

610-323-5009  
www.TriCountyAAC.org  
288 Moser Road, Suite 1  
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NON-PROFIT  
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**PAID**  
POTTSTOWN PA  
PERMIT NO. 68

or current resident

# From Brian's desk

I can't believe it is the fall! As I write this, the trees are starting to turn colors and there is a chill in the air in the mornings. I am hopeful that we are also in the fall season of the pandemic. New cases are still high in Pennsylvania, but seem to have plateaued in Montgomery County. More people are being vaccinated every day, but we are still below the level that controls the spread.

Meals will continue to be drive-through-only for a while, as having that many people in the dining room without masks is still too risky at this time. We are hopeful that the new year may allow us to reopen our dining room and restart other activities, such as card games.

Even though many restrictions have been lifted by the state, the PA De-



**Parkes**

partment of Aging and Montgomery County are requiring stricter standards for organizations serving older adults, in-

cluding 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 cautious.

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

## 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 TRAAC at 610-323-5009 and we will help you find a location.

## Can't Wait to See You

Now that we open, 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 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

This newsletter sponsored by

## FROM THE KITCHEN

### Happy Fall Everyone,

The year is coming to an end and what a crazy year it has been! As we slowly move towards normal, whatever that looks like anymore, I am starting my next menu in January and I need your help. If you have a menu item, new or from the past, that you would like to see on the new menu, please fill out the survey and return by Nov 10 either to our front desk or in the lunch drive-thru.

It has been a real pleasure meeting all of you during our drive-thru lunches, and I can't wait till we are serving in the dining room!

— Chef Karin From the Kitchen



Karin

### Menu Item Suggestions and Fan Favorites!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Just a reminder: We have dietary guidelines we need to follow for each meal provided. We will do our best to work with your suggestions. Thank you for participating.

*It's the season! This year has gone by so fast and the Holiday Season is approaching us. I hope everyone is doing well, it's just been such a whirlwind of events and life has definitely brought all of us some challenges throughout the year. It's so important for all of us to take time out for yourself and find the time to physically and mentally decompress. You Matter!*

We offer more than 25 fitness classes a week that are in-person from Chair Yoga, Zumba Gold, Strength Training, Balance, Meditation and so much more. There are all different types of classes for everyone from beginner to advanced or maybe you just want to find a class to have fun in and just let the stress go. There really is something for everyone! If you feel confused on what to try or participate in please ask, we are here to help and guide you to the right class that fits best

for you. Our fitness instructors are always ready to help and they love teaching you all! We continue to follow CDC guidelines and we do require masks at in-person classes. Please call the front desk to pre-register for any classes. Space is limited so please call to reserve your spot.

There are also eight virtual classes to do throughout the week if you cannot make it to the Center. These classes



Jolene

are held through Zoom all in the comfort of your home. It is a great option if you cannot make it to the Center or still feel uneasy about in-person classes.

Remember exercise is an important part of life, it builds your confidence, extends your quality of life, helps with coordination, flexibility and it is a GREAT stress reliever. Plus, it really can be FUN! Join us soon and have a wonderful Holiday with a Happy New Year!

## TRICOUNTY ACTIVE ADULT CENTER BOARD OF DIRECTORS

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**VICE PRESIDENT:** SYLVIA LANDIS

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Lillie Foster, Tom Spann

## TRICOUNTY ACTIVE ADULT CENTER STAFF

**EXECUTIVE DIRECTOR:** Brian Parkes

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**ASSISTANT EXECUTIVE DIRECTOR:** Sue McIntyre

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**BOOKKEEPER:** Donna Beard

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

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**HEALTH & WELLNESS COORDINATOR:** Jolene Wert

