



TriCounty  
Active Adult Center

610-323-5009

www.TriCountyAAC.org  
288 Moser Road, Suite 1  
Pottstown, PA 19464

# January - February 2021 NEWSLETTER

DATED MATERIAL  
January 1, 2021

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
POTTSTOWN PA  
PERMIT NO. 68

or current resident

## FROM BRIAN'S DESK

Hello from everyone here at the TRAAC! I hope you are all staying safe and healthy as we continue to endure this historic pandemic. Many people are getting fatigued by these long-term restrictions, but the threat is not over! Cases of COVID-19 are on the rise across the country, and record numbers of people are getting sick and dying. Locally, our hospitals are struggling to keep up, and many are full. Please continue to be vigilant - wear a mask out in public and around others, and go out as little as possible. Be sure to continue washing your hands and using hand sanitizer regularly.

### Thank you!

I want to thank everyone for their support this year. Many people have been very generous with their gifts this year, and

our financial situation is stable. We will be ready to reopen as soon as it is safe! Thank you all for your generosity. Even more uplifting have



Parkes

been the many notes we've received - it means so much to all of us to hear from you! Thank you.

### New Programs on PCTV & Zoom

Thank you to PCTV for helping us reach more people in their homes! You can find some of your favorite programs being televised on PCTV, and we are adding new programs reg-

ularly.

Our online classes are continuing. If you have internet access, you can participate in our live classes with Jolene and Liz. Look for the schedule in this newsletter.

### Grab & Go Lunches

We are still offering Grab & Go Lunches! Lunches are free, but we do require you to reserve your meals for the week by the prior Monday. Call 610-323-5009 and press 1 to reserve your meals. Look for the menu, reservation dates, and order form in this newsletter.

If you do not have a lunch reservation, but just want to purchase soups or muffins, come through our drive-through on Monday, Wednesday or Friday between 12 and 1 and let them know what you want. Availability varies by day.

### If You Need Assistance

We are still working hard to support older adults during this time.

If you need food assistance - please call 610-323-5009, and press 1. There are a number of organizations providing food as-

sistance, and we can help connect you with the best fit.

If you need help running errands - Please call 610-323-5009, and enter 105. We have a number of community volunteers who are available to run errands for you, like stopping by the grocery store or the pharmacy.

### Stay in Touch and Reopening

At this time, I can't say when we will reopen for in-person programming. It will all depend on the levels of illness in our area in January and February. Keep an eye on our website, our Facebook page, and our email newsletter for up-to-date information on available programs and services.

We miss seeing everyone, and can't wait to get back to normal. Please stay safe, stay inside as much as possible, wash your hands often, and wear a mask when you do go out.

Brian  
610-323-5009  
Brian@TriCountyAAC.org

## TRAAC ACTIVITIES

### Look What's Happening ...

We are closed for in-person programs at this time BUT there are numerous online classes and cable TV programs that are running weekly. Please reach out if you need assistance with a link to any of the programs.

New TV programs will be available shortly. Please look for ongoing programs as well as new releases on Pottstown Cable channels 22 & 28. Thank you to PCTV for helping us extend our programs!

Check out our online exercise classes via Zoom! You can access these classes with a computer or a smartphone. Email Jolene at Jolene@TriCountyAAC.org to receive the links to classes.

### Monday

- 8:00-9:00 Early Bird 50+Fit
- 9:30-10:30 50+Fit

### Tuesday

- 7:15-7:45 Core and More
- 10:00-11:00 Sit and Get fit
- 1:00 Chair Yoga with Liz

### Wednesday

- 8:00-9:00 Early Bird

50+Fit

- 9:30-10:30 50+Fit

### Thursday

- 7:45-8:30 PiYo
- 10:00-11:00 Sit and Get Fit

### Friday

- 10:00-11:00 Boom Move

### Education & Assistance

Benefits Information and Referral

Paula Mayewski

Please call Paula for an appointment; days & times vary (610)323-5009; ext. 105

### Apprise (Medicare) Counseling

Medicare is not one-size-fits-all - get your plan adjusted and save money!

Leader: Ed Savitsky & Craig Soloff

By appointment only  
Call Paula (610)323-5009; ext. 105 to schedule appointments

### Veterans Benefits Program Information

Jamie Washburn

Please contact Paula for appointment information (610)323-5009; ext. 105

This newsletter sponsored by



TriCounty Area  
FEDERAL CREDIT UNION

# On the Emotional Edge: Untie the Mental Knots and Express Your Feelings

**Rick Neff,**  
*Psy.D., MA, LPC*

As we learn to accept, rather than deny, our feelings, we question or take offense to all this talk about clearing the mental knots of fear, sorrow, anger, guilt, sadness, etc. The point in balancing our emotions has zero to do with suppressing emotions or emotional expression, but instead aims to untie or clear the mental obstructions so we can live our lives. It is very important that we learn to and feel comfortable expressing our emotions more effectively and with passion and clarity.

Fear, sorrow, anger, guilt, sadness, etc. are sometimes fully justified. I never, ever tell someone to not feel an emotion. I do help them however express their emotions more effectively to themselves and others. There is a huge difference in being clear about our emotions versus contracting with our emotions. If we can learn to stay clear rather than contract, we can process and move forward rather than stay stuck and bound by irrational terms.

As people we typically operate on one of two levels of emotional health. The first level is denial. Even after we believe we've got-

ten past something we often still feel denial. If that something is still popping up in your conscious mind, you haven't gotten past it. The second level, which leads to improved emotional health, entails expression.

Back to denial. Denial happens when our mind tunes out the signals and emotional needs to heal which results in many symptoms of emotional and physical discomfort. When we learn and begin to practice acknowledging our feelings, saying how we feel, constructively acting on our feelings, our subconscious mind shows us gratitude by releasing pos-

itive energy. For my biology friends, serotonin, dopamine, and norepinephrine begin to flow from neuron to neuron. Our mood improves. Confidence improves. Self-esteem improves.

Denial is pretty easy to understand. We all do it at times for things that are negatively emotionally charged. Expression, what truly allows us to improve our mental health, entails a leap into the unknown which requires great courage. We find the courage to take that leap when our denied emotions so much frustrate us that we "misbehave" to get our attention we seek which often

creates more emotional, physical, and social problems. Eventually, these symptoms of denial get bad enough that we recognize we need to question old assumptions so we do something different. The emotional pain is too great. Then, perhaps with the assistance of a mental health professional, a friend, a seminar, or a book, we begin to get in touch with long-denied feelings. We discover that how we feel has a lot to do with who we are. Over time, we come to release old beliefs that we now see as hurdles, and old judgements that we now see as isolating us from people, places,

and things. To accept ourselves and our emotions is the way we can move forward. Pretending to be perfect or emotionless, stunts growth. When we can come to express how we feel in any given moment, in a constructive, respectful, and professional way, we prevent ourselves from feeling stuck. We prevent the emotional knots from tightening.

