

# "The Best of Times"

# JULY 2019



## 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://b.facebook.com/umssc.org/>

### IN THIS ISSUE

	PAGE
MONTHLY CALENDAR	2
KEEPING OUR MEMBERS INFORMED	3
ACKNOWLEDGEMENTS	6
AROUND THE COMMUNITY	6
UM LIBRARY UPDATE	7
JUST FOR FUN	8
BACK PAGE (MISC. INFO)	

### ANNOUNCEMENTS

**THE SENIOR CENTER WILL BE CLOSED FOR THE INDEPENDENCE DAY HOLIDAY ON THURSDAY, JULY 4 AND FRIDAY, JULY 5.**

\* \* \* \* \*

**SUMMER HOURS ARE NOW OBSERVED AND THE CENTER WILL CLOSE AT 12:00 PM ON FRIDAY'S ONLY.**

\* \* \* \* \*

**NOTE: CUT-OFF DATE FOR SUBMISSION OF INFORMATION FOR THE AUGUST NEWSLETTER IS JULY 15 - NO EXCEPTIONS.**

\* \* \* \* \*

**WHEN NECESSARY AT 2:45 PM AN ANNOUNCEMENT WILL BE MADE VIA THE PA SYSTEM: "THE SENIOR CENTER WILL CLOSE IN 15 MINUTES. ALL ACTIVITIES MUST BE COMPLETED BY 3:00 PM AND THE SENIOR CENTER VACATED"**

\* \* \* \* \*

### SENIOR FARMERS' MARKET NUTRITION PROGRAM

**MONDAY THRU THURSDAY (ONLY) FROM 10:00 AM TO 1:30 PM. *With proof of age and residency (Montgomery County)* eligible seniors**

will receive four \$5.00 checks, once per year. That's \$20.00 per person or \$40.00 per couple.

Use checks to purchase fresh Pennsylvania grown produce at farmers' markets or farm stands. Checks may be redeemed between June and November 30, 2019.

### MEMORY CAFÉ

**TUESDAY JULY 8 AT 2:00 PM.** Support Group discussion for caregivers. Presented by Certified Dementia Practitioner from Arden Court.

### TECH DEVICE HELP

Sangeetha will be here with her student volunteers **every Tuesday in July and August** to give one-on-one assistance with your iPhone, iPad and/or Laptop devices. You must sign-up in the lobby. *Members will be taken in the order they sign up.*

### GENERAL MEETING

NO GENERAL MEETINGS SCHEDULED FOR THE SUMMER. NEXT MEETING WILL BE SEPTEMBER 11.

### COFFEE WITH A COP

Coffee With a Cop has been suspended for the months of July and August. These meetings will resume in September.

*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.*

### BOOK TALK

**MONDAY JULY 15 at 1:00 PM.** Coordinator: Patricia Ackah. This month's book "**Magdalen Girls**" by **V.S. Alexander**. *Dublin, 1962*. Within the gated grounds of the convent of The Sisters of the Holy Redemption lies one of the city's Magdalen Laundries. Once places of refuge, the laundries have evolved into grim workhouses. Some inmates are "fallen" women—unwed mothers, prostitutes, or petty criminals. Most are ordinary girls whose only sin lies in being too pretty, too independent, or tempting the wrong man. Among them is sixteen-year-old Teagan Tiernan, sent by her family when her beauty provokes a lustful revelation from a young priest. Teagan soon befriends Nora Craven, a new arrival who thought nothing could be worse than living in a squalid tenement flat. Stripped of their freedom and dignity, the girls are given new names and denied contact with the outside world.

### VALLEY FORGE CASINO

**WEDNESDAY JULY 17 (Cut-off date MONDAY, JULY 15.** THE OFFER FOR THE GROUP IS \$20.00 IN SLOT PLAY: TO TAKE ADVANTAGE OF THIS OFFER YOU MUST COMPLETE THE REGISTRATION FORM (*NO TELEPHONE RESERVATIONS TAKEN*) AVAILABLE AT THE SENIOR CENTER OR ON OUR WEBSITE AT [WWW.UMSSC.ORG](http://WWW.UMSSC.ORG). Please check in with the Senior Center rep in the Casino lobby between 9:30 AM and 10:00 AM. *Everyone must bring a valid photo ID.*

### OUTREACH

An aide from Representative Tim Briggs' office will be here **Thursday July 11** from 11:00 AM to 2:00 PM.

