

THE BEST OF TIMES



January 2018
UPPER MERION SENIOR SERVICE CENTER
431 W. VALLEY FORGE ROAD
KING OF PRUSSIA, PA 19406
TELE: 610-265-4715
www.umssc.org

OUR MISSION STATEMENT

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

OUR GOALS

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

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HAPPY NEW YEAR!

Welcome 2018! Change is in the air at the Upper Merion Senior Service Center. Congratulations to our new Board members. We welcome you with open arms. We all have some big shoes to fill.

"New" means new ideas and new participation. We would like to see our members become more involved and take more interest in our activities and events.

Committee assignments previously headed by the Board directly will now be headed by members willing to manage an activity or event from conception to completion. Please let me know if you would enjoy taking on a task *with support*.

This new year as in the past, we hope to schedule a mix of fun, popular and unusual topics. We have a full calendar each day of the week but want to hear your special requests or ideas.

As your new President I am interested in hearing your comments both positive and negative and remain open to new possibilities.

We want to make 2018 a great year and with the help of our many members we can do it.

Dick McCann

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



JANUARY 2018

(Monthly Healthy Habit: Eat vegetables with your snack or meal at least 3 times a day.)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
NEW YEARS EVE		9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	9:30 WEDNESDAY CARD PLAYERS 10:00 BOARD MEETING 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 BREAD DAY 12:30 FUN & FITNESS	9:30 PINOCHLE 10:00 SING-A-LONG	
7	8	9	10	11	12	13
9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 HERB DAY 1:00 BOOK TALK 1:30 YOGA (VIDEO)	9:30 COMPUTER CLUB 10:00 LIBRARY TECH HELP 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	9:30 WEDNESDAY CARD PLAYERS 10:00 GENERAL MEETING 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:30 RED HAT LADIES	10:15 NURSE 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 BREAD DAY 11:00 OUTREACH - BRIGGS 12:30 FUN & FITNESS	9:30 PINOCHLE 10:00 SING-A-LONG		
14	15	16	17	18	19	20
SENIOR CENTER IS CLOSED FOR MARTIN LUTHER KING DAY OF SERVICE (PLEASE VOLUNTEER)		9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	9:30 WEDNESDAY CARD PLAYERS (IN CRAFT ROOM TODAY) 9:30 VALLEY FORGE CASINO 10:00 PERSIAN GROUP 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 BREAD DAY 12:30 FUN & FITNESS	9:30 PINOCHLE 10:00 SING-A-LONG 11:30 FRIDAY FLICKS	
21	22	23	24	25	26	27
9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 <i>LAST</i> HERB DAY 1:30 YOGA (VIDEO)	9:30 COMPUTER CLUB 10:00 LIBRARY TECH HELP 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	9:30 WEDNESDAY CARD PLAYERS 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	10:15 NURSE 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 BREAD DAY 11:30 OUTREACH - LEACH 12:30 FUN & FITNESS	9:30 PINOCHLE 10:00 SING-A-LONG		HOLOCAUST REMEMBRANCE DAY
28	29	30	31			
9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 HERB DAY 1:30 YOGA (VIDEO)	9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	9:30 WEDNESDAY CARD PLAYERS 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING				

HERE'S WHAT'S HAPPENING THIS MONTH

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

THE SENIOR CENTER WILL BE CLOSED FOR THE NEW YEARS HOLIDAY JANUARY 1, 2018 AND MONDAY JANUARY 15 FOR MLK DAY OF SERVICE.

* * * * *

MARTIN LUTHER KING DAY OF SERVICE AT THE SENIOR CENTER MONDAY, JANUARY 15: We need members to volunteer to help with general clean-up around the Senior Center from 10:00 AM to 12:00 PM. **PLEASE NOTE: NO OTHER ACTIVITIES SCHEDULED ON THIS DAY. PLEASE SIGN-UP AT RECEPTION DESK IF YOU WOULD LIKE TO HELP OUT.**

TECH HELP

TUESDAYS JANUARY 9 AND JANUARY 23 10:00 AM TO 12:00 PM. Sangeetha Srinivasan, Program Coordinator for the UM Township Library, will be here to help our members with their tech questions. Please sign up in the Lobby for one on one help.

MEMORY CAFÉ

TUESDAYS JANUARY 16 AND 30 AT 2:00 PM. Caregiver support group discussions. There is no cost or obligation and many attendees develop friendships that result in support even outside the Memory Café setting. Presented by Emily Bova, Certified Dementia Practitioner from Arden Courts at King of Prussia.

