



**MONTCO SAAC**

Norristown • Ambler

Volume 29, No. 6 November/December 2020

Live Full. Live Well. Live Long.

## Subaru's Share the Love is Back at Montco SAAC!



For the sixth consecutive year, Montco SAAC will be partnering with Subaru and Meals on Wheels America for Subaru's Share the Love Event. When customers purchase or lease a new Subaru from any Subaru dealer in our area between No-

vember 19, 2020, through January 4, 2021, Subaru will donate \$250 toward warm, nutritious meals for home bound seniors when they select Meals on Wheels as their charity of choice. Last year, Montco SAAC raised \$6,548.83 through this event, and

this year, we hope to raise even more! If you know anyone who is in the market for a new vehicle, let them know that by purchasing or leasing a Subaru, they can support Montgomery County seniors.

## Ballot Drop-Off Locations in Montgomery County



Looking to safely vote by mail, but nervous about your ballot being received on time? Secure ballot boxes have been placed throughout Montgomery County for constituents to drop-off their ballots prior to the Election on Tuesday, November 3, 2020. Secure boxes

will be available for the public to return their completed ballots at the locations listed below through November 3, 2020. Completed ballots must be placed in the drop-off boxes by the time the polls close at 8pm on Election Day, Tuesday, November 3, 2020. Here is a list of ballot drop-off locations in our area.

### HOURS:

**October 3-30** MWF 9am-4pm  
T-Thu 11am-6pm • Sat & Sun 11am-4pm  
**October 31 & November 1** Sat & Sun  
10am-6pm  
**November 2 & 3** Mon & Tues 9am-8pm

## Medicare Open Enrollment is Here!

Remember that this is the time that your Medicare Plan can make changes to their physician and prescription offerings. No matter how happy you are with your plan today, make sure it will still cover the things you need after January 1st. Contact Susan at 610-275-1960 or [sedgren@montcosaac.org](mailto:sedgren@montcosaac.org) if you have questions.

### DROP OFF LOCATIONS:

#### Royersford

Royersford Borough Parking Lot # 1A  
behind Borough Hall  
300 Main Street • Royersford, PA 19468

#### Skippack

Skippack Municipal Building  
4089 Heckler Road • Skippack, PA 19474

*(continued on next page)*



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

[www.montcosaac.org](http://www.montcosaac.org) • 610.275.1960

## 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.

#### Upper Dublin

Upper Dublin Municipal Building  
801 Loch Alsh Avenue • Fort Washington, PA 19034

#### Upper Frederick

Green Lane Park  
2144 Snyder Road • Green Lane, PA 18054

#### Upper Moreland

Willow Grove YMCA  
3300 Davisville Road • Hatboro, PA 19040

#### Cheltenham

Wall Park  
1 Wall Park Drive • Elkins Park, PA 19027

#### Conshohocken

225 Washington Street • Conshohocken, PA 19428

#### Lansdale

Church Road Parking Lot  
226 Station Square Blvd. • Lansdale, PA 19446

#### Lower Merion

Ludington Library  
5 South Bryn Mawr Avenue • Bryn Mawr, PA 19010

#### Norristown

Montgomery County Airy Street Parking Lot  
Corner of Airy and DeKalb Streets • Norristown, PA 19401

#### Pottstown

Montgomery County Community College  
West Campus (Hanover Street Building)  
95 S Hanover Street • Pottstown, PA 19464

## Real Talk with Richard, Board President



I'm guessing everyone is as tired as I am thinking about all the problems we're seeing in our country these days: COVID-19, racial injustice and discrimination, voting issues, post office issues, lack of mask wearing and social distancing, and positive COVID tests in the White House and highest levels of government. Did I list everything? Probably not. A lot will happen between now and when you read this, but I want to mention a few positive and inspiring stories to hopefully lighten the load a little.

LeBron James is helping lead an effort called, We Got Next, whose aim it is to increase the number of poll workers in traditional Black electoral Districts in order to register voters. To date, over 10,000 volunteers have stepped up. We all need to step up and vote wherever we are. Do not let any intimidation stop us!

A 15-year-old young woman from Parsippany, NJ who lost her grandfather to coronavirus has drawn nearly 400 portraits of people who have died of the disease in honor of her granddad, a lover of art. She has been trying to put a human

face to all those families who have lost loved ones to this deadly disease, and has a Facebook page devoted to this effort.