Senator Daylin Leach's aide will be here **Thursday July 25** from 11:30 AM to 1:00 PM. SEPTA Passes can be obtained at this time.

### APPRISE COUNSELOR

An AARP Volunteer Apprise Counselor is available through the Senior Center to provide assistance

with *health insurance and Medicare enrollment*. 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.



Please join us as we welcome the following new members to our UMSSC family. We hope to see them around the Center. **Welcome to** Jane Chen, Yvonne Jones, Paul Nemeth, Fasila Saleh, Dhiyaa Shalchi and Hedy Weiss.

### KEEPING OUR MEMBERS INFORMED HAVE YOU MET FLORA BEAVER?



Flora Beaver became a member of UMSSC in 2017. She participates in Fun & Fitness, Tai Chi and Book Talk. She was born in Northern Italy (she speaks Italian) and emigrated to Western Pennsylvania with her family when she was 4. Flora has also lived and worked in New York City where she met her late husband, Lew who was serving in the Navy. They were married in 1947 after Lew was discharged from the Navy. Flora has 5 children, 10 grandchildren and 3 great-grandchildren. At age 45 she attended Montgomery County Community College where she earned a degree in Human Services. Flora worked as a social worker for a non-profit for 20 years. When her husband became ill they moved to King of Prussia to be closer to family. After Flora's husband passed in 2018 her daughter-in-law encouraged her to join the Senior Center to stay active and to socialize. (Her daughter-in-law,

Laurie, is the daughter of the late Ruth Ann and Larry Van Metre. Ruth Ann and Larry you may remember were long time and active members of the Senior Center.) It's a small world even in King of Prussia. We are very lucky to have Flora as a member of our Senior Center family.

### **SAVE THE DATE !**

**"EVERYTHING BUT THE KITCHEN SINK"** is the theme for this year's Senior Fall Fling to be held on September 26, 2019 from 10:00 AM to 1:00 PM. This year the Fling Planning Committee has chosen to honor the Upper Merion Township Library. The library has always been a generous partner to the Senior Center; providing us with large print library books and Friday Flicks movies. So, mark your calendars and come to show your support for this great organization.

### **ORGANIZE THIS**

In this column we offer some great tips to help organize and clean out your space at home. Following are some helpful tips.

#### **ANOTHER GREAT IDEA! TRASH BAG STORAGE**

For easy access to your trash bags, mount them on a paper towel holder in your pantry, mudroom or garage.



This next organization idea is perfect for the cabinet under any sink – not just for under the bathroom sink and is an inexpensive dollar store purchase.

A cheap little tension rod from the dollar store can be used to hang cleaner bottles etc., to make more storage space AND keep things organized and right where you need them. Add in a cheap organizing basket and that normal “catch all clutter” area becomes an organized thing of beauty.



### **DID YOU KNOW?**



#### **A RUBY-THROATED HUMMINGBIRD**

Did you know a hummingbird's heart beats at over a 1,000 times a minute?

Did you know hummingbirds are the only bird that can fly backwards?

#### **INTERESTED IN PLAYING BRIDGE?**

A member has expressed interest in forming a group to play Contract Bridge. If you think you would be interested in playing please contact Norm Vadner at 484-920-8288. Norm is a UMSSC member and has agreed to coordinate this activity. No day or time has been established.

#### **INTERESTED IN PLAYING POKER?**

A member has expressed interest in forming a group to play Poker. If you think you would be interested in playing please contact Bill Reynolds at 610-666-0356. Bill is a UMSSC member and has agreed to coordinate this activity. No day or time has been established.

## 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 the programs, activities and services for our members. Does your company offer matching funds?

### DONATIONS

Thank you to the following who gave generous donations to the Senior Center.

