

The Best of Times

JULY 2023



UPPER MERION SENIOR SERVICE CENTER

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On the web at www.umssc.org

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

Welcome to the July Newsletter. The coming months, July and August have been referred to as the “Dog Days of Summer”, when the hot, sultry days of summer occur in the Northern Hemisphere. If this summer is like the last one, I am sure we will experience some of that hot muggy weather but hopefully enjoy some showers to help cool us off.

The Senior Center is here for you, our members, to come and enjoy a little air conditioning. Why not escape your hot home if you do not have air conditioning, or simply adjust yours up and let us cool you off for a few hours. May I suggest spending time in our library. Bring your favorite book or select a new one and have a seat. Or bring your lunch and sit in the kitchen a while. Maybe you will have the opportunity to socialize with other members or meet someone new and share time together. If you come on Tuesday, the UMSSC band practices at 12:45 offering a little free entertainment. You might also like to try a new activity such as Bingo or Mexican Train. Check out the July calendar and give it a try. Could be fun.

Thank you to the many volunteers who helped with the Picnic in June. Our members brought some incredible food to enjoy. I know I ate too much.

Watch the newsletters for upcoming social events. In August we would like to have an ice cream social and in September, something different, with a 4-6pm mocktails and appetizers. Hopefully both will be an opportunity to enjoy our outside patio and garden. Please let me know if anyone would like to volunteer to help with either/or both these activities. New ideas are always appreciated.

Hope to see you enjoying the many activities at the Senior Center. ***Happy 4th of July. Have a fun and safe holiday.***

Sharon Brzoska, President

WHAT'S HAPPENING AT THE CENTER

THE SENIOR CENTER WILL BE CLOSED FOR INDEPENDENCE DAY HOLIDAY
ON MONDAY, JULY 3 AND TUESDAY, JULY 4.














Please refer to the monthly calendar for all *JULY* activities. Contact anyone in the office if you have questions. *Before venturing out in inclement weather, please call the Center, check your email or check our UMSSC website to see if we are opened or closed.* For activities conducted or available on Zoom you must call the office and provide your email address to receive the zoom link.

TECH HELP: Sangeetha will be at the Center the 1st and 3rd Wednesday of the month @ 12:00 PM. (*July 5 and July 19*). Meet in the Computer Room.

BLOOD PRESSURE CHECK: Thursday, July 13 from 9:30 to 12:00 PM. Have your blood pressure checked by MLH Nurse Tracey.

JULY 2023

LAND OF THE FREE, HOME OF THE BRAVE!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						 1
2 	3 SENIOR CENTER CLOSED FOR JULY 4TH HOLIDAY	4 CENTER CLOSED 	5 9-3 WALK THE TRACK 12:00 TECH HELP 10:15 BINGO 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING(ON HIATUS)	6 9-3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 12:30 MAH JONGG(ON HIATUS)	7 9-3 WALK THE TRACK 10:30 SING-A-LONG	8
9	10 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN	11 9 -3 WALK THE TRACK 10:00 BOARD MEETING 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	12 9-3 AM WALK THE TRACK 10:15 BINGO 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING (ON HIATUS) 12:30 TAI CHI FOR ARTHRITIS GROUP#1 1:45 TAI CHI GROUP#2	13 9 - 3 WALK THE TRACK 9:30 TO 12:00 NURSE 10:15 BINGO 11:30 FUN & FITNESS 12:30MAH JONGG(ON HIATUS)	14 9-3 WALK THE TRACK 10:30 SING-A-LONG	15
16	17 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN 1:00 BOOK TALK	18 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	19 9-3 WALK THE TRACK 12:00 TECH HELP 10:15 BINGO 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING (ON HIATUS) 12:30 TAI CHI GROUP #1 1:45 TAI CHI GROUP #2	20 9 - 3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 12:30 MAH JONGG (ON HIATUS)	21 9-3 WALK THE TRACK 10:30 SING-A-LONG	22
23	24 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12:30 COFFEE WITH UM SUPERVISOR TINA GARZILLO 12:30 MEXICAN TRAIN	25 9 -3 AM WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	26 9-3 WALK THE TRACK 10:15 BINGO 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING (ON HIATUS) 12:30 TAI CHI GROUP#1 1:45 TAI CHI GROUP #2	27 9 - 3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 12:30-MAH JONGG (ON HIATUS) 1:00 QUILTING	28 9-3 WALK THE TRACK 1030 SING-A-LONG	29
30	31 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN 12:30 COFFEE WITH UM TAX COLLECTOR EVELYN ANKERS					