Jolene@TriCountyAAC.org

**RECEPTIONIST:** Betty Bortz, Barbara Kundrack

Info@TriCountyAAC.org

**NUTRITION PROGRAMS:** Karin Heinly, Director of Nutrition

Karin@TriCountyAAC.org

Traci Zammetti, Barb Hughes

**DATA CLERK:** Marge McElroy

**BUILDING MANAGER:** Ken Laxton

## 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.

# NOVEMBER & DECEMBER 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
Oct 25	11/1 - Chicken Fajita Bowl with Brown rice, avocado, black beans, corn, tortilla garnish	11/3 - Baked Stuffed Shells with green salad & whole wheat roll	11/5 - Pulled Pork stuffed sweet potato with BBQ drizzle, Green Salad with vinaigrette
Nov 1	11/8 - Roast Turkey Wrap with Slaw, Thousand Island Dressing, Swiss Cheese	11/10 - Crab Cake Sandwich with Lettuce, Tomato, garlic aioli, carrot and apple slaw, fruit salad	11/12 - Eggs Benedict Quiche with hollandaise, melon and feta salad
Nov 8	11/15 - Meatball salad with fresh mozzarella	11/17 - Clam Chowder with potatoes, corn and bacon, salad, oyster crackers	11/19 - Stuffed Acorn Squash with turkey, quinoa, apples, leeks and cranberries with balsamic glaze. Green Salad
Nov 15	11/22 - Tortellini Soup with Italian and kale, garden salad	11/24 - Open Faced Chicken Parm, green salad	11/26 - CLOSED Thanksgiving
Nov 22	11/29 - Baked Stuffed Shells with green salad & whole wheat roll	12/1 - Pulled Pork stuffed sweet potato with BBQ drizzle, Green Salad with vinaigrette	12/3 - Chicken Fajita Bowl with Brown rice, avocado, black beans, corn, tortilla garnish
Nov 29	12/6 - Eggs Benedict Quiche with hollandaise, melon and feta salad	12/8 - Roast Turkey Wrap with Slaw, Thousand Island Dressing, Swiss Cheese	12/10 - Crab Cake Sandwich with Lettuce, Tomato, garlic aioli, carrot and apple slaw, fruit salad
Dec 6	12/13 - Clam Chowder with potatoes, corn and bacon, salad, oyster crackers	12/15 - Stuffed Acorn Squash with turkey, quinoa, apples, leeks and cranberries with balsamic glaze. Green Salad	12/17 - Meatball salad with fresh mozzarella
Dec 13	12/20 - Open Faced Chicken Parm, green salad	12/22 - Tortellini Soup with Italian and kale, garden salad	12/24 - Pork and Sauerkraut with house made apple sauce, mashed potatoes, garlic green beans
	12/27 - CLOSED	12/29 - CLOSED	12/31 - CLOSED

## 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. We offer programs 5 days a week. There are some classes and programs that we are not able to restart 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 happen! 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

### 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

#### ART FUSION –

Get your creative juices going when Art Fusion comes to visit. We have a variety of different mediums that they bring to the TRAAC for members to try. Space is limited; please call to pre-register. Payment is due directly to the instructor. Classes begin at 1:00.

Tuesday, Nov. 2nd & 9th – Mosaic Picture Frames; \$10 for the class. You will make a beautiful glass mosaic picture frame, perfect for your family snapshot. You will choose the colors & create your design. The second class will be grouting the completed designs. This is a messy process, so please dress accordingly. We will also work on a cooperative mosaic design, creating one beautiful piece of art together.

Tuesday, Nov. 16th – Mandalas Drawings – Learn how to create your own Mandala design! Discuss the history and meaning of mandalas, and each student will design and draw a unique mandala. You will take home a black and white mandala that you can color or paint.

#### BOOK CLUB

Enjoy reading and discussing the monthly literary choices. See article for monthly selections.  
Leader: Monica Wagg  
3rd Thurs. at 1:00; 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: 8; must pre-register  
Leader: Kathy Stevick  
Mondays at 10:00-11:00; 11/1, 11/15, 12/6 & 12/20  
Cost: \$.25 per card

#### CRAFT CLASSES

Craft projects of all kinds are being made with Audrey. Join us on the second Thursday and get your crafting skills working. These are all Make-It & Take-It projects. No experience necessary! Limit: 6; must pre-register

Leader: Audrey Wilkins  
Thurs. at 10:30-12:00; 11/11 & 12/9; Suggested Donation

#### CURRENT EVENTS

Join us for a lively discussion on happenings around our town, county, state, nation & the world. Everyone is welcome and all opinions are appreciated.

Leader: June Hankins  
1st and 3rd Tuesday each month at 1:00; must pre-register

#### 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 organizations toward this common goal.

Leader: Paula Mayewski  
Time: 1:30

#### GENEALOGY WITH KRISTINE

Learn how to trace your "family trees" with Kristine Parkes using documents, websites

Leader: Kristine Parkes  
Time: 2nd Tuesday of each month. 11/6 & 12/14

#### 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.  
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. Contact Paula (610.323.5009; ext. 105) for more information regarding November & December meetings.

Leader: Paula Mayewski

#### LUNCH BUNCH

Enjoy a lunch out with friends as we travel to different locations in our area each month. Lunch is on your own. Lunch Bunch will return in 2022!

#### MEETING OF THE MEN! BREAKFAST WITH BRIAN

Get together with your friends to check out what's happening at the TRAAC. The group meets monthly at a local restaurant to enjoy time together. Everyone is welcome. Meeting of the Men will return in 2022! We look forward to seeing you at that time.

#### 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 – 11/12 & 12/10; Limit 8; must pre-register

#### PAINTING WITH JUDY

Acrylic Painting Art Class – Beginning Wed., Nov. 10th, join Judy Lupas for a 3 week painting class with instruction. Bring a picture you'd like to work on or Judy will help you pick one out. If you have your own painting supplies, you are welcome to bring them in. If you need supplies, we will have them onsite for you to use. Space is limited, please pre-register. A supply list is available at the front desk. Cost: \$2

#### 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 Social Hour will return in 2022!

##### SPANISH LESSONS – CONVERSATIONAL SPANISH

Join us for a quick review or learn something new. The Spanish classes will resume at the various levels (Introductory, Beginning, Inter-

mediate & Advanced) after we have had time to review and engage in conversation. Learn how to speak, read and write in Spanish.  
Instructor: Evelyn Dudo-nis/\$2

Wed. at 1:00; all levels

##### STAMP CLUB - EVENINGS

Leader: Ralph Bartholomew  
1st Mon. each month; 5:30 PM \*New Time!

