There is a task for everyone. We even have hidden plarners that do their work at their home. All the materials are provided. We do accept plastic bag donations.

Women's History Month

History helps us learn who we are, but when we don't know our own history, our power and dreams are immediately diminished. The National Women's History Project encourages discovering stories about our mothers, grandmothers, and great grandmothers to help us better understand their lives, the challenges they faced and ultimately, ourselves and our own times.

"Each time a girl opens a book and reads a womanless history, she learns she is worthless." ~Myra Pollack Sadker

Check the board in the lobby for daily events, and presentations.

Calcium and Bone Health

Friday, March 1, 11:45 a.m.

Senior citizens are at greater risk of falling, and keeping your bones strong and healthy can help protect you from an unfortunate break. This seminar will be presented by Madison Marino of Arcadia University who will be our student expert this spring.

Mardi Gras

Tuesday, March 5



This centuries-old Catholic tradition with a bit of French culture will be celebrated at Montco SAAC today.

Wear purple, green or gold. There will be a basket of beads in the lobby to brighten up your outfits. In the morning we'll have Donuts in the Dining Room and Mardi Gras Bingo.

Plus, a golden treat at lunch. If you want to learn a little bit more about Mardi Gras look for the handout in the dining room on the puzzle table.

Safety with Danielle

Tuesday, March 5, 19, 26, 10:30 a.m.

The Lincoln Center for Family and Youth has support services for seniors who have been victims of crime, but they would rather prevent it! Join Danielle Charry for a look at the latest ways seniors are targeted.

Medical Marijuana

Tuesday, March 5, 12:30 p.m.

Medical marijuana can help patients suffering from certain serious medical conditions. It can alleviate pain, ease symptoms, enhance wellness, and improve quality of life. In Pennsylvania, there are 17 approved conditions that can make someone eligible to use marijuana medicinally. Ilera Health-Care has all the details.



Mad for Plaid Day

Thursday, March 7

Contrary to common belief, plaid doesn't hail from the British Isles but from Central Europe, dating back to the sixth century BC. This month celebrates the history and allure of plaid—from madras to tartan to gingham to check to the most popular plaid, Black Watch. So wear your plaid today and see who ends up with the prettiest plaid.

Crime Prevention

Monday, March 11, 12:30 p.m.

Victims Services counsels crime victims, provides court accompaniment, and helps victims apply for benefits. With all that experience they are experts in Crime Prevention. Get the inside scoop.

Medicare Jeopardy

Tuesday, March 12, 12:30 p.m.

Test your knowledge of Medicare options and benefits. Join Lori Boukrouche of Agents for Advocacy who will be hosting this exciting experience.

In Your Best Interest

Tuesday, March 12, 12:30 p.m.

Find out about the latest scams and crimes against seniors. Danielle Charry of The Lincoln Center will be with us discussing ways to recognize and avoid both. Don't be a victim!

Saint Patrick's Day Celebration

Wednesday, March 13, 11:45 a.m.

Entertainment by John Anthony. Enjoy a delicious lunch, a few Irish songs, and some leprechaun treats. Wear green today and get ready for some fun. That's no blarney!



Gambling Away the Golden Years

Tuesday, March 19, 12:30 p.m.

Opportunities to gamble are all around us. How much is too much? How to help a friend? Join Maria Markakis of Carson Valley Children's Aid for a fun and interactive series to be continued next month.

March Madness*Tuesday, March 19*

It's time for the NCAA Division I Men's Basketball Tournament. 68 college teams will play a single-elimination tournament to determine the national champion. Pick up your bracket in the office and pick your teams. Give your completed bracket to Michele. We will keep track and see who guesses the best. There will be a prize for the winner.

Open Mic Poetry*Thursday, March 21, 12:15 p.m.*

It's World Poetry Day. We encourage you to read aloud a poem you have written or poems from one of your favorite poets that are special to you. Sign up with Michele by March 18.

"Poetry is when an emotion has found its thought and the thought has found words."
~ Robert Frost

Living Will and Powers of Attorney*Tuesday, March 26, 12:30 p.m.*

Legal Aid's Susan Strong will be with us to explain these two vital documents. If you don't have them or need to change them, be sure to attend. Legal Aid can help prepare these documents so don't keep putting it off!

