

THE BEST OF TIMES

FEBRUARY 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



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

BETTER DAYS AHEAD!

We miss being together with you in person, but the good news is the outlook for 2021 is positive.

We have been promoting Zoom activities which allows us to communicate and socialize with each other until we can reopen our facility. Under "Keeping Our Members Informed" is a list of our Zoom activities. I know there are some members who feel they cannot connect with zoom. If you have a working computer we can help you to learn how to enjoy Zoom. We all need more of this while waiting to be together in person. Thank you to those members who are hosting the Zoom activities.

We very much appreciate and thank our members who have made donations to the 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. I will, as always, be happy to hear from you.

Dick McCann

DONATIONS TO THE CENTER

Donations have been made to the Senior Center in memory of Mike Banas and Patricia Ackah's sister, Lydia.

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**, hosted by Dave Newman, meets on Zoom *every Monday* at 10:15 AM. The **COMPUTER CLUB** Zoom, hosted by Herm Natanblut, 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 (Feb. 18)* at 12:00 PM. FEBRUARY'S book is "**Born A Crime**" by **Trevor Noah**. It's the author's memoir of growing up in South Africa.

NEW - ZOOM COMPUTER BASICS WITH SANGEETHA: To be held Thursday Feb. 11 and Feb. 25. To sign up send an email request (admin@umssc.org) or call the office (610-265-4715) and leave a voice mail. Once you sign up you will be provided with the Zoom link.

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 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. I will email the exercise links directly to you.*

KNITTING GROUP: *We want to acknowledge Joan Banas and a remarkable group of knitters who contribute their time to the "Hearts and Hands" Project Linus. At the end of November 2020, seventy-two (72) blankets, made up of squares, which they knitted, and put together, were donated to this project. These knitted blankets are given to children in need. [The virus has not stopped them from doing good work!](#)*

If you would like to participate in this project and need yarn you can call Joan and she will be happy to supply you with some yarn so that this program can continue. Call Joan at 610-265-0126.

COVID-19 VACCINE PRE-REGISTRATION NOW OPEN FOR CERTAIN GROUPS

We know the most pressing thing on many people's minds is the COVID-19 Vaccine. As the township, we are not in control of any vaccine scheduling or distribution, but we can provide you with as much information as we have regarding possible timelines, phases, and more.

As of January 13, 2021, Montgomery County has opened COVID-19 [vaccination pre-registration](#) for people who are 65 years or older OR those who have pre-existing conditions under the Phase 1B and 1C categories only. The best place to find up-to-date information on the vaccine is [Montgomery County's COVID-19 website](#). The page is updated frequently in order to keep the public informed of vaccine updates.

IMPORTANT COVID-19 VACCINE INFORMATION FOR SENIORS FROM MEDICARE.GOV

Medicare Part B (Medical Insurance) Covers FDS-Approved COVID 19 Vaccines.

Your costs in original Medicare: You pay nothing for this vaccine.

What it is: A COVID-19 vaccine helps reduce the risk of illness from COVID-19 by working with the body's natural defense to safely develop protection (immunity) to the virus.

Things to know: Medicare also covers COVID-19 tests, COVID-19 antibody tests and COVID-19 monoclonal antibody treatments.

Be Alert to Scammers: Medicare covers the vaccine at no cost to you, so if anyone asks for you to share your Medicare Number or pay for access to the vaccine, you can bet it's a scam.

SIGNS OF POTENTIAL SCAMS

- If you are asked to pay out of pocket to get the vaccine.
- You are asked to pay to put your name on a vaccine waiting list or to get early access.
- Advertisements for vaccines through social media platforms, email, telephone calls, online or from unsolicited/unknown sources.
- Marketers offering to sell or ship doses of the vaccine for payment.

PROTECT YOURSELF. DO NOT GIVE OUT YOUR PERSONAL INFORMATION TO UNKNOWN SOURCES.

If you believe you have been the victim of COVID-19 Fraud, immediately report it to:

HHS-OIG HOTLINE: 1-800-HHS-TIPS | tips.hhs.gov

FBI HOTLINE: 1-800-CALL-FBI | ic3.gov

MS/MEDICARE HOTLINE: 1-800-MEDICARE

UM LIBRARY PROGRAMS FOR FEBRUARY

Winter Reading for Adults: Read, register, & review to win exciting prizes. Submit your reviews online or at the library by March 19th.