##### 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

##### 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, health, drumming fitness, health,

**TAXES, TAXES AND MORE TAXES!!!**

It used to be we all hated the word taxes, but recently that has changed to the word COVID.

Hopefully with the worst behind us, TRAAC is planning to try to hold the AARP Free Income Tax Preparation Service this year. As we did pre-COVID

in the fall of 2019, the opportunity to schedule an in person tax appointment will be available first for paid members of TRAAC. This opportunity will occur on Tuesdays and Thursdays from 10:00 a.m. - 2:00 p.m. beginning Tuesday November 2nd and running November 4th, 9th, 11th, 16th, 18th, 23rd and 30th. No appointments will be scheduled on Thursday November 25th since we are closed for Thanksgiving. The December dates will begin Thursday December 2nd and run December 7, 9, 14, with December 16th being the last day to schedule in-person tax appointments. If there are any open appointments remaining af-



Paula

**LIHEAP****Low Income Home Energy Assistance Program**

This program opens November 1<sup>st</sup>

Please call Paula for details

610-323-5009 X 105

ter the in person scheduling, the phone line will open Tuesday January 11, 2022.

When you arrive to schedule your tax appointment you will need to show your 2021 or 2022 membership card. You are only able to schedule for yourself; you are not able to schedule for other members. Please check your schedule very carefully BEFORE you arrive to schedule your appointment as it is impossible for us to reschedule appointments. Make sure you do not have any conflicts. AARP tax appointments are scheduled on Tuesday, Wednesday and Friday. The first times-

lot is 9:00 a.m. and the last time slot is 1:00 p.m. Please let the scheduler know if you need to complete a rent or property tax rebate. We will TRY to complete them as well during your AARP tax appointment.

These appointments are for individuals who need IRS Income Taxes completed. If you only need a PA Property or Rent Rebate appointment, please call the center after February 1st. Those appointments will be scheduled beginning March 1, 2022.

Thank you for your cooperation with the tax appointment scheduling plan.

**FROM TOWER HEALTH****DO YOU HAVE LYMPHEDEMA?**

Have you noticed swelling in your arm, leg, neck, or abdomen? Does the swelling make it challenging to get dressed, swallow, walk, or get comfortable?

Has your doctor mentioned your swelling is affecting your circulation?

If you answered YES to any of the above questions, you may have lymphedema.

The condition is caused by a blockage in the lymphatic system. Lymphedema is most commonly caused by lymph node removal or damage due to cancer treatment. The main symptom is swelling that may be accompanied by



pain or discomfort.

Physical Therapy can help. There are specific exercises and massage techniques that a therapist can teach you as well as guide

you in purchasing the proper garment to help control your swelling. Talk with your doctor and request a prescription for Physical Therapy for lymphedema.

Call us at Pottstown Hospital Outpatient Rehabilitation @ Careplex, 610-970-1600 to talk with one of our certified therapists or set up an appointment.

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

Rebecca Hobbs, Certified Elder Law Attorney



**Elder Law - Long Term Care Planning  
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# Plan and execute a strong finish to 2021

**By David Garner, Esquire**  
484-945-0777  
dggarner1@comcast.net

At this time of the year many people are consumed with preparation for the holidays, the end of another calendar year and all the time and energy that those items demand. While this circumstance may be unavoidable, this is a suitable time to both inventory and act on things in your personal life that will benefit you into the new year and beyond.

Talk strategies with your financial professionals - Rather than waiting until you turn over the documents that your CPA/accountant will need to prepare your tax returns next spring, schedule an appointment now (telephone or virtual may work best) to preview your situation and solicit recommendations on actions that you can take before year

end to have a positive impact on your tax liability. The meeting may result in a game plan that employs some of the things listed below. If you utilize someone for guidance on financial investing, speak with them as well.

**Charitable giving-** Plan and make your gifts before December 31 in order for those contributions to be considered on you 2021 federal income tax return. Make certain that the recipient is recognized as a charitable entity in order to legally count the donation as "charitable."

**Financial gifting -** The annual gift tax exclusion is \$15,000 for 2021. This means that an individual can give up to that amount of money to any other individual without the gift counting against the giver's lifetime gift exemption amount. A married couple can each gift up to \$15,000 per recipient.

**Establish a regular IRA-** While you can technically wait until tax filing day (April 15) to set this up and still be able to take the deduction for the prior tax year, my recommendation is to do this in 2021 since this may be one aspect of a comprehensive plan which includes other items that must be completed in the calendar year.