GENERAL MEETING

WEDNESDAY JANUARY 10 AT 10:00 AM. Our monthly meeting is open to all members. Learn what is going on at the senior center. We hope you will join us to celebrate January birthdays with some cake, a 50/50 raffle and a birthday raffle to win a hoagie from Angelo's Pizza.

GARDEN CLUB

The club will not meet in January; winter holiday. Time to check those catalogs for what your dream garden will have next summer. Yes, I know, catalogs are history, check on-line. See you in February.

BLOOD PRESSURE CHECK

THURSDAYS JANUARY 11 AND JANUARY 25 FROM 10:15 AM TO 12:45 PM our favorite Nurse

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

FRIDAY FLICKS!

FRIDAY JANUARY 19 - SICILIAN DELIGHT PIZZA (\$3.00) AT 11:30 AM - MOVIE (FREE) STARTS AT 12:15 PM THIS MONTH: "DUNKIRK" - Allied soldiers from Belgium, the British Empire and France are surrounded by the German Army, and evacuated during a fierce battle in World War II. **Must sign up (and/or pay for pizza) at info desk by Thursday, JANUARY 18.**

OUTREACH

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

Senator Daylin Leach's aide will be here on Thursday, JANUARY 25 from 11:30 AM to 1:00 PM.

BOOK TALK

MONDAY, JANUARY 8 at 1:00 PM. Coordinator: Patricia Ackah. This month's book "Five Presidents" by Clint Hill. Secret Service agent Clint Hill brings history intimately and vividly to life as he reflects on his seventeen years protecting the most powerful office in the nation. Hill walked alongside Presidents Dwight D. Eisenhower, John F. Kennedy, Lyndon B. Johnson, Richard M. Nixon, and Gerald R. Ford, seeing them through a long, tumultuous era—the Cold War; the Cuban Missile Crisis; the assassinations of John F. Kennedy, Martin Luther King, Jr., and Robert F. Kennedy; the Vietnam War; Watergate; and the resignations of Spiro Agnew and Richard M. Nixon.

VALLEY FORGE CASINO

WEDNESDAY, JANUARY 17 (Cut-off date MONDAY, JAN. 15) THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY: TO TAKE ADVANTAGE OF THIS OFFER YOU MUST COMPLETE REGISTRATION FORM AVAILABLE AT THE SENIOR CENTER OR ON OUR WEBSITE AT WWW.UMSSC.ORG. If you are planning to take the Shuttle, please register in advance. Shuttle departs the center at 9:30 AM and returns at 2:30 PM. For those driving, please meet in the Casino lobby between 9:30 AM and 10:00 AM. **THE RAMBLER NOW MAKES A STOP AT THE CASINO. Everyone must bring a valid photo ID.**

NEWSWORTHY

2018 MEMBERSHIP RENEWALS

The 2018 membership renewals are now being accepted. For the first time in over 15 years, the membership fee will be increasing to \$20.00 per person to help defray the increase we have experienced in our operating expenses. We look forward to the New Year and all of the exciting

activities and events we are planning. We hope we can count on the continued support of our members.

WELCOME NEW MEMBERS!

Please join us as we welcome the following new members to our UMSSC family. We hope to see them around the Center. Welcome to Andrew Andreyko, Charlotte Pachella, Carole Silverman and Deborah Smith.

KEEPING SENIORS INFORMED

WHAT COLOR IS YOUR FAT?

Is it white or brown? Actually, you have both colors. What is the difference between them? You do not need to know the scientific explanation to understand how the two types affect you. The fat that builds up around the waist and thighs is the white type. It is a result of storing excess calories. When too many calories are consumed, the body converts them into energy reserves in the form of white fat. Large amounts of white fat stored around the abdominal area is associated with a higher risk of metabolic disease such as diabetes.

Brown fat generates heat by burning calories. Humans with higher levels of brown fat take longer to start shivering from the cold. Research with rats has shown that those with more brown fat have been found to increase the rate at which they burn energy, reduce the amount of fat in their bodies and protect them from diet-induced obesity. A person who is overweight has proportionally less brown fat than one who is not overweight. Brown fat may play a KEY role in keeping people lean.

Research is still being done on the subject, but so far has identified some measures that could increase the body's brown fat to burn more calories. True, some studies were with mice and rats but the results are activities that humans could use with no harm to themselves. Consider how you could use some or all of the findings.