- ★ Ethel Hutchinson in memory of Jerry Grossman.
- ★ Gary Clemente to the Senior Center
- ★ Strands Salon to the Senior Center
- ★ Cindy & Dan Eastman in memory of Richard Eastman
- ★ Cindy & Dan Eastman in memory of Jerry Grossman

### GRACIAS! THANKS! DANKE! MERCI!

★ **Thank you Sicilian Delight** for the pizza for Friday Flicks! ★ **Thank you Tony from Angelo's Pizza** – for the foot-long Birthday Hoagies he donates to the Center every month. ★ **Costco** for their generous donation of a monthly gift card for our birthday cake purchases. ★ **Special thanks to the Upper Merion Township Library** for all they do for the Senior Center including large print books and Friday Flicks movies.

### HELP SUPPORT UMSSC BY SHOPPING AT



AmazonSmile is a website operated by Amazon that lets you enjoy the same wide selection of products, low prices, and convenient shopping

features as on Amazon.com. The difference is that when you shop on AmazonSmile (smile.amazon.com), the AmazonSmile Foundation will donate 0.5% of the purchase price to the eligible charitable organization of your choice. If you already shop on Amazon, your current user name and password will work on **smile.amazon.com**

On your first visit to AmazonSmile, you will be prompted to select a charitable organization to receive donations from eligible purchases before you begin shopping. Amazon will remember your selection, and then every eligible purchase you make on AmazonSmile will result in a donation. Search for Upper Merion Senior Service Center or you can use this link to go directly to our donation account.

<https://smile.amazon.com/ch/23-2966030>

### 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!

## AROUND THE COMMUNITY

### UPPER MERION EMERGENCY AID

We are thankful for what we have and for what we can give. We are accepting 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 supplies, laundry detergents and toiletries are needed. Also a special request for "after school" type snacks for kids (like individual fruit cups, granola bars, cookies, etc.). Let's continue to help families in our community who are experiencing a time of need.**

### MEALS ON WHEELS

For a minimal cost, Neighborhood Meals on Wheels will deliver meals to residents of the Upper Merion



Area School District. Deliveries are available on a temporary or permanent basis to all those who are having difficulty shopping or preparing meals for themselves. One hot and one cold meal are delivered Monday through Friday. For more information, contact our office at 610-265-7051 or you can visit our website at [NeighborhoodMealsOnWheels.com](http://NeighborhoodMealsOnWheels.com)., or email us at [MealsOnWheels.UM@gmail.com](mailto:MealsOnWheels.UM@gmail.com).

### **VOLUNTEER FOR YOUR NEIGHBORHOOD MEALS ON WHEELS**

If you are interested in doing volunteer work for a worthy local community organization, why not try "Meals on Wheels." Meals on Wheels is a non-profit non-sectarian community service. They deliver two nutritious meals a day to homebound members of our community who are unable to prepare meals for themselves. They are in need of the volunteers (men and women) to help prepare or deliver meals on a regular or occasional basis. All volunteers work in pairs: Meal packers needed from 9:30 to 11:00 AM. Meal deliverers needed from 10:45 AM. to 12:30 PM. Their office is located at the Valley Forge Presbyterian Church and is open from 9:00 AM to 1:00 PM. Monday through Friday. Telephone: 610-265-7051.

### **WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY - JULY UPDATES**



DO NOT MISS SUMMER READING PROGRAM AT THE LIBRARY. READ, REGISTER, AND REVIEW TO WIN EXCITING PRIZES

Sangeetha will be at the Senior Center, Tuesdays in July & August with youth volunteers from 10:00 AM to 12 noon to help seniors with their tech devices. *NO COMPUTER CLASSES IN JULY & AUGUST.*

**Tech Night:** Monday, July 1 at 7:00 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:** Monday, July 8 at 7:00 PM in Valley Forge Room. Bring your friends and enjoy coloring. Walk-ins are welcome. Materials will be provided.

**Computer Class for Adults:** Online Travel Resources on Thursday, July 11 at 10:30 AM in Valley Forge room. We have a number of online resources to help you make the most of your travel plans - whether it's learning about a location you're planning to visit or learning a new language, we've got you covered! YOU MUST REGISTER.

**Adult Board Game Night:** July 11 at 7:00 PM. Bring your friends and enjoy playing games of all kinds! We'll have several board games, but feel free to bring your own too.

