



THE BEST OF TIMES

AUGUST 2017

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the Upper Merion Senior Service Center
a Non-Profit 501(c)(3) Organization
Serving the Senior Community

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HOURS: MONDAY THRU FRIDAY
9:00 AM TO 3:00 PM

OUR MISSION STATEMENT

THE OBJECTIVE OF THE UPPER MERION SENIOR SERVICE CENTER SHALL BE TO IDENTIFY AND TO ASSIST IN MEETING THE NEEDS OF OLDER ADULTS IN A MULTI-USE ENVIRONMENT FOR PHYSICAL, EDUCATIONAL AND RECREATIONAL ACTIVITIES.

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"Best of Times" Editors:

Mary F. McCree and Shirley Robey

GOALS

- ♦ Increase membership
- ♦ Work to increase funding for operational support - investigate new sources of funding in cooperation with local businesses and government agencies
- ♦ Continue the development of innovative programming
- ♦ Maintain our working partnership with the Upper Merion Area School District and Upper Merion Township
- ♦ Explore the potential for new opportunities for services.
- ♦ Search for educational opportunities for members as part of our lifelong learning efforts
- ♦ Help members remain healthy and active through participation in recreational, educational and leisure activities

MONTHLY MESSAGE

EXPLORE THE PATIO

Welcome to the dog days of summer. One thing this means is that summer is flying by, so you best get out and enjoy it. And along that line I'll make a pitch for our Garden Club and our efforts to make the patio an enjoyable place to visit, hang out, and maybe even take a picture or two of some interesting plants that catch your eye.

The ground planters are all well populated with greenery and the flower colors are coming into their own. The butterflies have discovered the flowers. Many of the plants will need another year or two to develop stature, but they look good today.

Most of the plants are transplants or divides from club members' gardens, with every member contributing some personal prize. The herb garden was grown from seed and mothered over by Dottie Yacek-Matulis. Two planters full of annual flowers are from seeds donated by a center member. We needed to buy some perennial plants to be future centerpieces, and Park and Rec supported that element. Terry Stevens donated a much needed lightweight hose. Many thanks to those who contributed plants and labor.

Check out the patio, ask club members questions, or come to a meeting (the 2nd and 4th Wednesdays). For now it is hot and bright out on the patio, but mornings are a bit shady and not too hot. Cooler weather is not that far off when socializing on the patio will be a treat.

By the time you read this Dottie will have laid out the first 'Fresh Herb Day', sharing the herbs grown on the patio (Mondays about noon, in the Great Room).

Thanks for reading this. Keep busy, enjoy life and if you want to get your hands dirty join us. We know how and we can always use the help.

Paul Buce

Upper Merion Senior Service Center (UMSSC) is an equal opportunity institution that will not discriminate on the basis of race, color, religious affiliation, national origin, sex, age, marital status or disabilities in its activities, programs or employment practices

OUR BOARD OF DIRECTORS



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WHAT'S COMING UP

REMINDER - WE CLOSE AT NOON ON FRIDAYS IN AUGUST UNTIL LABOR DAY

So many different ways to have fun! The following activities occur on the dates noted. In addition, be sure to check out our Weekly Activities. Expand your interests! Try something new!

SENIOR FARMER'S MARKET NUTRITION PROGRAM (SFMNP)

Checks (value of \$20.00 per person or \$40.00 per couple) are available to **seniors, age 60+ years** and living on limited household income are eligible to receive checks to redeem at participating farmers' markets (list will be provided) for fresh, locally grown produce. **Checks available through Center office Monday through Thursday between 10:00 AM and 2:00 PM. PHOTO ID REQUIRED.**

GARDEN CLUB

WEDNESDAYS, AUGUST 9 AND 23 AT 1:00 PM. Coordinator: Paul Buce. Greetings to all gardeners and those interested in the center's patio. Our primary focus is on getting the patio more inviting, adding a bit of color. We have made a pretty good start, come join us in getting this project over the hump. Bring your green thumb!

BLOOD PRESSURE CHECK

THURSDAYS AUGUST 10 AND 24 FROM 10:15 AM TO 12:45 PM our favorite Nurse Lori Gnacek from

Bryn Mawr Hospital/Main Line Health will be here to check your blood pressure for free.

