

610-323-5009
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Pottstown, PA 19464

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From Brian's Desk

It has started to feel more like "old times" around here, with people now back in the building five days a week. It has been great to see so many people return and tell us how much they've missed being here. Even though cases are on the rise again as I write this in mid-August, I'm holding out hope that we can continue to reopen safely.

Meals will continue to be drive-through-only for a while, as having that many people in the dining room without masks is too risky at this time. We are watching the case numbers in our area, and will fully reopen as soon as we feel it is safe to do so.

Even though many restrictions have been lifted by the state, the PA Department of Aging and Montgomery County are requiring stricter standards for organizations serving older adults, including TRAAC. We serve a population that is more likely to have serious complications from COVID, and some people are unable to get vaccinated due to other medical issues, so we are being cau-



Parkes

tious.

Please be patient as we reopen in a way that strives to keep everyone as safe as possible.

Comedy Night Fundraiser

Please come out for our upcoming Comedy Night at Soul Joel's in Royersford! It will be a fun night with lots of laughter, and food from Captain's Curbside and Maggie Moos ice cream (or bring

your own!). The event is outside under a huge roof, and everyone will be spaced apart. Please check out the article in this issue for more information.

Kitchen Changes

Our kitchen is fully staffed once again! A big welcome to chefs Karin and Traci. Karin Heinly is our new director of nutrition services and Traci Zammetti is our new sous chef. Karin and her husband owned the Stonersville Hotel for many years, before selling it recently. Traci has a degree in culinary arts, and has been a personal chef. Please welcome them both when you see them!

Get Vaccinated!

Help us get back to normal - please consider getting a COVID vaccination as soon as you are able. Vaccines are safe and effective, and have been responsible for saving countless lives from diseases such as polio, smallpox, tetanus, whooping cough, and others. The vaccines developed to combat COVID went

through the same rigorous testing process as every other vaccine, just in an accelerated time period thanks in part to the funding available. If you have concerns, please talk to your doctor.

If you want to get vaccinated but have had trouble getting signed up, please call the hotline at 833-875-3967 (for Montgomery County residents), or call the TRAAC at 610-323-5009 and we will help you get registered.

Can't Wait to See You

Now that we have begun to reopen, keep an eye on our website, our Facebook page, and our email newsletter for up-to-date information on available programs and services.

It has been great to have some people back in the building, and we can't wait to get back to normal. If you have concerns about coming back to the TRAAC, please reach out to me.

Brian
610-323-5009

Brian@TriCountyAAC.org

This newsletter sponsored by

COMEDY NIGHT

Join the TRAAC at Soul Joel's Comedy Dome on Thursday, September 23, at 7 pm for a great night of comedy, fun, and food!

Be entertained by professional comedians while enjoying food from Captain's Curbside Seafood (not just seafood!), and Maggie Moo's ice cream truck! Or order ahead from another of Royerford's many delicious restaurants for take out. Tickets are \$22.39 per person (\$20 plus the online processing charge for all tickets purchased, even those purchased in-person at the TRAAC).

This event is OUTDOORS under a roof. The ground is packed sand, and you must bring your own chairs. Ushers will be available to help you to your area, and everyone is spaced out. You may also bring your own food and drink.

This event benefits the TRAAC and programs for older adults.

Purchase tickets at the front desk, or on our website (www.tricountyaac.org - then click "Support" and then "Comedy Night").



TWO NEW PROGRAMS!

Call to pre-register. Space will be limited

Bingocize

Tuesdays & Fridays 1:30-2:30, 9/7- 11/12

Location: TRAAC Dining Room or Virtual (your choice!)

Bingocize® combines exercise and health information with the familiar game of Bingo, which has shown to be a great, fun way to get moving and socializing. Participants will play bingo and between games will be able to stretch and do simple chair exercises before beginning the next game. You will improve your mobility & independence and receive infor-

mation on preventing falls. Join us for this new, innovative way to play bingo & exercise at the same time! Win! Win!!!

Matter of Balance

Fridays 10:30- 12:30, 9/10- 10/29 (in-person)

A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels. Matter of Balance helps participants view falls as controllable, set goals for increasing activity, make changes to reduce fall risk at home and exercise to increase strength and balance. Sessions include lecture, discussion, brainstorming and exercise. A Matter of Balance meets weekly for 8, two-hour sessions

LOOK WHAT'S HAPPENING... ...WE ARE BACK!!!

Hi Everyone! We are well on our way to getting our classes and programs up and running. In-person classes are filling up and it's been great seeing people back in the building. August brought us back to classes 5 days a week. There are some classes and programs that we are not able to re-start or host at this time due to proximity of participants. We are working as quickly and safely as we are able to. Please know that we understand your frustrations and concerns about not being able to be here full time. Hang in there a bit longer....it will hap-

pen! We have guidelines we need to follow and are looking out for the health and safety of ALL of our guests, volunteers and staff. In the meantime, check out the listing below and the "coming soon" section. Sign up and join in the fun! Again, if you have questions or concerns please call (610) 323-5009 at ext. 102 and I will be happy to help you out. Keep an eye on our weekly TRAAC notes as the schedules will be updated frequently as we go forward.

— Sue McIntyre

CALENDAR » PAGE 7

TRICOUNTY ACTIVE ADULT CENTER BOARD OF DIRECTORS

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NUTRITION PROGRAMS: Karin Heinly, Director of Nutrition

Karin@TriCountyAAC.org

Traci Zammetti, Barb Hughes

DATA CLERK: Marge McElroy

BUILDING MANAGER:

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: 2021-5 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.

Factors to consider when selecting an agent or personal representative

David Garner, Esquire

In this article I will review factors that I recommend you consider when selecting an agent, (in a durable general power of attorney and a healthcare power of attorney), and a personal representative in a will. Please consult with an attorney of your choosing when preparing these documents.

The powers, responsibilities and accountability of an agent and personal representative are spelled out in the provisions of the powers of attorney/will and in the statutes governing them. In my

opinion, the combination of appropriately worded documents and the guidance set forth in the laws give sufficient direction to the agent/personal representative in order to protect the interests of the principal and testator. Even so, there most likely will be circumstance when the agent/personal representative will be called on to exercise discretion in this role.

For better or worse the applicable laws in Pennsylvania dealing with these documents provide only minimal requirements for agents (essentially anyone 18 or older) and personal rep-

resentatives (certain legal entities are permitted and certain criminal convictions will disqualify a person). My experience is that many people will choose their spouse or closest relative based solely on that relationship. A parent will often feel "obligated" to name all their children, jointly, as agent/personal representative even though the children do not get along with one another or some of them live far away.

