



MONTCO SAAC

Norristown • Ambler

Volume 29, No. 3 May/June 2020

Live Full. Live Well. Live Long.

Volunteer(s) of the Month All Meals on Wheels Volunteers



During this difficult period, Montco SAAC's Meals on Wheels programs have continued to operate, serving meal recipients their warm, nutritious meals, and conducting wellness checks. Our volunteers have been extremely brave and community minded throughout the pandemic. Not only have our existing volunteers continued to serve, but in March alone, our coordinators received calls or emails from over 150 people seeking to help our Meals on Wheels program in one way or another.

Keeping Members Connected during COVID-19

As of Friday, March 13, 2020, Montco SAAC's centers, including the Art Center at Ambler have been closed in accordance with Governor Wolf's public space closures. Our three Meals on Wheels programs are continuing to serve program recipients on a modified schedule. Our staff is working from home to keep you connected and informed. You can reach our social workers at 610-275-1960 (Susan Edgren, Norristown) or 484-784 7289 (Danielle Charry, Ambler), if you

have any questions or concerns during this turbulent time.

The centers will reopen once the shutdown has ended. From everyone at Montco SAAC, take care and stay safe. We can't wait to see you once our doors have reopened!

COVID-19 Resources

Looking for information regarding COVID-19 and ways to keep yourself busy during the stay home orders? Check out the COVID-19 page on Montco SAAC's website. You'll find links to activities, online exercise classes, COVID-19 guidelines and more. Simply search http://montcosaac.com/covid19_resources.html.

Montco SAAC's 3rd Annual Corks & Forks Cancelled

Unfortunately, Montco SAAC's spring fundraiser, Corks & Forks, is cancelled due to COVID-19. Mark your calendars for next year's Corks & Forks 2021 on Thursday, May 13th.

Be a Champion for Your Community Complete Your 2020 Census Today!



Did you know that for every person that fails to complete the census, our community misses out on \$2,000.00 every year? With the census being completed every 10 years, that's \$20,000.00 in total. Per person! With all of your time currently being spent at home, you almost certainly have time to complete your 2020 Census! You can either complete it online at <https://2020census.gov>, or call 844-330-2020.



****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

A Word from Associate Director, Pat MacKenzie



Hello to all of our wonderful Montco SAAC family! We miss all of you terribly! When I look at what is happening in the world, I think about how strong you all are. Many of you have lived through some tough and turbulent times.

Many of my generation have ever seen first-hand the ravages of polio. I was too young to appreciate what was happening during the civil rights movement.

I didn't see the Vietnam war being shown in my living room. I never felt the loss of a loved one to war. I lived in a sheltered world until I visited Budapest in 1999 and listened to the stories of an English professor there. She told of her experiences of living under an oppressive government. I am proud to say she is in her mid 90's now and I count her among my friends.

I visited Berlin after the fall of the wall. I saw pictures on the fence of people who looked just like me who had lost their lives trying to escape to the West. I was ashamed to have been so oblivious to their suffering. I had grown up in the Midwest where the whole world seems so far away.



The advent of the internet has made the world a much smaller place. It brings to the forefront that we are all the same. Young children are the same all over the world... playing with their toys on the Great Wall of China unaware of the history around them.

We have the same dreams. We have the same needs. We have a need for human connection. That is why our senior centers are so important. We form new friendships and renew old ones. I am looking forward to the day when you come back through our doors.

Hugs await you all!

Pat MacKenzie

A Word from Montco SAAC Norristown's Social Worker, Susan Edgren



Hi Montco SAAC Family!

Program Coordinator, Michele, sent an email of timely humor including the comment

that when we changed the clocks no one expected to go from Standard Time to the Twilight Zone! That pretty much sums up this situation to me.

I hope all of you are out there staying safe and healthy. We are doing our best here in Norristown to do the same, while keeping the important services running. The whole staff is working, sometimes from home, sometimes in the office.