*"What you bring forth out of yourself from the inside will save you. It will help heal you. What you do not bring forth out of yourself from the inside will continue to wear you down."*

— Unknown

## TRICOUNTY ACTIVE ADULT CENTER BOARD OF DIRECTORS

**PRESIDENT:** STEPHEN SCHUR

**VICE PRESIDENT:** SYLVIA LANDIS

**SECRETARY:** VIRGINIA TAKACH

**TREASURER:** RICH GRAY

### MEMBERS

Barbara Borger

Nicole DeVito, RN

Dr. Garland Fisher, David Garner, Esq.

Jay Kapila,

Alberta Rasmussen,

Monica Wagg, Bobby Watson

Margaret Whittaker, Tammy Wolf

Sue Yocum

### EMERITUS MEMBERS

William Krause, Ronald Dinnocenti

Lillie Foster, Tom Spann

## TRICOUNTY ACTIVE ADULT CENTER STAFF

**EXECUTIVE DIRECTOR:** Brian Parkes

Brian@TriCountyAAC.org

**ASSISTANT EXECUTIVE DIRECTOR:** Sue McIntyre

Sue@TriCountyAAC.org

**OFFICE MANAGER/BOOKKEEPER:** Sharon Lee Leibensperger

Sharon@TriCountyAAC.org

**BOOKKEEPER:** Donna Beard

**SOCIAL SERVICE SPECIALIST & VOLUNTEER COORDINATOR:** Paula Mayewski

Paula@TriCountyAAC.org

**HEALTH & WELLNESS COORDINATOR:** Jolene Wert

Jolene@TriCountyAAC.org

**RECEPTIONISTS:** Betty Bortz

Info@TriCountyAAC.org

**NUTRITION PROGRAMS:**

Beth Knize beth@TriCountyAAC.org

Kate Conklin, Barb Hughes

**DATA CLERK:** Marge McElroy

**BUILDING MANAGER:** Esteven Puma

## BOARD OF DIRECTORS MEETINGS

**Board of Directors meets the 4th Tuesday of the Month at 8 a.m.**

The mission of the TriCounty Active Adult Center is to enhance the well-being of its members by providing services and activities that promote an independent and healthy lifestyle. The TriCounty Active Adult Center has more than 2,500 members residing in the tri-county area. We welcome anyone living in the tri-county area (Berks, Chester and Montgomery counties) who is 50+ years of age to consider attending our center. The TriCounty Active Adult Center provides services to anyone age 50+ or better, regardless of race, religion, nationality, gender, sexual orientation or gender identity.

The Newsletter of the TriCounty Active Adult Center (ISSN: 2471-7258) Issue: 2021-1 is published six times per year by the TriCounty Active Adult Center, 288 Moser Road, Suite 1, Pottstown, PA, 19464. Send address changes to: TRAAC, 288 Moser Road, Suite 1, Pottstown, PA, 19464.

# Walking: The Master Exercise

**By Rick Neff**  
Psy.D., MA



Though many of us have become aware of its benefits, I'd like to add a few insights about walking. It is the most accessible, natural exercise (psychologically and physically) for the human body and mind. We are designed to do it. Brisk walking uses more muscles than running. It also avoids the jarring of running on concrete which even the best Nike running sneakers can only partially soften.

Striding along with arms swinging and deep rhythmic breathing, develops a strong cardiovascular system, improved muscle tone in legs, arms, and upper body, and stimulates the "exercise fever"

that helps strengthen the immune system. Walking helps the mind and body return to healthy circadian rhythms. Walking improves lymph circulation, expands positive energy fields around the body, and can be done outdoors or indoors. There are no, "It's too cold outside," excuses to not take advantage of walking.

About a total of an hour a day of brisk walking can increase our metabolic rate and help you clear your minds when stressed. Walking costs no more than a good pair of shoes and some time. You can save that co-pay or visit fee and buy

yourself or loved one something nice for the holidays.

Walking is even better when you find a partner or small group to walk with. Sometimes the conversation can be so interesting that times passes as well as the stress you may have been feeling. Find time today, tomorrow, and the next day to take a walk inside or outside. The days are getting more difficult. A few walks a day will do wonders to help you reset your mind and energize your body. I look forward to seeing you motoring around.

*"A vigorous walk will do more good for an unhappy, but otherwise healthy adult than all the medicine and psychology in the world."*

— Paul Dudley White, Ph.D.

**Coming in February!**

**NOW VIRTUAL!**

## Designer Bag BINGO

**Win designer purses from Kate Spade, Coach, Michael Kors, Vera Bradley!**

Thank you to our sponsors:

- Zuber Realty
- Catagnus Funeral Home
- Wolf-Baldwin Law Offices
- Tower Health
- Visiting Angels
- Humana
- Kelly Real Estate
- Tri-County Real Estate Services
- Herb Real Estate

Send or drop off this form to TRAAC, 288 Moser Rd, Ste 1, Pottstown, PA 19464

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

# of Sets of Bingo Cards (\$20 per 6 card set for each game): \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_

Please make checks payable to TRAAC. Questions? Call 610-323-5009, press 1 and leave a message.

Our Designer Bag Bingo is going virtual! Starting date is to be determined, but will likely be in February. Here is how it will work:

1. Register online at [www.TriCountyAAC.org](http://www.TriCountyAAC.org), or send back the form to the right.
2. Pick up your Bingo cards at the TRAAC the week before we begin.
3. Starting in February (date to be determined), we will pull 2 numbers each weekday at 9am.
4. Numbers will be emailed, posted on Facebook, and listed on a phone recording you can call
5. When you get Bingo, call before 8am the next day to claim your purse!
6. If more than one person hits Bingo on the same day, each will win a purse, and the games remaining will be reduced. We will play until all 20 purses have been won, up to 20 games.



**O'Donnell, Weiss & Mattei, P.C.**

*Rebecca Hobbs, Certified Elder Law Attorney*



**Elder Law - Long Term Care Planning**  
**Including Medicare & Medicaid, Protection of Seniors,**  
**Housing Issues, Veterans' Assistance,**  
**Social Security Disability, Estates & Estate Planning,**  
**Guardianships & Special Needs Planning**

**Your Life. Your Business. Your Law Firm.**

**Attorneys:**

**John A. Koury, Jr.**  
**Richard D. Linderman**  
**David S. Kaplan**  
**Henry T. Zale**  
**David A. Megay**  
**James C. Kovaleski**  
**Michael B. Murray, Jr.**  
**Rebecca A. Hobbs, CELA\***  
**James R. Freeman**  
**Gary L. Stein**  
**Joseph K. Koury**  
**Melissa A. Iacobucci**  
**Thomas P. McCabe**

*With Offices at:*

41 E. High Street  
Pottstown, PA 19464  
**610-323-2800**

—and—

347 Bridge Street  
Suite 200  
Phoenixville, PA 19460  
**610-917-9347**

\*Certified as an Elder Law Attorney by the National Elder Law Foundation as authorized by the Pennsylvania Supreme Court



Email: [info@owmlaw.com](mailto:info@owmlaw.com)  
[www.owmlaw.com](http://www.owmlaw.com)



# Online Programs Provide Education and Best Practices to Dementia Caregivers

Alzheimer's doesn't stop. Not even for a pandemic. The Alzheimer's Association is here to support the community—including caregivers of those living with Alzheimer's or other dementia—with no-cost education programs that offer helpful information and hands-on care tips and best practices.