**Check the beneficiary designations** on any item that allows for such designation. This will not impact your income taxes, but it is an important exercise that is often deferred or overlooked. Pensions, 401(k), IRA, annuities and life insurance policies (this list is not exhaustive) generally allow for both primary and alternate beneficiary designations. Consider how you want your assets distributed before checking, adding and revising beneficiary designations to keep things consistent. Con-

sult with customer service to ensure your selections follow requirements of the company and are properly entered so they will be applied when the time comes for disbursement.

**Makes sure that your estate planning document are in order -** Take some time to review the documents to make sure that they still address your objectives. If documents need revision or to be generated for the first time, contact an attorney to assist you. Even if it is not possible to finalize documents before the end of the year, getting the process started will ensure that this important item is not pushed off.

I am not suggesting that you spend the next few weeks immersed in financial planning and document updating. However, by focusing some attention on the foregoing items in 2021, you can have peace of mind entering the new year!

# Your Care, Your Choice



At TriCounty Home Health and Hospice, we often get cards, letters, and phone calls from our patients and their families sharing how they wish they had known about our support services sooner. We understand that making decisions about the care that's right for you or your loved ones may be difficult, so we want to share two options available to you: hospice and home healthcare - both available in the comfort of your own home.

Hospice and home healthcare both help patients and their families live life on their own terms. While each service provides excellent, skilled care in the home, they have distinct advantages and serve unique purposes.

**Home Health**  
Home health includes a wide range of healthcare services, provided in the comfort of patients' homes, for illness, injury, or management of a chronic condition. Home health services are short-term in nature, and must be provided to homebound individuals with a skilled need as ordered by their physician. Care teams include a registered nurse, home health aide, and social worker. Home health services cover any team members' visits, therapies, and medical supplies recommended by the physician.

Home health care is 100 percent covered by Medicare fee-for-service, and Medicaid and private insurance provide some coverage with coinsurance or deductibles that may apply. Because home health is temporary in nature, hospice teams often collaborate with home health teams - at the end of a home health episode - to ensure a seamless transition to the next level of care.

**Hospice**  
Hospice is so much more than what most people

think. The hospice benefit provides comprehensive, person-centered care from an interdisciplinary care team in the comfort of patients' homes. A care team may include a physician, nurse practitioner, registered nurse, social worker, chaplain, hospice aide, dietitian, therapist, volunteer, and bereavement coordinator.

Many people refuse hospice because they believe it is a place; it is not - hospice is a philosophy of care provided wherever patients call home. This can be a private residence, a retirement home, an assisted living facility, a nursing home, or even a different, agreed-upon location. Hospice does not require a full-time caregiver; our care teams coordinate community resources to help keep patients at home as long as possible, and then find alternative locations for patients to receive care when home is no longer an option.

The hospice benefit covers more services than the home health benefit, like medications, supplies, and equipment. But to qualify for hospice, a patient must have a prognosis of six months or less. For those who are eligible to receive it, hospice is 100 percent covered by Medicare, Medicaid, and most private insurers. Anyone can refer a patient to hospice services.

**Bring in the Experts**  
If you think home health or hospice may be right for you, but still have more questions, we are happy to help. Call us today at 484-524-8592 to speak directly with one of our team members. We want to help you and your loved ones get the care you need and deserve.

## 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	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	Core & Balance 10:30-11:15 Classroom 2 Mihae	Line Dancing 1:30-2:15 Track Robin		
Thu	Silver Sneakers Boom Move Dance 8:45-9:30 Track Jolene	Pilates 9:00-10:00 Classroom 2 Linda	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	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		<i>Class times and instructors are subject to change</i>			

## Cane Use - Which Hand and Why?

Do you put the cane in the left or the right hand? What if you have a painful hip on one side and a bad knee on the opposite side of the body? What should you do regarding cane placement when there is only one railing on the steps? Best answer, ask your physical therapist.



Adamski

A cane can give you an increase in support or balance. A cane may enable a person to walk further with less pain, increase stability, and may allow an individual to walk on a surface they typically avoid, such as grass. Ascending or descending stairs or a curb with a cane is very helpful. Especially on the steps where a walker cannot go.

### Which hand?

If you cannot access a physical therapist for whatever reason, here are 2 points to consider determining hand placement

for the cane.

- Determine your most painful and debilitating lower extremity part. Put the cane on the OPPOSITE side. If the right leg is the "worst," put the cane on the "good" left side. Prioritize if you have more than one "bad" part.

- Find the railing on the steps. If one rail, the rail trumps hand position because the railing is more stable than a cane. If you are going up the steps, and the rail is on the right but your cane is normally on the right, switch the cane temporarily to your left hand.

### Why do I place the cane on the "good" side?

Placing the cane on the "good" side vs. the "bad" side distributes your weight and pressure over a greater surface area. The greater surface area provides more support and balance.

When you walk with a cane, the cane swings with your arm in a reciprocal motion to your

leg. For example, when your left foot strikes the ground, your right arm/cane swings forward at the same time to help you balance. The contact point of the cane on the "good"/right side, positioning of left heel strike/"bad side", and right foot push-off is how you measure the surface area.