1. **EXERCISE:** Moving your body may release an enzyme that prompts white fat cells to convert to brown. More brown cells burn more calories. Need we say more?
2. **EAT AN APPLE A DAY:** An apple a day may keep the doctor and the fat away. An acid present in the peels boosted brown fat in studies with mice. Do not discard the peels which also give you fiber.
3. **DON'T STARVE YOURSELF OR STUFF YOURSELF:** Again, using studies with mice, it was found that eating too few calories prevented white fat from turning brown. Eating just enough to satisfy hunger promoted

neuron action needed to turn white fat into brown. Another study showed overconsumption interferes with the fat's ability to burn calories.

4. **TURN DOWN THE THERMOSTAT:** The studies with men necessitated being exposed to lower temperatures than we usually have in our home, but did result in burning more calories over time. From a realistic point of view, you could experiment with gradually reducing the temperature in your home to a tolerable level. Many people overheat their home (raising their heating bills) rather than wearing warmer clothing or putting on a sweater.

5. **STIMULATE YOUR MELATONIN PRODUCTION:** You already know that melatonin helps regulate your sleep-wake cycle. Experts say that you can stimulate your body's own natural production by getting enough sunlight exposure during the day (which also gives you Vitamin D) and by eating melatonin cardamom and coriander. It is advised to avoid or at least reduce night time exposure to light from TVs, computers and other screens.

Now, are you ready to lower your white fat and increase your brown fat?? *(Contributed by Jane Burger)*

SENIOR AUTO INSURANCE CHECKLIST

As a senior driver, you often experience changes in your family and work life that change how and how much you drive. That means you should review your auto insurance policy to make sure you aren't paying for coverages you may no longer need.

Here's a checklist of items you may want to review on your auto policy. If you have retired, check your policy for these issues:

Wage Replacement (income loss). You may have bought coverage to pay bills if you couldn't work for a period of time, but if you no longer work and have no job-related wages, you probably don't need this coverage anymore.

Commuting Versus Pleasure Driving. You may be paying a higher rate for driving in rush hour traffic every day when you no longer do that.

Annual Mileage. If you no longer make the daily commute you may drive significantly fewer miles each year. Driving fewer miles could decrease how much you pay.

Empty Nesters. Make sure grown children who no longer live with you are not still on your policy.

If all the drivers on your policy are 55 or older, take a PennDOT approved mature driver class. You may qualify for a five percent discount.

Always check your coverage limits and deductibles. Over time your coverage needs may have changed.

Have the coverage you need, but don't pay more than you should.

Whether you have a general question or want to file a complaint, you can get help at Consumer Services online at www.insurance.pa.gov or by calling 1-877-881-6388. *(from the pa.gov website)*

8 WAYS TO PREVENT FALLS IN HOME

While not every fall can be prevented, there are many things that can be done to minimize the risks in a senior's home to help reduce the possibility of falls. Take a look at these tips for fall prevention for seniors:

1. Keep walkways and staircases free of clutter; remove any items that might cause tripping hazards or make it difficult to maneuver through the home. Rugs, carpets and floor mats should be secured, or even removed.
2. Install light switches at both the top and bottom of staircases in easy-to-reach places. Glow-in-the-dark light switches are a great solution to keep staircases well lit.
3. Install grab bars or safety rails in bathrooms for assistance. Shower chairs can provide a stable area to sit and avoid falls.
4. Encourage your loved one to follow up with his or her eye care physician to maintain good vision and have prescription lenses checked on a regular basis.
5. Keep all exposed hot water pipes covered to prevent injuries and burns, and keep the hot water heater off the highest setting to avoid accidental scalding.
6. Place routinely used items like plates and drinkware, on lower shelves and cabinets. This prevents the use of step stools or losing balance from trying to reach items stored up high.
7. Remind your loved ones to exercise caution when lifting or moving items or bringing in groceries.
8. Ask your senior's physician about a stretching program or exercise program to help him/her increase mobility and stamina.