Because health is our first priority during the pandemic, all programs are offered online and can be participated in by phone or computer from the comfort and safety of home. Topics include:

- 10 Warning Signs of Alzheimer's

- Understanding Alzheimer's and Dementia

- Responding to Dementia Related Behavior

- Dementia Conversations
- Effective Communication Strategies

- Healthy Living for Your Brain & Body

- Legal and Financial Planning

- Living with Alzheimer's (Caregiver Series)

- Living with Alzheimer's (For People with Alzheimer's)

- Living with Alzheimer's (Younger Onset)

For more information and to register, visit [alz.org/crf](http://alz.org/crf) or call 800.272.3900.

## Virtual Dementia Symposium: Connecting the Community

Tuesday, January 12, 2021  
8:30 a.m. to 12:00 p.m.

Hosted through Zoom – Register today: <https://action.alz.org/MTG/71119290>

Register to attend a no-cost, half-day symposium featuring local speakers and four short presentation on these topics: effective communication, dementia stigma, end of life and strategies for activities of daily living. This program is open to family and professional caregivers, community providers and seniors. A

15-minute break is scheduled for 10:25 a.m.

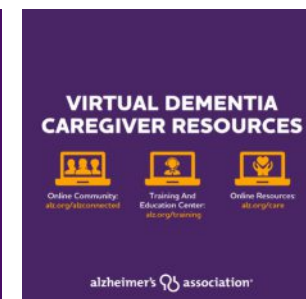
Finally, the Alzheimer's Association 24/7 Helpline (800.272.3900) is available around the clock, 365 days a year in more than 200 languages. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public.

## About the Alzheimer's Association

The Alzheimer's Association is the world's leading vol-



untary health organization in Alzheimer's care, support and research. The Delaware Valley Chapter serves 18 counties in South Jersey, Southeastern Pennsylvania and Delaware, providing programs and services to more than 294,000 individuals and families affected



by Alzheimer's disease or other dementia. For more information about Alzheimer's disease, programs and services and resources, call the Alzheimer's Association 24/7 Helpline at 800.272.3900 or visit [alz.org/delval](http://alz.org/delval).

## NOTES FROM THE KITCHEN

A very Healthy and Happy 2021 to you all. It's gotta be a better one. To get you started on the right foot please enjoy these nutritious snacks to keep you well this winter season. Enjoy and be sure to contact us in the kitchen if you have any questions.

### Grilled Cinnamon Raisin PB&J Sandwich

Remember those PB&J sandwiches you got for lunch when you were younger? Okay, so hear me out...these are better.

Slathered with a smackin' layer of peanut butter and a shake of cinnamon. Then, pan-grilled until warm. Want to feel young again? Cut your PB&J into triangles and throw on those superhero pajamas.

#### INGREDIENTS

2 Sliced of bread (or use cinnamon raisin bread and eliminate the cinnamon and raisins below)

1 tablespoon natural peanut butter (look for peanut butter with no added sugar)

1 teaspoon raspberry jam  
pinch of ground cinnamon  
Chia seeds

Raisins (or dried fruit)

1 teaspoon butter (or vegan butter)

#### INSTRUCTIONS

First, spread the peanut butter on one slice of bread. Next, spread the jelly on the other slice of bread.

Add a pinch of ground cinnamon, chia seeds, and raisins. Press the two pieces of bread together to make a sandwich.

In a non-stick pan over medium heat, add a dollop of vegan butter. Place the sandwich onto the pan and grill until lightly golden, then flip over.

Continue to cook until the other side is golden, about 3-5 minutes each side.

#### NOTES

This sandwich isn't hearty and mighty, but it's delicious and just...right. However, feel free to double up the ingredients if you want something large and in charge.

If you want to take this sandwich to the next level, use great bread. Freshly baked bread is always my top choice if I have it on hand. I love a good slice of dense whole wheat bread with sunflower seeds! Add sliced bananas and forgo



Knize

the jam.... Or sliced apples... yum.

The measurements for this recipe aren't strict. We're not baking a cake here.

### Mushroom "bacon"

Throw it in a sandwich, burrito, or just eat it straight – this is the kind of savory snack that everyone's going to ask for more.

Make sure to make a large batch settle those cravings.

Although mushroom bacon is perfect as a breakfast side dish, it can be used in

many other plates.

One of my favorite ways of using mushroom bacon is in a loaded veggie sandwich with soft ciabatta bread. Use crunchy sprouts, ripe tomatoes, provolone cheese, cucumber, carrots, red onions, avocado mayo.

In addition to sandwiches, mushroom bacon can also be used to top off soup or chowder, added to a breakfast burrito, an omelet or thrown in a salad.

It's crucial to keep an eye out for your mushroom bacon while it's cooking in the oven.

These thin slices of flavor cook quickly and a minute longer can turn them into something charred – we don't want that. They take about 25 minutes to cook, so I recommend keeping a close eye on them starting at the 15-minute mark – just in case.

#### INGREDIENTS

8 ounces king oyster mushrooms

1 tablespoon canola oil

1 teaspoon real maple syrup (must use REAL maple syrup)

1 teaspoon smoked paprika

1/2 teaspoon salt

1/4 teaspoon black pepper

(optional)

#### INSTRUCTIONS

First, chop the mushroom caps off and carefully slice the king oyster mushrooms as thinly as possible, to about 1/6th inch slices.

Next, preheat oven to 400F degrees. Line a baking tray with parchment paper.

While the oven is preheating, combine the canola oil, salt, maple syrup, and smoked paprika to a bowl. Taste and adjust the ingredients as needed.

Brush and evenly coat the mushroom pieces on both sides.

Then, lay each mushroom piece onto the parchment paper, leaving space in between each piece (do not crowd).

Bake for 20-25 minutes, flipping halfway. Keep a close eye. Cook time may depend on the thickness of the strips and your oven. Once the edges begin to darken, they are done!

Finally, remove mushroom bacon slices from the oven and allow the pieces to crisp up for at least 5 minutes before serving. This will allow the bacon to further firm up.

#### NOTES

Feel free to adjust the ingredients to your liking. Taste the spice mix to see if it is to your liking. For example, if you want more sweetness, add more maple syrup.

Use parchment paper to prevent mushrooms from sticking and to create a crunchier texture. Keep in mind, wax paper is not the same as parchment paper. However, if you do not have parchment paper, you may use aluminum foil.

You MUST slice the mushroom into thin pieces in order to achieve a crunchy texture.

