

# THE BEST OF TIMES

JANUARY 2021



## UPPER MERION SENIOR SERVICE CENTER

431 W. VALLEY FORGE ROAD

KING OF PRUSSIA, PA 19406

TELE: 610-265-4715

On the web at [www.umssc.org](http://www.umssc.org)



<https://www.facebook.com/umssc.org/>

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### HOLIDAY GREETINGS TO ALL MEMBERS!

*On behalf of our Board and Staff, we wish everyone a VERY HAPPY and SAFE HOLIDAY SEASON!* We miss being together with you in person. So much has changed this year. The good news is the outlook is positive.

We intend to promote more Zoom meetings. By doing this we can communicate with each other until we can reopen our facility. Under "Keeping Our Members Informed" is a complete list of our Zoom activities. I know there are members who feel they cannot connect with zoom. Provided you have a working computer we can help you to learn how to enjoy Zoom. We all need more of this while we are still unable to be together in person.

We very much appreciate our Members who have made donations to our center. It's not too late for you to make a donation. If you have any questions or concerns, please feel free to call me at 610-416-7431 or email [rtmboater@aol.com](mailto:rtmboater@aol.com). I will, as always, be happy to hear from you.

*Dick McCann*

### DONATIONS TO THE CENTER

We want to thank the members who have graciously responded to our request for donations to the Senior Center. To date we have received \$840.00.

A donation has been made to the Senior Center in memory of Mike Banas.

### KEEPING OUR MEMBERS INFORMED

**STAY CONNECTED WITH ZOOM:** Wonderful to be able to share information and friendship safely. These virtual meetings are open to any member interested. **Current Events** meets *every Monday* at 10:15 AM. The **Computer Club** Zoom meets *every other Tuesday* at 2:00 PM. **NEIGHBOR TO NEIGHBOR** Zoom, hosted by John Desko *every Wednesday* from 12:00 PM to 12:30 PM, is an opportunity for all members to meet virtually and chat. Joan Shaw is hosting **Book Talk** via Zoom on the *third Tuesday of the month* at 12:00 PM. **JANUARY's** book is "The Great Believers" by Rebecca Makkai. *If you would like to participate in any of our Zoom programs or need assistance with using Zoom, please call Shirley in the office at 610-265-4715 (leave a voice mail) or email her at [admin@umssc.org](mailto:admin@umssc.org) so that your name can be added to the list of attendees.*

**FUN & FITNESS:** Stay fit and active right in your own living room. Our exercise instructor has provided several videos of the exercises as well as a Yoga instruction video. You can follow our Fun and Fitness exercises on the UMSSC Facebook page, <https://www.facebook.com/umssc.org/>. *If you are unable to access Fun & Fitness through our Facebook page, please email me in the office at [admin@umssc.org](mailto:admin@umssc.org). I will email the exercise links directly to you.*

**ATTENTION KNITTERS:** If you have been knitting squares for blankets (for the Linus Project), but have had to stop due to lack of yarn, please call Joan Banas. Joan will be happy to supply you with some yarn so that this program can continue. You may call Joan at her home at 610-265-0126.

**UPPER MERION AREA COMMUNITY CUPBOARD:** If you or someone you know is food insecure the Upper Merion Area Community Cupboard (UMACC) is open every Tuesday from 9:30-11:30 a.m. and 5:00-7:00 p.m. It is located at 191 Town Center Road in King of Prussia at the Valley Forge Presbyterian Church. The parking lot is off Independence Road. In order to best protect all of our shoppers and volunteers from the spread of the virus, food will be pre-packed in bags and loaded into cars in the parking lot. The yellow arrows in the picture demonstrate how we ask our shoppers to enter and exit the parking lot. There may be a line of cars at points throughout the morning, so we ask our shoppers to please be patient as they wait for the line to move! If you have any questions or if you are interested in donating or volunteering, please go to their website [UMACC.org](http://UMACC.org) or call **(610) 265-2420**.

**SENIORS 4 SENIORS:** There is a volunteer organization in Upper Merion called *Seniors 4 Seniors*. Created by Upper Merion High School senior brothers Marc and Dale Clayton, this organization helps Upper Merion Township senior citizens who need a little assistance with tasks such as buying groceries, running errands, walking pets and more. You can contact them at [mclayton16@icloud.com](mailto:mclayton16@icloud.com) or [dale03@icloud.com](mailto:dale03@icloud.com).