10 ABSOLUTES OF COMMUNICATING THROUGH ALZHEIMERS

1. Never argue, instead agree

2. Never reason, instead divert
3. Never shame, instead distract
4. Never lecture, instead reassure
5. Never say "remember, instead reminisce
6. Never say "I told you" instead repeat/regroup
7. Never say "you can't, instead do what they can
8. Never command/demand, instead ask/model
9. Never condescend, instead encourage/praise
10. Never force, instead reinforce

(From the Alzheimer's Caregiver Institute)

THE IMPORTANCE OF HYDRATION FOR SENIORS

Dehydration is a condition where more fluids are leaving the body than entering the body. If you are a caregiver, it is important to really watch for signs of dehydration. When you are older, the difference between hunger and thirst is hard to differentiate so it is important to always maintain your hydration. The less a person drinks water, the less thirsty they become over time. Most senior citizens are consistently dehydrated and require about two and a half quarts of pure water each day.

There are many symptoms of dehydration, these include:

- Confusion
- Unable to urinate
- Fatigue
- Headache
- Muscle weakness
- Chronic fatigue and lethargy
- Drowsiness
- Sunken eyeballs
- Dry mouth

Some of these symptoms may be hard to notice if someone you are caring for has dementia. If they do have dementia, make sure you keep an extra eye on their daily consumption of water. The risk for dehydration is increased for those with Alzheimer's. They will forget to drink, or will not be able to communicate that they are thirsty, or will have difficulty swallowing. If there is a lack of water, then it is the number one trigger for daytime fatigue in seniors.

Water plays a vital role in our bodies, especially seniors. Over time, lack of water may cause loss of muscle tone, slow metabolism, weight-gain, increased toxicity, or organ failure. It may also play a part in negative effects such as, dry skin, arthritis, hypertension, migraines and problems with their digestive system. If there is no water in the body, then the kidney will not be able to excrete its required minimum ten ounces of waste per day. This will eventually cause build-up within the body causing kidney stones.

Essentially, nothing can take place in the body without water being present. It helps regulate body temperature, carry nutrients, removes waste and keeps you hydrated. There are so many benefits with drinking water that no matter what age you are at you should make it a priority. It will also increase your mood, boost your energy and overall help you live a healthy lifestyle.

(by McKenna Burr - Healthy Living)

ACKNOWLEDGEMENTS **MEMBER DONATIONS TO UMSSC**

Upper Merion Senior Service Center is a member of the *United Way Donor Program*. Anyone wishing to make a donation to the UMSSC can designate UMSSC as the recipient of their donation. (Reference UMSSC ID #45796, UW Agency #8229767.)

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

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

★ Dan & Cindy Eastman in memory of George Koresko

GRACIAS! THANKS! DANKE! MERCI!

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

FLOWER CAUSE

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

SHOEBOX RECYCLING

We continue our Shoebox Recycling program in partnership with Community Recycling to collect **gently used, suitable for re-use** shoes for men, women or children around the globe. Every box we fill **raises funds for the center**. **Please be sure shoes are clean and in good condition**.

SENIOR CENTER COMMUNITY OUTREACH

APPRISE COUNSELOR

An AARP Volunteer Apprise Counselor is available through the Senior Center to provide assistance with *insurance and Medicare* concerns. Call the Senior Center at 610-265-4715 and give your name, telephone or email. We will provide the Apprise Counselor with your information and they will contact you directly.

UPPER MERION EMERGENCY AID

We are thankful for what we have and for what we give. Please think of others and make a donation of food and/or dry goods and cleaning and paper products for local families in need. Our donation box is in the lobby. **Donations of boxed Potatoes (mashed, scalloped au gratin, etc.) boxed Macaroni and Cheese and boxed Stuffing, Spaghetti Sauce, Chicken Broth and Soup, Canned Pasta (Chef Boyardee), Tuna and Fruits and Vegetables. Peanut Butter & Jelly, Turkey Gravy, Cereal, cleaning, laundry detergents and toiletries are needed. Also a special request for "after school" type snacks for kids. Let's help families in our community who are experiencing a time of need.**

AROUND THE COMMUNITY

WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY - JANUARY UPDATES



THE DIRECTOR AND STAFF WISH YOU ALL A VERY HAPPY NEW YEAR!

Library will be closed on Monday, January 1 for New Year. We will reopen on Tuesday, January 2 at 9 am.

Winter Reading Program Starts January 3, 2018. Read, Register & Review to win exciting prizes. Register via our library's website or come in person to register. Last date to submit review is March 20, 2018.

ESL Classes Tuesdays at 1 pm. For adults who speak English as a second language, this program allows you to practice your English through conversations about books, short stories, and news articles. The class leader is Mrs. Jean Olexy, a certified ESL teacher. Anyone who speaks English as a second language is welcome to drop in.