Walking with a cane may take some practice. If you need help walking with a cane or other assistive device, a physical therapist can help.

*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](http://www.energy-pt.com) 610-310-0915*

## WHAT IS CHAIR YOGA?

Did you know that Chair Yoga is a gentle practice in which postures are performed while seated with the aid of a chair? It is also a great form of yoga for beginners or those who may have difficulty standing or have health issues. This is a great class to Relax, Unwind and Breathe all in a chair. The practice of Chair Yoga focuses on your movement, your breathing, and how your body is reacting to the exercise, creating a kind of moving meditation that promotes relaxation, reduces stress, and improves mental clarity. Like other forms of exercise, seated yoga may also help improve mood, your confidence and relieve anxiety and depression. Join Charee Smith on Mondays at 11:00 to check it out. We know you will enjoy the experience!



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28304 R3-21

## Skeleton Key GENEALOGY

### Skeleton Key Genealogy with Kristine

**Tuesday, November 9 at 6pm**

**TRACING YOUR ANCESTOR THROUGH THEIR JOB**

Each of us produces mounds of paperwork at our job. The same can be said for our ancestors and buried in that paperwork may be clues that could help you break through brick walls. During this session, discover where to find these occupational records from federal employees to union records to railroad records

and much more!

**Tuesday, December 14 at 6pm**

**GENEALOGY AND THE HOLIDAYS**

Get into the holiday spirit during this session where we will explore the various holiday traditions of our ancestors. Coffee, tea, and hot cocoa will be served; feel free to bring a holiday treat from your family's recipe box to share with the group.

TriCounty Active Adult Center *presents...*

## Southern Charm

November 13 – 19, 2022



Book Now  
& Save  
**\$100**  
Per Person



7 Days • 9 Meals: 6 Breakfasts, 3 Dinners

**HIGHLIGHTS...** Historic Charleston, Choice on Tour: Walking Tour or Fort Sumter Cruise in Charleston, Boone Hall Plantation & Gardens, Savannah, St. Simons Island, Jekyll Island, Golden Isles Cruise

#### ITINERARY AT A GLANCE

Days 1, 2	Courtyard Historic District, Charleston, South Carolina
Days 3, 4	Doubletree Historic Savannah, Savannah, Georgia
Days 5, 6	Jekyll Island Club, Jekyll Island, Georgia

*On some dates alternate hotels may be used.*

**Collette's Flagship:** Collette's tours open the door to a world of amazing destinations. Marvel at must-see sights, sample regional cuisine, stay in centrally located hotels and connect with new and captivating cultures. These itineraries offer an inspiring and easy way to experience the world, where an expert guide takes care of all the details.

## TRAAC BOOK CLUB

Join us the third Thursday of the month for a lively discussion of the books chosen. Everyone is welcome to attend. We meet in person at the TRAAC at 1:00. Please call 610.323.5009 to pre-register. We look forward to seeing you.

**NOVEMBER SELECTION:**  
**CAMINO WINDS BY JOHN GRISHAM**

Just as Bruce Cable's Bay Books is preparing for the return of bestselling author Mercer Mann, Hurricane Leo veers from its predicted course and heads straight for Camino Island. Florida's governor orders a mandatory evacuation, and most residents board up their houses and flee to the mainland, but Bruce decides to stay and ride out the storm.

The hurricane is devastating: Homes and condos are leveled, hotels and storefronts ruined, streets flooded—and a dozen people lose their lives. One of the apparent victims is Nelson Kerr, a friend of Bruce's and an author of thrillers. But the nature of Nelson's injuries suggests that the storm wasn't the cause of his death: He has suffered several suspicious blows to the head. Who would want Nelson dead? The local police are overwhelmed in the aftermath of the storm and ill-equipped to handle the case. Bruce begins to wonder if the shady characters in Nelson's novels might be more real than fictional. And somewhere on Nelson's computer is the manuscript of his new book. Could the key to the case be right there—in black and white? As Bruce starts to investigate, what he discovers between the lines is more shocking than any of Nelson's plot twists—and far more dangerous.

**DECEMBER SELECTION:**  
**"THE BOOK OF LOST NAMES" BY KRISTIN HARMEL**

Eva Traube Abrams, a semi-retired librarian in Florida, is shelving books when her eyes lock on a photograph in the New York Times. She freezes; it's an image of a book she hasn't seen in more than sixty years—a book she recognizes as *The Book of Lost Names*. The accompanying article discusses the looting of libraries by the Nazis across Europe during World War II—an experience Eva remembers well—and the search to reunite people with the texts taken from them so long ago. The book in the photograph, an eighteenth-century religious text thought to have been taken from France in the waning days of the war, is one of the most fascinating cases. Now housed in Berlin's Zentral- und Landesbibliothek library, it appears to contain some sort of code, but researchers don't know where it came from—or what the code means. Only Eva holds the answer, but does she have the strength to revisit old memories?

