



MONTCO  
**SAAC**

Live Full. Live Well. Live Long.

Norristown • Ambler

Volume 25, No. 6 November/December 2018

## News

### Welcome Marcia Brown, Montco SAAC of Norristown's New Kitchen Aide!



I moved to Norristown two years ago from New York, to be nearer to my daughter and grandmother. I liked it here so I am staying! Prior to accepting this position, I had been volunteering at SAAC's Fifth Avenue, the thrift store in Norristown, with my beautiful granddaughter Harle.

I also enjoy walking and shopping, especially at garage sales. I love music. My grandfather was a music teacher as well as a composer and he taught me to like all kinds of music.

I am really enjoying working here and look forward to getting to know all of you better!

## LGBTQ+ SAGE Table November 8th



Montco SAAC is partnering with SAGE, an organization that advocates for the rights of LGBTQ+ older adults for an intergenerational dinner on Thursday, November 8th, 6:30 pm at Montco SAAC of Ambler. Join LGBTQ+ friends, allies, and community members for an evening of good food and drink, and even better conversation. This event not only aims to connect those who attend, but will also serve as a catalyst for future equality events and increase LGBTQ+ visibility within Montgomery County. If you would like to attend, please contact Melissa Buckminster at 610-275-1960 or email her at [mbuckminster@montcosaac.com](mailto:mbuckminster@montcosaac.com).



Carol Bauer of Garden of Health collects and donates produce from various locations. Her visits are met with great excitement. Starsky Liu, Meals on Wheels driver and all around volunteer, helps unload.

## Turkey Wing-o Bingo!

The Norristown Advisory council is pleased to present Montco SAAC's autumn fundraiser, Turkey Wing-o Bingo on November 17th. The oven doors open at Montco SAAC of Norristown at 12:30 p.m. and the fun begins at 1:00!

Tickets are \$20 in advance and \$25 at the door. There

will be cash prizes. Also, maybe gobble up some extra cash for the holidays with our 50/50! We will also raffle off a frozen turkey just in time to thaw for Thanksgiving! Hot dogs, chips, cookies and soda will be available for purchase. *Purchase your advance tickets in the office by November 16th.*



**\*\*Montco SAAC now offers a digital newsletter. To join our e-mail distribution, e-mail [mbuckminster@montcosaac.com](mailto:mbuckminster@montcosaac.com) or call 610-275-1960\*\***

## Norristown Happenings

### November

#### Open Doors, Open Hearts, Open to Ideas



Montco SAAC actively seeks to welcome and include people of different races, ethnicities, sexual orientations, secular and religious backgrounds, and to become a more culturally diverse center. Each month it is our goal to provide a program, activity, special lunch or an event that strengthens diversity, inclusiveness and mutual understanding among participants and staff. Anyone with ideas for future programs or concerns is encouraged to contact Michele.

#### My Life, My Health

*Wednesday, October 31 through December 5, 10:30 a.m. to 1:30 p.m.*

This evidence-based Chronic Disease Self-Management Program was written by Stanford University. It helps participants build confidence through mutual support and success and helps to build confidence in one's ability to manage health and maintain an active and fulfilling life. Lunches will be delivered to the program or bring your own! See Susan or Michele for more information.

#### Gratitude Gobbler

*November*

First look for the very large featherless turkey on the Community Room's bulletin board. Take a feather from the board and write down something you are grateful for. Attach the feather to the turkey. We have so much to be grateful for, and that turkey will wear many feathers in no time.

#### Talent Show

*Thursday, November 1, 12:15 p.m.*



Everyone has talent inside them. Why not come and show every-

one what it is? Even the staff put together something, and it's sure to make you smile. You get the stage for five to ten minutes. There may even be prizes!

#### Native American Heritage

*Friday, November 2, 12:30 p.m.*

Before you celebrate Thanksgiving this month, join us and learn about Native American Culture, and the first Thanksgiving.



#### Gettysburg Address

*Monday, November 5, 12:30 p.m.*

This year is the Gettysburg Address' 155th Anniversary. Today learn why this speech is so important.

#### Who What When?

*Monday, November 5 & December 3, 1:15 p.m.*

Join us for this game of recollection! Twenty hints are given, and participants guess who, what, and when!

#### Team Trivia

*Thursdays starting at 12:30 p.m.*

What is TEAM TRIVIA? This Jeopardy themed game contains six categories and six questions. Everyone gets a turn. Don't worry if you do not know the answer! Your team will be there to help. Healthy snacks may be provided.