Vision Screening*Wednesday, March 27, 12:30-1:30 p.m.*

Have your vision checked and your glasses cleaned by the Montgomery County Association for the Blind. Remember that vision problems can make falls more likely and reduce your quality of life!

April

Safety with Danielle*Tuesday, April 2, 16, 23, and 30, 10:30 a.m.***Hamilton Relay***Tuesday, April 2, 12:30 p.m.*

Hamilton Relay has been providing telecommunications relay services for individuals who are deaf, hard of hearing, deaf-blind or have difficulty speaking since 1991. They understand that each relay user

is unique. So they listen to customers and work to match the right services to specific situations. Find out what they may be able to do for you.

Let's Walk Day*Wednesday, April 3*

Wear your walking shoes today. We are going to walk the halls. How many loops around the halls make a mile? Join us to find out.

Fill the Eggs*Thursday, April 4, 10:00 a.m.*

Help us fill the eggs for our annual Egg Hunt. Plastic eggs and small wrapped candy donations are accepted and appreciated.

Helen Keller Day*Friday, April 5, 12:30 p.m.*

On this day in 1887 Anne Sullivan succeeded in teaching Helen Keller how to spell water and 30 more words. As a tribute to Helen Keller let's try to learn 30 words in sign language today.

Volunteer Appreciation Week*Monday, April 8 to Friday, April 12***Every Moment Makes a Difference**

We are fortunate that each day we have volunteers giving their gift of time to help make our center better. So, we will celebrate our volunteers all week long. Each day this week there will be something special so every volunteer will know that they are appreciated.

You're Magnificent Monday**You're Terrific Tuesday****You're Wonderful Wednesday****Thank You Thursday****You're Fabulous Friday**

"Unselfish and noble actions are the most radiant pages in the biography of souls."
~David Thomas

Medicare Coverage of Cancer*Tuesday April 9, 10:30 a.m.*

Learn the inside information on how Medicare will handle a cancer diagnosis. Our Agents for Advocacy representative Laurie Boukrouche will be presenting.

The Three Trees*Tuesday, April 9, 12:15 p.m.*

Right after lunch, our very own musical and theatrical group, The Joy Rangers, will perform *The Three Trees*. They make their own scenery and costumes. Join us as we cheer them on.

In Your Best Interest*Tuesday April 9, 12:30 p.m.*

Join Danielle Charry from the Lincoln Center to discuss safety as a senior citizen. Her experience has brought her in contact with numerous victims and she has safety tips to share.

Gambling Away the Golden Years*Tuesday April 16, 12:30 p.m.*

Opportunities to gamble are all around us. How much is too much? How do you help a friend? Join Maria Markakis of Carson Valley Children's Aid for a fun and interactive series to be continued next month.

Better Than Bingo*Tuesday, April 16, 12:15 p.m.*

Stay in your seats after lunch. You will not regret it. This entertaining group has been here before and they really know how to get people dancing.

An Earthly Affair*Monday, April 22, 11:45 a.m.*

It's Earth Day. Today when you sign in to CoPilot you will be automatically entered to win an earth-friendly basket. Try solving the Fitting Earth Day word fit or Earth Day crossword puzzle. See if you can answer recycling trivia questions all found in the dining room. Enjoy a healthy lunch with greens, vegetables and fruit. There will be reusable, recycled shopping bags while supplies last.

Senior Outreach Services*Tuesday, April 23, 12:30 p.m.*

Lose a friend or loved one? Overwhelmed

by your medical conditions? Just feeling blue? Senior Outreach may be just what you need. Find out about their in-home counseling services!

Reassurance from Insurance

Tuesday, April 30, 12:30 p.m.

Investigate the possibilities of short term care and burial insurance. These two common issues for senior citizens may have solutions! Talk with Vlad Ethan Vaisman of Bankers Life and Colonial Penn.

Mark Your Calendar...