February Financial Series: [Social Security Overview & Outlook](#) on Tuesday, February 2 at 6:30pm. [Social Security Filing Strategies](#) on Tuesday, February 16 at 6:30pm. Must register at the library to receive zoom link.

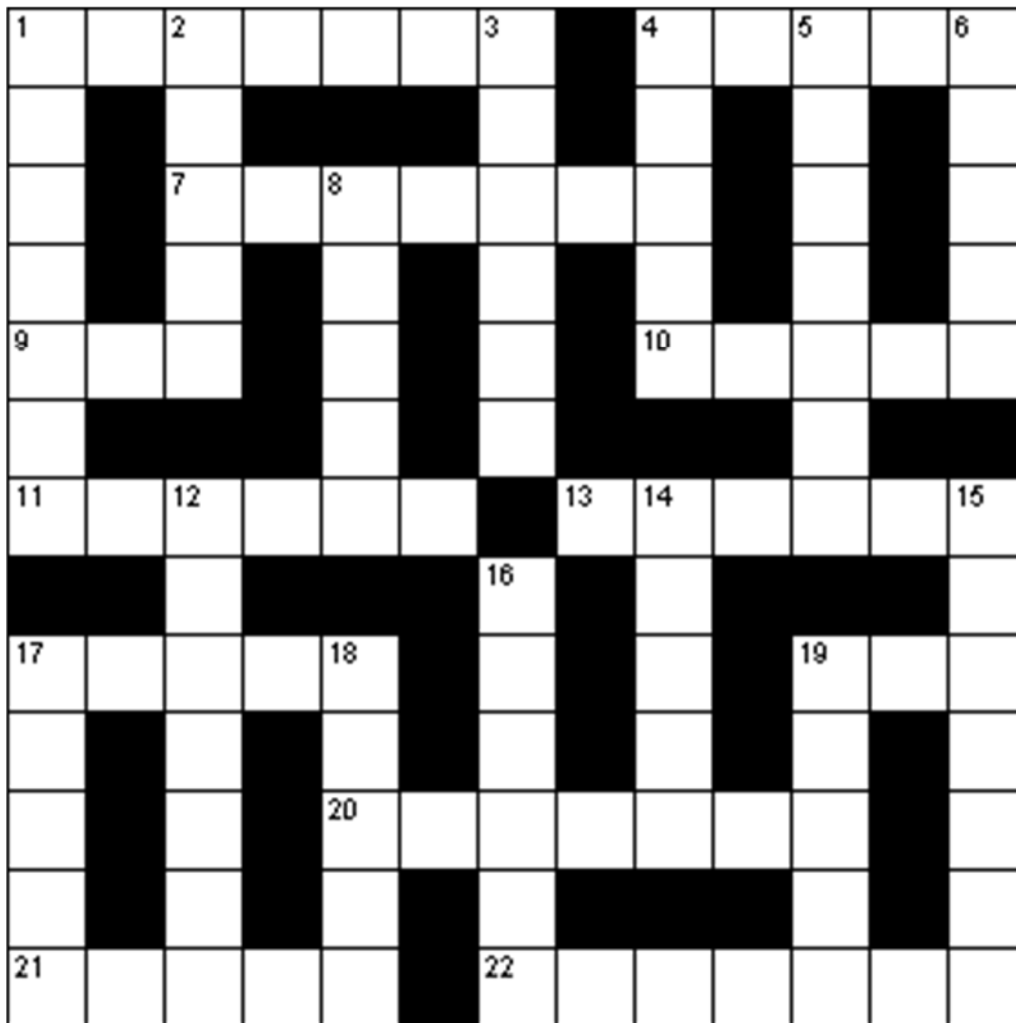
(Call the library at 610-265-4805 or check www.umtownship.org/library to register to all our virtual programs)

JUST FOR FUN

CROSSWORDS

(answers on page 7)

