



MONTCO
SAAC

Norristown • Ambler

Volume 24, No. 5 September/October 2018

Live Full. Live Well. Live Long.

News

Welcome Montco SAAC of Norristown's Meals on Wheels Coordinator, Sam Rothmiller!



Hi everyone! I would like to introduce myself, my name is Samantha but my friends call me Sam. I'm a 33 year old recent graduate of the Public Health - Health Promotion program at West Chester University. I know what you're thinking, you're an old student! Well, you're never too old to reinvent yourself. I am truly passionate about eliminating hunger, food insecurity, and malnutrition in our communities and around the world. I am grateful to be a part of this great organization, and with you all everyday making an impact and following my passion.

Norristown Partners with the National Foundation to End Senior Hunger



Montco SAAC of Norristown is partnering with the National Foundation to End Senior Hunger in an effort to decrease food waste and make our congregate meal program more sustainable! Having previously been implemented at our Ambler Center, the What a Waste Program aims to decrease senior hunger through sustainable food practices including measuring the amount and nutrients of food leftover from congregate lunch, and then diverting the uneaten food into compost. Ultimately, it will help us be able to better serve you, our members!

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

Norristown Happenings

September

Walking Challenge

September 1 until September 30

What's not to like about walking? It's FREE. Pick up your log sheet in the office. Log you steps or time walking. Give your logs to Michele by October 8. Look for daily walking tips, suggestions, and affirmations right outside the exercise room door on the board.

Safety with Danielle

Tuesday, September 4, 18, 25, 10:30 a.m.

Meet with Danielle Charry to discuss Victim Prevention. The information shared in this seminar helps increase awareness of scams and crimes against older adults.

Medicaid, Can it Help You?

Tuesday, September 4, 12:30 p.m.

Meet representatives of Agents for Affordable Medicare. This group is dedicated to educating consumers on the Medicare Options available. This month's topic is specifically Medicaid and the many little-known options that can help you financially.

WII Bowling Tournament

Wednesday, September 5, 12:15 p.m.

Bowlers register with Michele by September 3. Everyone else, please join us and be a part of an enthusiastic audience. Refreshments, fun, and prizes.

Jeopardy Trivia

Thursdays, September 6 and 20, and October 11 and 25, 12:15 p.m.

Six categories and six questions for each category. Two teams compete. Team members work together. Healthy snacks provided.

Rosh Hashanah to Simchat Torah

Friday, September 7, 12:30 p.m.



When you think of New Years, you might think of parties at the end of December. But if you are Jewish you will know that the Jewish New Year is an entirely different celebration. Today we will learn and discuss the first to the last of the holidays honoring the Jewish New Year.

Who, What, and When

Mondays, September 10 24 and October 1 and 22, 1:15 p.m.

It's a mystery person, place, or year that you have to figure out. Twenty hints given, the group guesses who, what and when.

In Your Best Interest

Tuesday, September 11, 12:30 p.m.

Find out what is new in the world of scams and exploitation. Being aware is the first step to avoidance. Danielle Charry of The Lincoln Center works with people who have been victimized every day and can help us all stay safe.

A Day of Remembrance

Tuesday, September 11, 10:00 a.m.

Today marks the anniversary of the attack on America. Learn how this solemn day has been turned into a day of service.

Programa de Capacitación en Diabetes – En Español

Miércoles, Septiembre 12, 19, 26, 10:00 a.m.–12:00 p.m.

El Programa de Educación en Diabetes, también conocido como DEEP, fue desarrollado para proporcionar las herramientas para controlar mejor su diabetes a fin de reducir las complicaciones y llevar vidas más saludables y prolongadas.

Current Events

Thursdays, September 13 and October 11, 10:30 a.m.

Join us in the Dining Room for a discussion on the local topics and learn what is going on in your neighborhood.

AARP Safe Driver Course

Thursday, September 13, 9:30 to 2:30 p.m.

Attend this valuable class helping drivers adjust for age related changes in reaction, hearing and vision. Graduates of the course can qualify for a discount on their auto insurance. Preregistration required, call Susan at 610-275-1960.

Ask the Doctor

Thursday, September 13, 10:30 a.m.

Meet Doctor Hamilton of Mercy Suburban Hospital who will be discussing general health and answering questions.

First Lighthouse Lighting

Friday, September 14, 12:30 p.m.