#### Safety with Danielle

*Tuesday, November 6, 20, 27, 10:30 a.m.*

Danielle Charry of The Lincoln Center handles this serious topic with empathy and good humor. If you have been a victim of crime or fear being a target, join this informative group.

#### Understanding Changes in Medicare 2018

*Tuesday, November 6, 12:30 p.m.*

Meet with representatives from Banker's Life to learn about a variety of topics that could impact you! Learn about changes in Medicare and the difference between Traditional Medicare and Medicare Advantage plans. Find out what is and is not covered. Be sure you understand your options!

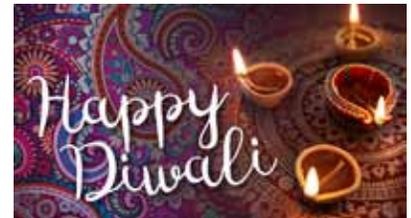
#### Capture the Turkey Bandit

*Thursday, November 8*

Turkeys are hiding around the center. Can you find them? If you're lucky enough to find one, bring it to Michele! One turkey per person. This fun game will continue until all the gobbling bandits are caught. Rewards for anyone who catches a turkey bandit.

#### Diwali

*Thursday, November 9, 12:15 p.m.*



This Hindu festival of lights is one of the most well known festivals of Hinduism. Join us today to learn how Diwali symbolizes the spiritual "victory of light over darkness, good over evil and knowledge over ignorance."

#### A Prayer for Peace

*Monday, November 11, 12:30 p.m.*

We will take a poetic look at Veterans Day as we honor and pay tribute to our military veterans.

#### In Your Best Interest

*Tuesday, November 13, 12:30 p.m.*

Victim prevention is vitally important these days with the increase of crime against the elderly. Danielle Charry of The Lincoln Center is an expert on what is happening and how to avoid victimization.

#### Wear in the World Wednesday

*Wednesday, November 14*

In celebration of Geography Month, we invite you to wear something specific to a particular state or country.

#### Brown Bag Medication Event

*Thursday, November 15, 10:30 a.m.*

Today East Norriton Pharmacy will have a Pharmacist here to go over your list of medications. Bring your medications or a list of them, and any questions you may have about your medications. Complimen-

tary blood pressure checks and glucose testing will be available. Registration is requested but not required.

#### **Price is Right Thanksgiving Dinner**

*Friday, November 16, 12:30 p.m.*

Tom Turkey, come on down! Guess the prices of these festive feast ingredients without guessing too high of a price!

#### **Valley Forge Casino Trip**

*Monday, November 19, 10:30 a.m.*

*Sign up by Friday, November 9*

Our local casino is calling for us to visit. A Transnet card is a must. Cost of transportation: 65 plus – \$4.50 each way 60-64 – \$7.50 each way

#### **When to Use the Emergency Room?**

*Tuesday, November 20, 12:30 p.m.*

Are you ever confused about whether you should go to the Emergency Room or wait till morning? Join Health Partners' representatives for a quick look at symptoms and concerns. Bring your questions!

#### **Hair Cuts**

*Wednesdays, November 21 & December 19 10:30 a.m.*

Provided by Premier Barber Institute. Sign in for a complimentary hair cut with Michele to guarantee an appointment.

#### **Macy's Thanksgiving Day Parade**

*Wednesday, November 21, 1:15 p.m.*

Learn 16 facts about this parade, and its transformation over the years.

#### **Women's Liberation**

*Monday, November 26, 12:30 p.m.*



November 1968 was when the first Liberation Conference opened in Lake Villa, Illinois. Learn more about the women's liberation history (herstory) today.

#### **Salvation Army's Ladore Lodge**

*Friday, November 30, 12:30 p.m.*

Take a glimpse at this peaceful, beautiful retreat in Northeast PA. Would anyone like to possibly take an overnight trip there next year? Join us today and learn more. You may qualify for a free stay!

## **Norristown Happenings**

### **December**

#### **Three Holidays - Three Discussions**

*Monday, December 3, 12:30 p.m.*

Join us in testing your knowledge surrounding the three most popular winter holidays with discussions about Hanukkah, Christmas, and Kwanzaa.

#### **Community Health Choices**

*Tuesday, December 4, 12:30 p.m.*

If you have Medicare and Medicaid, this seminar is for you! UPMC, one of the providers of Community Health Choices will be talking about the January 1st start of the new managed care program.