Because this is such an important appointment, I recommend that you take the appropriate time to evaluate the situation and select 1) someone you

trust, 2) someone with an interest in your well-being, 3) someone who will be able to perform and 4) someone who possesses a basic level of competence to handle the responsibilities of the position. I encourage clients to discuss the matter with every person the client is considering designating as part of the evaluation process. While applying these criteria may lead you back to a spouse or closely related person you should ultimately choose the person or persons you feel is/are best suited for the role.

Depending on the circumstances, the appoint-

ment of multiple persons to serve jointly may be appropriate. I have found this to be especially beneficial in a general POA so that the agents can "share" the responsibilities and cover for one another. Caution- You should only name multiple persons when you think that they will work cooperatively.

After you have named a person as agent/personal representative, please confirm they are aware of the appointment and the responsibilities they have in that role. Take time to discuss with them your thoughts and wishes concerning your care, your

finances and other subjects that will be helpful to them in performing the position you have named them to. Please be aware that as principal of a power of attorney you have the right to remove and replace a person serving as agent, but the termination of the appointment must be in writing and delivered to the agent in order to be effective. If circumstances change and a person is no longer suited for the role you have designated them for, you should select another person and revise the document as necessary.

FROM THE KITCHEN

Hello everyone, I am Karin Heinly, your new Director of Nutrition (a fancy title for Chef). I am so happy to be here. I have met so many great people already, and I am looking forward to meeting all of you and returning to indoor dining, as I am sure you are.

A little background. My husband and I owned our own restaurant, The Stonersville Hotel, for 27 years. In February of this year we sold the Hotel and decided to retire. Well, that didn't last long! I heard about this job from my neighbor and here I am. I plan to have my husband Irvin here to lend a helping hand when needed.

Beth has set me up till December with the menus, which I am so thankful for. Starting in January I will try my best to give you well-rounded and nutritional meals. Beth left big shoes to fill but I am up for the challenge. If you have any suggestions just let me know.

And yes, I already heard everyone loves chocolate chip cookies. I will try to have some for sale every Friday if the day's work load permits.



Heinly



Zammetti

I'm also happy to introduce Traci Zammetti, our new sous chef! Traci has a degree in culinary arts, and has been a personal chef. Please welcome Traci when you see her.

Thank you again to everyone for making my first month so enjoyable. I just love coming to work and as my Dad always said... Choose a job you love and you will never have to work a day in your life! Every day I get to do something I love and make an impact on people's lives, how lucky am I?

With much gratitude,
Karin Heinly

If most of you are like me, your garden is producing more zucchini than you know what to do with. So out of the goodness of her heart, Bert has shared her fa-



Bert's Zucchini muffins

mous zucchini muffin recipe with me to share with you!

Bert's Zucchini Muffins

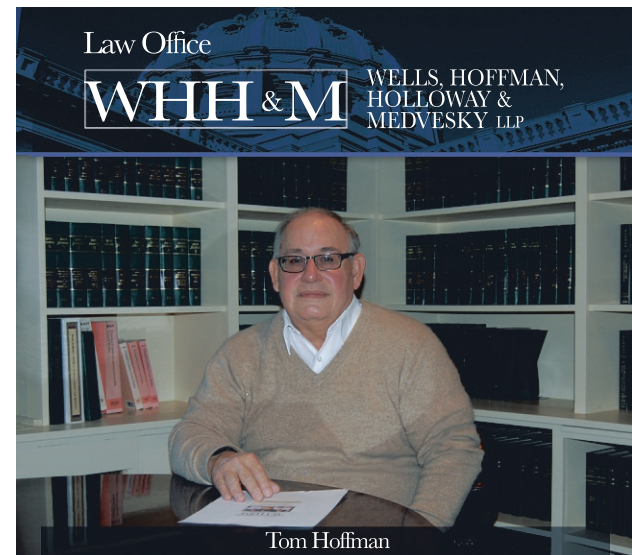
INGREDIENTS

- 3 eggs
- 1 cup oil
- 2 cups sugar
- 2 cups flour

- 1 Tbs vanilla
 - 1 Tbs cinnamon
 - 1 tsp baking soda
 - ¼ tsp baking powder
 - 1 tsp salt
 - 2 cups grated and drained zucchini
 - ½ cup each nuts & raisins
- Mix all ingredients until smooth and scoop into lined

muffin tins. Bake at 350 degrees for 25-30 minutes,

or until a toothpick comes out clean.



Tom Hoffman

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

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Three stretches for Lumbar Spinal Stenosis

By Julie Hawthorne Adamski,
PT, MPT, DPT, ATC

Did you get diagnosed with lumbar spinal stenosis? Don't fret. Spinal stenosis is more common than you think, and movement and exercise are good for you.

Stenosis means narrowing. Lumbar is your low back. Stenosis occurs naturally and slowly with aging and is related to osteoarthritis. The narrowing occurs in the spaces within your spine that hold the spinal cord or nerve roots. To speak simply, lumbar spine stenosis is a fancy term for



Adamski

arthritis in your low back.

If they have diagnosed you with spinal stenosis, your FIRST intervention should NOT be surgery. Your clinical picture, how you present with symptoms and complaints should determine your treatment with the aid of imaging. Imaging alone should not determine treatment.

Most people with spinal stenosis never need surgery and manage symptoms with conservative care such as physical therapy and a home exercise program. Conservative care does not have any negative side effects when compared to surgical treatments (Zaina et al.).

Some typical signs and symptoms of lumbar spinal stenosis are:

- Increase in pain when walking or standing



Pose 1

- Relief with sitting
- Increase in pain or numbness in low back or legs with backward bending/extension
- Relief with bending forward/flexion

There are many exercises and stretches for the management of lumbar stenosis. For example, biking, rowing, or a walking program with flexion exercises embedded in the program. Many benefit from a strength training program. Here are three stretches



Pose 2

that can help manage pain and keep people moving: Seated hamstring stretch. Sit towards the front of a chair with one leg extended straight and the other leg bent with a foot firmly on the ground. Lean until you feel a stretch, or medium pull, at the back of your straight leg.

Seated forward fold in



Pose 3

a chair. Sit towards the front of a chair, spread feet apart. Bend forward with a rounded back and reach toward the ground.

Child's pose. Get on hands and knees on the floor. Spread knees a little more than shoulder-width. Sit back on heels. Keep back rounded. You can keep your arms in front of you or tuck

your arms beside your legs.