VALLEY FORGE CASINO

WEDNESDAY, AUGUST 16 (Cut-off date Monday, 14) THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY: TO TAKE ADVANTAGE OF THIS OFFER YOU MUST COMPLETE REGISTRATION FORM AVAILABLE AT THE SENIOR CENTER OR ON OUR WEBSITE AT WWW.UMSSC.ORG. **All new and renewal casino memberships or one-day passes are handled by Valley Services (not UMSSC). Cash or credit card will be accepted by Valley Services (610-354-8118). If you are planning to take the Shuttle, please register in advance. Shuttle departs the center at 9:30 AM and returns at 2:30 PM.** For those driving, please meet in the Casino lobby between 9:30 AM and 10:00 AM. **THE RAMBLER NOW MAKES A STOP AT THE CASINO. Everyone must bring a valid photo ID**

AMRAMP PRESENTATION

THURSDAY, AUGUST 17 AT 1:30 PM: Kristin Swanick will be here from Amramp to give a presentation about equipment they rent or sell to help make life accessible for those with mobility challenges allowing them to stay in their own homes.

BOOK TALK

"THE RENT COLLECTOR" BY CAMERON WRIGHT MONDAY, AUGUST 21 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah. The story of a young mother, Sang Ly, struggling to survive by picking through garbage in Cambodia's largest municipal dump. Under threat of eviction by an embittered old drunk who is charged with collecting rents from the poor of Stung Meanchey, Sang Ly embarks on a desperate journey to save her ailing son from a life of ignorance and poverty. It's a tale of discovery and redemption in which she learns that literature, like hope, is found in the most unexpected places. Though the book is a work of fiction, it was inspired by real people living at Stung Meanchey.

SEPTA PASS ID EVENT

THURSDAY, AUGUST 31 FROM 11:30 AM to 1:00 PM: Representatives from Senator Daylin Leach's office will be here to take applications for SEPTA rail passes. They will complete the application, (name & address) take your picture and mail the applications to SEPTA. You must be 65 years or older to participate and provide some photo ID.

NEW - HERB DAY

If you haven't explored the patio garden yet you might not be aware that there is actually an Herb Garden out there grown from seed by members of the Garden Club. **On Mondays between noon and 1:00 PM** a member

from the Garden Club will bring cut/thinned herbs into the Great Room for everyone to take home. Herbs will be cut by a member of the Garden Club. Try something new to you. Bring your own sandwich bag and paper towel. Enjoy!

MEMORY CAFÉ THURSDAY'S AUGUST 10 AND 24 FROM 12:30 PM TO 1:30 PM

Caregiver support group discussions. There is no cost or obligation and many attendees develop friendship that result in support even outside the Memory Café setting. Presented by Emily Bova, Certified Dementia Practitioner from Arden Courts at King of Prussia.

OUTREACH

Representative Tim Briggs' aide will be here on **Thursday, August 10** from 11:00 AM to 2:00 PM.

Senator Daylin Leach's aide will be here on **Thursday, August 31** from 11:30 AM to 1:00 PM.

FRIDAY FLICKS

Friday Flicks will be on hiatus until September. We hope you enjoy your summer.

EXCURSIONS!

Vineyard Visit & Wine Tasting

Save the date: **Tuesday, Sept. 26** for a ride up the Perkiomen Valley to visit A'Dello Vineyard and Winery. We are arranging for a tour and wine tasting. We will car pool to Perkiomenville, **leaving UMSSC at 10 AM**, and bring our lunch to enjoy there while we sample the wines. The winery does not serve meals, but has tables and chairs for BYO. Check the UMSSC lobby for sign up. For additional info call Pat Holden at 484-234-9669.

18th ANNUAL SENIOR FALL FLING THURSDAY SEPTEMBER 28 (SENIOR CENTER WILL BE CLOSED). Held in the Pavilion at the Court in the King of Prussia Mall from 10:00 AM to 2:00 PM with everyone requested to arrive by 9:45 AM. A sign-up sheet is at the reception desk. Come and discover the hidden treasures of six seniors in Upper Merion Township who will be honored this day. Can you guess who they are and what talents they possess? Maybe it is someone that you know. Find out when you attend the 18th Annual Senior Fall Fling.

ACKNOWLEDGEMENTS
MEMBER DONATIONS TO UMSSC

Upper Merion Senior Service Center is a member of the *United Way Donor Program*. Anyone wishing to make a donation to the UMSSC can designate UMSSC as the

recipient of their donation. (Reference UMSSC ID #45796, UW Agency #8229767.)

Please consider a tax-deductible donation to the Upper Merion Senior Service Center. As a non-profit organization 501(c)(3) we rely upon outside donations and gifts to help finance some of our programs, activities and services to our members. Does your company offer matching funds?

Thank you to the following who have generously made donations to the Center.

★ Cindy & Dan Eastman and Harlyce & Jerry Grossman made donations in memory of Tom Kohler's mother, Gwendolyn.