Light houses have played a pivotal life-saving role throughout history. The first lighting in the New World was in Boston in 1716. Today find out how lighthouses work and how they are made.

Hispanic Heritage

Monday, September 17, 12:30 p.m.

Learn about the day the people of Mexico revolted and began their struggle for independence from Spain. There will be a discussion about the past to the present of the Hispanic Heritage.

Home Care Corner

Tuesday, September 18, 12:30 p.m.

Hands from the Heart is a home care company that is increasingly active in our area. Find out what services they are offering and meet some of the staff.

Clear Captions and Bingo

Wednesday, September 19, 12:15 p.m.

Learn about how you can hear and read what the other caller says. You may qualify for a free phone if you have hearing loss, a home phone line and internet. We will also have a fun game of Bingo and snacks too.

Hair Cuts

Wednesdays, September 19 & October 17, 10:30 a.m.
 Provided by Premier Barber Institute. Sign up for a complimentary hair cut with Michele to guarantee an appointment.

The Tiny House Craze

Friday, September 21, 12:30 p.m.



Join us for a YouTube video that will take us into the world of tiny houses.

Be a part of the discussion of the pros and cons of living in a tiny house and learn how a twelve year old built his own tiny house.

Monthly Med Management Mondays

Monday, September 24. For times, please call the center.

Nursing students from Gwynedd Mercy University will be at both of our sites to review your medication list and let you know if there are any interactions or possible issues you should check on with your doctor. This event will be held on the last Monday of each month and is FREE for Montco SAAC members!

Arthritis Management

Tuesday September 25, 12:30 p.m.

Sean Reily from Full Range Physical Therapy will be joining us to discuss the benefits of Physical Therapy on Arthritis. We are constantly hearing how keeping active helps reduce pain. Here is someone who can give us specific information. Bring your questions.

Glen Miller

Wednesday, September 26, 12:00 p.m.

Back by popular demand. This BIG one-man band will certainly be a treat.

Cranium Crunches

Fridays, September 28 & October 19, 12:30 p.m.

Mind-healthy puzzles, exercises and tips.
 September 28 Split word exercises
 October 19 Shape rotation

Norristown Happenings

October

Safety with Danielle

Tuesday, October 2, 16, 23, 30, 10:30 a.m.

Meet with Danielle Charry of The Lincoln Center to discuss holiday safety. Don't let crime spoil your holiday!

How to Use Assistive Equipment

Tuesday, October 2, 12:30 p.m.

Join the Physical Therapist from Bayada Nurses who will be giving us tips on better use of our walkers, canes and other equipment. This should be a really informative meeting, especially for those of us who have just adopted these devices without training from a professional.

Meaningful Movies

Tuesdays 10:15 a.m.

The following movies encourage appreciation of diversity. Let us continue to do the same here at Montco SAAC.



October 2 Guess Who's Coming to Dinner

October 9 The Joy Luck Club

October 16 The Bird Cage

Programa de Capacitación en Diabetes – En Español

Miércoles, Octubre 3, 10, 17, 10 a.m. – 12 p.m.

El Programa de Educación en Diabetes, también conocido como DEEP, fue desarrollado para proporcionar las herramientas para controlar mejor su diabetes a fin de reducir las complicaciones y llevar vidas más saludables y prolongadas.

Columbus Day

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

A voyage of three famous ships, a search for gold, the reputed discovery of a "New World" and the devastation of native civilizations. Learn more about the famous explorer and a holiday shrouded in controversy. Then we will enjoy some trivia, and learn how they get a ship in a bottle.

In Your Best Interest

Tuesday, October 9, 12:30 p.m.

Abuse, harassment, fraud, robbery. There are so many people out there who don't have our best interests at heart. Meet with Danielle Charry because knowledge is the best prevention.

Fire Prevention Month

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

Let's go back in history and look at the Great Chicago Fire. Learn how that fire started a better understanding about fire prevention. You will learn fire prevention tips. Fire can happen anywhere. Check your smoke detectors.

Fair Housing – It's the Law!

Tuesday, October 16, 12:30 p.m.

The mission of The Fair Housing Rights Center is to ensure equal access to housing opportunities for all persons. In this seminar find out what constitutes housing discrimination and what to do if your rights have been violated.

Ten Greatest Moments in World Series History

Thursday, October 18, 12:30 p.m.