Catch-Words 02



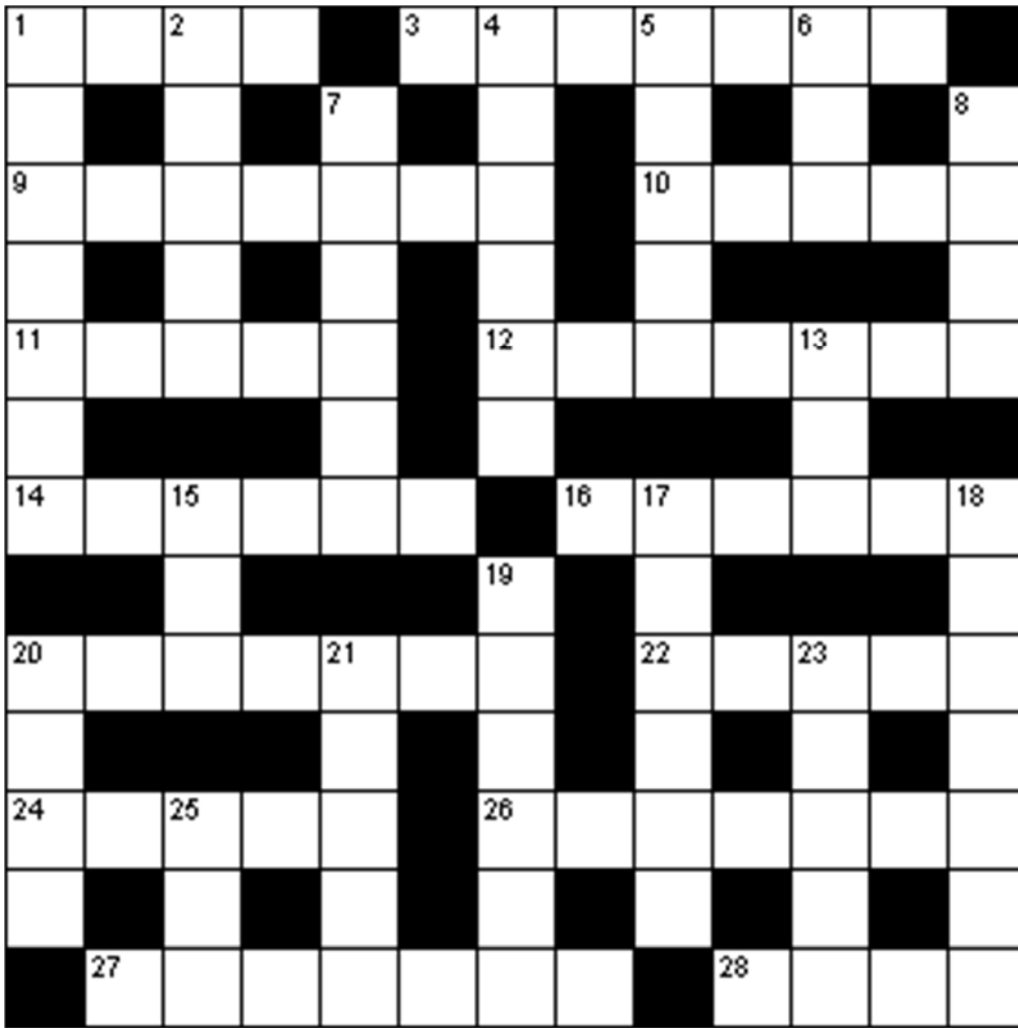
Across

1. ___ and lemons (7)
4. Game, set and ___ (5)
7. Aided and ___ (7)
9. Back to square ___ (3)
10. There are two ___ to every story (5)
11. The ___ of justice (6)
13. Given the 3rd ___ (6)
17. A close ___ (5)
19. ___ the knot (3)
20. History ___ itself (7)
21. It's ___ under the bridge (5)
22. Cups and ___ (7)

Down

1. Keep your ___ open (7)
2. Wide ___ (5)
3. Baby-___ (6)
4. The ___ touch (5)
5. ___ and lightning (7)
6. All ___ on deck! (5)
8. The ___ has landed (5)
12. For and ___ (7)
14. An optional ___ (5)
15. With friends like these, who needs ___? (7)
16. Sour ___ (6)
17. The last ___ (5)
18. Trial and ___ (5)
19. Touch, smell, sight, hearing, ___ (5)

Catch-Words 03



Across

1. A ___ in sheep's clothing (4)
3. Snakes and ___ (7)
9. One good turn deserves ___ (7)
10. Day and ___ (5)
11. Less ___ more speed (5)
12. Aided and ___ (7)
14. From rags to ___ (6)
16. No man is an ___ (6)
20. A ___ audience (7)
22. ___ and uncles (5)
24. ___ influence (5)
26. ___ and lightning (7)
27. Act in haste, repent at ___ (7)
28. A ___ end job (4)

