



**MONTCO SAAC**

Norristown • Ambler

Volume 29, No. 5 September/October 2020

Live Full. Live Well. Live Long.

## Volunteer of the Month

**Paul Matthews**



Paul Matthews has volunteered with Ambler's Meals on Wheels for the past 14 years. In 2006, Paul decided he wanted to give back to his community and volunteer his time by making a positive impact to help people in need. He played an important role for our MOW program by coming in every Tuesday at 8am to start prepping for the day at our center. Since COVID-19, Paul joins us Monday mornings to assist in unloading our weekly food delivery, packing consumer meals and now bringing the food carriers/coolers to the drivers' cars for delivery. Paul has also delivered meals, donated and participated in yearly fundraisers, and even helped our center remove/dispose of fallen trees that have littered our lawns after major storms. His generosity is second to none and we are very grateful that Paul continues to be a part of our volunteer team!

## Montco SAAC's 10th Annual Outrunning Senior Hunger 5K is Going Virtual!

Montco SAAC is holding its annual fall fundraiser for the 10th year in a row, but due to COVID-19, you'll be able to participate in the Outrunning Senior Hunger 5K & Fun Mile from the comfort and safety of your own neighborhood (or wherever you choose to participate!)

"We were really getting anxious about the impact that COVID-19 would have on our 10th annual 5K," says Melissa Buckminster, Director of Marketing for Montco SAAC. "Especially because we're celebrating Montco SAAC's 55th anniversary this year. We really want folks to rally around our organization and celebrate the fact that we've been serving seniors in Montgomery County for over half a century. I'm so excited that we're able to take this event virtual, allowing participants to take part from any location they want while also social distancing."

Register at [runsignup.com](http://runsignup.com) to join the 5K or Fun Mile, and get out to exercise while rais-



ing crucial funds to support the crucial services that Montco SAAC provides. The race can be run any time between October 10th and 17th, and times can be entered online in order to be considered for prizes, which will be offered for each age category as well as top three finishers for men and women.

Many thanks to our Essential Advocate sponsor, AARP Medicare Supplement Plans by UnitedHealthcare Insurance Company for continuous support of our crucial services.

Those interested in sponsoring this year's event can call 610-275-1960 or email [mbuckminster@montcosaac.com](mailto:mbuckminster@montcosaac.com).

## Get Out the Vote!

Are you ready to vote in the upcoming November election? The staff at Montco SAAC are ready to make their voices heard.

Here is a guide to help ensure that your voice is counted in this year's election.

- To register or to confirm that you are registered:**  
Confirm online: Visit [www.votepa.com/Register-to-Vote/Pages/Check-Your-Voter-Registration-Status.aspx](http://www.votepa.com/Register-to-Vote/Pages/Check-Your-Voter-Registration-Status.aspx)  
Confirm by phone: 1-877-VOTESPA
- How to vote by mail (application deadline October 27)**  
To apply online: Visit [www.pavoterservices.pa.gov/OnlineAbsenteeApplication/#/OnlineAbsenteeBegin](http://www.pavoterservices.pa.gov/OnlineAbsenteeApplication/#/OnlineAbsenteeBegin)  
To apply by phone: 1-877-VOTESPA
- Where do I vote?**  
Contact Elections for questions related to your polling place, when or where an election will be held, and other election related information. Call (610) 278-5275, visit [www.pavoterservices.pa.gov/Pages/PollingPlaceInfo.aspx](http://www.pavoterservices.pa.gov/Pages/PollingPlaceInfo.aspx), or email [voters@montcopa.org](mailto:voters@montcopa.org).



**\*\*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\*\***

[www.montcosaac.com](http://www.montcosaac.com) • 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.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.

## Real Talk with Richard, Board President



It's August, and we are still living with COVID-19. Some might say it's worse than ever. We hope that everyone is safe, sheltering in place

as much as possible, taking advantage of our fabulous virtual events and classes, and always wearing masks when venturing outdoors.

We hope to reopen our centers as soon the county allows. We have been preparing and planning for the opening and hope it can happen soon. As many of you now know, our Meals on Wheels team is only delivering meals one or two days per week (but sending meals to cover the whole week). Thankfully, our Art Center at Ambler is open with a limit of 6 students per class for safe social distancing. Please check our website for our autumn course catalog.

It's so important to have human contact and we know that it is very difficult in these times. For those who are mobile, please make sure to touch base with your loved ones as often as possible by visiting at a safe social distance, preferably outdoors. In addition, calling or video chatting with those we cannot visit is key. No matter our age we crave contact with other humans. My son lives in California and I miss him so much, but we are not comfortable flying so we video chat. It's definitely not the same as being with him but it's the best we can do for now.