CLASS IS FULL TAI CHI FOR ARTHRITIS: *On Wednesdays beginning July 12 to August 30 (12:30 PM or 1:45 PM Session). Tai Chi for Arthritis is an 8 session program with each session lasting 45 minutes-1 hour. You must have signed up in advance to attend.* Offered by the Montco Department of Aging. Exercises can be done seated or standing. Medical authorities agree that suitable exercise for people with arthritis should incorporate components that can improve muscular strength, flexibility, and fitness. Increased muscular strength supports and protects joints, which will reduce pain. Flexibility exercises also help to reduce pain and stiffness, thus improving mobility. Stamina or fitness is important for overall health and proper function of your heart, lungs and muscles. Tai Chi for Arthritis helps people with arthritis to improve all these and more. It improves balance both mentally and physically thus significantly reduces the rate of fall of the older adults. Additional benefits include improving relaxation, vitality, posture, and immunity.

BOOK TALK: Monday, July 17 at 1:00 PM. Also on Zoom. Book selection is " Mary Jane" by Jessica Blau. Copies are available at library.

COFFEE AND CONVERSATION WITH A SUPERVISOR: Monday, July 24 at 12:30 PM. Tina Garzillo, Chairperson of the UM Board of Supervisors, will be here. *You are invited to submit questions for her in advance of the meeting. Please give them to an office staff member.*

COFFEE AND CONVERSATION: Monday, July 31 at 12:30 PM Tax Collector Evelyn Ankers will be at UMSSC. Ms. Ankers will answer your tax questions, including about the recently mailed school tax bills. She will also accept tax payments at that time.

IMPORTANT NOTICE - MONDAY MATINEE: *On hiatus for the summer. Returns in September.*

IMPORTANT NOTICE - LINE DANCE AND MAH JONGG: *These activities are on hiatus for the summer. Will resume in September.*

DO YOU LIKE TO PAINT WITH ACRYLICS? Marybeth Guminski is interested in forming a group of UMSSC members to meet weekly and who like to paint with acrylics. *This is not an instruction class and no art supplies will be provided.* If interested, please put your name on the "interest only" signup sheet in the lobby. If you have any questions, you can contact Marybeth at 610-996-1428 or email marybethgum@comcast.net.

EXCURSION DATES 2023

PAYMENT MUST BE PRESENTED WHEN YOU REGISTER FOR ANY TRIP.

DUTCH APPLE DINNER THEATER: FRIDAY, NOVEMBER 17. "A Christmas Carol".

BIRTHDAYS IN JULY

7/1 Joseph Guardino	7/11 Carol Mellom	7/25 Jacqueline Conrad
7/1 Linda Spreeman	7/13 Kathryn Cummings	7/25 Harlyce Grossman
7/2 Dolly Sood	7/13 Thomas Krizovensky	7/25 Sue Halfond
7/3 Leslie Harris	7/14 Charles Dewey	7/25 Gail Moore
7/3 Mary Pat Thomas	7/15 Jacquelyn Mengel	7/26 Eileen McFalls
7/7 Alberta McCulla	7/15 Dianne Shine	7/27 Sandra Adams
7/7 Joanne Meenan	7/15 Terry Stevens	7/27 Carmine DeMenna
7/7 Roseanne Scully	7/17 Joan Vance	7/27 Henry Yaure
7/8 Joan Shaw	7/23 Rosa Lloyd	7/28 Catherine Reilly
7/8 Pamela Welsh	7/24 Donna Brody	7/29 Nancy Khieu
7/9 Marcie Brean	7/24 Mark Ronollo	7/29 Helen Surman
		7/31 Catherine Middleton

SPOTLIGHT ON: UMSSC BOARD MEMBERS

This monthly Spotlight series will introduce you to our current Executive Board and Board Directors as an opportunity to know them better.