★ Cindy & Dan Eastman in memory of Tom Scully.

GRACIAS! THANKS! DANKE! MERCI!

★ **Thank you Sicilian Delight** for their pizza for Friday Flicks! ★ **Thank you Tony from Angelo's Pizza** – for the foot-long Birthday Hoagies he donates to the center every month. ★ **LeBus Bread**—who donates delicious baked bread every week. ★ **Costco** for their generous donation of a monthly gift card for our birthday cake purchases. ★ **Malvern Wegmans** for their bountiful donation of baked goods. ★ **Acme Market** for their wonderful donation of baked goods. ★ **Special thanks go to the Upper Merion Township Library** for all they do for the Senior Center including large print books and Friday Flicks.



NEWSWORTHY
FALL FUND RAISER

Our *Fall Fund Raiser Chance Books* drawing scheduled for Wednesday October 11 at our General Membership Meeting. Two ticket books are sent to each member's household at a cost of \$5.00 per book. Additional books can be purchased at the Senior Center. We hope that we can count on your help with this fund raiser by purchasing the books mailed to you. Special thanks go to *DAVID BLACKMORE & ASSOCIATES GEOTECHNICAL & ENVIRONMENTAL ENGINEERING* for their continued support in funding the ticket printing.

KEEPING SENIORS INFORMED
FOCUS ON FIBER

The health benefits of fiber are numerous and we need a plan to include a sufficient amount of each day into our food intake. One of the most important benefits is to help prevent against colorectal cancer. Fiber helps to prevent constipation and dilutes harmful compounds in the colon. Avoiding constipation can help prevent painful hemorrhoids.

Some types of fiber nourish your gut's healthy bacteria and lead to substances that help lower cholesterol levels. Fiber helps improve the way your body responds to its insulin and helps stabilize blood sugar and may assist in preventing type 2 diabetes. Fiber can control appetite by giving a feeling of fullness therefore assisting in your efforts at weight management.

So, what are some sources of fiber? Fiber is in many of the foods we eat every day but the question is to eat enough of them to gain the beneficial effects and to avoid the foods which do not provide fiber (like white bread). Think of fruits, vegetable and WHOLE grains as the primary sources. Women need about 20-25 grams per day and men need about 30-35 grams. Read labels to see how much fiber you are getting.

By choosing WHOLE grains and fewer refined or processed grains (such as white bread and regular pasta) you will get more fiber, minerals and vitamins. Whole grains retain the fiber rich bran and the "germ" of the grain which contains many nutrients. Refined grains lose much of the health boosting components during processing. Hearty whole grains include brown rice, oatmeal (not instant), corn, barley, bulgur, farro, wheat berries and whole wheat pasta.

Canned beans can provide a ready source of fiber and can be mixed in with many other foods such as macaroni, soups and salads. Rinse and drain canned beans before using to reduce the sodium content. Plan to include some vegetables with every meal. Yes, even at breakfast. Make a vegetable omelet. At lunch add them to your sandwich.

Read cereal labels and choose ones with the most fiber per serving. You will be surprised to find some highly advertised ones contain as little as one gram per serving. Some high fiber cereals include shredded wheat (plain), raisin, bran regular oatmeal and Uncle Sam. For a satisfying crunch and a health boost, sprinkle nuts or seeds or cereal, cottage cheese and salads. **FIBER IS YOUR FRIEND!**

(contributed by Jane Burger)

WEEKLY ACTIVITIES

BAND PRACTICE & INSTRUCTION: Tuesdays from 12:45 to 2:45 PM. The UMSSC Band practices under the direction of professional musician, Ed Hickman. Open invitation to anyone age 55 or over interested in playing with a group (*must become a member of the senior center*). Stop in any Tuesday afternoon to listen or to join the band.

BINGO: Thursdays at 10:15 AM. Cash prizes!

BREAD DAYS WEDNESDAY & THURSDAY: Free bread, rolls and baked goods donated to the Center. ***Bring your shopping bag and come between 12:00 AM and 2:00 PM. Please do not come early and please wait until the volunteers have finished bagging the bread.***

BRIDGE CLUB: ON HIATUS JULY AND AUGUST. Tuesdays at 10:00 AM in the Game Room. All bridge players welcome!

CANASTA: Wednesday's at 12:30. Coordinator: Lynn Boroch. *Beginner players will be welcome for instruction by Lynn (Wednesday). Notify the office to coordinate.*

CHAIR EXERCISE: Tuesdays at 11:30 AM to 12:15 PM and Thursdays from 12:30 PM to 1:15 PM. \$3.00 per class.