Lastly, is the story of a woman with a learning disability that made it difficult for her to read or write. She had been living in her car in a Kroger supermarket parking lot and saw that they were having a job fair. She decided to apply and a friendly employee helped her fill out the application. She got the job due to her persistence, and a few months later saved enough money to move into an apartment. Coworkers and customers helped her collect household items and other needs for a small apartment.

There are so many more positive happenings reported that there are now news sites, web sites and TV news shows that have become dedicated to reporting on these stories. It illustrates the strength of the human spirit, especially in trying times like today.

So, hang in there everybody, really hope you all can say *I did vote* when you read this and we look forward to a new and inspiring new year. Stay safe and as always feel free to reach out to me directly with any thoughts or questions at BoardPresident@montosaac.com.

## Looking to Help Older Adults in Your Community?

Montco SAAC is currently looking for volunteers to join our Board of Directors and to help on some of our Board committees. A board of directors is an essential part of a healthy nonprofit. They oversee the executive director and provide governance and big picture planning.

Montco SAAC board members:

- Meet 6 times per year for general meetings (during the pandemic the meetings are being held via Zoom)
- Serve on at least 1 committee
- Make a donation of personal significance to Montco SAAC
- Serve as an ambassador to the public
- Help staff with fundraising efforts like individual contributions, sponsorships and special events

Montco SAAC has several board committees:

- Membership
- Finance
- Development
- Executive/Governance

Right now our greatest need is for volunteers to help with development and membership. If you are new to board service or want a lesser commitment than being a board member, serving on a committee is a great way to help.

A variety of backgrounds and skills are helpful as a board member. For Montco SAAC we're currently looking for people with experience in legal, business, marketing, HR, facilities, art centers, finance, and development. We also want to add members who are actively involved at our senior centers and the Art Center at Ambler.

For more information on board service contact Executive Director, Whitney Lingle, at [execdir@montcosaac.org](mailto:execdir@montcosaac.org) or 610-275-1960 or Board President, Richard Schulman, at [boardpresident@montcosaac.org](mailto:boardpresident@montcosaac.org).

## Speaking with Susan Director of Health & Wellness



Dear Montco SAAC Family,

I find it reassuring to see that with all the human chaos and disease in the world that locally, at least, nature continues to be beautiful and inviting. Try to get outside and enjoy it before winter puts on its limitations.

It is wonderful to see those of you who can tune in virtually. We have an amazing online schedule that includes lots of new and familiar faces! Check with your tech savvy family and friends and see if they can arrange a visit for you.

Danielle and I are available by phone despite the closure, if any of you need help accessing social services. Things are more complicated and take a little longer, but the usual services are available and all kinds of new COVID-19 supports are being created. Some of both are listed below. If you have an issue, call us and we will see what else is out there. Below are some resources that you may find useful during these trying times.

**Susan Edgren**, Norristown, 610-275-1960 ext. 122

**Danielle Charry**, Ambler, 215-619-8863

**Unlawful Lock Outs** by a landlord attempting to circumvent the legal

eviction process. Call the Attorney General Consumer Protection Hotline at 1-800-441-2555 between 8:30 am and 5:00 pm. Here's a link to the Attorney General's Consumer Protection site: <https://www.attorneygeneral.gov/public-protection-division/bureau-consumer-protection/>.

**Legal Aid of Southeastern PA.** Kesha James, [kjames@laspc.org](mailto:kjames@laspc.org) offers help with other legal issues. LASP Helpline: 877-429-5994, Monday-Friday, 9am-12pm and 1-4pm.

**SNAP Problems** call the State Hotline at 1-800-692-7462

**Social Security Administration** Online services are available at [www.ssa.gov](http://www.ssa.gov). National toll-free number is 1-800-772-1213

**Pandemic Unemployment Assistance** Dept of Labor and Industry has opened a phone line to help Pennsylvanians who have questions or concerns pertaining to the PUA program. Call 855-284-8545 for assistance from 8 am to 3 pm Mon-Fri. Claimants can also get help via email at [UCPUA@pa.gov](mailto:UCPUA@pa.gov).

**Grocery Shopping and More** RSVP has 500+ Prescreened volunteers to assist with grocery shopping and other requests. Share your volunteer needs at their website. [ShoppingRequests@rsvpmc.org](mailto:ShoppingRequests@rsvpmc.org) or call the Community Helpline, 610-834-1040, ext. 208.