### Apple Nachos

1/2 c. greek vanilla yogurt

2-3 T. nut butter\*

1 t. honey (optional)

Apples, sliced horizontally (de-seeded)

Granola

#### INSTRUCTIONS

Combine yogurt, nut butter and honey.

Spread ~1 T. yogurt dip on each apple slice.

Sprinkle granola on top of apples.

#### NOTES

\*Use sunflower seed butter in lieu of peanut butter for nut allergies

## ASK YOUR PHARMACIST...

# Shingles – Are You at Risk?

## Nardin Farid

Doctor of Pharmacy Candidate  
2021

University of the Sciences/Philadelphia College of Pharmacy

Do you remember having chickenpox as a child? Memories of intense itching and oozing blisters may come to mind. Chickenpox is caused by the varicella zoster virus and thanks to a vaccine, it is almost a disease of the past. Studies show that more than 99% of Americans, 40 years and older have had chickenpox, even if they don't remember having the disease. If you have ever had chickenpox, you are at risk for contracting shingles. Around 1 in 3 people in the United States will get shingles during their lifetime. Although children can get it, the chance of getting shingles increases as you get older. Varicella zoster virus (VZV) causes both chickenpox and shingles. After a person recovers from chickenpox, the virus stays inactive in nerve tissue near the spine or brain. If this virus reactivates later in life (usually after age 50), it can reactivate as shingles. This can sometimes happen due to a weakened immune system. For others, the cause is unknown.

### Shingles Symptoms:

Shingles is a painful rash that develops on one side of the face or body. Several days before the rash develops, people often have pain, itching, burning, numbness or tingling in the area where it will develop. The rash consists of fluid filled blisters that scab over in 7-10 days and fully clears in 2-4 weeks. Other symptoms can include fever, headache, chills, or upset stomach.

*"Ask the Pharmacist" is a new column authored by the students of Professor Sondra A. Schultz. Professor Schultz is the Experiential Field Supervisor for the Doctor of Pharmacy students at the University of the Sciences in Philadelphia. In the past, we had the pleasure of her students visiting with us to present educational programs here at TRAAC. Since we are not able to do that during the pandemic, Professor Schultz and I thought this new column would be a great way for her students to share knowledge and education about a variety of health-related topics. If you have any ideas for this column or have a specific health related topic you would like addressed in a future newsletter column, please contact Paula Mayewski at the TRAAC.*

### What are the consequences of having shingles?

The most common complication of shingles is postherpetic neuralgia (PHN). Postherpetic neuralgia is defined as significant pain persisting for 3 months or longer, after the start of the rash. The pain of PHN, which occurs in the same area as the pain and rash of shingles, results from damage to nerve fibers during the shingles infection. Symptoms include intense pain which may be described as burning, stabbing, or gnawing. Sadly, there's no cure, however, treatments can ease symptoms. PHN is treated with medications including over-the-counter lidocaine patches, prescription pain relievers, anticonvulsants, and antidepressants. For many individuals, PHN may improve over time without treatment.

Other complications are less common and can include eye involvement causing temporary or permanent vision loss, neurologic or bacterial infections of the skin.

### What do you do if you get shingles?

Although there is no cure for shingles, getting treatment early can help fight the virus and help the blisters dry up faster and limit severe pain. There are several antiviral medications – Zovirax (acyclovir), Valtrex (valacyclovir), and Famvir (famciclovir) that are available to treat shingles and shorten the length and severity. These medications work best the earlier you take them. So, if you suspect that you have shingles, it is important to immediately contact your health-care provider.

You cannot get shingles from someone who has shingles, but you can get chickenpox from them if you have never had chickenpox previously. In order to prevent spreading the virus to others cover the rash and avoid touching or scratching the rash. Washing your hands often can also help prevent the spread. If you have shingles, you are contagious until the last blister has scabbed over. This will usually occur after about 10 to 14 days. During this time avoid contact with pregnant women who have never had

chickenpox or the chickenpox vaccine and avoid infants and people with weakened immune systems.

### How to prevent getting shingles?

Good news, a second vaccine is available! Shingrix is an inactivated vaccine that provides strong protection against shingles and the painful rash. Shingrix is preferred over Zostavax, an older shingles vaccine. Healthy adults 50 years or older should receive Shingrix even if in the past you have had shingles, received Zostavax, or are not sure if you had chickenpox. There is no specific length of time that one needs to wait after having shingles before you can receive Shingrix, but generally, one should make sure the shingles rash has gone away before getting vaccinated.

According to the Centers for Disease Control and Prevention (CDC), two doses of Shingrix is more than 90% effective in preventing shingles and Postherpetic Neuralgia! Protection stays above 85% for at least the first four years after the vaccination. This vaccine has been in use since 2017 and is recommended by the Advisory Committee on Immunization Practices as the preferred shingles vaccine. The CDC recommends that healthy adults 50 years and older receive two doses of Shingrix separated by 2 to 6 months, to prevent shingles and the complications from the disease.

### What are the Side Effects from Shingrix?

The most common side effects of the Shingrix vac-

cine are:

Pain, redness, and swelling at the injection site

- Muscle pain
- Fatigue
- Headache
- Shivering
- Fever
- Upset stomach

Severe allergic reactions are less common and include hives, swelling of the face/throat, difficulty breathing, a fast heartbeat, dizziness, and weakness. If you experience any of these severe reactions, seek medical attention immediately.

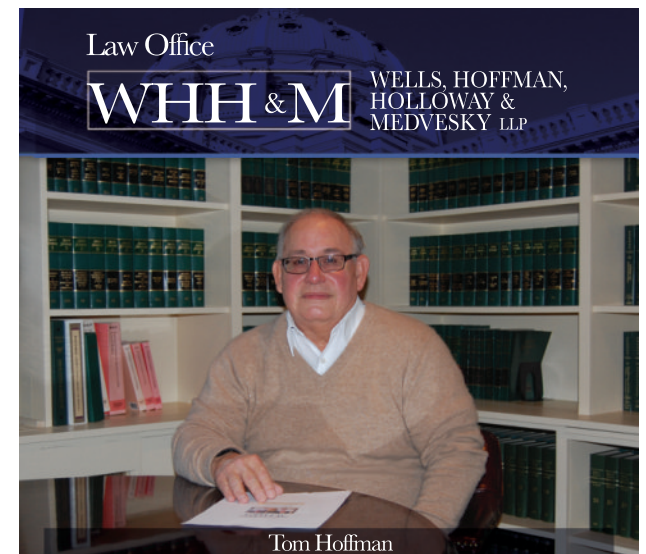
If you are interested in getting Shingrix, speak with your pharmacist and health-care provider. You can get the shingles vaccine at your

doctor's office and at some pharmacies. All Medicare Part D plans and most private health insurance plans will cover the cost.

### A bit about me:

Currently, I am a Doctor of Pharmacy candidate that will be graduating in May 2021. I attend the University of the Sciences - Philadelphia College of Pharmacy, however, I am originally from New York City. In my free time I enjoy taking walks, reading, yoga, baking bread, and trying new restaurants.