Down

1. Under the ___ (7)
2. If ___ could kill (5)
4. At home and ___ (6)
5. Song and ___ man (5)
6. Like a red ___ to a bull (3)
7. Say ___! (6)
8. ___ poker (4)
13. ___ and sympathy (3)
15. ___ and saucer (3)
17. The ___ quo (6)
18. To achieve the ___ effect (7)
19. A red ___ day (6)
20. Join the ___ (4)
21. Any more bright ___? (5)
23. A ___ and a wink (5)
25. Do or ___ (3)

WORD SEARCH PUZZLES

SWEET THINGS



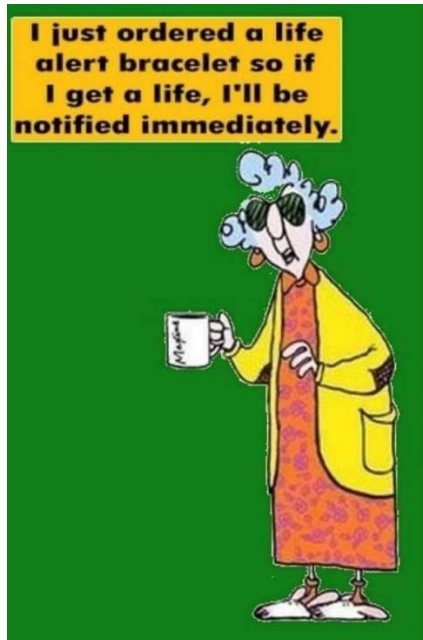
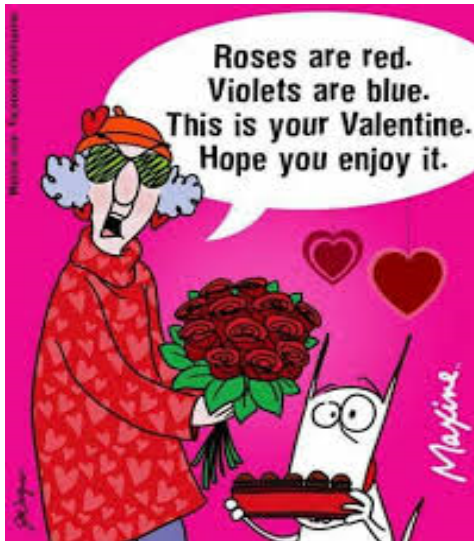
AMBROSIA, BLANCMANGE, BON BON, BRITTLE, BUTTERSCOTCH,
CANDY, CANDY APPLE, CANDY FLOSS, CAMEL, CHEWING GUM,
CHOCOLATE, CONFECTION, CONFITURE, CREAM, DESSERT,
FONDANT, FUDGE, GUMDROP, HONEY, ICE CREAM, JELLY BEAN,
JUNKET, LOLLIPOP, MARSHMALLOW, MARZIPAN, MOLASSES,
MOUSSE, NECTAR, NONPAREIL, NOUGAT, PRALINE, ROCK,
SACCHARINE, SUGAR, SWEETMEAT, SWEETS, SYRUP, TOFFEE,
TREACLE.

TAKE A BREAK



CALM DOWN, CATNAP, CHILL OUT, COMFORT, COOL OFF,
DAYDREAM, DOZE, EASE, FREEDOM, HOLIDAY, LEAVE,
LEISURE, LOOSEN UP, LUXURIATE, PEACE, PICNIC, QUIETEN,
RECESS, RELAX, RELIEF, REPOSE, REPRIEVE, RESPITE, REST,
SABBATICAL, SERENITY, SETTLE DOWN, SIESTA, SIMMER DOWN,
SIT BACK, SLACKEN, SLEEP, SLUMBER, TAKE A BREAK,
TAKE IT EASY, TIME OFF, TIME OUT, UNCOIL, UNWIND, VACATION.

JUST FOR LAUGHS



CROSSWORD ANSWERS

O	R	A	N	G	E	S		M	A	T	C	H
P		W						I	I		H	A
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S	H	A	V	E		R		T			T	I
T				I		R		A		R	A	M
R				N				R	E	P	E	A
A				S		O		E				T
W	A	T	E	R				S	A	U	C	E

W	O	L	F			L	A	D	D	E	R	S
E		O		C		B		A		A		S
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U	N	D	U	E						T	H	U
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To All!

*Be Loving and Kind, Have Fun and Celebrate
Stay Safe and Keep Others Safe.
Better days are ahead!!*