Hold stretches 30 seconds to a minute. You want to feel a light to medium pull and no numbness or tingles. Never stretch to pain.

Movement and activity are great for the management of lumbar spine stenosis. Physical therapy can give you an individualized tailored plan with the correct dosage of exercise to manage stenosis. Give Energy Physical Therapy a call, keep moving, and avoid surgery.

Zaina, F., Tomkins-Lane, C., Carragee, E., & Negrini, S. (2016). Surgical vs. non-surgical treatment for lumbar spinal stenosis. The Cochrane database of systematic reviews, 2016(1), CD010264. <https://doi.org/10.1002/14651858.CD010264.pub2>

GREAT EVENTS ARE HAPPENING THIS FALL AT THE VILLA!

PAIN MANAGEMENT SERIES

Presented by Kathryn Waverka, PA-C of Performance Spine & Sports Physicians, P.C.

Thursday, September 9 at 6:30pm

Learn the importance of physical therapy and exercise to manage your pain



Imagine Life at its Best at Our OPEN HOUSE Wednesday, September 22 2:00pm-6:00pm

Explore the exciting amenities Keystone Villa at Douglassville offers so that you can live a worry-free, healthy and active lifestyle



CONCERT SERIES Wednesday, September 22 7:00pm

Evening Under the Stars with Elvis, Frank Sinatra & Special Guest Marilyn Monroe



EVENTS ARE FREE & OPEN TO THE PUBLIC

Keystone Villa® AT DOUGLASSVILLE

A DISTINCTIVE RETIREMENT COMMUNITY

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Space will be limited for events to ensure social distancing. To RSVP to one of these events, please call Independent Living Tina at 484-925-0017 • Personal Care & Memory Care Sue O. at 610-427-2566

1180 Ben Franklin Hwy East, Douglassville, PA 19518 | www.KeystoneVillaAtDouglassville.com | 484-925-0017



BOOK CLUB

The Four Winds, by Kristin Hannah, is our September selection. A powerful American epic about love and heroism and hope, set during the Great Depression, a time when the country was in crisis and at war with itself, when millions were out of work and even the land seemed to have turned against them.

Texas, 1921. A time of abundance. The Great War is over, the bounty of the land is plentiful, and America is on the brink of a new and optimistic era. But for Elsa Wolcott, deemed too old to marry in a time when marriage is a woman's only option, the future seems bleak. Until the night she meets Rafe Martinelli and decides to change the direction of her life. With her reputation in ruin, there is only one respectable choice: marriage to a man she barely knows. By 1934, the world has changed; millions are out of work and drought has devastated the Great Plains. Farmers are fighting to keep their land and their livelihoods as crops fail and water dries up and the earth cracks open. Dust storms roll relentlessly across the plains. Everything on the Martinelli farm is dying, including Elsa's tenuous marriage; each day is a desperate battle against nature and a

fight to keep her children alive. In this uncertain and perilous time, Elsa—like so many of her neighbors—must make an agonizing choice: fight for the land she loves or leave it behind and go west, to California, in search of a better life for her family.

The Four Winds is a rich, sweeping novel that stunningly brings to life the Great Depression and the people who lived through it—the harsh realities that divided us as a nation and the enduring battle between the haves and the have-nots. A testament to hope, resilience, and the strength of the human spirit to survive adversity, The Four Winds is an indelible portrait of America and the American dream, as seen through the eyes of one indomitable woman whose courage and sacrifice will come to define a generation.

October's selection, Dreams of Falling by Karen White crafts evocative relationships in this contemporary women's fiction novel, set in the Lowcountry of South Carolina, about lifelong friends who share a devastating secret.

On the banks of the North Santee River stands a moss-draped oak that was once entrusted with the dreams of three young girls. Into the tree's trunk,

they placed their greatest hopes, written on ribbons, for safekeeping—including the most important one: Friends forever, come what may. But life can waylay the best of intentions.... Nine years ago, a humiliated Larkin Lanier fled Georgetown, South Carolina, knowing she could never go back. But when she finds out that her mother has disappeared, she realizes she has no choice but to return to the place she both loves and dreads—and to the family and friends who never stopped wishing for her to come home. Ivy, Larkin's mother, is discovered badly injured and unconscious in the burned-out wreckage of her ancestral plantation home. No one knows why Ivy was there, but as Larkin digs for answers, she uncovers secrets kept for nearly fifty years—whispers of love, sacrifice, and betrayal—that lead back to three girls on the brink of womanhood who found their friendship tested in the most heartbreaking ways.

The TRAAC Book Club September & October selections are The Four Winds & Dreams of Falling. The Book Club meets on the third Thursday of the month (Sept. 23rd & Oct. 21st) at 1:00. Space is limited at this time. Please call to pre-register.

The Diversity Committee

The Diversity Committee was established at TRAAC in the fall of 2019. The committee was formed to address the need to establish, promote and encourage diversity in all we do at TRAAC. This includes many actions from how we welcome and address our guests to the events and programs we hold. This committee works to be inclusive to all and to make sure all are welcome. Our primary focus is the inclusion of our LGBTQ seniors in the greater Pottstown area as well as being inclusive of all human rights. We strive as a committee to be involved with the acknowledgement and engagement of all people, holidays, and to support and work with other local organizations toward this common goal. To join the committee, please contact Paula at the center by calling 610-323-5009 x105. Thank you

TRAAC LGBTQ Senior Social Group

The LGBTQ Senior Social Group at the TRAAC is a social group for both LGBTQ seniors and allies. The group meets monthly and provides an opportunity for LGBTQ seniors and allies to meet and enjoy some refreshments, each other's company, and activities in the center or at a nearby restaurant. The senior social group began in the fall of 2019 and started meeting monthly in January 2020 through March 2020. We took a hiatus during COVID, but have started to meet again. For more information about the group or the details of the next meeting, please call Paula at 610-323-5009 x105.



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

Rebecca Hobbs, Certified Elder Law Attorney



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



Email: info@owmlaw.com
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SEPTEMBER & OCTOBER MENU

Join us for a fresh, healthy meal cooked in-house!

Reservation required! To make a reservation, please call (610) 323-5009 by Monday the week before you plan to join us.