Please feel free to email me any questions. My email is nfarid@mail.usciences.edu.



Tom Hoffman

When you're ready to come in and talk, I'll be here.

ESTATE PLANNING AND ADMINISTRATION  
WILLS, POWERS OF ATTORNEY AND LIVING WILLS

610-323-7464 - [www.whhmlaw.com](http://www.whhmlaw.com)  
635 E. HIGH STREET, POTTSTOWN, PENNSYLVANIA 19464

## January and February Menus

Meals are provided at our drive-through service on Mondays, Wednesdays & Fridays. Meals are free, but as before, there is a \$2, suggested, anonymous donation. All meal donations are returned to Montgomery County to help pay for nutrition programs like ours.

You will be assigned a pick-up time, between 12:00 and 1:00, each week to minimize traffic in our parking lot. Please do not arrive before your assigned time slot. A volunteer will place your meal in your backseat. Please wear a mask while in our parking lot.

Cut out and return the forms below, or call 610-323-5009 and press 1 to make a reservation. You must be 60 years of age, disabled, or a TRAAC member to receive a meal. Menus are subject to change.

### Meal Order Form for Week of January 11

Return this form or call by MONDAY, January 4 at 4PM

Monday, Jan 11	Wednesday, Jan 13	Friday, Jan 15
Vegetarian Chili with Honey Cheddar Corn Bread Muffin Fresh Fruit	Roast Turkey "special" with slaw & 1,000 island dressing on a Pretzel Roll, Sweet Potato Fries, Fresh Fruit	Meatloaf with red wine and mushroom gravy Smashed red skin potatoes Roasted Brussels Sprouts
Ordered: _____	Ordered: _____	Ordered: _____

KEEP THIS PORTION AS A REMINDER

### Meal Order Form for Week of January 18

Return this form or call by MONDAY, January 11 at 4PM

Monday, Jan 18	Wednesday, Jan 20	Friday, Jan 22
New England Clam Chowder, Oyster Crackers Salad Chocolate chip cookies	Meatball "salad" with fresh mozzarella Whole Wheat Roll	Chicken Pot Pie Green Salad
Ordered: _____	Ordered: _____	Ordered: _____

KEEP THIS PORTION AS A REMINDER

### Meal Order Form for Week of January 25

Return this form or call by MONDAY, January 18 at 4PM

Monday, Jan 25	Wednesday, Jan 27	Friday, Jan 29
Chicken Parm sandwich Green Salad	Eggs Benedict Quiche with Hollandaise Melon & Feta Salad	Tortellini Soup with Italian sausage and kale Garden Salad Fresh Fruit
Ordered: _____	Ordered: _____	Ordered: _____

KEEP THIS PORTION AS A REMINDER

### Meal Order Form for Week of February 1

Return this form or call by MONDAY, January 25 at 4PM

Monday, Feb 1	Wednesday, Feb 3	Friday, Feb 5
Baked Eggplant Parm Green Salad WW Roll	Swedish Meatballs served over whole grain noodles with cranberry & steamed broccoli	BBQ Pulled Pork on a whole grain roll Cole Slaw Fruit
Ordered: _____	Ordered: _____	Ordered: _____

KEEP THIS PORTION AS A REMINDER

### Meal Order Form for Week of February 8

Return this form or call by MONDAY, February 1 at 4PM

Monday, Feb 8	Wednesday, Feb 10	Friday, Feb 12
Roast Turkey "special" with slaw & 1,000 island dressing on a Pretzel Roll, Sweet Potato Fries, Fresh Fruit	Meatloaf with red wine and mushroom gravy Smashed red skin potatoes Roasted Brussels Sprouts	Vegetarian Chili with Honey Cheddar Corn Bread Muffin Fresh Fruit
Ordered: _____	Ordered: _____	Ordered: _____

KEEP THIS PORTION AS A REMINDER

### Meal Order Form for Week of February 15

Return this form or call by MONDAY, February 8 at 4PM

Monday, Feb 15	Wednesday, Feb 17	Friday, Feb 19
Chicken Pot Pie Green Salad	Meatball "salad" with fresh mozzarella WW Roll	New England Clam Chowder, Oyster Crackers Salad Chocolate Chip Cookies
Ordered: _____	Ordered: _____	Ordered: _____

KEEP THIS PORTION AS A REMINDER

### Meal Order Form for Week of February 22

Return this form or call by MONDAY, February 15 at 4PM

Monday, Feb 22	Wednesday, Feb 24	Friday, Feb 26
Tortellini Soup with Italian sausage and kale Garden Salad Fresh Fruit	Chicken Parm sandwich Green Salad	Eggs Benedict Quiche with Hollandaise Melon & Feta Salad
Ordered: _____	Ordered: _____	Ordered: _____

KEEP THIS PORTION AS A REMINDER

### RETURN THIS PORTION

Name(s): _____	Meals Requested:
	2/1 2/3 2/5
_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Phone #: _____	

### RETURN THIS PORTION

Name(s): _____	Meals Requested:
	2/8 2/10 2/12
_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Phone #: _____	

### RETURN THIS PORTION

Name(s): _____	Meals Requested:
	2/15 2/17 2/19
_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Phone #: _____	

### RETURN THIS PORTION

Name(s): _____	Meals Requested:
	2/22 2/24 2/26
_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Phone #: _____	

## What are the Crisis Program Eligibility Requirements?

To be eligible for the Crisis Program, a household must:

- Be responsible for paying their primary or secondary heating source.
- Have a total household income at or below 150 percent of the Federal Poverty Income Guidelines (FPIG)

### Household Size      Income Limit

1	\$19,140
2	\$25,860

If you are in a crisis situation, please call the Pottstown Assistance Office for Emergency LIHEAP. The number is 610-272-1752. TRAAC is not able to process any emergency LIHEAP / Heat / Shut-off / Termination Requests.

The regular LIHEAP season is now open and runs until April 9, 2021.

Call Paula for more information  
610-323-5009 X105

## TRAAC CONSUMER CONNECTIONS

As we work to stay connected to each other during the pandemic and the cold winter months and beyond, please let me know if you are in need of a connection. Maybe you want to reach out and be one of our connectors or you want someone to reach out to you. There are many ways to be involved with our TRAAC Consumer Connections program. Call Paula at (610) 323-5009 ext. 105 or email her at paula@tricityaac.org for details.

# Staying the course during times of market uncertainty

Whenever there's a downward swing in the market, it can be unnerving. No one wants to see their nest egg shrink or their investments lose value. Yet market fluctuations should be expected, and we all have to be prepared to navigate the up and downs. Practicing patience and prudence with your finances and seeking guidance from a financial professional can help you stay the course during times of uncertainty.

If you're feeling rattled about the markets, review these five steps before making any sudden changes to your investment strategy:

Think about your long-term goals: It's important to remember that investing is a long-term endeavor and fluctuations come with the territory. Now is a good

time to revisit your investment strategy to ensure it aligns with your long-term goals. If it does, stay the course.