COMPUTER CLUB: Tuesdays 9:30 AM to 11:30 AM. Coordinators: Herman Natanblut and Howard Lurie. Meetings are open to all *members*, all ability levels. The Computer Club will be glad to answer any technical questions members have.

CURRENT EVENTS DISCUSSION GROUP: Mondays at 10:30 AM in the Lounge. Coordinators: Joan Shaw and Paul Buce. The group continues to meet. As usual there are more than enough topics to fill the hour and a half. The group has continued to grow, but there's always enough room for one more.

FINANCIAL / INVESTMENT DISCUSSION GROUP: THURSDAYS AT 10:00 AM. Coordinator: Dick McCann. This is a small intimate group who meet to discuss all levels of experience in making the best choices for your investments. You don't have to be rich, we will discuss any size investment you are thinking of making or have questions on. We offer an open invitation to all regarding subjects you would like to discuss and any questions you may have. Again, all are welcome!

KNITTING & CROCHETING: Tuesdays at 1:00 PM. Coordinator: Patricia Ackah. Instruction provided. *Hand-made items are for sale and all proceeds benefit the Center.*

LIBRARY: Open Monday through Friday from 9:00 AM to 3:00 PM. Library Volunteer: Nancy Kime. An excellent selection of large print books, tapes and videos are available to borrow.

LINE DANCING Every Wednesday at 1:00 PM. Coordinator: Aracelia Panzano.

MAH-JONGG: Mondays at 9:30 AM. Coordinator: Lynne Boroch. All level players are welcome, even beginners! Come in and learn to play this very popular game.

PINOCHLE LADIES AND GENTS: Tuesdays at 12:30 AM and Fridays at 9:30 AM in the Game Room. *They welcome more players.*

POKER: *ON HIATUS JULY AND AUGUST.* Tuesdays at 9:30 AM in the lounge. Coordinator: Bill Reynolds.

QUILTING: Fourth Wednesday at 9:30 AM. Instructor: Ethel Hutchinson. All levels welcome!

SING-A-LONG: Fridays at 10:00 to 11:30 AM. Coordinators: Theresa M. Smith and Dot Morio; Pianist: Ed Wenger. Come in and enjoy singing some old favorites together.

TAI CHI: Wednesdays at 12:00-12:45 PM. *Video Instruction good for beginners, intermediate or advanced.*

WEDNESDAY CARD PLAYERS: WEDNESDAY AT 9:30 AM. An informal, friendly gathering of members-some play cards some play bingo. Everyone has fun!

YOGA: Mondays at 1:30 PM. *Video Instruction good for beginners, intermediate or advanced.*

SENIOR CENTER COMMUNITY OUTREACH **APPRISE COUNSELOR**

An AARP Volunteer Apprise Counselor is available through the Senior Center. They can provide assistance with insurance and Medicare concerns. Call the Senior Center at 610.265.4715 and give your name, telephone or email. We will provide the APPRISE COUNSELOR with your information and they will contact you directly to set up an appointment.

UPPER MERION EMERGENCY AID

Food and dry goods donations for local families. Our donation box is in the lobby. *They have requested donations of boxed Potatoes (mashed, scalloped au gratin, etc.) boxed Macaroni and Cheese and boxed Stuffing, Spaghetti Sauce, Chicken Broth and Soup, Canned Pasta (Chef Boyardee), Tuna and Fruits and Vegetables. Peanut Butter & Jelly, Turkey Gravy, Cereal and laundry detergents. All donations are appreciated.*

VOLUNTEER FOR YOUR NEIGHBORHOOD **MEALS ON WHEELS**

If you are interested in doing volunteer work for a worthy local community organization, why not try "Meals On Wheels"? Meals on Wheels is a non-profit non-sectarian community service. They deliver two nutritious meals a day to homebound members of our community who are unable to prepare meals for themselves. They are in need of volunteers (men and women) to help prepare or deliver meals on a

regular or occasional basis. All volunteers work in pairs:

★Meal Packer needed from 9:30-11:00 AM

★Meal Deliverers needed from 10:45 AM-12:30 PM

Their office is located at the Valley Forge Presbyterian Church and is open from 9:00 AM to 1:00 PM Monday through Friday (Telephone: 610-265-7051).

FLOWER CAUSE

UMSSC participates in this community assistance program. If you purchase any flowers from *Plaza Flowers* (417 Egypt Road, Norristown, PA 19403 Telephone: 610-630-8825) *you can help raise funds for Upper Merion Senior Service Center.* Just mention **code ssc** when ordering and UMSSC receives a quarterly rebate equal to 5% of all purchases. Thank you!