Tech Night on Monday, January 8 at 7 pm in Henderson Room. Own an iPad or an iPhone but have trouble using it? Planning on buying, but the latest technology troubling you? Need help with downloading

e-books? Our youth volunteers are here to help you. Registration Required.

Adult Coloring Night on Monday, January 8 at 7 pm in Valley Forge Room. Bring your friends and enjoy coloring. Walk-ins are welcome. Materials will be provided. If you are interested in puzzles, we have them as well!!

Transform. You. Series January 11, 18, and 25 at 7 pm in Valley Forge room. Understand and realize your true potential. Know what you are good at, build transformational capabilities and sell more effectively. Create a solid online presence and let your customers and target audience reach you online.

Family Game Night on Monday, January 15 from 3 pm to 8 pm: Come by anytime during these hours to play board games and video games at the library. All are welcome.

Zumba on Monday, January 15 at 6 pm at the Community Center: Professional instructor from our Community center will teach the class. Come and enjoy the class while your body tones. The class will be held at the Community Center. Please be there 10 minutes early to sign the waiver. **MUST REGISTER** through the library. **FREE** for all, need not be a member.

JUST FOR FUN - HAVE A GOOD LAUGH



"Okay your father managed to get a mouse. Now how do we use it?"
"I don't know."

- SENIOR CITIZEN TEXTING CODE**
- ATD - At the doctors**
- BFF - Best friend fell**
- BTW - Bring the wheelchair**
- BYOT - Bring your own teeth**
- FWIW - Forgot where I was**
- GHA - Got heartburn again**
- IMHO - Is my hearing-aid on**
- LMDO - Laughing my dentures out**
- TTYL - Talk to you louder**



Happy New Year Everyone!
In the New Year, may your right hand always be stretched out in friendship, but never in want." (Traditional Irish Toast)



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Learning and Growth Opportunities:
Children and Youth Sunday School, Adult Bible
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Participating in God's good:

Food collection, VFPC vegetable garden, Flea Market,
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on Wheels, Laurel House, Children's Village, More!

Young, old, lifelong, brand new, certain and unsure are all welcome!
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Note:
Information submitted following publication of this newsletter will be posted on the UMSSC Bulletin Boards and listed on UMGA-TV (Comcast Channel 22 or Verizon FiOS Channel 33) Visit the Center's web site at: www.umssc.org UM RAMBLER Free service to UM Township Seniors (Visit GVF Transportation for pass) You can ride back and forth to the Center, the Malls, and other destinations!

INCLEMENT WEATHER & SENIOR CENTER CLOSINGS:
CALL SENIOR CENTER FIRST AFTER 7:30 AM (610-265-4715) AND LISTEN TO VOICE MAIL RECORDING

VOLUNTEER FOR OR PARTICIPATE IN ANY OF THESE SENIOR CENTER COMMUNITY OUTREACH PROJECTS

CALL FOR VOLUNTEERS

Are you interested in volunteering at the Senior Center? Here is a chance to get involved with *your* organization. Many events require some extra hands to run successfully and we look to our membership to help out. We would especially like to see some of our newer members volunteer at the Senior Center. If you do have the time to volunteer please give your name to Dick, McCann, Cindy Eastman or Shirley Robey in the office.

RECEPTION AREA GREETER

We are still looking for members with sunny dispositions who are interested in volunteering for a couple of hours each week at the Senior Center. In addition to greeting members as they come in and providing information to people who are interested in the Senior Center, you may be asked to help out on special projects (i.e. newsletter mailing). If you think you might be interested, see Cindy or Shirley in the staff office.

PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM

We are collecting children's books for the Bridgeport Elementary School children (grades K-4th). *Our book donations are a big hit with the kids because they get to keep the books they pick. Let's keep it going! When donating books please be sure that they are in good condition.*

PROJECT LINUS – ONGOING

The "Hearts and Hands" ladies group at Good Shepherd's Church collect knitted and crocheted squares for blankets provided to children who are seriously ill or traumatized. Joan Banas collects the squares on behalf of the church. Our members can participate by knitting squares. Yarn and patterns are on a table near the lobby. Many thanks to our knitters and keep up the good work!

KNITTED CAPS FOR ST. CHRISTOPHER'S

Our members knit caps for preemie babies at *St. Christopher's Hospital for Children*. You can join the group here at the Center on Tuesdays at 1:00 PM or you can take the yarn and do your knitting at home. Hat pattern is available.

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"Best of Times"

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