**Don't react:** When stocks plunge, you may want to sell everything and completely change your investment strategy. However, it's important to remember that when the market falls, any losses in your portfolio are only realized if you sell your holdings. The value of your investment may fluctuate over time, and you may gain or lose money. Evaluate whether it's truly the right time to sell.

**Consider buying:** As odd as it sounds, now may be the right time to buy. Think of it as a sale with prices discounted from the recent peak. Yes, prices may fall further, but if you're investing for the long-term, this may be a

good time to add to your portfolio.

**Seek guidance:** Talk with a financial professional. He or she can review your investment



**Ungerman**

strategy and work with you to make any changes if needed. **Diversify:** You've heard the saying: Don't put all your eggs in one basket. The same applies to your investment portfolio. Make sure to have a mix of stocks and bonds. Remember, stocks and bonds don't always move in-step with each other, so losses in one asset class may be offset by gains (or less-severe losses) in the other.

It's human nature to want to react and make

changes if you feel like something isn't going in the right direction. But when it comes to your investments, be patient and prudent. You'll ultimately make better financial decisions. And remember, you don't have to navigate the uncertainty alone. Talk with a financial professional for support and guidance if you need it.

This article was prepared by Thrivent Financial for use by John A. Ungerman. He has offices at 2879 E High Street in Pottstown and can also be reached at Phone Number 610.970.4740.

About Thrivent Thrivent is a diversified financial services organization that helps people achieve financial clarity, enabling lives full of meaning and gratitude. As a mission-driven, member-

owned organization, it offers its more than 2 million members and customers a broad range of financial products, services and guidance. Thrivent and its subsidiary and affiliate companies offer insurance, investments, banking and advice over the phone, online as well as through financial professionals and independent agents nationwide. Thrivent is a FOR-TUNE 500 company with \$152 billion in assets under management/advisement (as of 12/31/19). For more information, visit Thrivent.com. You can also find us on Facebook and Twitter.

**THRIVENT IS THE MARKETING NAME FOR THRIVENT FINANCIAL FOR LUTHERANS.** Insurance products issued by Thrivent. Not available in all states. Securities and investment advisory ser-

vices offered through Thrivent Investment Management Inc., a registered investment adviser, member FINRA and SIPC, and a subsidiary of Thrivent. Licensed agent/producer of Thrivent. Registered representative of Thrivent Investment Management, Inc. Advisory services available through investment adviser representatives only. Thrivent.com/disclosures.

Thrivent and its financial professionals do not provide legal, accounting or tax advice. Consult your attorney or tax professional.

While diversification can help reduce market risk, it does not eliminate it. Diversification does not assure a profit or protect against loss in a declining market.

Check Out  
These Upcoming  
Events



**Keystone Villa®**  
AT DOUGLASSVILLE

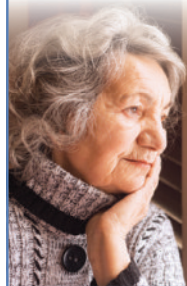
A DISTINCTIVE RETIREMENT COMMUNITY

Celebrating seniors for 15 years and counting!



Wed., JANUARY 13 • 3PM

## Beating the Winter Blues



*Presented by  
Southeastern Health*  
Learn tips to get back to your old self during these long days of winter

RSVP to Ann at 610-385-2030 by Jan 12 to reserve your Zoom link.

Wed., JANUARY 27 • 1PM

## Virtual Cooking Demo via Zoom



Chefs Ed & Trudy will show us how to make a delicious no-bake chocolate raspberry tart.

RSVP to Ann at 610-385-2030 by Jan 20 to receive your cooking kits which will be delivered to your residence before the event.

Fri., FEBRUARY 12 • 11AM-1PM

## Valentine Grab & Go



Fall in love with the Villa... Enjoy complimentary sparkling cider, flowers and chocolate covered strawberries

RSVP to Tina at 610-385-5134 by Feb. 8 to reserve your Valentine treats.

Wed., FEBRUARY 24 • 2PM

## Virtual Ask the Doctor via Zoom



February is American Heart Month - Dr. Robert Pearlstein from Suburban Geriatrics will be speaking about how you can keep your heart healthy.

RSVP to Tina at 610-385-5134 by Feb 23 to reserve your Zoom link.

## THE TRAAC BOOK CLUB

Join us on an adventure! Our January & February books are exceptional. We welcome everyone to join in with us. Until we are able to return to the TRAAC for our discussions, we will be meeting virtually.

January: "The Death of Mrs. Westaway" by Ruth Ware

On a day that begins like any other, Hal receives a mysterious letter bequeathing her a substantial inheritance. She realizes very quickly that the letter was sent to the wrong person—but also that the cold-reading skills she's honed as a tarot card reader might help her claim the money. Soon, Hal finds herself at the funeral of the deceased...where it dawns on her that there is something very, very wrong about this strange situation and the inheritance at the center of it.

Full of spellbinding menace and told in Ruth Ware's signature suspenseful style, this is an un-put-downable thriller from the Agatha Christie of our time.

February: "The Whole Town's Talking" by Fannie Flagg

Elmwood Springs, Missouri, is a small town like any other, but something strange is happening at the cemetery. Still Meadows, as it's called, is anything but still. This is the story of Lordor Nordstrom, his Swedish mail-order bride, Katrina, and their neighbors and descendants as they live, love, die, and carry on in mysterious and surprising ways.

Lordor Nordstrom created, in his wisdom, not only a lively town and a prosperous legacy for himself but also a beautiful final resting place for his family, friends, and neighbors yet to come. "Resting place" turns out to be a bit of a misnomer, however. Odd things begin to happen, and it starts the whole town talking.

To sign up for the virtual book club, call (610) 323-5009, and press 1.

### A LIFE THAT TOUCHES OTHERS GOES ON FOREVER.

The TriCounty Active Adult Center would like to express our gratitude and appreciation for the donations in memory or in honor of some of our dear friends.