**Computer Class for Adults:** Microsoft Word Basics Thursday, July 18 at 10:30 AM in Valley Forge room. Learn the basics of Microsoft Word from saving and printing a document to formatting font, margins, bullets, and more! YOU MUST REGISTER.

**Dr. Steve's Presentation:** Monday, July 22 at 7:00 PM in Freedom Hall. Space... the Final Frontier: Of Archaeology? This highly illustrated lecture illuminates the emerging science of "satellite archaeology" through the work of Dr. Parcak.

**Knit Nite:** Monday, July 22 at 7:00 PM. Fourth Monday of the Month. For all ages - 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.

**Computer Class for Adults:** Microsoft Word Basics Thursday, July 25 at 10:30 AM in Valley Forge room. Interested in downloading pictures from your phone or camera to print, share, and enjoy? Check out this beginner's class on doing just that! Learn

how to download photos to a flash drive and access them for email and printing. YOU MUST REGISTER.

**Breathing Workshop for Adults:** Monday, July 29 at 7:00 PM in Valley Forge Room. Learn about the science & secrets of the breath, the innate mind-body-breath connection, the benefits of breathing techniques & meditation and why they are becoming increasingly popular tools to combat stress and anxiety.

To register for any of the library events, you can register via our online calendar, or by calling 610-265-4805, or stopping by the library.

Watch out for this new section every month. One new e-resource each month!

Did you know you can access NewsBank from home? NewsBank is a comprehensive collection of reliable news sources covering a wide array of topics and issues. All you need is your Upper Merion Township Library card! Get detailed information by going to our website

[www.umtownship.org/departments/library/elibrary/](http://www.umtownship.org/departments/library/elibrary/)

**Notary Service:** The library offers a notary service by appointment only for a \$5.00 fee. Please make sure to bring all necessary documents and, if needed, a witness. To make an appointment, call 610-265-4805.

**Low Vision Reader:** Our library has a low vision reader for use in the library. Please contact us for more information.

**Café Style Wi-Fi** available at the library. Bring your smart devices and connect to our free wireless network. Library card number not required.

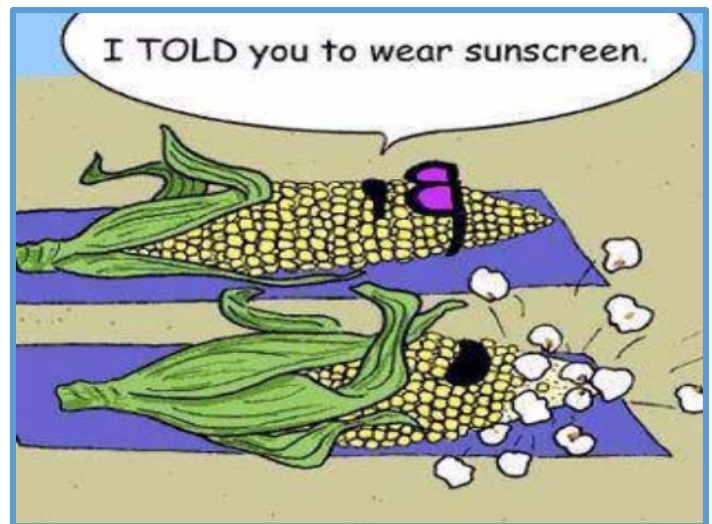
**Charging Station at the Library:** Did you leave your charger at home? Is your mobile device low on power and need recharging? Get charged with one of the charging stations at the library.

## JUST FOR FUN

### WITHOUT MY GLASSES

Soon after our last child left home for college, my husband was resting next to me on the couch with his head in my lap. I carefully removed his glasses. "You know, honey," I said sweetly, "without your glasses, you look like the same handsome young man I married."

"Honey," he replied with a grin, "without my glasses, you still look pretty good too!"



## MINI CROSSWORD PUZZLE

(answers on page 9)

1	2	3	4	
5				6
7				
8				
	9			

### TWO VERSIONS OF THE SAME CONVERSATION

#### Female version:

Woman 1: Oh! You got a haircut! That's so cute!

Woman 2: Do you think so? I wasn't sure when she gave me the mirror. I mean, you don't think it's too fluffy looking?