Today's program, we'll look back at one of the most exciting events to watch or attend in American Sports.

Medicare and You!

Tuesday, October 23, 12:30 p.m.

Back by popular request, Kathy Lark will be explaining Medicare subtleties that make open enrolment confusing. She will also touch on the new Medicare cards and how to use them effectively.



Eight Days of Spooktacular Fun October 22 to 31

Monday, October 22

Batty for Bats 12:30 p.m.

Today learn about the importance of these sometimes-feared mammals.

Tuesday, October 23

Movie: Practical Magic

Wednesday, October 24

Guess How Many Halloween Candies Are in The Jar

The person that guesses closest without going over wins the jar filled with sweet treats!

Thursday, October 25

Halloween Trivia and More

Friday, October 26

The Philadelphia Experiment

The subject of many conspiracy theories the USS Eldridge allegedly disappeared from Philadelphia's Naval Shipyard, only to reappear hundreds of miles away. Do you really want to hear the rest?

Monday, October 29

The Haunted Honeymoon Story

Newlyweds Bryce and Becky are off to the Bahamas for the honeymoon. Everything seemed perfect until.....

Tuesday, October 30

Movie: The Blob

Its 60th Anniversary is this year.

Wednesday, October 31

It's Halloween!

Dress up in a costume and have some fun.

Stretching Essential Foods!

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

Health Partners is now offering educational seminars to improve the health of the general community. Stretching Essentials will offer tips on stretching your food budget by focusing on basics!

My Life, My Health

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

Although no one wants to have a chronic condition, most of us will suffer from two or more during our lifetime. You're not alone! Chronic illnesses cause fatigue, anger, stress, anxiety, difficult emotions, worry, frustration, and even feelings of helplessness at some point in everyone's life. My Life, My Health will give you the tools you need to overcome the physical, mental, and emotional problems caused by chronic conditions.

Functioning at your best, regardless of life's difficulties, is a challenge. Our goal is to help you learn how to successfully achieve the things you want to do and enjoy life. The Chronic Disease Self-Management Program meets weekly for 6 sessions to discuss, managing symptoms, medication, setting weekly goals, problem solving, tips for increasing activity and more.

Join us in the Norristown Community Room. The center lunch will be delivered or bring your own!

Day of the Dead

Thursday, November 1, 10:15 a.m.

View the movie Coco. An aspiring musician Miguel, confronted with his family's ancestral ban on music, enters the Land of the Dead to find his great-great-grandfather, a legendary singer. Bring in items that honor those that passed before you for our Day of the Dead alter or altares de Muertos. Give your items to Michele or Susan by October 30.

Talent Show

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



Everyone has a little talent somewhere. Why not share it with us? Enter as a group or as an individual. Sign up and bring your idea to Michele by October 9.

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.

Ambler Happenings September

Gwynedd Mercy Senior Community Clinic

Mondays, September 17–October 29, 8 a.m.–1 p.m.

Nursing students will be available for pressure screenings, health teaching and assisting with exercise and memory activities.

Arthritis Foundation's WALK WITH EASE (6 Week Program)

Monday, Wednesday & Fridays, September 5–October 17

No matter if you need relief from arthritis pain or just want to be active, Walk with Ease can teach you how to safely make physical activity part of your everyday life.

This 6-week evidence-based program is proven to: reduce the pain and discomfort of arthritis; increase balance, strength and walking pace; build confidence in your ability to be physically active; improve overall health. Please come in or call 215-619-8863 for more information and to sign up.

Popcorn and a Movie: West Side Story

Thursday, September 6, 10:00 a.m.

Montco SAAC Outdoor Flea Market

Friday, September 7, 10 a.m.–1 p.m.



Looking for bargains for the holiday season? Local vendors will be offering hard-to-ignore deals on jewelry, home goods, dolls and assorted sundry. Anyone interested in selling their wares can purchase a table for

\$15 (nonmembers) and \$5 (SAAC members). Please call 215-619-8863 for more information.

Mobile Office of State Representative Mary Jo Daley

Monday, September 10, 12-1 p.m.

A representative visits on the second 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.

Medicaid, Can it Help You?

Monday, September 10, 12:30 p.m.



Meet representatives of Agents for Affordable Medicare. This group is dedicated

to educating consumers on the Medicare Options available. This month's topic is specifically Medicaid and the many little known options that can help you financially.