#### **Safety with Danielle**

*Tuesday, November 6, 20, and 27, 10:30 a.m.*

During the holiday season, scams and crime plague older adults. It is easy to get fooled when you are busy, distracted, or tired. Be aware and informed with Danielle Charry of The Lincoln Center and make it a HAPPY holiday!

#### **Elf on a Shelf**

*Monday, December 10*

This mischievous elf appears several days before December 25th to observe the behavior of Montco SAAC's members and staff and reports back to Santa so he can update his "Naughty and Nice" list. Find the elf and report back to Michele, you may receive an early gift this year.

#### **All I Need to Know I Learned from Ebenezer Scrooge**

*Monday, December 10, 12:30 p.m.*

Scrooge decided to make the conscious choice to savor the magical moments he

learned that past year. Today let's talk about honoring the people who have inspired us, and discover once and for all, that any loss of balance is transitory and temporary.

#### **In Your Best Interest**

*Tuesday, December 11, 12:30 p.m.*

Check in on the latest holiday scams and talk over ways to avoid being a victim. Danielle Charry will be with us with the latest updates.

#### **Health Steps**

*Wednesday, December 12, 10:00 a.m.-1:30 p.m.*

Bring your insurance card for the annual visit from Health Steps. This incredible group has been testing our members for several years now, at no cost to the patient. They test for a wide variety of medical conditions that could turn into serious health problems if they go undiagnosed!

#### **Bowling's Secret: The Hidden Oil Patterns**

*Friday, December 14, 12:30 p.m.*

Professional bowlers know something you do not. Learn the secret today. Enjoy bowling? Try WII bowling, which is in the billiards room.

#### **Stress and Meditation**

*Tuesday, December 18, 12:30 p.m.*



Health Partners is back with another seminar, this time on stress. Keeping yourself relaxed and happy is especially important this time of year. Check it out and see what works for you!

#### **Looking for an Evergreen Tree**

*Wednesday, December 19, 12:30 p.m.*

Tall, short, skinny, plump. Learn about the festive conifers that are so popular around this time of year.

**Ugly Sweater Day***Friday, December 21*

Dig that sweater out of your closet. The one you can't wait to wear once a year. Don't have an ugly sweater? No problem. Wear a pair of ugly socks instead.

**Chocolate Coconut Bites***Friday, December 28, 12:30 p.m.*

A diabetic friendly recipe that everyone will enjoy. So good you will want to eat them right up.

**Open Enrollment**

Just a friendly reminder to save and read all those communications from your Medicare Company. This brief window of time is when insurance companies can change your coverage. Be sure you know what they are doing. If you are confused, 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.

**See Healthsteps for your Annual Wellness Visit**

Healthsteps delivers diagnostic and preventative services in their mobile facility which will visit Montco SAAC of Norristown on December 12 from 10 - 2 and Montco SAAC of Ambler on November 30 from 10 - 1:30. The annual wellness visit is provided at no cost to seniors and is not subject to copays, coinsurance or Part B deductibles.

The Healthsteps Annual Wellness Visit includes screening for hearing loss, balance irregularities, stroke risk, high blood pressure, cardiac disease, abdominal aneurysms, diabetic and circulatory problems, and leg swelling.

To participate bring your insurance card. If you have further questions call Healthsteps at 1-800-434-6070.

## Ambler Happenings

### November

**Fall Back***Friday, November 2, 12:30 p.m.*

This music program will include timely music about fall and a look back at many musical styles in the 1930's and 1940's. These videos will include performances by Nat King Cole, Judy Collins, Perry Como, Bing Crosby, Jimmy Dorsey, Allegra Kent, Evgeny Kissin, Glenn Miller, Peter Seeger and Frank Sinatra. Produced and presented by Nancy Capizzi.

**Healthy Ideas***Monday, November 5, 11:00 a.m.*

Come join us for some great ideas on how to incorporate wellness habits into your day. This is a great way to connect with others while improving physical, emotional and social health. Don't delay, give this group a try and feel healthy today!

**ClearCaptions™ Bingo and Dessert!***Wednesday, November 7, 12:30 p.m.*

Please join your local ClearCaptions Title IV ADA Specialist, Chet J. McLendon, for some super fun bingo and more! He will be discussing how you can receive a NO COST caption phone and captioning service if you have any form of hearing loss.

**The Price is Right***Friday, November 9, 12:30 p.m.*

Come out and play the Price is Right with Hands from the Heart Home Healthcare Services. Make your best guess, and you could be a winner! Refreshments will be provided.