- A free lunch is provided to-go on Mondays, Wednesdays, and Fridays via a drive-through in our parking lot. You must reserve your meals by 4:00 on Monday of the prior week (at least 7 days ahead).
- As with our regular in-person lunches, there is an OPTIONAL, anonymous, suggested donation of \$2.00. All donations are returned to Montgomery County to fund nutrition programs for older adults.
- To be eligible for the lunch, you must be 60 or older, or a TRAAC member, and not receiving Meals on Wheels.
- To avoid a dangerous situation in our parking lot, please arrive at your assigned time slot.
- Menus are subject to change



Reservation deadline	Monday	Wednesday	Friday
August 23	8/30 - BLT & Avocado on Panini Roll with homemade garden pickles & watermelon	9/1 - Baked Stuffed Shells with green salad & whole wheat roll and milk	9/3 - Pulled Pork stuffed sweet potato with BBQ drizzle, Green Salad with vinaigrette,
August 30	9/6 - CLOSED Labor Day	9/8 - Vegetarian Chili with Honey Cheddar Corn Bread muffin, seasonal fresh fruit	9/10 - Eggs Benedict Quiche with hollandaise, melon and feta salad
Sept 7	9/13 - Meatball salad with fresh mozzarella	9/15 - Clam Chowder with potatoes, corn and bacon, salad, oyster crackers	9/17 - Stuffed Acorn Squash with turkey, quinoa, apples, leeks and cranberries with balsamic glaze. Green Salad
Sept 13	9/20 - Cuban Sliders with black bean soup, fresh fruit	9/22 - Pork and Sauerkraut with house made apple sauce, mashed potatoes, garlic green beans	9/24 - Tortellini Soup with Italian and kale, garden salad
Sept 20	9/27 - Fish and Chips, Cole Slaw, Fruit	9/29 - Swedish Meatballs served over whole grain noodles, cranberry sauce, steamed broccoli	10/1 - Chicken Fajita Bowl with Brown rice, avocado, black beans, corn, tortilla garnish
Sept 27	10/4 - Eggs Benedict Quiche with hollandaise, melon and feta salad	10/6 - Roast Turkey Wrap with Slaw, Thousand Island Dressing, Swiss Cheese	10/8 - Vegetarian Chili with Honey Cheddar Corn Bread muffin, seasonal fresh fruit
Oct 4	10/11 - Clam Chowder with potatoes, corn and bacon, salad, oyster crackers	10/13 - Stuffed Acorn Squash with turkey, quinoa, apples, leeks and cranberries with balsamic glaze. Green Salad	10/15 - Meatball salad with fresh mozzarella
Oct 11	10/18 - Tortellini Soup with Italian and kale, garden salad	10/20 - Cuban Sliders with black bean soup, fresh fruit	10/22 - Pork and Sauerkraut with house made apple sauce, mashed potatoes, garlic green beans
October 18	10/25 - Chicken Fajita Bowl with Brown rice, avocado, black beans, corn, tortilla garnish	10/27 - Fish and Chips, Cole Slaw, Fruit	10/29 - Swedish Meatballs served over whole grain noodles, cranberry sauce, steamed broccoli

How to approach money management

John A Ungerman
john.ungerman@thrivent.com

The average U.S. consumer is inundated with financial information and tools as they prepare for their financial future. An Internet search of the words “financial planning” generates millions of hits. With all this financial knowledge readily available, we can assume most people are taking steps to get their financial house in order, right?

Wrong. Many people tend to avoid setting financial goals, and even if they do, they tend to focus on a specific one like saving for college or retirement. However, they often fail to look at the entire picture, including weaving in their personal values into the equation, which can be critical to building a personalized financial program. Adopting a holistic ap-

proach to managing your finances can help link your decisions about money with matters of the heart.



Ungerman

Another common mistake is making a financial decision without understanding its impact on other financial issues. Many financial choices overlap with each other. Paying attention to estate protection, for instance, will impact the resources available to address other needs and desires, such as vacations or giving to charity. Financial professionals can help you navigate these decisions.

What are some other areas to consider? Here are some ideas from Thrivent Financial:

Go beyond investing. Considering mutual funds and other investment products in money decisions is only one option in a sea of other financial tools.

Thinking that only the rich should pay time and attention to managing their finances. It’s important to adopt a financial philosophy regardless of monetary worth.

Believing that it can wait. A well-developed financial program grows with time, so getting a jumpstart on retirement planning at a young age works in one’s favor. Also, crises can happen at any age and financial preparation will help a person work through the unexpected.

Neglecting to reevaluate financial decisions periodically. Reviews should be done on an annual basis. Life events—like marriage, childbirth, job changes or home ownership

— should be signals to revisit financial goals.

Plenty of financial information is out there, so the more Americans can learn, the better. Building financial knowledge, getting started early and seeking help when needed will help make personal money management possible and position individuals for long-term success.

This article was prepared by Thrivent Financial for use by Pottstown, John A Ungerman. He has an office at 2879 E High Street in Pottstown and can also be reached at 610-970-4740.

About Thrivent

Thrivent is a not-for-profit financial services organization that helps Christians be wise with money. As a mission-driven, membership-owned organization, it offers

its more than 2 million members and customers a broad range of financial products, services and guidance to help them obtain a life of contentment, confidence and generosity. 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 FORTUNE 500 company with \$134 billion in assets under management/ advisement (as of 12/31/18). For more than a century it has helped Christians make wise money choices that reflect their values while providing them opportunities to demonstrate their generosity where they live, work and worship. For more information, visit Thrivent.

com. You can also find us on Facebook and Twitter.

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Calendar

FROM PAGE 2

Some notes for ALL programs:

- You must pre-register for ALL classes and programs, class limits are listed below. Call 610-323-5009 to pre-register.
- You may only pre-register for yourself and someone who resides at the same address.
- You must stop at the front desk to check in. This will include a temperature check.
- You will be required to wear a mask at all times! Yes, even during exercise programs, during classes and in the game room.
- You must exit the building after your class or program is over.
- You must adhere to all safety guidelines while in the TRAAC building and

parking lot.

■ No one is allowed in the building without being pre-registered for a program or class.

Additional programs & classes will be added back into our schedule as permitted.

Social & Recreational Programs

BOOK CLUB

Enjoy reading and discussing the monthly literary choices. See article for monthly selections.