**Hope and Help Network** is helping individuals to prepare for what is to come financially. How will folks survive now and dig out of what may be thousands owed? Contact The Hope and Help Network for assistance to plan ahead. Marian Stroup, [marian@thehopeandhelpnetwork.org](mailto:marian@thehopeandhelpnetwork.org)

**SEPTA Key Cards for Persons 65+** for free rides on all modes are available

*(continued on page 4)*

## Speaking with Susan

(Continued from page 3)

once again. Call your state representative to see if an appointment is needed. Also, you may call PTMA-MC to arrange a time to get your card there. 215-997-9100. To replace a lost card call 855-567-3782.

**RSVP Medicare Counselors** are gearing up for open enrollment season (October 15 - December 7). Counseling sessions are available by telephone only. Call Susan at 610-275-1960 to schedule an appointment with our Montco SAAC counselor, Nancy Morris or additional counselors are available by calling 610-834-1040 ext. 120.

### Virtual Caregiver Support Group.

Presented by the Alzheimer's Association Delaware Valley Chapter and Jefferson Geriatrics. Alzheimer's Association® telephone support groups provide emotional, educational and social support for caregivers through regularly scheduled meetings held via telephone. First Wednesday of the Month, 12 to 1 pm. Registration is required. Call the Alzheimer's Association 24/7 Helpline at 800-272-3900 or visit [alz.org/crf](http://alz.org/crf)

**Adult Bereavement Support Group,** Department of Pastoral Care, Abington Jefferson Health

Anyone who has experienced the loss of a loved one is welcome to participate. After you register, you will receive the Zoom meeting link by email. For more information and to register, email [John.Olsen@jefferson.edu](mailto:John.Olsen@jefferson.edu) or call Rev. John Olsen, MDiv, BCC, Chaplain at (215) 481-2700. Tuesdays, 6:30-8pm

**National Drug Take Back Day 10/24,** 10am-2pm. Provides convenient, responsible and safe means of disposing

prescription drugs, while also educating the public about the potential abuse of medications. Supported by the Pennsylvania Department of Drug and Alcohol. Our local drug take-back locations:

#### East Norriton Police Dept.

2501 Stanbridge Street  
East Norriton PA 1940 • 610-272-0748

#### Borough of Ambler Police Dept.

131 Rosemary Avenue  
Ambler PA 19002 • 215-646-1000

**The Friendship Line** 1-800-971-0016

**National Suicide Prevention Lifeline**  
1-800-273-8255

Be safe! We miss you!

*Susan*

## Making it Through with Michele Program Coordinator, Montco SAAC Norristown



Exercise is key to healthy aging. It is important to keep exercising to strengthen your immune system and maintain your

fitness.

We encourage everyone to stay active, sit less and move more during this coronavirus pandemic.

You could get up during every commercial on TV and do an active chore or march in place. If possible, taking a walk outside is a great way to stay active and enjoy the benefits of fresh air and sunshine. During exercise, listen to your body, be aware of your environment, hydrate, wear appropriate shoes and clothing, and stay motivated.

Montco SAAC offers virtual exercise classes that help you practice four types

of exercises for endurance, strength, balance, and flexibility. A bonus, some of these classes may help reduce fall risk.

People are social creatures. Connection to others is one reason why we thrive. Now, with COVID-19, the risk of social isolation and loneliness is real. We offer many virtual classes that enrich your mind, lift your spirits and peak your interests. Connect and play a game of bingo, enjoy our weekly trivia, join an art class, listen to music, take a trip to a far off place (virtually), be informed in health, wellness and safety issues, and relax and chat while eating your lunch with the lunch bunch. Not tech savvy? We may be able to help with that. If you do not want to or cannot get on virtually, you can connect with us on the phone or by mail. We can even call you or send you puzzles and notes in the mail! We miss everyone and look forward to when we can welcome you back safely to Montco SAAC. We hope to see you connecting with us virtually on Zoom, during a phone call, or receiving or sending a positive note in the mail.

Staying active and connected has so many positives. Any questions please email Susan Edgren at [sedgren@montcosaac.org](mailto:sedgren@montcosaac.org) or Michele at [mross@montcosaac.org](mailto:mross@montcosaac.org) for more information.

## Pandemic Participant Policy and Procedure

Site Directors, Pat and Leslie, have been continuing to work on a task force with Montgomery County to develop policies and procedures to prepare for the reopening of Montco SAAC's buildings. As a refresher, we would like to review the rules published in the previous newsletter.

### What to Expect Upon Your Return

You will be required to wear a mask for the entirety of the time you are at Montco SAAC. You will have your temperature taken at the front door. If it reads 100 or higher, you will not be allowed to enter. You will then proceed to the front office to have a staff member enter your day's activities into CoPilot. There will be a pop-up health screening on CoPilot. The staff person will ask you these questions:

1. Are you, or anyone you are living with, experiencing any of the following symptoms?

Fever (100+), cough, shortness of breath or difficulty breathing, diarrhea, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell?  Yes  No

If yes, when, what, and steps taken to receive medical attention?