JOAN BANAS: Joan has been a member of the Senior Center since 2006, back when we were still at the Gulph Road School. She joined to meet people and make new friends. Joan also wanted to get some exercise and still enjoys attending our Fun & Fitness classes. Joan is an integral member of the Center as she is an amazing volunteer. She serves on the UMSSC Board and she is one-half of the Decorating Committee. You can see some of her work around the Center in the lobby and on the tables in the dining area. Joan always helps with planning and setting up for our social gatherings and special events. She is a very giving person as she also does a lot of volunteering in the community. Joan delivers Meals on Wheels to housebound seniors and coordinates with our members for the Project Linus knitted blankets for cancer patients. She loves doing word search puzzles (large print of course), sewing and enjoys watching the Hallmark Channel movies. Joan was married for 48 years to her husband Mike before his passing. She has three children, 5 grandchildren and 6 great grandchildren!! We are very lucky to have Joan as a member of our Senior Center.



JOAN SHAW: Originally from Canada, Joan became a U.S. citizen after living here for 22 years. She became a member of UMSSC after her retirement in 2007. Joan joined the Senior Center at the suggestion of a friend as a means of socializing and making new friends. She has an interesting career background having worked as a journalist for the King of Prussia Courier and then teaching social studies and science at the Woodlynde School in Wayne. Joan is the volunteer coordinator for the Current Events Discussion Group and the Book Club. She enjoys stimulating conversations and accomplishes this through these activities. Joan loves to quilt and joins the other quilters here at the Center when they meet.

She also volunteers when we have special events like the potlucks and picnics. There is no holding Joan back when it comes to traveling. She just returned from Australia and New Zealand and hopes one day to take a cruise from South America to Buenos Aires. Joan's husband passed away 9 years ago. She often travels to visit her two sons (one lives in Washington State and the other lives in Virginia) and she is a proud grandmother of three. We thank Joan for serving on the Board and appreciate all she does for the Senior Center.

PROJECT LINUS – YARN NEEDED

The “Hearts and Hands” ladies group at Good Shepherd’s Church are still collecting knitted and crocheted squares for blankets. Joan Banas has been collecting the squares on behalf of the church and will continue to do so as long as they are being made. Our participating members have done a great job in keeping this project active. *We are asking for donations of 4-ply yarn (any color) to be used by our knitters. If you have any that you would like to give, please put it in the yarn bin on the blanket table in the lobby area.*

VETERANS CARE PACKAGE DONATIONS

In association with the Norristown Veterans Affairs office we will be collecting donations for care packages to give to veterans. Below is a list of the preferred donation items. *If donating any food or drink or drink mixes, please be sure these items have not expired.* We are collecting:

MENS/WOMENS FLIP FLOPS FOR SHOWERS - MENS/WOMENS SOCKS (BOOT OR CALF SIZE ONLY)- TOOTH BRUSHES/TOOTH PASTE- KLEENEX (INDIVIDUAL SIZE WRAPPED PACKAGES)- COMBS- SMALL WRITING TABLETS & ENVELOPES- PENS/PENCILS- GUM - PEANUT BUTTER CRACKER PACKS- BEEF JERKY OR SLIM JIMS- COFFEE OR TEA BAGS - GATORADE- DRINK MIXES - KOOL AID OR ICED TEA.

There is an assigned box in the lobby area to place items you are donating. Thank you in advance to those who give.

DID YOU KNOW: Dealing With Anxiety

(from the National Council on Aging)

Anxiety disorders affect nearly 4% of older adults worldwide. However, many more cases go undiagnosed due to misconceptions about mental illness. Severe anxiety isn't an inevitable part of aging. With the right treatment, you can find relief from your symptoms and return to a normal and productive life.