Leader: Monica Wagg
4th Thurs. at 1:00; (beginning September 23rd); Limit 8; must pre-register

CARD CRAFTS

Everyone needs greeting cards and you can create your own personalized cards for family and friends. All supplies are provided. Limit: 6; must pre-register

Leader: Kathy Stevick

Mondays at 10:00-11:00;
9/20, 10/4 & 10/18
Cost: \$.25 per card

CRAFT CLASSES

Craft projects of all kinds are being made with Audrey. Join us on Thursdays and get your crafting skills working. No experience necessary! Limit: 6; must pre-register

Leader: Audrey Wilkins
Thurs. at 10:30-11:30; Suggested Donation

DIVERSITY COMMITTEE

This committee works to be inclusive to all and to make sure all are welcome. Our primary focus is the inclusion of our LGBTQ senior consumers in the greater Pottstown area as well as being inclusive of all human rights. We strive as a committee to be involved with the acknowledgement and engagement of all minorities, holidays and to support and work with other local

thrivent[®]

Invested in a more enriched life.

At Thrivent, we believe money is a tool—not a goal. As a membership-owned fraternal organization, and a holistic financial services organization, providing financial advice, investments, insurance, banking and generosity programs, we are committed to helping you achieve financial clarity.

We are here to help provide the guidance you need to live the life you want.



Ungerman Ghelardi and Associates
2879 E High St
Pottstown, PA 19464
610-970-4740

Advice | Investments | Insurance
Banking | Generosity

28304 R3-21

NEW MEMBERS

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

- Carol E. Adams
- Margaret M. Bauer
- Marsha Bilow
- Joseph Bloemker
- Patricia Boorman
- Claudean Boyd
- Dr. Clayton Chang
- Theresa Comer
- Beverly Daddario
- Patricia Deyoc
- Mary Ellen Frederick
- Theodore A. Frederick
- Carol J. Ganister
- Elizabeth Glaeser
- Judith Kelly
- Nancy J. Linderman
- Mary F. Mack
- Maureen McGirr
- Gregory Miheli
- Heleace Miheli
- Donna Miller
- Dolores A. Nester
- Nancy J. Reimert
- Christine Schultz
- Ruth Sherman
- Thomas Sherman
- Sheila R. Specht
- Sandra Stepaniak
- Jack Stiverson
- Georgine A. Takach
- MaryAnn Ullman
- Gale K. Wagenhurst
- Debra I. Walsh
- Joseph C. Walsh
- Susan Warner
- Jeffrey P. Whitlock

Fitness Schedule 2021

Mon	Early Bird 50+ 8:00-9:00 Track Jolene	Senior Yoga 9:15-10:00 Classroom 2 Charee	50+Fit 9:30-10:30 Track Jolene	Mindful Meditation 10:15-10:45 Classroom 2 Charee	Chair Yoga 11:00-11:45 Classroom 2 Charee	Youthful Hearts low impact Chair 10:45-11:30 Dining Room Linda	Strength & Fit 1:30-2:15 Track Mihae
Tue	Silver Sneakers Classic 9:15-10:00 Patty Track	Sit and Fit 10:30-11:30 Track Jolene	Zumba Gold 10:30-11:30 Classroom 2 Joanne	Chair Dancing 11:45-12:15 Track Joanne (Sep7th)	Self Defense 12:30 1:30 Track Darrel	Tai Chi 1:30- 2:30 Track Darrel	
Wed	Early Bird 50+Fit 8:00-9:00 Track Jolene	50+ Fit 9:30- 10:30 Track Jolene	Stretch & Fit 9:30-10:15 Classroom 2 Mihae	Strength & Balance 10:30-11:15 Classroom 2 Mihae	Line Dancing 1:30-2:15 Track Robin (Sep 8th)		
Thu	Pilates 8:00-9:00 Classroom 2 Linda TIME CHANGE SEPT 23rd 9:00	Silver Sneakers Boom Move 8:45-9:30 Track Jolene	Sit and Fit 10:30 11:30 Track Jolene	Zumba Gold 10:30-11:30 Classroom 2 Joanne	Chair Dancing 11:45-12:15 Track Joanne (Sept 9th)	Super Senior Fit 1:30-2:15 Track Mihae	
Fri	Piyo 8:30-9:15 Classroom 2 Jolene	Drums Alive 10:00-11:00 Track Jolene		Class times and instructors are subject to change			

Calendar

FROM PAGE 7

organizations toward this common goal. (See full article inside)

Leader: Paula Mayewski
Time: 1:30

HISTORY CLUB

The History Club will meet the 2nd & 4th Thursday of each month. Join us for lively discussions, videos, movies & guest speakers.

All programs begin at 1:00. (*New day & time)

Leader: Dr. Greg Gubler
Time: 1:00; Limit 20; must

pre-register
Suggested Donation

LGBTQ SENIOR SOCIAL GROUP

A time to socialize, interact and connect at the TRAAC. The group meets monthly and provides an opportunity for LGBTQ seniors and allies to meet and enjoy some refreshments, each other's company as well as activities in the center or at a nearby restaurant. (see full article inside)

Leader: Paula Mayewski
Mon., 9/23 & 10/25; 4:00-6:00; please call to pre-register

LUNCH BUNCH

Enjoy a lunch out with friends as we travel to different locations in our area each month. Lunch is on your own.

Leader: Audrey Wilkins
2nd Friday each month; 11:30 AM; please call to pre-register
9/10 & 10/8 – Three Cousin's Diner

ORIGAMI

The art of paper folding often associated with the Japanese culture. Origami develops hand-eye coordination, sequencing skills, memory, but also patience and attention skills. Origami

allows you to develop fine motor skills and mental concentration.

Leader: Kathy Stevick
Fridays at 10:30-11:30; Suggested donation – 9/10, 9/24, 10/10 & 10/24; Limit 6; must pre-register

POOL TABLES

The game room is currently open for Pool players from 8:00 – 11:30; Monday thru Friday. Everyone in attendance must be masked at all times; you must pre-register for days you would like to come in. Attendance will be limited and you must remain in the game room.

Mon. thru Fri. at 8:00; Limit

6; must pre-register

Reflective Moments

BIBLE STUDY

Self-led, No Charge
Mon. at 10:30; Limit 8; must pre-register
Location: Library

SHUFFLEBOARD

The game room is currently open for Shuffleboard players from 1:30 – 3:30; Monday thru Friday. Everyone in attendance must be masked at all times; you must pre-register for days you would like to come in. Attendance will be limited and you must remain in the game room.