2. Have you, someone with whom you have had contact, or anyone you are living with been diagnosed by a positive test and/or a health care practitioner for COVID-19?  Yes  No

3. Have you, someone with whom you have had contact, or anyone you are living with been ill for reasons other than COVID-19?  Yes  No

4. Have you or someone with whom you have had contact been asked to self-quarantine?  Yes  No

5. Have you, someone with whom you have had contact, or anyone you are living with traveled out of the state or country in the last 14 days?  Yes  No

Please save this newsletter for future reference for the above questions. If

you answer yes to any but #3, please do not come to the center. You will be turned away at great inconvenience to yourself and the staff. You will then be required to quarantine for 14 days and self-monitor for symptoms.

Once given the all clear, you can go to the room in which your chosen activity is taking place. We are following CDC guidelines regarding maximum capacity for the rooms. For example, the art room in Norristown can only have 6 participants at a time. If a room is being used for another activity that day, you must vacate the room immediately after your activity so it can be sanitized. We will try to schedule the activities in different spaces so that won't be necessary. Activities will be restricted to those that do not involve sharing items.

We will not be allowed to serve lunch in the cafeteria. We will offer Grab 'N Go meals to take home. They cannot be consumed at the center. You will need to make a reservation the week before if you desire Grab 'N Go meals.

There is a \$2.00 suggested donation for each of the meals. You may request up to 5 meals per week. You can take all of them on the same day. Please bring a bag to make carrying easier. They will be frozen to ensure food safety. Exact change is strongly suggested if you wish to donate to minimize contact and handling of monies. Since we cannot have lunch in the building, activities will be scheduled either for mornings or afternoons.

Centers will only be allowed to be open a maximum of 3 days a week. At the present time, we believe those days will most likely be Tuesday and Thursday and possibly Wednesday. Meals on Wheels meals are being delivered on Mondays (and Wednesdays in Norristown)

so traffic will be considered.

In order to minimize touch surfaces and cut down on the amount of cleaning and sanitizing the staff has to do each day, the following rooms will remain closed in Norristown: game room, gym, thrift shop and library. At the present time, no rooms in Ambler will be closed.

The drinking fountains may not be used. Please bring a water bottle with you.

It is very important to note that no drop-ins will be allowed. Only participants who have reserved a spot for an activity will be allowed to enter the building. The doors will remain locked from the outside. We are going to have our centers safer than Fort Knox! We will keep you posted as things develop. Please keep an eye Facebook, Instagram or the website for updates.

### Rules, Rules, Rules

Life is full of them. There will be several we will need to follow to assure safety for everyone when we reopen.

- You must schedule any attendance in advance. Failure to do so will result in denial of entrance.
- If you have transportation provided for you for attendance, those providing transportation will not be permitted to enter the center.
- You must stay home when you are sick. If you arrive and appear to be ill, you will be asked to leave until you have recovered. Please make sure the office has current emergency contact information for you.
- You must inform center staff of your exposure, or possible exposure, to someone who has tested or been presumed positive for COVID -19.

- You must consent to have your temperature taken upon arrival. Those with a temperature of 100 degrees Fahrenheit or higher will not be permitted to enter.
- You must wear a face mask unless you have a medical condition that prohibits the wearing of a mask. If so, you must wear a face shield.
- You must maintain appropriate social distance from others in attendance and not engage in any type of physical contact.
- You must always keep your bags or purses with you.
- You are not permitted to move tables or chairs. They will have been pre-arranged to maintain proper physical distance.

Failure to follow these guidelines will result in suspension from the center for an undetermined amount of time.

## The Dish with Deidre, Montco SAAC Ambler's Program Coordinator



Deidre recently sat down (virtually) with our Tai Chi instructor, Darrel, to learn a bit more about one of our members' favorite instructors.

Darrel is an intelligent, deeply compassionate, highly motivated gentleman. He is our Tai Chi teacher at both the Norristown and Ambler sites. Let's get to know Darrel a little better.



Darrel Alan Brian was born in Columbus, OH, August 21, 1949. Darrel stayed active as a young boy by participating in track & field, basketball, football and the martial arts. Martial

arts ended up being his favorite and he has been practicing for over 50 years!