Woman 1: Oh my, no! It's perfect. I'd love to get my hair cut like that, but I think my face is too wide. I'm pretty much stuck with this stuff I think.

Woman 2: Are you serious? I think your face is adorable. And you could easily get one of those layer cuts - that would look so cute I think. I was actually going to do that except that I was afraid it would accent my long neck.

Woman 1: Oh - that's funny! I would love to have your neck! Anything to take attention away from this two-by-four I have for a shoulder line.

Woman 2: Are you kidding? I know girls that would love to have your shoulders. Everything drapes so well on you. I mean, look at my arms - see how short they are? If I had your shoulders, I could get clothes to fit me so much easier.

#### Male version:

Man 1: Haircut?

Man 2: Yep.

## WORD SEARCH PUZZLE

### BASEBALL WORD SEARCH

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

<b>ASSIST</b>	<b>GROUND BALL</b>	<b>PARK</b>
<b>AT BAT</b>	<b>HELMET</b>	<b>RUN</b>
<b>BUNT</b>	<b>HITS</b>	<b>SAVES</b>
<b>CARD</b>	<b>LEAGUE</b>	<b>SCORE</b>
<b>CHAMPION</b>	<b>LINEUP</b>	<b>WALK</b>
<b>CLUB</b>	<b>LOSE</b>	<b>STEAL</b>
<b>DECK</b>	<b>MITT</b>	<b>TAG</b>
<b>NO-HITTER</b>	<b>THROW</b>	<b>FIRST</b>
<b>DOUBLE HEADER</b>	<b>NINE</b>	<b>UNIFORM</b>
<b>FOUL</b>	<b>STARTING PITCHER</b>	<b>OUT</b>

### ANNOUNCEMENTS FROM A CHURCH BULLETIN

~Bertha Belch, a missionary from Africa will be speaking tonight at Calvary Memorial Church in Racine. Come tonight and hear Bertha Belch all the way from Africa.

~ Announcement in the church bulletin for a National PRAYER & FASTING Conference: "The cost for attending the Fasting and Prayer conference includes meals."

~ Our youth basketball team is back in action



Wednesday at 8 pm in the recreation hall. Come out and watch us kill Christ the King.

~ Miss Charlene Mason sang "I will not pass this way again" giving obvious pleasure to the congregation.

~ "Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Don't forget your husbands."

~ Next Sunday is the family hayride and bonfire at the Fowlers'. Bring your own hot dogs and guns. Friends are welcome! Everyone come for a fun time.

~ The peacemaking meeting scheduled for today has been cancelled due to a conflict.

~ The sermon this morning: "Jesus Walks on the Water." The sermon tonight: "Searching for Jesus"

~ Next Thursday there will be tryouts for the choir. They need all the help they can get.

~ Barbara remains in the hospital and needs blood donors for more transfusions. She is also having trouble sleeping and requests tapes of Pastor Jack's sermons.

~ Remember in prayer the many who are sick of our community.

~ Smile at someone who is hard to love. Say "hell" to someone who doesn't care much about you.

~ Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

~ The service will close with "Little Drops of Water." One of the ladies will start quietly and the rest of the congregation will join in.

~ Next Sunday a special collection will be taken to defray the cost of the new carpet. All those wishing to do something on the new carpet will come forward and do so.

~ The ladies of the church have cast off clothing of every kind and they may be seen in the church basement Friday.

~ A bean supper will be held on Tuesday evening in the church hall. Music will follow.

### WORD SEARCH PUZZLE

#### HAPPY CAMPER

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

- |            |              |            |
|------------|--------------|------------|
| ADVENTURE  | MARSHMELLOWS | BINOCULARS |
| NATURE     | CAMPER       | SAFETY     |
| CAMPFIRE   | STARS        | COMPASS    |
| SUMMER     | FISHING      | SUNSCREEN  |
| FLASHLIGHT | SWIMMING     | HIKING     |
| TENT       | INSECTS      | TRAILS     |
| MAP        | WOODS        |            |

### MINI CROSSWORD ANSWERS

1	C	2	H	3	E	4	Z		
5	R		O		L		E	6	S
7	A		L		I		B		I
8	M		E		T		R		O
		9	D		E		A		N