Anxiety is a natural response to many life stressors, such as meeting new people, speaking in public, or getting lost in an unfamiliar environment. But when those feelings of nervousness become overwhelming and make everyday life more difficult, it may be a sign of an anxiety disorder. Anxiety disorders affect nearly 4% of older adults worldwide, and those are only the cases that are recognized and diagnosed.

Symptoms of anxiety vary from person to person. But in general, mental and behavioral signs of an anxiety disorder include: uncontrollable feelings of panic, fear, and/or apprehension; obsessive thoughts; restlessness; trouble with memory and focus, insomnia, nightmares, and refusal to engage in routine activities.

Anxiety is often accompanied by physical signs such as: Racing heart, or heart palpitations, trembling, hot flashes, headaches, frequent urination, shortness of breath, nausea, tense muscles, excessive sweating and cold or sweaty hands.

While symptoms are an important aspect of diagnosing anxiety in older adults, even more critical is how these symptoms affect day-to-day living. Anxiety is considered problematic when it interferes with your daily functioning, your quality of life, and even your health.

Anxiety doesn't always have a specific cause, and scientists aren't completely clear why some adults suffer from excessive anxiety. It's possible that multiple situational and environmental triggers are at play. Some common risk factors for anxiety disorders in seniors include: stressful life events (e.g., death of a loved one), limited physical mobility, loss of independence, financial insecurity, insomnia, chronic health conditions (e.g., diabetes, obesity), side effects of medications (e.g., steroids, stimulants), misuse / abuse of alcohol or prescription medications, or trauma from childhood.

Seeking medical intervention should be a priority if your anxiety exceeds typical, everyday worries. But there are also lifestyle practices you can adopt to make your anxiety more manageable:

- **Talk it out:** Oftentimes, sharing our feelings and experiences can help us feel less anxious. Consider joining an online or in-person support group for those with anxiety disorders, or talk with a trusted friend, family member, or spiritual leader.
- **Manage your stress:** Meditation, yoga, mindfulness, deep breathing, and other stress management techniques can help relieve the physical symptoms of anxiety and make you feel more relaxed.
- **Avoid stimulants:** Certain substances can worsen anxiety disorder symptoms. These include caffeine, nicotine, over-the-counter cold medications, alcohol, and certain herbal supplements.
- **Get plenty of sleep:** A study by University of California, Berkeley researchers showed that sleeplessness can increase anxiety by up to 30% the next day. Older adults should aim to get 7 to 9 hours of sleep per night.

Severe anxiety is not a normal part of aging—and you don't have to accept living with it. If excessive worry is keeping you from a happy and productive life, talk to your doctor. Today's anxiety treatments are safe and effective and can help you feel like yourself again.

UM LIBRARY PROGRAMS FOR JULY 2023

(Call the library at 610-265-4805 or check www.umtownship.org/library to register for all their programs and for latest updates and online access.)

SUMMER READING: For all ages continues in July. Online and in-person registrations are available!

ESL CLASS (English as a Second Language Conversation Group): No registration required. The group will meet **every Tuesday at noon** (12 pm) in person in Valley Forge Room.

TECH NIGHT: Will be walk-ins starting this month. This one on one tech help session meets first Monday of every month at 6:00 PM. Bring your tablet/iPad/digital phone to get all your digital questions answered and learn to download books, magazines, audio books, and watch TV shows for free.

MEDITATION SERIES - MEDITATION WORKSHOP: Falun Dafa Meditation will be held on the second Tuesday of every month (July 11) at 6:00 PM. Discover the power of self-cultivation. Learn what keeps tens of millions around the world happy, healthy, and energized. Falun Dafa, also known as Falun Gong, is a traditional Chinese mind-body practice that consists of five easy-to-learn exercises and meditation and is guided by the principles of Truthfulness, Compassion, and Forbearance. It is free to learn and is practiced by people from all walks of life in over 130 countries worldwide.