Mr. Bryant completed his undergrad study at Central State University in Ohio with a degree in Chemistry. He did not stop his education there. Darrel continued his studies at Eastern Michigan University in Michigan and graduated with a masters in bio-chemistry. After graduation, Darrel remained in Michigan and worked as a chemist.

Later in life, Darrel moved to Houston, Texas to work for Shell Oil. He also started teaching martial arts in Texas. After living in Texas for a while, Darrel found work in central Illinois and finally found himself in Pennsylvania where he currently resides. Mr. Bryant has been married to his beautiful wife for 15 years and has 4 children and 2 precious grandchildren.

Mr. Bryant is the current owner of *The Chinese Martial Arts and Wellness Center in Harleysville* where he has classes for children, adults and senior citizens.

One of the toughest things about practicing martial arts is getting the mind and body to relax. 90% of humans don't know how to relax. This is a point Mr. Bryant stress in his classes. One of Darrel's favorite quotes is, "We don't practice Tai Chi, we are Tai Chi." Tai Chi isn't something you do, it's something you are.

If you have not experienced one of Darrel Bryant's classes, I encourage you to do so. He is a very inspirational human being! Join Darrel's virtual Tai Chi class.



  
**BRANDYWINE LIVING**  
*at Senior Suites*  
*Life is Beautiful*

2101 New Hope Street | East Norriton, PA 19401

Please contact Fawn Rupp or Carol Frawley for more information

732.303.3100

www.Brandycare.com • 1-877-4BRANDY

## 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

**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**

### November

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.

#### Art Viewing - Great Photography

N: November 6, 2020 A: November 9, 2020

#### Art Making: Create a hand altered 'Selfie' photo with mixed media

N: November 6, 2020 A: November 10, 2020

**Happy Diwali!**

### Art Viewing- Cartooning

N: November 13, 2020 A: November 16, 2020

#### Art Making: Create your own cartoon character with pen & ink

N: November 13, 2020 A: November 17, 2020

### Art Viewing- Scenes of Bounty

N: November 20, 2020 A: November 23, 2020

#### Art Making: Paint a Harvest Still Life with Acrylics

N: November 20, 2020 A: November 24, 2020

**Happy Thanksgiving!**

### December

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.

### Art Viewing - Famous Prints

N: December 4, 2020 A: December 7, 2020

#### Art Making: Create your own printing plate

N: December 4, 2020 A: December 8, 2020

**Happy Hanukkah!**

### Art Viewing - Symbolism in Art? / (Live) Open Studio?

N: December 11, 2020 A: December 14, 2020

#### Art Making: Create a mixed media work, using personal symbols / (Live) pulling prints from plates

N: December 11, 2020 A: December 15, 2020

### Art Viewing - Scenes of Winter

N: December 18, 2020 A: December 21, 2020

#### Art Making: Create a winter scape with acrylics

N: December 18, 2020 A: December 22, 2020

**Merry Christmas! Happy Kwanzaa!**

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 November/December 2020

### From Our Director, Whitney Lingle



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

The holiday season is fast approaching and with it come the numerous donation appeals that nonprofits from all over the world (including Montco SAAC) will be sending. As you take time to decide who to support, please also think about how you support. It's very common for people

to specify a use for the funds they donate. Common examples we experience at Montco SAAC are that people will donate exclusively to one senior center location over the other or they will donate only to the Meals on Wheels program. We appreciate all donations and are happy to honor the wishes of our donors, but these types of restrictions miss the big picture.

Nonprofits are complex organizations and Montco SAAC is no exception. All of our parts from the administration and direct services down to program expenses like nutrition assistance food and supplies or paint for art classes are part of the big picture. Part of our funding comes from contracts with Montgomery County's Office of Senior Services. Those funds pay for specific things like reimburs-

ing us for the Meals on Wheels meals we deliver every day. The biggest part of my job is to make sure we're raising enough money in other areas to keep those systems going. If we don't have money for staff it doesn't matter if we have all the money in the world for meals. We need to keep all facets of the organization healthy to provide all the life-saving services we deliver every day.

You might be reading this and wonder how this affects you. If you feel strongly about the work we do and want to ensure that we can continue the work the best thing you can do is to make an unrestricted donation. That means we can prioritize the biggest emergencies (like when we lost heating last winter at the Norristown site) and keep Montco SAAC strong and sustainable.

If you ever have questions about how your donations help or what our greatest needs are, I'm happy to talk. Reach out to me via phone at 610-275-1960 or via email at [execdir@montcosaac.org](mailto:execdir@montcosaac.org).

Have a wonderful holiday season!

Best,

*Whit*

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