**Veterans Benefits and Attendance Program***Monday, November 12, 12:30 p.m.*

There are a variety of federal benefits available to veterans and their dependents. One such program is the veterans' Aid and Attendance Special Pension, a benefit that is largely unknown. This benefit allows for surviving spouses to receive help in nursing homes or other facilities and receive monetary benefits for home health care.

Please join attorney Michelle C. Berk and a special guest as they educate us regarding this important program.

**Abington Jefferson Health Blood Pressure Screenings***Wednesday, November 14, 9:30 to 11:30 a.m.***Advanced Care Planning***Wednesday, November 14, 12:30 p.m.*

Have you planned for a "what if?" medical illness? Speaker Paula Patton MD, a Geriatrician and House Call Physician, will offer a chat and chew about planning an Advance Directive to help doctors know your healthcare wishes. How much care is needed and how much medical intervention is too much?

**Experts in Arthritis***Friday, November 16, 12:30 p.m.*

Courtesy of the U. S. Bone and Joint Initiative, we will be hosting a seminar for people with arthritis and people who care about them. The program offers people with arthritis the opportunity to be informed about current scientific evidence and management



strategies in the treatment and care of osteoarthritis, and rheumatoid arthritis.

#### Mobile Office of State Representative Mary Jo Daley

*Monday, November 19, 12:00 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.

#### The Mediation Center

*Monday, November 19, 12:30 p.m.*  
The Mediation center gives individuals and families a way to solve seemingly irreconcilable differences. Find out what they do, how they do it, and how they may be able to help you!

#### Thanksgiving Jeopardy

*Wednesday, November 21, 12:30 p.m.*



Let's play a game! Just like regular Jeopardy, players will team up to answer (with a question) statements in categories such as Turkey Facts, The First Thanksgiving, Macy's Parade and The Big Meal.

#### Art with Jennifer

*Tuesday, November 27, 12:30 p.m.*

#### Chris and Scott Return!

*Friday, November 28, 12:30 p.m.*  
These talented gentlemen will be entertaining us with familiar songs that beat with a blend of solid acoustic sound and harmonization. Feel free to sing along!

#### Senior Law Clinic

*Friday, November 30, 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.

#### Health Steps

*Friday, November 30, 12:30 p.m.*  
Bring your Insurance Card for the annual visit from Health Steps. This incredible group has been testing our members for several years now, at no cost to the patient. They test for a wide variety of medical conditions that could turn into serious health problems if they go undiagnosed!

## Ambler Happenings

### December

#### Musical Bingo

*Wednesday, November 5, 12:30 p.m.*



The lovely Leslie Wilson from Always Best Care returns to challenge us to another rendition of 'Play the Juke Box' bingo. This combination of bingo and music from the 1940's, 50's and 60's will surely bring you down memory lane. Simply cover four adjacent squares that hold the title of the song and be a winner!

#### Holiday Bazaar at SAAC

*Friday, December 7, 10:30 a.m. to 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.

#### Medication Monday

*Monday, December 10, 10:00 a.m.-12:00 p.m.*  
Skilled nurses from Gwynedd Mercy University will be available to check your prescription medications. Please bring in your pharmaceuticals for an accurate medication screening.



#### Community Health Choices

*Monday, December 10, 12:30 p.m.*  
For individuals with Medicare and Medicaid, this seminar will explain the upcoming changes and benefits to the Medicaid portion of your health care. UPMC, one of the new providers, will be holding this general information session.

#### Abington Jefferson Health Blood Pressure Screenings

*Wednesday, December 12, 9:30 to 11:30 a.m.*

#### Yule Never Guess Who's Coming to Town

*Wednesday, December 12, 12:30 p.m.*



Entertainer extraordinaire and SAAC's favorite piano instructor, the very funny Charles Donches, hauls down his black and whites and holiday song books for an after lunch carol sing along.

#### FIT To A T

*Friday, December 14*

Osteoporosis is the most prevalent bone condition among Americans with nearly one in two women, and one in four men, likely to suffer from it in their lifetime. Osteoporosis is debilitating, reducing a person's freedom of movement, and leads to a high incidence of hip and spine fractures. Prevention education is essential. This

program is called “Fit to a T” because the T-score is the measure of a person’s bone density and susceptibility to fragility fracture.

**Mobile Office of State Rep. Mary Jo Daley**  
*Monday, December 17, 12:00 to 1:00 p.m.*  
 For more information, please see Monday, November 19.