#### IN LOVING MEMORY OF MINERVA MOYER

Barbara Moyer

#### IN LOVING MEMORY OF PHYLLIS COOLICK-NEAL

Mrs. Phyllis Githens  
Mrs. Judith Hacker  
Mitchell and Rebecca Hilbert-Staude  
Mrs. Joyce Thorpe  
Jeffrey Hawley  
Mark and Christie Gardner

#### IN LOVING MEMORY OF JOSEPH MORROW

Lynn Morrow

#### In loving memory of Ruth Norris

Carol Eckroth

#### In honor of Mrs. Alberta Rasmussen

Erin Bause

#### In loving memory of Charles & Edith McCarthy

Jane Bennett

#### In loving memory of Fred Oliver

Eileen Vaughn

#### In loving memory of Dr. Richard Whittaker

Margaret Whittaker



### A VIRTUAL PANEL PRESENTATION

# Pain Management: What Options Do Seniors Have?

Thursday, January 14, 2021

10AM-11:30AM

To register, contact Claire at  
610-278-3426 or by email at  
[ckuzmicki@montcopa.org](mailto:ckuzmicki@montcopa.org)

**Space is limited.**



*Free locked medication bag for attending event and completing survey during event.*

## GUEST SPEAKERS

MASSAGE  
THERAPIST  
Lisa Hibberd

CHIROPRACTOR  
Dr. Christopher  
Cianci

YOGA  
Stacey Skilton

ACUPUNCTURIST  
Kate Pietrowski



# Overcome Lockdown Inactivity: Tips

Quarantine and lockdowns are tools used to combat COVID-19. To stop the spread of COVID-19 over 100 countries implemented lockdown and quarantine strategies. However, there are known side effects of lockdown and quarantine. According to Fuzeki et al., "social, psychological, health and economic consequences must also be considered" (Fuzeki, 2020).

Physical inactivity and deconditioning, or getting out of shape, are side effects of quarantine and lockdowns. In under two weeks, you can see physiological deconditioning.

Studies show in simple step reductions, that metabolic changes occur such as an increase in abdominal fat, negative effects of glucose and insulin metabolism, decrease in muscle mass, and an increase in an inflammatory response (Fuzeki, 2020).

That simply means a decrease in activity can poorly affect your sugars and diabetes, blood pressure and heart rate, low back pain and joint pain in a very



short time frame.

The good news is that you can reverse those effects with exercise. The bad news is that older and chronically ill individuals are more affected than younger individuals in that recovery is slower and sometimes incomplete (Fuzeki, 2020).

## Physical Activity and Step Count

Make a positive impact on your health. Use your fitness tracker to find your pre-pandemic activity level and steps/day and compare them to your current levels. Set realistic goals of getting back to your normal levels by slowly progressing over weeks. A generic goal for seniors is 6,000 steps/day.

If you do not know your steps/day, make an honest assessment of your typical activity levels. For example, are you missing steps by:



Name

local gym

- Shopping online vs. shopping in person
- Working from home vs. working at the office

All these little steps add up throughout the day and make a big impact on health.

## Tips On Regaining Steps/Day And Risk Level

Do a self-assessment and weigh your risk level of COVID, your health history, living arrangements, and goals in life. Use these tips whether you are in lockdown, quarantine (not during acute illness), and level of risk. When you are ready to get back to pre-pandemic activity, you can be physically ready.

Low level of risk: take

▪ Getting groceries delivered vs. going to the grocery store

▪ No exercise class vs. exercising at TRAAC or

a walk in a grocery store, small business, or mall to get exercise in disguise during early hours or work-week.

High level of risk: walk in your home, set up a route, and see how many laps you can take within 6 minutes. Compare your number of laps over weeks, using the same 6 minute time, and see if you are healthier.

All risk levels would benefit from walking outside in a neighborhood, on a trail, or use the stairs repeatedly to increase your cardiovascular system.

If you are out of shape, walk 2-5 minutes after each meal. If you are in better shape, increase duration, intensity, and utilize interval training. Progress with a plan and chart on a calendar. Increases in daily step average should progress over weeks, not days to avoid injury.

## Strength And Balance Program

Combine your daily step progression with the addition of a strength

and balance program to combat deconditioning. Perform a strength and balance program 2-3 days per week, non-consecutive days. Target both the upper and lower body, such as squats, lunges, and wall push-ups. Body-weight exercises are great for high school athletes up to senior citizens. Start light and progress slowly to decrease injury.

Low level of risk: go to the gym or TRAAC if open. Use resistance with machines, free weights, or body weight.

High Level of risk: Online classes or your own strength and balance program in your home.

Increase your daily step count to pre-pandemic levels and implement a strength and balance program to counter and reverse the negative physiological effects of lockdown and quarantine. If you already feel deconditioned from the pandemic, and require more help than these tips, call Energy Physical Therapy. Traditional

Medicare covers Energy Physical Therapy for out-patient physical therapy. Energy PT is 1 on 1 in the privacy of your own home vs. in a crowded clinic to give you personalized and safer care.

Fuzeki, E. G. (2020). Physical activity during COVID-19 induced lockdown: recommendations. *Journal of Occupational Medicine and Toxicology*, 15:25.

*Dr. Julie Hawthorne Adamski is a licensed physical therapist and the owner of Energy Physical Therapy LLC. Dr. Adamski serves the greater Pottstown and Boyertown area and is a local resident committed to the health and wellbeing of residents. Information in these tips is intended for educational use only. You should seek medical advice from your individual physical therapist or physician if needed. www.energy-pt.com 610-310-0915*

# Exercise and Cold Weather

It is that time of year again where the weather is cold, and you may feel a little less motivated to exercise. Staying under that blanket may seem like a good idea, but it is so important to keep moving and motivated! Take 30 minutes a day to exercise. Make sure you have a nice warm up before you start any exercise, with the weather colder it is so important to warm up your body. There are plenty of fun and safe exercises to do in your home, whether you stand or sit there is something for everyone!

Some examples:

- Stretching
- Dancing or Marching in place
- Weights and Bands
- Yoga
- Walk around your house

## Exercise Outdoors

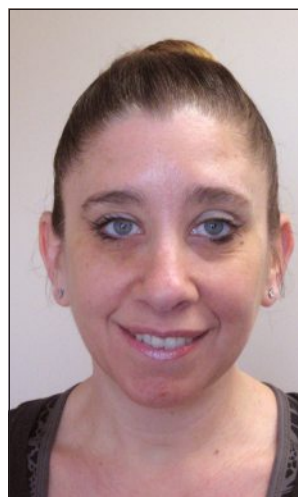
I know some of you like to walk in all kinds of weather, so here are some tips if you are taking your exercise outdoors:

- Dress in layers.
- Carry an empty backpack so you can remove layers and keep your hands

free.

- Use a scarf around your neck, face, and ears.
- Keep your head covered, wear a hat
- Try mittens, rather than gloves, to keep your fingers warm.
- Do not forget to layer your socks.
- Make certain that your outerwear is tested for cold, wind, and is waterproof.

VERY IMPORTANT! Stay hydrated! Whether you exercise indoors or outdoors, you may not feel as thirsty with the colder weather, but you still need to stay hy-



Wert

drated. Keep drinking that water!

## IN CASE OF INCLEMENT WEATHER

It's coming up on that time of year again! In an effort to keep staff, volunteers, and our guests safe, we close whenever we think conditions are questionable. We want to make sure our parking lot, driveways, and sidewalks are clear before encouraging people to leave their homes. If inclement weather occurs on a meal day, the pick-ups and deliveries will be cancelled.

### HERE'S HOW YOU CAN FIND OUT IF WE ARE CLOSED:

- Watch WMFZ (channel 69, channel 15 in Pottstown)
- Check WFMZ.com
- Call the TRAAC phone number (610-323-5009) and listen to the message
- Check our website at [www.tricountyaac.org](http://www.tricountyaac.org)
- Check our Facebook page
- Make sure you check again the day after a closure as well. In the past we have had to close again due to the parking lot re-freezing overnight.