Mon. thru Fri. at 1:30; Limit 6; must pre-register

SOCIAL HOUR

Get together with friends! 4th Thurs. of the month; call the TRAAC to register 4:30 – 7 PM, Chili's (9/23 & 10/21)

SPANISH LESSONS

Join us for a quick review or learn something new. The Spanish classes will resume at the various levels (Introductory, Beginning, Intermediate & Advanced) after we have had time to review and engage in conversation. Learn how to speak, read

What do you call a funny bone? A humerus

By **Erica Fuss**

Doctor of Pharmacy Candidate, 2022
University of the Sciences
Philadelphia College of Pharmacy

WHAT DO YOU CALL A FUNNY BONE? A HUMERUS

The humerus is just one of the 206 bones that make up the human skeleton. Bones provide support for our body to be able to walk and to perform daily physical tasks like brushing our teeth. Bones also protect internal organs like the skull around our brains and the ribs around our lungs and hearts. Although many people know how bones function physically, many do not know what goes on internally. Bones undergo continuous remodeling to be able to keep our skeletons strong and functional.

Remodeling bone requires old or damaged bone to be broken down and new bone to be created, a constant process that must be in balance. This is done by a complex network of bone cells. An imbalance in any of these processes can result in bone diseases.

OSTEOPOROSIS: "OSTEO" MEANING BONE AND "POROSIS" DESCRIBING THE POROUS, OR HONEYCOMB, APPEARANCE OF BONE

Osteoporosis is a bone disease where bones become weaker and are at a greater risk of breaks. As we age, the rate of bone breakdown is greater than bone formation. It is often a silent disease since many people may not notice any signs until they break a bone. The bones at greatest risk are the hips, spine, and wrists. It is important to be aware of the risk factors, since over 53 million Americans are at risk for osteoporosis. Although

it may sound like a scary problem, osteoporosis is a preventable and treatable disease!

Osteoporosis is most common among older people, and more often in women. Asian and white women were found to be more likely to develop osteoporosis. There is a greater risk if you have broken a bone after the age of 50, have low body weight, or have a history of osteoporosis or broken bones in your close relatives.

STICKS AND STONES CAN BREAK YOUR BONES... ARE THERE OTHER THINGS THAT COULD HURT ME?

There are some other risk factors for osteoporosis that are lifestyle related. These can include: smoking, alcohol, physical inactivity, diet poor in calcium and vitamin D, as well as certain medications such as corticosteroids.

Women's health and hormone changes can also be factors affecting osteoporosis with an increased risk for those who experienced an early menopause or had ovary removal surgery before menopause.

Luckily, before fractures occur we can now provide testing, diagnose, treat and often even prevent osteoporosis.

Prevention strategies "BONE APPETIT"

Can your diet help you to prevent the risk of osteoporosis? It is recommended to have a diet rich in calcium to support bone health. This can come from low fat dairy products or foods enriched with calcium. Vitamin D is another essential part of a bone healthy diet. Vitamin D can be found in many milks, egg yolks, and certain saltwater fish. Some-

times you may need to take supplements of calcium or Vitamin D.

DON'T HAVE "LAZY BONES"

Exercise! Incorporating activities that involve regular weight bearing as well as moderate muscle strengthening. These types of exercises help to keep your bones and muscles active. Try to avoid movements that can hurt the spine such as sit-ups and toe touches.

It is also important to take precautions to prevent falls. A simple trip or fall could cause an injury like a broken bone. Make sure you stand up slowly after sitting or lying down; it is important to make sure you have good balance before walking in addition to wearing supportive shoes. Securing carpets, ensuring effective lighting and eliminating room clutter are important considerations too.

Speak with your primary care doctor. Make sure your height is being measured at least annually, and keep track of any changes. Getting shorter over time could be an early sign of osteoporosis. Also make sure to let your doctor know if you have fallen, it is important to keep your doctor informed about your physical as well as your medical needs.

Testing Bone Strength

Your doctor can recommend bone mineral density testing (BMD). A BMD test is a screening tool to see how strong your bones are. The test is done on the hip and spine areas since they are at the greatest risk of fracture in someone with osteoporosis. This noninvasive test (DEXA Scan) takes about 15 minutes. Your results are given in terms of a "T score" comparing

your bones against an average 30 year old adult. The lower the bone density score, the greater your fracture risk. The image below visually shows how your T score results can help your doctor to make a diagnosis. Any T score less than -2.5, in the red box in the image, is a confirmed diagnosis of osteoporosis. If you have a score of -1 to -2.5, your doctor may tell you that you have low bone density or osteopenia.

Your score will help your doctor make decisions about treatment. It is recommended that someone diagnosed with osteoporosis or osteopenia be started on medications.

Treatment is individualized with options including oral daily or weekly pills, injections and yearly infusions. Most commonly, bisphosphonates or certain types of hormones, help slow bone breakdown, reducing the risk of fractures. Other categories of medications are available to treat osteoporosis. One medication does not fit all and many factors are considered when a medication is prescribed.

How can a pharmacist help you?

An important question that is often asked of pharmacists and pharmacy students is what side effects or risks are associated with taking medications for osteoporosis. Weighing the risks is an important step in deciding with your doctor about your treatment plan.

Bisphosphonate Medications Side Effects

STOMACH AND ESOPHAGUS UPSET AND IRRITATION

It is recommended to

sit or stand upright for at least 30 to 60 minutes after taking the medication; take medication only with water first thing in the morning, 30 minutes before food or other medications.

LOW CALCIUM LEVELS

Be sure to get the recommended amount of calcium as well as Vitamin D in your diet. Contact your doctor or pharmacist with any questions about your diet or supplement needs.

UNUSUAL FEMUR FRACTURES

Rare complication ONJ (OSTEONECROSIS OF THE JAW)

An uncommon side effect of treatment, mostly associated in rare cases to poor dental hygiene. Seek dental care right away if mouth pain is detected. It may be best to delay starting the drug therapy until after a scheduled dental procedure.

MUSCLE OR SKELETAL PAIN

Contact physician
The risk of these uncommon effects should be weighed against the risk of breaking other more fragile bones if not treated.

Just to put this in perspective, 500 out of 1,000 women will experience a fracture if they do not receive treatment for their diagnosis of osteoporosis.

It is now common practice for doctors to recommend a break from medications after continuous use of about 3 to 5 years of bisphosphonate therapy. This is to help reduce any side effects from occurring. The medication can still have residual beneficial effects after discontinuation. Your doctor will weigh the risks and benefits of this "drug holiday" based on individual cir-

cumstances.