That said, I am in the office Monday, Wednesday, and Friday from 9:00 a.m. to 12:00 noon. I will be checking messages on my extension twice a day at other times, so feel free to leave a message. I do get called away from my desk even during those times so if there is no answer, leave a message so I can call you back!

If food is an issue for you, please let me know. I can make arrangements and drop off food to your home.

If you have another concern, please call. There are many new scams related to the Census, the virus, and the stimulus checks. I can't keep up with them either, but I can check out anything that concerns you. We can even do paperwork by mail, so reach out. If you just need to talk, call me or one

of your SAAC friends. We are all in the same situation.

The Census is even more important now with all the service disruptions. Please respond! Remember the Census count determines how the government divides money to different localities. If you are not comfortable doing it yourself, contact me and I will conference call with you to submit your response.

I have been sending out increasingly frequent emails with information about online exercise classes, games, and idle chitchat. If you would like your email added to this list, please send your address to sedgren@montcosaac.com. It has been really fun to hear back from some of the members!

So, my number is, 610-275-1960 ext. 122!

I miss you all!

Susan

A Word from Montco SAAC Ambler's Site Manager, Karen Smith



Hello Friends,

I hope this newsletter finds you in good health and in a riveting spirit, remember, "this too shall pass."

Together we are experiencing dreadful times, yet together we can overcome this pandemic and live life in the fulfilling manner life is destined to be lived.

Roger Von Oech, a leader of creativity says, "Most brilliance arises from ordinary people working together in extraordinary ways." It is up to us to find our way back to freely and unequivocally be together again."

I miss seeing your faces, hearing your laughter, watching you engage in activities, socializing with one another, and I

even miss your gumption when you feel a change is needed.

Presently, it is imperative we work together to rid this disease by maintaining our distance.

Fortunately, we can continue to communicate. Montco SAAC remains to be your extended family, and please reach out to us with any question or concern you may have. Until then be happy, be calm, be safe.

Sincerely,
Karen Smith

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

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Ambler, PA 19002
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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.

Join Our Exercise Class Virtually! Ambler's Instructor, Diane McKallip Is Inviting You to Class!

Topic: Chair Aerobics and Strength Class
Time: Apr 17, 2020 10:15 am

Please use the link and password below to join me for class today at 10:15am. Click on the MEETING ID (in blue), then enter the PASSWORD. I usually write the PASSWORD on a piece of paper so I have it at hand.

You will need: a straight back sturdy chair to sit on, a set of weights, and a hand towel. If you do not have weights, you can use cans, wine bottles, etc. I will log in a bit after 10 am, so we can trouble shoot any problems.

Enter this link into your search bar:
<https://zoom.us/j/99207914605>



Mother's Day
Second Sunday of May

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Norristown Center
MONTCO SAAC
536 George Street
Norristown, PA 19401

Time Dated Material May / June 2020

From Our Director



A Word from Whit

Team Montco SAAC has been settling into the new normal of virtual meetings, remote social services and modified Meals on Wheels schedules. We're working to reduce contact when possible by working from home when

we are able while still maintaining our Meals on Wheels service.

It has been a challenge as many of our volunteers are unable to deliver because they are medically vulnerable. Fortunately, we've seen an influx of people willing to serve as substitutes getting the meals out and helping our Meals on Wheels coordinators, Diana, Georreen, and Sarah maintain this life sustaining service.

So far we've been able to meet the rising need for remote social services and home delivered meals with our team. Funding is always a challenge, but the need is even more urgent during this pandemic. We're working on applying for grants and loans to prevent service interruption and we've seen almost \$10,000 in donations from supporters like you who want to make sure Montco SAAC's services continue. Thank you to those who have volunteered and donated. If you're able to help you can donate online at montcosaac.com or mail a check to either one of our sites. We can't meet our mission without supporters like you. Thank you and stay well.

Best,

Whit

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