May 6-10: Montgomery County Senior Games

May 22: Montco SAAC Spelling Bee

Ambler Happenings

March

AARP Tax Aide Service



IRS-certified volunteers from AARP will be at the Montco SAAC of Ambler. They will be able to assist you with filing your federal, state, and local, tax returns. AARP Foundation Tax-Aide offers free tax preparation help to anyone, and if you're 50 and older, and can't afford a tax preparation service, we were made especially for you. AARP membership is not required.

Appointments are required and are available on Tuesdays, February 4-April 9, from 10 am-3 pm. Call (267) 469-0104 and listen to the announcement. You will receive a return call to schedule an appointment.

Please do not call the Ambler Adult Senior Center. They will not be able to make your appointment.

The Dynamic Jazz Sounds of Violinist Diane Monroe

Friday, March 1, 12:45 p.m.



Diane Monroe is more than simply a fine performer. With bow in hand, she charms, uplifts and transports diverse audiences via music including jazz, spirituals, blues, rhythm and blues, classical, avant-garde and her moving, original compositions. Her visibility as a jazz artist began with her long-standing membership as first violinist of the Uptown String and Max Roach Double Quartets. In addition to her contributions with other bands, Diane has been leading her own ensembles for more than 15 years. You don't want to miss this awesome lady!

Senior Law Clinic

Friday, March 1, 10:00 a.m. to 12:00 p.m.

Amy R. Stern, Attorney at Law, offers free legal advice and notary public in addition to \$50.00 Wills and \$25.00 Power of Attorney. Sign up at the center or call 215-619-8863 to make an appointment.

Medical Marijuana

Monday, March 4, 12:30 p.m.

Medical marijuana can help patients suffering from certain serious medical conditions. It can alleviate pain, ease symptoms, enhance wellness, and improve quality of life. In Pennsylvania, there are 17 approved conditions that can make someone eligible to use marijuana medicinally. Ilera Health-Care has all the details.

Critical Home Repair

Wednesday, March 6, 12:30 p.m.

The Critical Home Repair Program offers low cost repairs which address critical needs that threaten the health, safety, security and/or accessibility of homes to quali-



fyng homeowners who live in Montgomery and Delaware counties. Neighborhood Revitalization Manager, Saroj Chettri, and Director of Family Services, Chad Guth, will explain these important services and how to apply.

Popcorn and a Movie: Amelia

Thursday, March 7, 10:00 a.m.

Senior Outreach Services

Friday, March 8, 12:30 p.m.

Lose a friend or loved one? Overwhelmed by your medical conditions? Just feeling blue? Senior Outreach may be just what you need. Find out about their in home counseling services!

Sundae Monday

Monday, March 11, 12:15 p.m.

Buy a scoop of ice cream for a dollar and add all your favorite toppings. Yum!

Living Will and Powers of Attorney

Monday, March 11, 12:30 p.m.

Legal Aid's Susan Strong will be with us to explain these to vital documents. If you don't have them or need to change them, be sure to attend. Legal Aid can help prepare these documents.

Abington Jefferson Health Blood Pressure Screenings

Wednesday, March 13, 9:30 to 11:30 a.m.

Show and Tell Day

Wednesday, March 13, 12:30 p.m.

Bring in a favorite item and share a little about yourself with the rest of us. Inquiring minds would love to know.

Medicare Jeopardy

Friday, March 15, 12:30 p.m.

Test your knowledge of Medicare options and benefits. Join Lori Boukrouche of Agents for Advocacy who will be hosting this exciting experience.

Mobile Office of State Representative Mary Jo Daley

Monday, March 18, 11:00 to 1:00 p.m.

A representative visits on the third Monday of each month to provide assistance in areas such as disabled parking placards, birth and death certificates, filling out state

forms, Medicare enrollment and tax issues.

Crime Prevention

Monday, March 18, 12:30 p.m.

Victims Services counsels crime victims, provides court accompaniment, and helps victims apply for benefits. With all that experience they are experts in crime prevention. Get the inside scoop.

Brain Blast

Wednesday, March 20, 10 a.m. to 1:30 p.m.

Students from the Philadelphia College of Pharmacy return to provide blood pressure screenings followed by a discussion on brain health and how to reduce the risks that could lead to cognitive decline and memory loss.

Popcorn and a Movie: Saving Grace

Thursday, March 21, 10:00 p.m.