Abington Jefferson Health Blood Pressure Screenings

Wednesday, September 12, 9:30-11:30 a.m.

Swingin' and Swayin' with Woody

Wednesday, September 12, 12:30 p.m.

Woody shares his amazing collection of vintage tunes as after-lunch entertainment. Listen, relax, enjoy, swing and sway.

Show and Tell Day

Friday, September 14, 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.

Food Safety 101

Monday, September 17, 12:30 p.m.

As we move into the holiday season, be sure to attend this informative seminar from the USDA. It gives specific information on safe cooking and food storage for many of our holiday favorites.

Suburban Hearing Aid Center

Wednesday, September 19, 10:45 a.m.-12 p.m.

This is a FREE no-obligation hearing exam. Please call or come in to sign up for a screening.

Popcorn and a Movie: The Notebook

Thursday, September 20, 10:00 a.m.

J.T. Trinacia Returns

Friday, September 21, 12:30 p.m.

With his powerful, yet melodic voice, dynamic stage presence, personality and charisma, J.T. Trinacia has established a reputation for his ability to sing in a variety of different styles and genres from the 1920's through today. Who's ready to dance?

Monthly Med Management Mondays

Monday, September 24th. For times, please call the center.

Nursing students from Gwynedd Mercy University will be at both of our sites to review your medication list and let you know if there are any interactions or possible issues you should check on with your doctor. This event will be held on the last Monday of each month and is FREE for Montco SAAC members!

Boomer U – Estate Planning

Tuesday September 25, 6:30 p.m.

Join us for a presentation on estate planning at Montco SAAC Ambler. Bring a non-member along with you and they can attend for \$5, or join Montco SAAC at the event for free admission.

Piano Sing Along with Larry

Wednesday, September 26, 12:30 p.m.

A piano sing-a-long with Larry Kirschner and the Montco SAAC After Lunch Choir. The lyrics are provided.

Senior Law Clinic

Friday, September 28, 10 a.m.-12 p.m.

Amy R. Stern, Attorney at Law, offers free legal advice and notary public in addition to \$50 Wills and \$25 Power of Attorney. Sign up at the Center or call 215-619-8863 to make an appointment.

Ambler Happenings

October

Confused about Medicare?

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

Nancy Katz of Banker's Life will be visit-

ing to help clarify some of your Medicare questions. She has been very helpful to our members in the past. Bring your questions.

Abington Jefferson Health Blood Pressure Screenings

Wednesday, October 10, 9:30-11:30 a.m.

Swingin' and Swayin' with Woody

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

See Wednesday, September 12, for more information.

Popcorn and a Movie: Cyber-Seniors

Thursday, October 11, 10:00 a.m.



This humorous, heartwarming documentary focuses on a group of senior citizens who take their first steps into cyber-space under the tutelage of teenage mentors.

In-Service Day

Friday, October 12, Closed

Mobile Office of State Representative Mary Jo Daley

Monday, October 15, 12-1 p.m.

See Monday, September 10 for more information.

Keep APPRISED

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

Our APPRISE counselor, Ed Rogan will be detailing the most current information on Medicare changes. As a state trained volunteer for RSVP, Mr. Rogan is experienced in providing unbiased Medicare information. Individual counseling is available by Appointment. See Betsy at the front desk for more information.

Curtain Call Theatre

Friday, October 19, 12:30 p.m.



This acting company will be presenting scenes from classical comedies such as 'Marriage Proposal' by Anton Chekhov and 'The Importance of Being Earnest' by Oscar Wilde. Also

included will be readings of famous poems. The audience is invited to participate as characters in the scenes.

Getting the MOST from Your Doctor's Visit

Monday, October 22, 12:30 p.m.

Ever leave the doctor's office unsure about what he said, or what you should be doing? Check out this valuable seminar offering

numerous suggestions on how to manage your doctor's visit more effectively.

Talent Show

Wednesday, October 24, 10 a.m.-12 p.m.

Can you sing, dance, play a musical instrument or impersonate a famous person? How about performing a magic trick, a comedy skit or a juggling act? No matter what your

skill (don't be shy), we want to invite you to compete in the Montco SAAC Talent Show! Come in or call to sign up.

Popcorn and a Movie: Bride of Frankenstein

Thursday, October 25, 10 a.m.

Senior Law Clinic

Friday, October 26, 10 a.m.-12 p.m.