As a graduate student in 1942, Eva was forced to flee Paris and find refuge in a small mountain town in the Free Zone, where she began forging identity documents for Jewish children fleeing to neutral Switzerland. But erasing people comes with a price, and along with a mysterious, handsome forger named Rémy, Eva decides she must find a way to preserve the real names of the children who are too young to remember who they really are. The records they keep in *The Book of Lost Names* will become even more vital when the resistance cell they work for is betrayed and Rémy disappears.



For more information contact

Sue McIntyre

TriCounty Active Adult Center

(610) 323-5009

Sue@TriCountyAAC.org



# MONTGOMERY COUNTY VETERAN FUNDRAISER

NOVEMBER 11, 2021

REDHORSE MOTORING CLUB

132 E. 3RD ST., POTTSTOWN, PA 19464



## "THE MURPH" WORKOUT

SPONSOR A VETERAN, ATHLETE, OR ANYONE WILLING TO PARTICIPATE IN THE MURPH WORKOUT TO BENEFIT OUR WWII VETERANS TRIP TO THE MID-ATLANTIC AIR MUSEUM IN READING, PENNSYLVANIA. ALL PROCEEDS WILL GO TO TRANSPORTATION AND ADMISSION FOR HONORED MONTGOMERY COUNTY VETERANS.

FOR MORE INFORMATION ABOUT PARTICIPATING OR DONATING PLEASE CALL: 610-213-4022

CASH/CHECK/VENMO DONATIONS ACCEPTED  
CHECKS MADE OUT TO VETERANS IN RECOVERY (NOTE: WWII)  
VENMO: @CONSHOCKEN-VFW



## Coping Tips: Holidays and Alzheimer's during COVID-19

The holidays are often filled with sharing, laughter and memories. But they can also bring stress, disappointment and sadness—and due to the ongoing COVID-19 pandemic—heightened risk for spreading the virus, especially for older adults who tend to have underlying health conditions.

A person living with Alzheimer's or another dementia may feel a special sense of loss during the holidays because of the changes he or she has experienced. At the same time, caregivers may feel overwhelmed by maintaining traditions while providing care and adhering to safety precautions. During the holidays it is more important than ever to take care of physical, mental and emotional well-being. Below are ideas for alleviating stress during the holidays.

### Familiarize others with the situation

The holidays are full of emotions so it can help to let friends and family members know what to expect. If the person living with dementia is in the early stages, changes might not be readily noticed. But persons with the disease may have trouble following conversation or may repeat themselves. Family can help with communication by being patient, not interrupting and giving the person time to finish his or her thoughts. If the person is in the middle or late stages of Alzheimer's, there may be significant changes in cognitive abilities since the last conversation. These changes may be hard to accept. Make sure family and friends understand that changes in behavior and memory are caused by the disease and not the person. You may find it easier to share changes in a letter or

email sent in advance of the holiday gathering to set expectations.

### Celebrate while physical distancing

Being together may not be feasible due to the ongoing pandemic, but there are ways to continue holiday traditions. Drop off favorite baked goods or a care package. Schedule your own "holiday parade" and ask family members and friends to drive by the older adult's home with homemade signs or other festive decorations. Perhaps plan an outdoor visit with hot chocolate and blankets or go outside for a walk in the neighborhood to enjoy holiday lights.

### Adapt gift giving

Deciding on a gift for someone with dementia can be difficult and the pandemic may add to the challenge. Consider, or suggest to others, gift certificates or something that will help make things easier, such as house cleaning, handyman services or food delivery. Depending on abilities and preferences, involve the person with dementia in gift giving. Someone who once baked may enjoy helping to make cookies and pack them in tins. Or perhaps you purchase gifts and ask the person to help you with wrapping.

### Support Groups: Help Is Available

To alleviate stress any time, turn to an Alzheimer's Association caregiver support group. Support groups offer a safe, welcoming environment for sharing and support. There are a variety of groups that meet monthly—some in-person, others virtually. To find a group that meets your

## Ask Your Pharmacist ...

# Opioids & Overdose Reversal with Naloxone

By Neha Bhardwaj

Doctor of Pharmacy Candidate 2022  
Philadelphia College of Pharmacy

Pain is a common problem during aging as many risk factors may increase the prevalence of pain. Patients typically experience either acute pain or chronic pain. Chronic pain typically lasts more than 3 months while acute pain typically resolves in days to weeks. There may be a variety of causes, such as arthritis, diabetic nerve pain, joint pain, fractures, bone conditions, cancer pain, post-surgical pain and more. Pain occurs when receptors in the body are triggered by damage or inflammation, and send information to the brain that something is wrong. There are many different types of pain medications that can be purchased without a prescription, including: non-steroidal anti-inflammatory drugs (Advil/Aleve, etc.), pain-relieving lotions and creams that can be applied to the skin, and numbing patches. Some non-medication options to help reduce pain include: exercise, physical therapy, heat and ice application, acupuncture or massage.

