



# THE BEST OF TIMES

**JUNE 2016**

Published Monthly since 1997 by  
the Upper Merion Senior Service Center  
a Non-Profit 501(c)(3) Organization  
Serving the Senior Community

**UPPER MERION SENIOR SERVICE CENTER**  
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**HOURS: MONDAY THRU FRIDAY**  
**9:00 AM TO 3:00 PM**

### 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.

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Dick McCann, Vice President  
Helen Cabrey, Secretary  
Harlyce Grossman, Treasurer

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Cynthia L. Eastman, Executive Director  
Shirley Robey, Executive Assistant  
Beth Cassidy, Receptionist

### "Best of Times" Editors:

Mary F. McCree and Shirley Robey

### 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.

## MONTHLY MESSAGE

Dear Friends,

June is the sixth month of the year and one of the four months with a length of 30 days. As you will see we still pack many activities in our month even though we are short a day.

Please join us for our General Membership Meeting on June 8 as this will be the final meeting until September. We celebrate birthdays and enjoy cake and coffee thanks to Helen Currykosky.

Please stop in to view our Art Exhibit on display in the lobby area.

On Saturday, June 11, the UMSSC Band will be performing at the Strawberry Festival held at the UM Farmers' Market.

We will hold an AARP Drivers Course (4 hour) on Monday June 13 at 9:30 AM. More details in the body of the newsletter. Last Friday Flicks until September is "The Intern" scheduled for Friday June 17.

There are no General Meetings in July and August which is as it has been in the past. Also, in July and August we begin our ½ day Fridays, closing at noon.

A big thank you to Helen Cabrey and her sister, Judy Narke and their team of workers for the wonderful job they did to make our Kaleidoscope Tea so special. *Find her asparagus soup recipe at the end of this newsletter.*

Come spend some time with us and remember to always say something nice about UMSSC.

*Happy Fathers' Day and  
Grandfathers' Day!!!*

*Mary McCree, President*

***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***



## OUR BOARD OF DIRECTORS



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## UPCOMING EVENTS

**AARP DRIVERS COURSE (4-HOUR). MONDAY, JUNE 13 AT 9:30 AM.** Course Instructor, Richard Fida. Cost: \$15.00 AARP Members \$20.00 non-AARP Members. Payment due to instructor on day of course. **Sign up at our Reception Desk.**

**VALLEY FORGE CASINO WEDNESDAY, June 15** (Cut-off date Mon., June 13. **THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY:** This offer does not cost anything but **TO TAKE ADVANTAGE OF THIS OFFER YOU MUST COMPLETE REGISTRATION FORM AVAILABLE AT THE SENIOR CENTER OR ON OUR WEBSITE AT [WWW.UMSSC.ORG](http://WWW.UMSSC.ORG).** All new and renewal casino memberships or one-day passes are handled by **Valley Services (not UMSSC).** Cash or credit card will be accepted by Valley Services. If you have any questions you can contact Valley Services at 610-354-8118. **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.**

**MAIN LINE HEALTH – MATTER OF BALANCE 8-WEEK COURSE AVAILABLE: Aug. 25, Sept. 1, 8, 15, 22, 29, Oct. 6 & 13.** Program designed to

manage falls and increase activity levels. Held at Lower Level Conf. Room A, Main Line Health in Bryn Mawr, 933 Haverford Rd., Bryn Mawr, PA. **To register call 1-866-CALL-MLH. Space is limited.**

## 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:**

★ **The following have made donations to the Center in memory of Ruth Shand: Joan & John Janoff, Lynn McCue, Bernice Eastman, Karen Hastings, Andrea & Bob Reed, Janet Sheehan, Shirley Weaver, Anna & Carmine DeMenna, Christine Piazza, Nancy Denczi, Margaret & Joe Gallagher, Maryann & Bernard Kobryzcki, Shirley & Christine Blidan, Maxine Newstein, Elaine Poertner and Rita Moehl.**

★ **The children of Ruth Shand gave a very generous donation in her memory**

★ **Donations were made by Rita McNally in memory of Elaine Parvin and Ginny Cappelli.**

### GRACIAS! THANKS! DANKE! MERCI!

★ **Sicilian Delight for their donation of 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 month for the Member Bread Raffle.** ★ **Costco for their generous donation of a monthly gift card for our birthday cake purchases.** ★ **Wegmans for their bountiful donation of baked goods.** ★ **Acme Market for their wonderful donation of baked goods.** ★ **Sun Joe - who generously donates the baked goods we put out for snacks.**

## **COMMUNITY OUTREACH**

### **ST. JOHN'S SOUP KITCHEN**

At the St. John's Soup Kitchen in Norristown the ***King of Prussia Women's Club*** prepares meals for those in need on the **5<sup>th</sup> Thursday of the month**. On June they are asking for donations of and will be serving ***hot dogs, (hot dog rolls) pasta salad and baked beans***. Please bring in your donations by ***Tuesday, June 28***.