Duane Quenzel Returns!

Friday, March 22, 12:30 p.m.

Duane's passion for the accordion will become evident as he entertains us with his bellow and reeds in full concerto style. Get ready to shake it up!

Stretch Your Budget

Monday, March 25, 12:30 p.m.



This seminar was scheduled during the height of the government shut down. Hopefully this is all ancient history and you can explore the volunteer options at the

Maddie N. Dixon Food Cupboard. If the government is still in a state of confusion, this could be a valuable resource for stretching your food dollars!

Art with Jennifer

Tuesday, March 26, 12:30 p.m.

Volunteer Open House

Thursday, March 28, 10:00 a.m. to 2:00 p.m.

For organizations that primarily rely on volunteers to fulfill their mission or anyone interested in volunteering, we invite you to participate in our open house. This event is designed to help people who are seeking volunteer opportunities learn about the

missions of local nonprofit organizations and the needs of people within the community.

Meet with local nonprofit organizations and learn why your help is valued. The key to a successful volunteer role is one where both the organization and volunteer find the right fit. This event will help you find yours in a fun, friendly atmosphere. For information, contact Karen Smith at ksmith@montcosaac.com or 215-619-8863.

Senior Law Clinic

Friday, March 29, 10:00 a.m. to 12:00 p.m.

Please refer to Friday, March 1 for more information.

Piano Sing Along with Larry

Friday, March 29, 12:30 p.m.

Meals on Wheels volunteer Larry Kirschner plays some classic tunes and shares music trivia about some of his favorite compositions. Singing is encouraged, the lyrics are supplied.

April

Hamilton Relay

Monday, April 1, 12:30 p.m.

Hamilton Relay has been providing telecommunications relay services for individuals who are deaf, hard of hearing, deaf-blind or have difficulty speaking since 1991. They understand that each relay user is unique. So they listen to customers and work to match the right services to specific situations. Find out what they may be able to do for you.

Popcorn and a Movie: UP

Thursday, April 4, 10:00 a.m.

All about Herbs

Friday, March 5, 12:30 p.m.

Master Gardener Leo Cooper, Pennsylvania Horticultural Society Philly Green Committee Chair and president of the Northwest Gardening Association, will educate us on the benefits of growing herbs in your garden.



Food and Beverages that Help Lessen Cold Symptoms

Monday, April 8, 11:45 a.m.

The common cold is unpleasant and usually unavoidable. Did you know that your diet can affect the severity of your symptoms if you get a cold? This seminar will introduce Madison Marino of Arcadia University who will be our student expert this spring.

Sundae Monday

Monday, April 8, 12:15 p.m.

Reassurance from Insurance

Monday, April 8, 12:30 p.m.

Investigate the possibilities of short term care and burial insurance. These two common issues for senior citizens may have solutions! Talk with Vlad Ethan Vaisman of Bankers Life and Colonial Penn.

Show and Tell Day

Wednesday, April 10, 12:30 p.m.

Who wants to share?

In-Service Day

Friday, April 12, All Day

Montco SAAC is closed.

Mobile Office of State Representative

Mary Jo Daley

Monday, April 15, 11:00 to 1:00 p.m.

Please see Monday, March 18.

How is your Medicare Plan Working Out?

Monday, April 15, 12:30 p.m.

Find out about the free preventive services, the new options for plan changes, and other ways to fund premiums. My Medicare Pro will be fielding questions!

Squeeze Box Melodies

Wednesday, April 17, 12:30 p.m.

Accordion aficionado, Duane Quenzel, generously offers to charm us with his musical prowess. Welcome back!

Popcorn and a Movie: Hotel for Dogs

Thursday, April 18, 10:00 a.m.

Spring Flea Market

Friday, April 19, 10:00 a.m.

Please join us for a spring-time shopping extravaganza.