COMMUNITY HAPPENINGS **WHAT'S HAPPENING AT THE** **UM TOWNSHIP LIBRARY IN AUGUST**

Summer Reading for Seniors continues. Read, Register & Review to win exciting prizes.

Diversity Night on Tuesday, August 1 from 6:00 pm to 8:30 pm: An evening filled with music, dance, food, and much more. All are welcome to attend. If you are interested in participating in showcasing your country, wearing traditional clothes, exhibiting art and culture, bringing sample foods, please contact Sangeetha at 610-265-4805 or email ssrini@mclinc.org.

Tech Night on Monday, August 7 at 7:00 pm in Henderson Room. Own an iPad or an iPhone but have trouble using it? Planning on buying, but the latest technology troubling you? Need help with downloading e-books? Our youth volunteers are here to help you. Registration Required.

Adult Coloring Night on Monday, August 14 at 2:00 pm and 7:00 pm. Bring your friends and enjoy coloring. Walk-ins are welcome. Materials will be provided. If you are interested in puzzles, we have them as well!!

Chair Yoga on Monday, August 21 at 10:30 am at the Community Center: Professional instructor from our Community center will teach the class. Come and enjoy the class while your body tones. The class will be held at the Community Center. Please be there 10 minutes early to sign the waiver. **MUST REGISTER** through the library. **FREE** for all, need not be a member.

Mind and Breath on Tuesday, August 22 at 7:00 pm in Valley Forge Room. Come to this seminar to learn the link between Mind and Breath. Please register.

Knit Nite: Monday, August 28 at 7:00 pm. Fourth Monday of the Month. For all ages - from veterans to wanna-be knitters. If you don't know how to knit and want to learn, our more experienced knitters are always

eager pass on their skills, and some advanced knitters are usually available to help with patterns and designs. To register for any of the library events, you can register via our online calendar, or by calling 610-265-4805, or stopping by the library.

Low Vision Reader: Our library has a low vision reader for use in the library. Please contact us for more information.

Café Style Wi-Fi available at the library. Bring your smart devices and connect to our free wireless network. Library card number not required.

Charging Station at the Library: Did you leave your charger at home? Is your mobile device low on power and need recharging? Get charged with one of the charging stations at the library.

FARMERS MARKET

The open-air farmers market at the Upper Merion Township Building welcomes consumers every Saturday from 9:00 AM to 1:00 PM and will remain open until Thanksgiving. The farmers market is located at the Upper Merion Township Building on Valley Forge Road in King of Prussia, Pennsylvania.

NOT JUST FOR FUN

Stay sharp and have some fun with these three workouts for your brain. These types of brain "teasers" can help to boost overall brain activity, increase your memory power, reduce the risk, and slow the decline, of dementia, improve memory and brain processing speed, reduce boredom, improve concentration.

WORD WORLD

Find as many words as you can in 3 minutes in the grid below to bolster pattern recognition and mental processing speed. Words can run in any direction - up, down, sideways or diagonally - as long as each letter touches the next one. For example, you can form the word **BROOM** by starting with **B**, moving left to **R**, then left again to **O** and so on. Try to beat our score of 20.



SCRAMBLER

To test your brain's flexibility; try to make as many words out of the following as you can. Can you find more than 15 per word?

NOSTALGIA
REMINISCENCE
COMMEMORATE

WORD SEARCH BREAKFAST

Y O G U R T O M E L E T S E
O S E G A S U A S Y L L E J
F A L O N A R G A E T F E R
C R O I S S A N T S F T O D
S H U M M L O R T O A L W O
L A A I U A A I C L L M A U
E S L S T F U E O S A E F G
G K E M H C F C R R B G F H
A D E K S B O I M E A D L N
B A T I A H R A N H C I E U
L E B O C C L O O S O R S T
H R G T A A N N W J N R N S
A B O G D S E A A N G O E J
M H U E S Y T M P I S P C E

- | | |
|---------------|-----------|
| BACON | JAM |
| BAGELS | JELLY |
| BISCUITS | MARMALADE |
| BREAD | MILK |
| CEREAL | MUFFINS |
| COFFEE | OATMEAL |
| CROISSANTS | OMELETS |
| DOUGHNUTS | PANCAKES |
| EGGS | PORRIDGE |
| FRUIT | ROLLS |
| GRANOLA | SAUSAGES |
| HAM | TEA |
| HASH BROWNS | TOAST |
| HONEY | WAFFLES |
| HOT CHOCOLATE | YOGURT |