THE THURSDAY MURDER CLUB BY RICHARD OSMAN - BOOK DISCUSSION: Saturday, July 15 at 10:30 AM. Adults are welcome to gather and discuss the monthly book pick, meet neighbors, and munch on snacks. We read a variety of genres, including mystery, fantasy, historical fiction, and science fiction, not to mention selections from nonfiction. We invite you to come and share your thoughts and hear others' perspectives as well. Discussion Leaders: Ms. Pat Lee & Ms. Susan Tsiouris. Participation Policy (Effective Spring 2023).

- No administrative charge for participants borrowing books/participating
- Books are not available for purchase from the Library
- Participants may also supply their own copy of books or ask us for help borrowing

VIRTUAL CAREER SERIES: Scheduled for 3rd Monday of month (July 17) at 6:00 PM. Please check our online calendar for topics discussed each month. Must register to receive zoom link.

MILITARY HISTORY SEMINAR- THREE PART SERIES – BLITZKRIEG AND THE CONQUEST OF FRANCE: Mondays, July 17, 24 and 31 at 6:30 PM. The German Army, thwarted in its four-year attempt to conquer France suffered enormous casualties in World War I. Just over 20 years later German panzers overran France in fewer than six weeks with comparatively light losses. How did this unexpected outcome occur so quickly? (Three 40-45 minute meetings followed by 5-10 minute discussion).

VIRTUAL PRESENTATION - GREAT GARDENS OF THE DELAWARE VALLEY: Wednesday, July 19 at 7:00 PM. Did you know Philadelphia is known as America's Garden Capital? In fact there are 36 public gardens and arboreta located with 30 miles of Greater Philadelphia – the most in the country! This tour will highlight the beauty of Mt. Cuba Center, Chanticleer, Tyler Arboretum and Longwood Gardens. ZOOM LINK WILL BE SENT TO ALL REGISTERED PATRONS 2 DAYS BEFORE THE EVENT.

KNIT NITE: The group meets 4th Monday of the month (July 24) at 6:00 PM. From veterans to wanna-be knitters. If you don't know how to knit and want to learn, our more experienced knitters are always eager pass on their skills, and some advanced knitters are usually available to help with patterns and designs.

ART, GAMES AND CHIT CHAT FOR ADULTS WITH DISABILITIES: Thursday July 27 at 12:30 pm. Let your creative juices flow while we make fun art projects. Don't feel like being artsy? We will have games and time for chit chat. Adults (18 and over) of all disabilities welcome. All materials included. This program is designed to offer our disability community a chance to get together to socialize, explore different art activities and enjoy games. It will be a casual atmosphere where fun and self-expression are encouraged. All materials will be provided. Support companions are required. Attendees must be 18 and up. Sessions will run the fourth Thursday of each month. This program is being offered in collaboration with Autism Society Greater Philadelphia and co-sponsored by Upper Merion Township Library.

JUST FOR FUN!

WATER

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BAY, BILLABONG, BREAKER, BRINY, BROOK, CANAL, CHANNEL,
COVE, CREEK, ESTUARY, FOUNTAIN, GULF, INLET, LAGOON,
LAKE, LOCH, MAIN, OASIS, OCEAN, POND, POOL, PUDDLE,
RAPIDS, RESERVOIR, RILL, RIVER, RIVULET, ROLLER, RUNNEL,
SEA, SHALLOWS, SOUND, SPRING, STRAIT, STREAM, SURF,
TIDE, TRIBUTARY, WADI, WASH, WATER, WATERCOURSE,
WATERFALL, WATER HOLE, WATERWAY, WAVE, WEIR, WELL.

Be loving and kind, have fun and celebrate.

Stay safe and keep others safe.



GRACIAS! THANKS! DANKE! MERCI!

★Special thanks to SALVATORE'S TRATTORIA & PIZZERIA for delicious Monday Matinee pizza!
★Thank you to the UPPER MERION TOWNSHIP LIBRARY for all they do for the Senior Center including large print books and Monday Matinee movies. Thank you to COSTCO for gift cards.