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.com • execdir@montcosaac.com

CONSUMER & PROVIDER NOTICE

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

March/April Norristown Calendar

EXERCISE

Fitness Center	Daily	8:00 am-4:00 pm
Yoga with Laurie	Tuesdays	10:30 am
Stronger Seniors	Mon, Thurs, & Fri	10:30 am
Strength Training	Second & Fourth Thurs	10:30 am
Line Dancing with Maria	Mon & Thurs	10:30 am
Chair Tai Chi	Mon, Wed, & Fri	10:30 am
Tai Chi with Darrel	Wednesdays	10:30 am
Yoga	First & Third Wed	10:30 am

MUSIC AND THE ARTS

Art with Jennifer	Thursdays	10:00 am-12:30 pm
Jam and Sing Along	Thursdays	10:30 am
Art 4 Me - Viewing	Fridays	10:30 am
Art 4 Me - Making Jammers	Fridays	10:30 am
	Fridays	12:15 pm

GAMES

Wii	Daily	10:30 am
Rummikub/Games	Daily	10:30 am
Bingo	Tuesdays	12:15 pm
Billiards/Pinochle	Daily	10:30 am
Team Trivia	First & Third Thurs	12:15 pm

OTHER

Shopping	Fridays	12:00 pm
Bible Study	Wednesdays	12:15 pm
Movie Monday	Mondays	10:15 am
Complimentary Haircuts	Third Wednesday	10:30 am
Out of Depression	Wednesdays	10:30 am
Plarn and Sleep Mats	Fridays	10:30 am
Knit-Sew-Quilt-Chat	Fridays	10:30 am
Mobile Office of Senator Daylin Leach	Second Thurs	10:30 am
Mobile Office of State Rep. Matt Bradford	Fourth Thurs	10:30 am

March/April Ambler Calendar

EXERCISE

Fitness Center	Daily	8:00 am-4:00 pm
DanceFit	Mondays	9:45 am
Tai Chi	Mon. & Thurs	11:00 am
Growing Stronger (12 Wks)	Tues. & Thurs	10:00 am
Strength with Tiffany	Wednesdays	10:00 am
Chair Dance & Strength w/Rodger	Wednesdays	10:00 am
SilverSneakers Balance	Wednesdays	11:00 am
Chair Aerobics & Strength	Fridays	10:00 am
Yoga w/Elizabeth	Fridays	10:30 am

GAMES

Billiards Room	Daily	8:00 am-4:00 pm
Bingo	Mon, Wed & Fri	10:00 am
Pinochle	Mon. & Fri	11:00 am

ENRICHMENT

Art4ME - Viewing	Mondays	10:00 am
Art4ME - Making	Tuesdays	10:00 am
Art with Jennifer	Last Tuesday	12:30 pm
Advanced Quilting	Wednesdays	1:00 pm
Knitting & Crocheting	Fridays	10:30 am
Piano Lessons		Appointment Only

OTHER

AARP Driver Safety Class	TBA	9:00 am-1:00 pm
Abington Jefferson Health Blood Pressure Screenings	Second Wednesday	9:30 am-11:30 pm
APPRISE	First Friday	9:00 am
Mobile Office of Rep. Mary Jo Daley	Third Friday	11:00 am-1:00 pm
Senior Law Clinic	Last Friday	10:00 am-12:00 pm



Norristown Center
MONTCO SAAC
536 George Street
Norristown, PA 19401

Time Dated Material March / April 2019

From Our Director



A Word from Whit

Spring is sprouting up all around Montco SAAC and I can think of no better time for Volunteer Appreciation Month than in April. This time of year is always exciting as we prepare to

thank our volunteers for the work they do all year. From delivering Meals on Wheels, pulling bingo numbers, assisting with art classes and exhibitions, serving lunch, and covering the front desk, every volunteer is an integral part of our team and we couldn't meet our mission without them.

If you have ever volunteered with us, thank you for being part of the team and keeping our vital programs sustainable. If you haven't yet volunteered with Team Montco SAAC, spring and

summer are great times to try out some options and see what works well for you. We have a wide range of volunteer opportunities from regularly scheduled weekly positions to more flexible substitute roles.

On Thursday, March 28, we are holding a volunteer fair at Montco SAAC of Ambler and welcoming other organizations to recruit volunteers along with us. It will be a fun day to see what other nonprofits in the area are up to and maybe find the perfect volunteer role for your schedule. Stop by for a visit. Hopefully I'll see you there!

Best,

Whit

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