**Classical Music and Polka Get Down**  
*Friday, December 21, 12:30 p.m.*



Accordionist Duane Quenzel learned his instrument at the ripe age of three years old. At age 19, he joined the service and didn’t return to playing until a few years ago, in 2017. 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 tap your feet!

**Senior Law Clinic**

*Friday, December 28, 10:00 a.m. to 12:00 p.m.*  
 For more information, please see Friday, November 30.

**ART4ME | NOVEMBER AND DECEMBER 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

*November*

**Art Viewing- Movement in Art**

**N:** November 2, 2018      **A:** November 5, 2018

**Art Making: Create a work depicting motion with watercolors.**

**N:** November 2, 2018      **A:** November 6, 2018

**Art Viewing- Photography**

**N:** November 9, 2018      **A:** November 12, 2018

**Art Making: Hand Alter a digital selfie-photo.**

**N:** November 9, 2018      **A:** November 13, 2018

**Art Viewing- Scenes of Bounty**

**N:** November 16, 2018      **A:** November 19, 2018

**Art Making: Create a scene of harvest with acrylics on canvas board.**

**N:** November 16, 2018      **A:** November 20, 2018

**Art Viewing- Famous Prints**

**N:** November 30, 2018      **A:** November 26, 2018

**Art Making: Create a printing block and learn to make prints.**

**N:** November 30, 2018      **A:** November 27, 2018

**December**

**Open Studio: Come and finish a work, or start a new one!**

**N:** December 4, 2018      **A:** December 7, 2018

**Art Viewing- Perspective in Art**

**N:** December 14, 2018      **A:** December 10, 2018

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

**N:** December 14, 2018      **A:** December 11, 2018

**Art Viewing- Scenes of Winter**

**N:** December 21, 2018      **A:** December 17, 2018

**Art Making: Create a winter-scape with acrylics on an ornament or canvas board.**

**N:** December 21, 2018      **A:** December 18, 2018

**Closed for the Holidays December 24- December 25, 2018**

**Open Studio – Come and finish a work, or start a new one!**

**N:** December 28, 2018      **A:**

**Closed for New Year’s Day- January 1, 2019**

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.



## 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.

## November/December Norristown Calendar

### EXERCISE

Fitness Center	Daily	8:00 am-4:00 pm
Yoga with Laurie	Tuesdays	10:30 am
Older and Wiser Workout	First & Third Thurs	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	First & Third Wed	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	Fridays	10:30 am
Jammers	Fridays	12:15 pm

### GAMES

Wii	Daily	10:30 am
Rummikub/Games	Daily	10:30 am
Bingo	Second and Third Thurs	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
Tuesday Movie Ticket	Tuesdays	10:15 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

## November/December 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/Saryu	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

Advanced Quilting	Wednesdays	1:00 pm
Knitting & Crocheting	Fridays	10:30 am
APPRISE	First Friday	9:00 am
Piano Lessons		Appointment Only

### OTHER

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



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

## Time Dated Material November / December 2018

### From Our Director



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

As you prepare to enter these fun (and busy!) months filled with holidays and celebration, Team Montco SAAC will be working to serve people with grace, dignity and inclusion. Our end-of-year fundraising appeal is headed your way

shortly. This annual invitation to support our critical services also supports our ability to serve as advocates for older adults and the help we provide. However you support Montco SAAC, you are an ambassador for promoting positive aging and empowering people to live well. Making a tax deductible donation is another way to make sure our doors stay open and people are able to remain in their homes.

Organizations like SAGE Advocacy and Services for LGBT Elders are making sure that issues and needs of LGBTQ+ older adults remain part of the national conversation. I am committed to making sure that Montco SAAC is inclusive of everyone we serve, and continues to be a conduit for intergenerational

connection. I am thrilled that this year, part of Montco SAAC's holiday season programming will be a SAGE Table dinner on November 8. According to SAGE:

*SAGE Table is an initiative launched to fight loneliness and isolation in the LGBT community through the power of intergenerational connections.*

*Transformative relationships can alleviate social isolation and its consequences. We're fighting back against loneliness one SAGE Table at a time.*

Keep an eye out for further details on this wonderful opportunity to create intergenerational connection through a shared meal. The event is open to the LGBTQ+ community and allies. If you would like to attend, call or email Melissa Buckminster, Director of Marketing at 610-275-1960 or [mbuckminster@montcosaac.com](mailto:mbuckminster@montcosaac.com). I hope to see you there.

Cheers,

Whit

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