See Friday, September 28, for more information.

Piano Sing Along with Larry

Friday, October 26, 12:30 p.m.

Ancient Grains

Monday, October 29, 12:30 p.m.

Welcome back Rabiya Bower of Giant Food Stores who will be introducing ancient food sources and how we can enjoy them today.

The Goblins will Haunt, the Monsters will Mash, Come Join Us (if you Dare) for a Halloween Bash



Friday, October 31, All Day
Come in your fiendish finery (costume) and enjoy Halloween party games, special treats and ghoulish drinks. Party includes prizes for the most spectacular costumes. Scary fun!

My Life, My Health

Wednesday, Oct. 31-Dec. 5, 10:30 a.m.-1 p.m.
See page 4 for more information.

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

September

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

N: August 31, 2018 A: July 10, 2018

Art Viewing – Labor in Art

N: September 7, 2018 A: September 10, 2018

Art Making: Create an Aluminum Foil Sculpture on a sticky pad of your favorite form of labor.

N: September 7, 2018 A: September 11, 2018

Art Viewing- Stolen Art

N: September 14, 2018 A: September 17, 2018

Art Making: Create a forgery! (A study of your favorite stolen work with acrylic on canvas)

N: September 14, 2018 A: September 18, 2018

Art Viewing – Degenerate Art

N: September 21, 2018 A: September 24, 2018

Art Making: Create an expressionistic watercolor or acrylic work.

N: September 21, 2018 A: September 25, 2018

Art Viewing – Music in Art

N: September 28, 2018 A: October 1, 2018

Art Making: Create sounds with watercolors on paper.

N: September 28, 2018 A: October 2, 2018

October

Art Viewing – Parenthood in Art

N: October 5, 2018 A: October 8, 2018

Art Making: Create a pastel of your version of parenthood

N: October 5, 2018 A: October 9, 2018

Closed October 12th for In Service Day

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

A: October 16, 2018

Art Viewing – Autumn in Art

N: October 19, 2018 A: October 22, 2018

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

N: October 19, 2018 A: October 23, 2018

Art Viewing – The Spirit World in Art

N: October 26, 2018 A: October 29, 2018

Art Making: Create or paint a Jack O' Lantern.

N: October 26, 2018 A: October 30, 2018

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.

September/October 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

September/October Ambler Calendar

Exercise

Fitness Center	Daily	8 am-4 pm
DanceFit	Mondays	9:45 am
Strength with Tiffany	Wednesdays	9:45 am
Growing Stronger (12 Wks)	Tues & Thurs	10:00 am
Chair Zumba	Wednesdays	10:00 am
Chair Aerobics & Strength	Friday	10:15 am
Silver Sneakers Balance	Wednesdays	11:00 am
Tai Chi	Mon & Thurs	11:00 am
Yoga	Fridays	10:30 am

Enrichment

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



Norristown Center
MONTCO SAAC
536 George Street
Norristown, PA 19401

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Southeastern PA

Time Dated Material September / October 2018

From Our Director



A Word from Whit

We have an exciting autumn planned at Montco SAAC. As Ambler Main Street members, you might have seen us tabling at various Ambler First Friday events.

September marks the first time Team Montco SAAC will have the Art Center at Ambler open for First Friday fun. On September 7, visit the Montco SAAC Ambler building for activities, refreshments and art. October's First Friday marks the Art Center at Ambler's 2nd anniversary. Join us for an art show, music and cupcakes to celebrate!

We are working hard to increase membership and serve as many people as possible. Part of that is a project I'm working on with Montco SAAC's Board Program Committee to boost member benefits. If you have any ideas on

what you'd like to see as a member benefit, I'd love to hear it. Feel free to email me at execdir@montcosaac.com, call the Center, or stop by for a visit. In the meantime, keep your eyes peeled for new member benefits.

Speaking of which, September 24 marks the start of Monthly Med Management Mondays, our newest member benefit. Nursing students from Gwynedd Mercy University will be at both of our sites to review your medication list and let you know if there are any interactions or possible issues you should check on with your doctor. This event will be held on the last Monday of each month and is FREE for Montco SAAC members! Another benefit of membership is free admission to our Boomer U programming. Tuesday, September 25, join us for a presentation on estate planning at Montco SAAC Ambler. Bring a non-member along with you and they can attend for \$5, or join Montco SAAC at the event for free admission.

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