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### **DID YOU KNOW?**

#### **THREE WAYS MUSIC MAY IMPACT YOU**

1. Reducing loneliness - Music may connect you with others, even when you can't be together.
2. Influencing your mood - A favorite tune can calm you on a frustrating day.
3. Decreasing pain - Research suggests that music therapy can reduce the intensity of chronic pain.

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#### **GET A GOOD NIGHT'S SLEEP**

Being older doesn't mean you have to be tired all the time. You can do many things to help you get a good night's sleep. Here are some ideas:

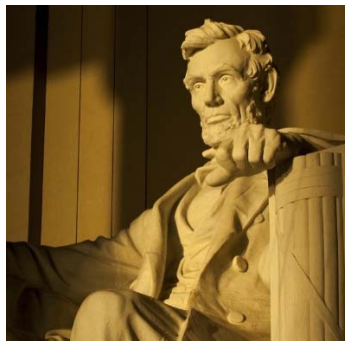
- Follow a regular sleep schedule. Go to sleep and get up at the same time each day, even on weekends or when you are traveling.
- Avoid napping in the late afternoon or evening, if you can. Naps may keep you awake at night.
- Develop a bedtime routine. Take time to relax before bedtime each night. Some people read a book, listen to soothing music, or soak in a warm bath.
- Try not to watch television or use your computer, cell phone, or tablet in the bedroom. The light from these devices may make it difficult for you to fall asleep. And alarming or unsettling shows or movies, like horror movies, may keep you awake.
- Keep your bedroom at a comfortable temperature, not too hot or too cold, and as quiet as possible.
- Use low lighting in the evenings and as you prepare for bed.
- Exercise at regular times each day but not within 3 hours of your bedtime.
- Avoid eating large meals close to bedtime—they can keep you awake.
- Stay away from caffeine late in the day. Caffeine (found in coffee, tea, soda, and chocolate) can keep you awake.
- Remember—alcohol won't help you sleep. Even small amounts make it harder to stay asleep.

\* \* \* \*



While in the trenches of World War I, the U.S. First Infantry Division found themselves unable to communicate with other troops because shellfire had damaged the telephone wires. A young private came up with a unique solution: Rags, a mixed breed terrier whom the soldiers had adopted in Paris, would carry the messages from one division to the next tucked into his collar. He saved many lives, and when Rags passed away—in Maryland, at the very advanced age of 20—he was buried with military honors.

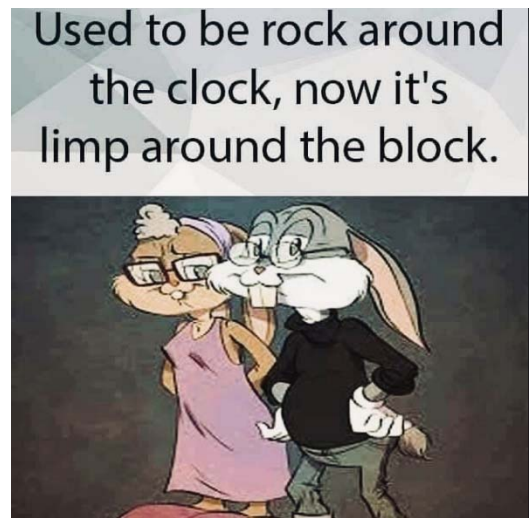
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You already know that Abraham Lincoln was shot and killed by John Wilkes Booth while watching a performance at Ford's Theatre in Washington, D.C., on April 14, 1865. But what you might not have been aware of is that the president had a bodyguard named John Frederick Parker with him on that fateful night, according to *Smithsonian Magazine*. Unfortunately, Parker was a police officer with a less-than-stellar reputation. After arriving three hours late for his shift, the officer left his post protecting the president to get a drink at the Star Saloon next door to the theatre. It was during this time that Booth entered the box seats where Lincoln was sitting and shot the president.