ALTHOUGH THERE ARE RISKS, OSTEOPOROSIS MEDICATIONS ARE NOT "BAD TO THE BONE"

There are countless benefits to medication therapy. But overall, treating osteoporosis has two goals: preventing further bone loss and rebuilding bone. This is to help prevent breaking bones especially in the hip, spine, and wrist. A simple trip or fall could turn disastrous causing fractures, hospitalizations and immobilization. Although during treatment, you may not physically feel your bones getting stronger, it is important to know that the medication is preventing your bones from becoming weaker. As we get older, our bones start to wear down faster than we can repair them. But, with the help of a healthy lifestyle, a balanced diet rich in calcium and vitamin D, and medication therapy, you can lead a more active and fulfilling life!

Always remember that your local pharmacist is here to help you answer any questions you may have about your medications and treatment decisions!

Resources

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4643600/>

<https://www.nia.nih.gov/health/osteoporosis>

<https://www.nof.org/patients/diagnosis-information/bone-density-examtesting/>

<https://www.hindawi.com/journals/bmri/2015/421746/>

Calendar

FROM PAGE 8

and write in Spanish.

Instructor: Evelyn Dudo-nis/\$2

Wed. at 10:45; all levels

STAMP CLUB - EVENINGS

Leader: Ralph Bartholomew

1st Mon. each month; 7 PM

Exercise & Balance Classes

** "SS" means the class is free to Silver Sneakers members

50+ FIT SPONSORED BY TOWER HEALTH - POTTSTOWN HOSPITAL

A program focused on flexibility, strength and balance as well as fall prevention (In-person & Zoom classes available)

Leader: Jolene Wert, Suggested Donation or SS

Regular: Mon & Wed at 9:30-10:30 AM Limit 30; must pre-register

BINGOCIZE

Bingocize® combines exercise and health information with the familiar game of Bingo, which has shown to be a great, fun way to get moving and socializing. Participants complete a series of exercises and health education questions are inserted into the game. Participants rest while numbers are called for the Bingo game. Bingocize® is played twice a week for 10 weeks. This program helps participants improve mobility and independence and learn information focused on fall prevention.

Tues. & Fri. 1:30- 2:30, 9/7-11/12 (in-person & virtual)

CHAIR DANCING

Enjoy music? Like to dance but it just isn't as easy as it was before? This is a great way to exercise and have fun too.

Leader: Joanne Grasso Giotti

Tues. & Thurs. at 11:45

CHAIR YOGA

Improve your balance, strength and flexibility all

while sitting in your chair.

Leaders: Charee Smith; \$2
Mon. at 11:00

CORE & BALANCE (FORMERLY STRENGTH & BALANCE)

The class focuses on balance, stretching & strength training. All fitness levels are welcome.

Leader: Mihae Blank

Wed. 10:30; \$2; Limit 10; must pre-register

DRUMS ALIVE

Drums Alive™ is the original and only evidence-based drumming fitness, health, wellness program that provides a "Whole Brain and Whole Body" workout which promotes physical, social, emotional and cognitive health at all life stages. Group drumming is a time-tested way to ease stress, improve mood and enhance a sense of community. (In-person and Zoom classes available)

Leader: Jolene Wert, \$2 or SS

Fri at 10:00 (*note the new day and time) Limit: 30; must pre-register

EARLY BIRD

A faster pace program focused on flexibility, strength and balance as well as fall prevention (In-person & Zoom classes available)

Leader: Jolene Wert, Suggested Donation or SS

Mon & Wed; 8:00-9:00; Limit: 30; must pre-register

EXERCISE & FITNESS EQUIPMENT

Self-Led use of the Treadmill, Exercise Bike and other equipment is available to you when the TRAAC is open. Social Distancing is still required. Please sign up for a half-hour time slot on the sheets available. Two (2) people will be allowed in the room at any time.

Mon. thru Fri. 8:00 - 4:00; Limit 2 per 1/2 hr session; pre-registration recommended; call Sue or Jolene if you have questions

FUN & FIT

SEE IT UNDER ITS NEW NAME, STRENGTH & FIT, BELOW

LINE DANCING

It's an easy way to stay healthy, both mentally and physically. Increase balance and flexibility while enjoying some of the classic line dances. No experience necessary.

Leader: Robin Ward; \$2
Wed. at 1:30

MATTER OF BALANCE

A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels. Matter of Balance helps participants view falls as controllable, set goals for increasing activity, make changes to reduce fall risk at home and exercise to increase strength and balance. Sessions include lecture, discussion, brainstorming and exercise. A Matter of Balance meets weekly for 8, two-hour sessions.

Fri. at 10:30 beginning 9/10 (in-person) Call to reserve a spot

MINDFUL MEDITATION

A 30-minute program designed to give you a mind body connection and keep your brain in shape. This class will teach you how to slow down and decompress.

Leader: Charee Smith; \$2
Mon. at 10:15; Limit 10; must pre-register

PILATES

Pilates works to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Class blends the Classical Pilates Method with exercise variations and by using props and light weights. Pilates mat is a challenging yet safe method to sculpt your body and to feel increased agility in your everyday movements. New members always welcome!

Leader: Linda Startzel
Thurs. at 8:00 AM; \$2 or SS (*note the new time) Limit: 10; must pre-register

PIYO

A faster paced class than our Senior Yoga classes that provides a moderately chal-

lenging workout with short bursts of cardiovascular work & strength training for all-over body conditioning. (In-person & Zoom classes available)

Leader: Jolene Wert, \$2 or SS

Fri. at 8:30; Limit 10; must pre-register

SENIOR YOGA

Improve balance, strength and flexibility with gentle senior yoga - no experience necessary.

Leader: Charee Smith, \$2
Mon. at 9:15 AM; Limit 10; must pre-register

SELF DEFENSE FOR SENIORS

Allows people of all levels and physical abilities to participate up to their comfort level, engages you physically and mentally

Leader: Darrel Bryant, \$2
Tues. at 12:15 PM; Limit 10; must pre-register

SILVER SNEAKERS BOOM! MOVE!

Improve cardiovascular endurance, learn new dance moves, have fun & burn calories. No equipment is needed for this upbeat 45-minute class. You do not have to be a Silver Sneakers member to participate in this class. (In-person & Zoom class)

Leader: Jolene Wert
Thurs. 8:45 AM; \$2 or SS; Limit 30; must pre-register

SILVER SNEAKERS CLASSIC

Improve strength & flexibility, functional fitness and learn skill drills for fall prevention. You will use hand weights, tubing & balls with upbeat music to keep things moving. The class is a beginner to intermediate level for 45 - 60 minutes. You do not have to be a Silver Sneakers member to participate in this class.