For patients with moderate to severe pain who have tried other medications that have been unsuccessful, some healthcare providers may pre-

scribe a medication in a class called opioids.

Examples of the more common opioid medications include: Hydrocodone (Vicodin), Oxycodone (Oxycontin, Percocet), Oxycodone (Opana), Codeine, Morphine (Avinza, Kadian), or Tramadol. Fentanyl is a potent opioid prescribed to patients with severe pain after surgery or in individuals with cancer. Recent overdoses have been linked to illegally produced fentanyl that is often mixed with other opioids to increase their potency. Heroin is a quick-acting illegal substance derived from opium poppy plants. Prescription opioid use can be a risk factor leading up to heroin use which has a high risk of causing overdose or death.

Prescription opioids work by binding to specific receptors in the brain and spinal cord to prevent the pain signals from being transmitted to the brain. Many opioids can also cause a feeling of happiness/euphoria and relaxation due to an increase in the amount of a chemical in the brain known as dopamine. Although opioids are effective in suppressing pain signals, they have the potential to cause accidental overdoses and have the potential for many side effects associated with their use. In fact, of the

71,000 drug overdose deaths in 2019, over 70% of deaths involved the use of an opioid. Additionally, 8-12% of individuals using opioids for chronic pain develop an opioid use disorder.

Some common opioid side effects include: nausea, drowsiness, constipation and a decrease in breathing rate. Developing a tolerance or dependence on opioid medications can lead to substance use disorder and may increase your risk of a fatal overdose or other serious health problems.

Signs of an overdose include: slurred speech, very small pupils (the black part of the center of the eye), drooping muscles, losing consciousness, breathing problems, or severe sleepiness. A special medication called naloxone can be used to reverse an opioid overdose. Naloxone is an opioid reversal agent that can be given as an injection or a nasal spray. If administered during an overdose, it can prevent death or other serious complications. It is important to remember that naloxone will only work for an overdose of opioids, and not for other drugs. Naloxone is available at most pharmacies and usually does not require a prescription.

If you suspect someone has overdosed on an opioid, try to awaken the person by rubbing

the middle of their chest or talking to them in a loud voice. If they do not respond, you should use naloxone. It is important to know that Naloxone is safe and will not cause harm to an individual. It will not affect someone who is not using opioid medications and is safe to use in children.

Narcan, also known by its brand name, Narcan, may cause withdrawal symptoms once the patient is awake, and the patient should go to a medical facility after being aroused. If you or someone you love takes opioid painkillers, make sure family, friends, or caregivers are knowledgeable of the signs of an accidental overdose, as well as how to administer naloxone. Additional information and an instructional video can be found at [narcan.com/patients/how-to-use-narcan/](http://narcan.com/patients/how-to-use-narcan/).

Medications are safe and effective if taken as recommended by your healthcare provider. Do not crush, open, or modify pills and capsules in any way unless directed to do so by a provider. Only use opioid medications exactly as directed. Do not take opioid drugs with alcohol or other illegal drugs as this may increase the risk of an overdose. Keep out of reach of children and do not share medications with family members or friends.

For unused and expired prescription opioids at the end of your treatment, locate a community drug take-back program or flush the opioid medications down the toilet as recommended by the Food and Drug Administration. (<https://www.fda.gov/drugs/safe-disposal-medicines/disposal-unused-medicines-what-you-should-know>) The next DEA National Drug Take-Back Day is Saturday, October 23, 2021. Check your area for drop-off sites.

You can receive naloxone for free via mail-order through the website [naloxoneforall.org/](http://naloxoneforall.org/). If you have questions or would like to learn more about naloxone, talk to a pharmacist or other healthcare provider.

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## Weary? Frustrated? Resigned that Things Will Never Get Better? Try the “Boost Your Morale Boredom Busters” and Watch Things Change.

Would you like innovative steps to create a more positive environment?

In a funk lately? Overworked? Understaffed? Tasks piling up?

How can “raising spirits” lessen isolation, create a sense of belonging, and nurture emotional and spiritual and physical

health?

“The Magic of Boosting Morale” is an interactive program that provides twenty-six easy ways to create a positive environment. Patricia Gallagher also shares inspiring stories that create a sense of optimism. There is a sense of interconnectedness formed

with family, friends and the community when people feel hopeful and happy.

Benefits to Brightening Someone’s Day and Boosting Morale.

Kindness Matters - kindness lowers stress/blood pressure, increases self-esteem and releases oxytocin.

Kindness is Intentional - a daily kind deed increases happiness.

High Morale is Contagious - when people feel their best, everyone benefits.

Good Attitudes Transform - impacts group cohesion, job satisfaction, lessens burnout.

Patricia Gallagher is a

former teacher and the author of “150 Ways to Sprinkle Kindness in the Community.” She is the founder of three national kindness projects. Patricia has been invited to be a guest on The Today Show with Hoda & Jenna, The CBS Early Show, The Oprah Winfrey Show, and CNN. She

is the author of 28 books. She holds a BA from Villanova University and an MBA from Saint Joseph’s University.