### **SHOEBOX RECYCLING**

We are continuing 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. This program has other benefits as well. Every box we fill *will raise funds for the center*. **Please be sure shoes are clean and in good condition. PLEASE DO NOT DONATE boots, flip-flops, slippers, plastic shoes, crocs, etc.**

### **THANK YOU KNITTERS**

We want to give an extra special thank you to our members who have donated their time to make the knitted caps for donation to ***St. Christopher's Hospital for Children***. These adorable hats are for the preemie babies to keep their tiny bodies warm. If you can knit and would like to help out, please stop in the office and give your name. You can join the group here at the Center on Tuesday's at 1:00 PM or you can take the yarn and do your knitting at home. Copies of the pattern can be picked up from the staff office.

### **UPPER MERION EMERGENCY AID**

More families are in need than ever before. Our donation box is outside of the lounge. They are grateful for all donations. ***The Upper Merion Emergency Fund has specifically requested food 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 and laundry detergents. All donations are appreciated.***

### **PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM**

Book donations to the Bridgeport Elementary School children (grades K-4<sup>th</sup>) are still being collected. ***Our book donations are a big hit with the kids because they get to keep the books they pick. Let's keep it going!*** Collection box is on the table under the bulletin board. ***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 are still collecting knitted and crocheted squares for blankets. The purpose of Project Linus is to provide love, a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need through the gifts of new, handmade blankets and afghans, lovingly created by volunteer "blanketeers." 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 for a very good cause.

## **COMMUNITY HAPPENINGS**

### **UM FARMERS' MARKET**

Farmers' Market regular hours are 9 AM to 1 PM. Our UMSSC Band will be entertaining at the Farmers' Market Strawberry Festival on June 11.

### **WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY**

Summer reading for seniors starts June 20. Read, register and review to win exciting prizes.

**Fitness 101:** Come and learn a new fitness method on Monday, June 6 at 7:00 pm Freedom Hall

**Gardening Workshop Series: Wednesdays at 7:00 pm June 8, June 15 & June 22.** Thanks to Penn State gardeners for presenting this series. Check our online calendar for topics and a detailed flyer.

**Adult Coloring Night on Monday, June 13 at 7:00 pm.** Bring your friends and enjoy coloring. Walk-ins are welcome. Materials will be provided.

**Social Security, Retirement & Medicare Workshop on June 23 & June 30 at 6:30 pm.** Attend both the sessions to benefit. Must register.

**Tech Night on Monday, June 27 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

**Knit Nite: Monday, June 27 at 7 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.

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.

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

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

**New 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.

**NEWSWORTHY**

**DIRECTORY OF SERVICE PROVIDERS QUESTIONNAIRE**

The UMSSC has received a request from a member to create a directory of service providers for members similar to Angie's List. The Board of Directors has expressed interest in exploring the idea. Basically, what is envisioned is the creation of a directory of service providers (plumbers, electricians, carpenters, handymen, and etc.) that have been used by a member and which the particular member is willing to recommend. The precise details of how the directory would be compiled, and made available to members have yet to be determined. Before going forward, however, we would like to determine if there is sufficient interest on the part of the membership to justify the expenditure of time and effort that such a project would require. You can help us determine the level of interest by completing and returning this questionnaire.

1. Would you be likely to utilize the directory to find a service provider when you needed one?  
 Yes  No
2. Would you be likely to add a service provider's name to the directory if satisfied with their work?  
 Yes  No
3. Do you think we should proceed with creating this directory?  
 Yes  No

Your name:  
\_\_\_\_\_

Are you a member of the UMSSC?  Yes  No

Feel free to comment.