# Don't Delay Your Healthcare



**Your healthcare provider is ready to safely see you.**

## Your Health is Essential

Don't wait to seek care and risk your health. Your healthcare provider is prepared to keep you safe during your visit.

- More frequent and rigorous cleaning and disinfecting procedures
- Face masks for everyone
- Increased distance between patients
- Virtual visit options

Routine care, such as doctor visits, dental exams, medication checks, mammograms, colonoscopies, and prostate exams, are proven ways to catch serious health problems early. Also important during this stressful time are mental health and substance abuse counseling and treatment. If you are due for a check-up, or think you may be having a health concern, DON'T DELAY! Schedule an appointment with your healthcare provider now.

And, as always, if you think you may be having an emergency, such as a heart attack or stroke, call 9-1-1 immediately!

A message from the



Don't forget to get your vaccines, such as for the flu, pneumonia, and shingles! They are even more important this year, and are a proven method to reduce illness.



# Staying Safe in Cold Weather

By Beth Biehl

Account Executive, Southeastern Health Care at Home

Winter is upon us and so is cold weather. You should know how to prevent cold-related health problems and what to do if a cold - weather emergency arises. It's time to make sure you are prepared inside and outside to stay warm and safe during the next few months. Planning ahead will help you stay safe.

If you live in an isolated area or lose power frequently, plan on creating a "Winter Survival Kit" containing the following emergency supplies:

- Food that needs no cooking
- Water (5 gallons for each person in your house)
- Prescription drugs and other medications (and set up in advance for delivery)
- Blankets
- Flashlights
- Battery-powered radio (make sure you have extra batteries as well)
- Non-electric can opener
- Firewood for a fireplace
- Candles and matches to light
- Charged cell phone

By planning ahead, you can avoid dangerous travel. However, if you do need to be out on the roads, it's recommended to have these items in your car:

- First aid kit
- Blankets
- Hat, scarf & gloves
- Water
- Windshield scraper
- Shovel
- Sand or car litter
- Flashlight
- Charged cell phone

If you need to go outside, remember to dress in layers of loose-fitting clothing and don't forget the following:

- Hat
- Scarf
- Mittens or gloves
- Waterproof jacket & boots

Remember if you have health issues, try not to shovel yourself. Pay a neighbor or student to shovel for you. Or check with your local church or youth group. They will sometimes provide shoveling as a community service for older adults in the community.

By preparing in advance, these preventative measures will hopefully help you avoid any cold weather-related issues and enjoy the upcoming winter months!

*Southeastern Health Care at Home (formerly Southeastern Home Health Services) is a Medicare-certified and Joint Commission accredited home health and hospice agency providing skilled nursing, physical, occupational, & speech therapy as well as medical social workers for homebound individuals in the safety of their own home. These services are covered by your health insurance. For additional information or questions, please contact Beth Biehl, Account Executive, at 215-859-2958.*

## NEW MEMBERS

Welcome and thank you to our new members! We look forward to having you with us.

John V. Armenio  
 Marie W. Barnette  
 Anne M. Benton  
 Elsie W. Boerner  
 Mary Bosar  
 Chuck J. Butera  
 Suzanne M. Conard  
 Janet Cusak  
 Ramona M. DiCinque  
 Cecila A. Fritz  
 Florence M. Geller  
 Frederick H. Geller  
 Catherine Grosshantan  
 Pat Hurst  
 Darlene J. Jackson-Gardner  
 Marvin Jones  
 Susan Jones  
 Linda Knoebel  
 Susan K. Kreiner  
 Albert A. Lamperti  
 Nancy A. Long

Edward Matthews  
 Pamela R. McHugh  
 William D. McHugh  
 Gail D. McVicker  
 Linda K. Miller  
 Nancy G. Miller  
 Raymond J. Miller  
 John T. Monaghan  
 Jerome A. Paris  
 Frances M. Petro  
 Judith Petro  
 Diane P. Pfanders  
 John A. Rambo  
 Margie Shearer  
 Myree S. Troutman  
 Deborah Turner  
 William D. Turner  
 Patricia Watson  
 Christine Wesoloski  
 Kerry Whitehead  
 Thomas J. Wojton

*Although it's difficult today to see beyond the sorrow,  
 may looking back in memory help comfort you tomorrow.  
 Author Unknown*

Members we have recently lost –

Betty J. Dowd  
 Catherine Kasha Query  
 Richard L. Smith  
 Frank Wojton  
 Roger Hallowell, Jr.  
 Irene Kopcho  
 Anna V. Frederick  
 Michael Robinson-Yeager  
 Roseanna Morgan  
 Hannah C. Yeager  
 Michael J. Saraceni  
 A. Jeanette Detwiler  
 Harold S. Smith  
 M. Suzanne Fritch  
 Marie Kirlin  
 John H. Griesmer Sr.  
 Ronald W. Frick Sr.  
 Alice F. McGlocklin  
 John (Jack) F. Robinson  
 Robert Hugh McDevitt  
 Irene Novak  
 John M. Fritz Sr.  
 Elizabeth G. Burkhardt  
 Irene Novak



COURTESY PHOTO

What did you do while on our Covid-19 lockdown? Madan Bagga, a TRAAC member since 2011, completed his studies and passed the U.S. Naturalization Test in September. Madan attended the Naturalization Ceremonies and took the Oath of Allegiance to become a U.S. citizen on September 25, 2020. The TRAAC Staff and Board extend their congratulations to Madan and his family.

# HEALTHY STEPS IN MOTION

LEARN TO REDUCE THE RISK OF FALLING



**LEARN NEW EXERCISES,  
BUILD STRENGTH, AND  
IMPROVE YOUR BALANCE!**

Eight 1-hour workshop sessions

- Exercise Basics
- Strength Training
- Gait
- Goal Setting

*A Physical Skills Screening will be conducted before the first class.*

Location:  
TRAAC  
288 Moser Road  
Pottstown, PA 19464

Dates:  
Every Friday  
April 23rd through June 11th, 2021

Time:  
9:30am-10:30am  
(April 23rd will be to complete paperwork and a physical screening)

Registration:  
Contact the front desk at 610-323-5009

# HEALTHY STEPS FOR OLDER ADULTS

A PROGRAM TO PREVENT FALLS

**HAVE FUN AND LEARN  
WHAT STEPS YOU CAN  
TAKE TO PREVENT FALLS**

Two 2-hour workshop sessions :

- Preventing Falls
- Staying Active

*A Physical Skills Screening will be conducted before the first class.*



**TRAAC**

**April 9 & 16, 2021**

**9:30am-11:30am**

**(must attend both classes)**

**(Please come between 9:00 and 9:30 on April 9 to complete a physical skills screening)**

Sign up at the front desk at  
610-323-5009