Join us as we welcome Patricia Gallagher to the TRAAC, Thursday, December 9th at 10:30. Everyone is welcome to attend.

# Coping

FROM PAGE 9

needs, visit [alz.org/crf](http://alz.org/crf).

# Calendar

FROM PAGE 4

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. This class does tend to be loud due to the music and the drumming! (In-person and Zoom classes available)

Leader: Jolene Wert, \$2 or SS  
Fri at 10:00 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 ½ 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

For additional holiday tips, visit [alz.org/help-support/resources/holidays](http://alz.org/help-support/resources/holidays) or call the Alzheimer’s Association 24/7 Helpline at 800.272.3900.

line dances. No experience necessary.

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

### 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 9:00 AM; \$2 or SS (\*note the new time) Limit: 10; must pre-register

### PIYO

A faster paced class then our Senior Yoga classes that provides a moderately challenging 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

## About the Alzheimer’s Association

The Alzheimer’s Association is the world’s leading voluntary health organiza-

### 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 20; 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,

tion in Alzheimer’s care, support and research. The Delaware Valley Chapter serves 18 counties in South Jersey, Southeastern Pennsylvania and Delaware, pro-

viding programs and services to 300,000 individuals and families affected by Alzheimer’s disease or other dementia. For more information about Alzheimer’s

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 20; 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!

- Medicare 101 with Ed Savitsky; Tuesday, Nov.2nd at 1:00; open enrollment information on all programs, find out what works BEST for you. Ed will answer questions to making it easier to understand the differences in the programs, what you should look for in coverage and things to know before signing on the dotted line. Please call to pre-register as space is limited.
- Talks with Teri! Cook-

er’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).

ing with Color; Tuesday, Nov. 3rd at 10:30; space is limited. Please call to pre-register.

- Art Classes with Art Fusion: Mosaic Picture Frames 11/2 & 11/9; Mandala Art 11/16

- Collette Tours presents the “Southern Charm” Tour for Nov. 2022! Our trips are coming back. Check out the first with Collette on Thursday, Nov.9th at 10:30.

- Painting with Judy: 11/10, 11/17 & 11/24; space is limited, must pre-register

- Genealogy with Kristine is back! Tuesday evenings 11/9 & 12/14; more information is included in this issue.

- Get your FREE Septa Senior Key Pass & your FREE Transnet Pass on Thursday, Nov. 11th at the TRAAC; 10:30-12:30.

- “Boost your morale” with Trisha Gallagher; Thursday, Dec. 9th at 10:30! See the flyer included in this issue.

- Christmas Holiday Luncheon at Gianni’s -

The 2nd annual off-site holiday get together will be held at Gianni’s on Friday, Dec. 10th. Please call to pre-register if you would like to be put on the guest list.

We need to give them tentative numbers as soon as we possibly can. The luncheon was well attended the last time we were able to get out together and we are looking forward to having everyone back to enjoy the time out. More details & menu will be available soon. Space will be limited if we don’t reserve soon. Everyone is welcome. Cost: \$40 per person

- Our Annual Pie Sale information will be available soon! Keep watching! Holiday Nut Rolls will be available also. Call 610.323.5009 for more information.

EVENTS ARE FREE &amp; OPEN TO THE PUBLIC

# Look What's Happening at the Villa!

## Veterans Breakfast

November 6 at 8:30am

Joining us for breakfast is former Lt. Commander Linda Maloney. As a combat aviator, she received numerous military awards, including the distinguished air medal for combat.



Lt. Commander Linda Maloney



RSVP by Nov. 3rd by calling Tina at 484-925-0017

## Craft/Vendor Show & Independent Living Open House

November 13 at 9am-2pm

Get your holiday shopping started early and take a tour of our community too!



SeniorAdvisor.com

2021 BEST OF SENIOR LIVING

4.5 stars

## Join Their Journey - Making the Most of Holiday Visits

December 1 • 6:30pm

Join us for part 3 of this dementia support series, presented by Lori Dierolf from Open Door Training and Development.

RSVP by Nov. 29th by calling Sue O. at 610-427-2566



*95% of our Residents would recommend us, come find out why!*



**Keystone Villa®**  
AT DOUGLASSVILLE

A DISTINCTIVE RETIREMENT COMMUNITY

Celebrating seniors for 15 years and counting!

Independent Living • Personal Care • Memory Care

## Holiday of Trees Celebration Fundraiser & Independent Living Open House

December 9 at 2-7pm

Enjoy festive holiday entertainment throughout the day. Enter the raffle to win decorated holiday trees that are on display. Proceeds benefit the Alzheimer's Association.



## Holiday Bingo & Bake Sale

December 14 at 2pm

Try your luck at winning gift cards, a variety of great prizes and a Smart TV as the grand prize.

RSVP by Dec. 12th by calling Tina at 484-925-0017