As a reminder, please renew your membership as you should have received new membership materials very recently. Thank you as always to our volunteers and employees, and of course to our members. Please feel free to reach out to me directly with any thoughts or questions at BoardPresident@montcosaac.com.

## Catch Up with Pat, Associate Director / Site Manager at Norristown



### Montco SAAC is Going Smokeless!

All of Montco SAAC's sites are now smoke free to reflect our commitment to health and wellness for our members. We do understand the pull of the addiction. If you must smoke, you may do so in your car or walk out to the sidewalk.

### Pandemic Participant Policy and Procedure

Site Directors, Pat and Leslie, have been working on a task force with Montgomery County to develop policies and procedures to prepare for the reopening of Montco SAAC's buildings.

### 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 pro-

*(continued on page 3)*

## Catch Up with Pat

(Continued from page 2)

ceed 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 on 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 your 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.*

(continued on page 4)

## Catch Up with Pat

(Continued from page 3)

- 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.

## Connecting with Deidre



My mother Elizabeth was a great southern cook. She started working at a truck stop in Florida when

she was a teenager and was known for her 7 Up® bundt cake. I would like to share her recipe with you. It is delicious! Enjoy.

### Ingredients

- 1-1/2 cups butter
- 3 cups sugar
- 5 large eggs
- 3 cups flour
- 2 tablespoons lemon extract
- 3/4 cup 7UP®

### Instructions

1. Preheat oven to 325° Fahrenheit. Grease a 12 cup bundt cake pan with shortening, then dust with flour
2. Using an electric hand mixer, beat the sugar and butter until creamy, scraping the sides of the bowl as needed
3. Add in lemon extract and mix
4. Add in eggs and mix well
5. Add in flour and mix, scraping the sides of the bowl as needed
6. Add in 7UP® and mix for 1 minute
7. Scrape down the sides of the bowl, then mix again for 1 minute at low speed
8. Pour batter into the prepared bundt cake pan
9. Bake for 1 hour, or up to 1 hour and 20 minutes
10. After the cake comes out of the oven, let it cool in the pan for about 10 minutes
11. Turn the cake over onto a cake plate



  
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## ART4ME | SEPTEMBER AND OCTOBER 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**

### September

#### Art Viewing – Labor in Art

September 4, 2020

#### Art Viewing – Great Portraits

September 11, 2020

#### Art Viewing – The Nightlife in Art

September 18, 2020

#### Art Viewing – Genre Paintings (Everyday Scenes of Everyday People in Art)

September 25, 2020

### October

**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 – Home Grown (PA Artists)

**N:** October 2, 2020      **A:** October 5, 2020

#### Art Making: Create a decoupage keepsake box with mixed media.

**N:** October 2, 2020      **A:** October 6, 2020

#### Art Viewing – Parenthood in Art

**N:** October 9, 2020      **A:** October 12, 2020

#### Art Making: Create a pastel of what parenthood means to you.

**N:** October 9, 2020      **A:** October 13, 2020

#### Art Viewing – Autumn in Art

**N:** October 16, 2020      **A:** October 19, 2020

#### Art Making: Create an Autumn Assemblage with leaves and mixed media.

**N:** October 16, 2020      **A:** October 20, 2020

#### Art Viewing – The Spirit World in Art

**N:** October 30, 2020      **A:** October 26, 2020

#### Art Making: Carve or paint a mini Jack O' Lantern

**N:** October 30, 2020      **A:** October 27, 2020

This program was supported in part by the Pennsylvania Council on the Arts, a state agency funded by the Commonwealth of Pennsylvania and the National Endowment for the Arts, a federal agency.





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

## Time Dated Material September/October 2020

### From Our Director, Whitney Lingle



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

Are you registered to vote? It might not feel like it while we're cooped up this summer, but the election in November is fast approaching. This newsletter includes information on how to register to vote by mail. You

can also call or email Montco SAAC if you get stuck and need help. If we're not able to point you in the right direction we can at least refer you to resources. Voting is a great way to stay engaged in your community. It gives a voice to all those who participate.

A big part of Montco SAAC's mission is to keep people engaged and empowered as they age, which is reason enough to encourage all of our participants to vote. Additionally, over 75% of our organizational budget comes from county funding. Funds that support services for older adults are decided

at every level of government, so you can make sure to help protect the services you and your friends and neighbors depend on by voting for people who want to protect and increase the supports for older adults. Sometimes participants come to me and say that they want to donate but don't have enough extra money. Voting is just as important as donating to help Montco SAAC continue to meet our life-saving mission.

This issue also includes an update from our Associate Director, Pat MacKenzie, on what to expect as we prepare for modified opening at some point in the future. We are so excited to see all of you again, but our number one priority is that you stay safe and healthy. Thank you for your continued support and thank you in advance for voting!

Best,

*Whit*

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