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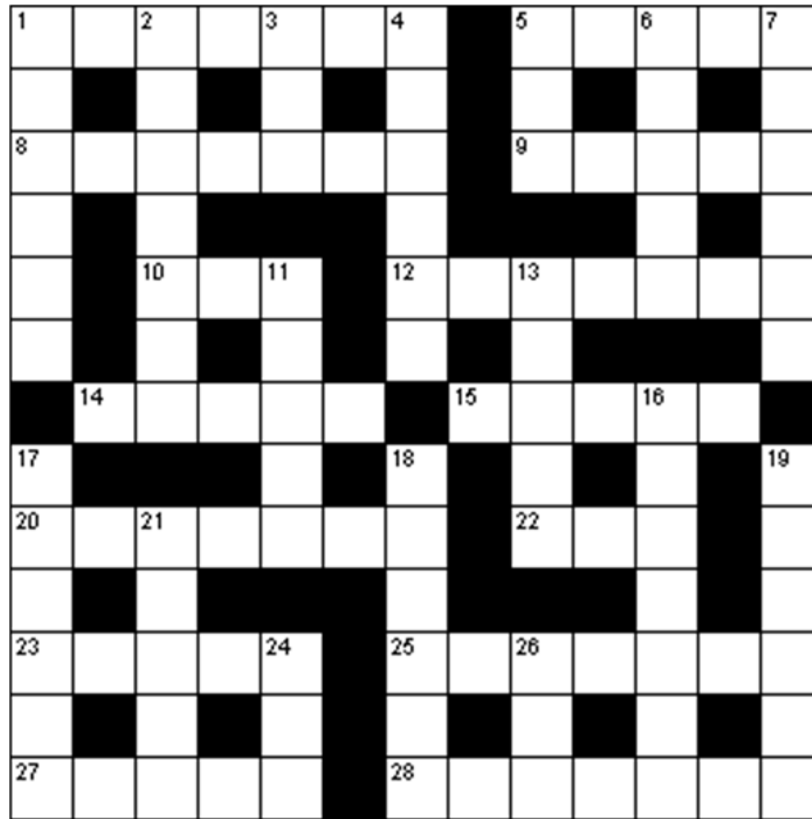
### JUST FOR FUN



# CROSSWORDS

*(answers on page 8)*

## Catch-Words 01



### Across

1. \_\_\_ speak louder than words (7)
5. Pieces of \_\_\_ (5)
8. Trade \_\_\_ (7)
9. The Holy \_\_\_ (5)
10. \_\_\_ the lion (3)
12. Lead by \_\_\_ (7)
14. A little rough around the \_\_\_ (5)
15. Last but not \_\_\_ (5)
20. Time is of the \_\_\_ (7)
22. Tic-Tac- \_\_\_ (3)
23. A \_\_\_ playing field (5)
25. Sorely \_\_\_ (7)
27. \_\_\_ your bets (5)
28. Many happy \_\_\_ (7)

### Down

1. Question and \_\_\_ (6)
2. \_\_\_ pink (7)
3. The \_\_\_ and only (3)
4. You can't beat the \_\_\_ (6)
5. Chicken and \_\_\_ (3)
6. \_\_\_ the nettle (5)
7. Fortune \_\_\_ (6)
11. A drop in the \_\_\_ (5)
13. Secret \_\_\_ (5)
16. Helter \_\_\_ (7)
17. Health, \_\_\_ and happiness (6)
18. \_\_\_ late than never (6)
19. Jack of all \_\_\_ (6)
21. \_\_\_ by the bell (5)
24. Let sleeping dogs \_\_\_ (3)
26. \_\_\_ his match (3)

## WORD SEARCH PUZZLES

### YAKETY-YAK

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

ACCENT ADDRESS ARGUE BABBLE BLAB BLUSTER, CANT  
CHAT CHATTER COMMENT COMMUNICATE CONVERSATION  
CONVERSE DEBATE DISCLOSE DISCOURSE DISCUSS  
DISSERTATE DIVULGE GABBLE GOSSIP GUSH IMPART  
INFLECT LANGUAGE LECTURE LINGO MODULATE MOUTH  
NARRATE ORATE PALAVER PARLEY PATOIS PONTIFICATE  
PRATE PREACH RAP SHOUT SLANG SPEAK SPEECH  
SPIEL TALK TELL UTTER WHISPER

## STRUT YOUR STUFF

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

ACCESSORY    APPEARANCE    ARTISTIC    ATTIRE    ATTITUDE    CATWALK  
CLOTHES    COSTUME    COUTURE    DEMONSTRATION  
DESIGN    DISPLAY    ELAN    ELEGANCE    EXHIBITION    EXPRESSION  
FASHION    FINERY    FLAIR    FORM    GARB    LOOK    MANNEQUIN  
MANNER    MILLINER    MODE    MODEL    OUTFIT    PANACHE  
PARADE    PATTERN    POSE    RAIMENT    SHOW    STATEMENT  
STYLE    SUPERMODEL    TREND    VOGUE    WALK

Crossword Answers

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

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*To All!*

*Be Loving and Kind, Have Fun and Celebrate  
Stay Safe and Keep Others Safe!*

*Happy  
New  
Year!*

*2021*