Leader: Patty Care
Tues at 9:15; \$2 or SS; Limit 30; must pre-register (*note the new day and time)

SIT AND GET FIT

A low impact exercise program using light weights,

bands and balls, all done from your chair. (In-person & Zoom class)

Leader: Jolene Wert

Tues and Thurs at 10:30 AM; Suggested donation or SS; Limit: 30; must pre-register

STRENGTH & FIT (FORMERLY FUN & FIT)

45 minutes of balance, stretching & fun aerobic exercise. This class is geared for members advanced from chair work to a moderate program. May include bands & light weights.

Leader: Mihae Blank; \$2
Mon. at 1:30-2:15; Limit 30; must pre-register

STRETCH & FIT

Improve your balance, strength and flexibility all while sitting in your chair.

Leader: Mihae Blank; \$2
Wed. at 9:30; Limit 10; must pre-register

SUPER SENIOR FIT

A program with focus on balance, stretching & strength training using the balls, weights & bands. This class is an advanced program for those that want a little extra challenge added to their week!

Leader: Mihae Blank
Thurs. at 1:30; \$2; Limit 30; must pre-register

TAI CHI

A form of martial arts that involves slow, controlled and low-impact movements

Leader: Darrel Bryant
Tues at 1:30 PM; \$2; Limit 10; must pre-register

WALKING TRACK

Self-Led, No Charge
Open 8 AM-4 PM daily when classes are not in session; please call or refer to the scheduled classes.

YOUTHFUL HEARTS LOW IMPACT CHAIR EXERCISE

Youthful Hearts is a 45-minute program designed for those that need a slow paced class designed to get your confidence up while working out. This class will use bands, balls and weights but at a much slower pace. This class is

for the beginner or someone just getting started back into exercising.

Leader: Linda Startzel
Mon. at 10:45 AM; \$2 or SS; Limit 24; must pre-register

ZUMBA GOLD

Introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

Leader: Joanne Giotti
Tues. at 10:30 AM; \$2; Limit 10; must pre-register
Thurs. at 10:30 AM; \$2; Limit 10; must pre-register

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
Coming Soon!

ART CLASSES WITH ART FUSION & PAINTING WITH JUDY

TRAAC Social Hour at Chili's - 9/23 & 10/21; 4:30
Lunch Bunch - Sept. 10th & Oct. 8th; site tbd

Annual Picnic at Ringing Rocks Park, September 30th - \$5 per person

Holiday TRAAC (off-site) Luncheon at Giovanni's - \$40 per person; Friday, Dec. 10th
Flu Shot Clinic with Walgreens; Sept. 13th & 14th
Pre-Holiday Craft Sale - starts Monday, Sept. 20th in the dining room



Annual TRAAC Picnic

CANCELLED!

Unfortunately, due to the rising rate of infection, we are going to cancel our picnic again. We just don't want to take a chance with people's health.

Refunds will be issued.

Instead, we will be offering a picnic lunch to-go at our drive through on Friday, October 1. Sign up by Monday, September 24 (even if you are already signed up for the picnic, please give us a call).

TRAAC CONSUMER CONNECTIONS

As we work to stay connected to each other during the pandemic, please consider becoming a connector for TRAAC. This role can either be one of a pen pal or phone pal to provide friendly support to our consumers who live alone and are primarily homebound. If you would like more information on this program, please contact Paula at 610-323-5009 x105 or email her at paula@tricityaac.org

Pre-Holiday Craft Sale & More!

Mark your calendars now! We will be hosting an Early Christmas & More Craft Sale the week of September 19th, daily from 9-3. Audrey and the crafters will have tables of goodies for sale that they have been working on through the pandemic. Mark your calendars, get that shopping list ready and join us in the TRAAC Dining Room to start your early holiday shopping.



Meal Pickup

Please note the time on your lunch reservation for the designated "Pick Up" time. We appreciate the adherence to your time. We've spaced times out so there will be less congestion. As our numbers continue to increase for meals this is even more vital to the smooth operation.

If you see that the lot is backed up, PLEASE wait in the parking lot across the street until the line has gone down. Your meal is guaranteed!

Annual Flu Shot Clinic

Walgreens is working with us this fall to host a flu shot clinic. We will have appointments available on Monday, Sept. 13th & Tuesday, Sept. 14th from 9-11:30 on both days.

Please call 610-323-5009 to pre-register or stop by the front desk to sign up.



New Giant Gift Card Program!

Did you know that you can support the TriCounty Active Adult Center by purchasing Giant Gift Cards at our front desk? \$25 cards are available any time we are open. Purchase your gift card here and use them at any Giant grocery store. The TRAAC receives 5% back on each gift card purchase.



what about driving?

A simple question that deserves a thorough response.

We can help.
Visit alz.org/driving.

100% of people with Alzheimer's will one day be unable to drive

Losing the ability to drive can feel like a threat to a person's independence. Especially to an individual with Alzheimer's who is robbed of so much cognitively and emotionally as the disease progresses. Planning ahead can help ease the transition. Find help at the **Alzheimer's Association Dementia and Driving Resource Center**, an interactive website created with support from the National Highway Traffic Safety Administration.

The new Dementia and Driving Resource Center features:

- Video scenarios showing four different families discussing driving and dementia.
- Tips and strategies for planning ahead and handling resistance.
- Common signs of unsafe driving.
- Resources for alternative methods of transportation.
- Additional information on driving and safety.



For reliable information about dementia and driving, visit alz.org/driving or call **800.272.3900**.

The Dementia and Driving Resource Center is a product of a cooperative agreement between the Alzheimer's Association and the National Highway Traffic Safety Administration (NHTSA).

ART FUSION COMES TO THE TRAAC

Join our friends from Art Fusion as we help them make soup bowls out of clay. They will bring all the supplies. All you need is a little time to help out! It is a two-part class. October 5th we will be making the soup bowls and then on October 29th you will be able to glaze your bowl. Join us as we give back to the community. Cost: free if you are donating your bowl; \$10 if you would like to make a second one for yourself. Space is limited; please call to pre-register.

October 19th there will be a Recycled Weaving class at 1:00. Each student will create a one of a kind weaving made from recycled materials. Put your creativity to work. Cost: free

THE TALE OF THE TAPE!

Thank you to all who have brought in their Redner's receipts. Please remember that we need the entire receipt to get credit and that the receipts have a Save A Tape total on it. Every receipt helps!

A very special shout out and thank you to Margie McElroy for organizing the hundreds of Save A Tapes and calculating them. Great job Margie and many thanks for your endless hours of dedication with this very valuable program.

For May through August we submitted \$71,622.18 in receipts, which resulted in a check for \$716.22.