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***Please submit, bring, or mail your completed questionnaire to the Center. We regret that we cannot accept telephone responses.***

**BREAD DAY WEDNESDAY**

Members are invited to come in on Wednesdays to pick up free bread, rolls and baked goods donated to the Center. ***Bring your shopping bag and come between 12:00 PM and 2:00 PM.***

**MEMBERSHIP FEES**

We are now accepting membership renewals for 2016. Remember, you must complete a new Membership Form each year. Forms are available at the INFO Center in the lobby or on our website [www.umssc.org](http://www.umssc.org) under "Forms". UMSSC membership fees are still only \$15.00 and ***you do not have to join the Community Center to be a member of the senior center. Be sure that you are given a membership card when you renew your membership.***

**WHO ARE CALENDAR BABY FACES?**

For those of you who cannot guess who's who on our adorable baby photo calendar here is the list of names. Starting in the upper left corner and going clockwise they are: Jean Ehlinger, Joan Schloth, Jane Burger, Lenore Runkle, Dottie Wisniewski, Beth Cassidy, Sally McDonough, Ann Nuss, Shirley Robey, Howard Rosenblum and Don McCree. Thanks go out to those who contributed their baby photos. Let's do it again!

**ANOTHER SUCCESSFUL WELLNESS EXPO**

On May 3 we hosted our second Wellness Expo at the Center. We had over 60 exhibitors who provided valuable information to members, seniors and the community and we thank them for participating. They presented useful information on everything from banking, retirement, health care, housing, insurance, to safety and well being. A special guest appearance by the Philly Phanatic provided some fun entertainment for all who attended. The Extended day children especially enjoyed dancing with him and he also made time to play conductor to the UMSSC band and posed with many guests for photos. ***Food and monetary***

**donations were given by: Acme, Allstate Insurance, Angelos Pizza, Little Sicily, SRS Value Bazaar and Wegmans. Thank you to all who donated, exhibited and attended. We hope it was a great experience for you. Following are some photos to enjoy.**



## **KEEPING SENIORS INFORMED**

### **DID YOU KNOW?**

What weight is right for you? A person's weight is determined by various factors including heredity, level of activity, eating patterns and body composition. Body composition is a measure of how much body fat you have in relation to muscle and bone.

A weight that is right for you is the weight that does not present any health risks. A goal for everyone should be to minimize health risks whenever possible. Although there is a link between body weight and heredity, this does not mean that you need to be "stuck" with a certain weight because of your family history. **You** are the boss of your body.

More important than family history in determining your weight is your activity level in relationship to your eating. The more active you are, the more calories you burn. So, if you are less active, you need fewer calories. Maintaining a healthy weight requires energy balance. The number of calories consumed should equate to the number of calories burned.

Tipping the energy balance can result in either weight loss or weight gain. One pound of body weight is equivalent to about 3,500 calories. If you take in more calories than you burn, you will gain. You could gain a pound in two weeks just by eating an extra 250 calories a day. For example, a small order of French fries is about 250 calories. So monitor yourself and reduce those foods that taste good but may not be providing needed nutrients. This emphasizes the constant need to be mindful of your daily food intake and your daily activity level. In your daily food intake, aim to choose foods which provide vitamins, minerals and fiber. Be very aware of portion control and re-learn how to evaluate a serving size.

A deterrent to overeating may be the knowledge of the amount of activity needed to balance out those calories you eat. For example, for an average person, walking one mile burns about 200 calories. So you have not even burned up that small serving of French fries. An activity goal is to reduce body fat and build lean muscle. The more muscle you have the more calories the body utilizes. Yes, we do use our muscles for everything we do, but if we increase the activities we also increase the number of calories burned.

When is the best time to do some extra activity? The **BEST** time is the time you can fit it into your schedule. SO, whatever the time enables you to increase your activity – that is the best time for you.

Think energy balance!!! *(Contributed by Jane Burger)*

## **ACTIVITIES**

**APPRISE COUNSELOR:** Assistance with insurance and Medicare concerns. Call 610.265.4715 and give your name and telephone. The APPRISE counselor will contact you directly to set up an appointment.

**BAND PRACTICE & INSTRUCTION: Tuesdays from 12:45 to 2:45 PM.** The Upper Merion Senior Service Center Band practices under the direction of professional musician, Ed Hickman. The band has an open invitation to anyone age 55 or over who is interested in playing with a group. Stop in any Tuesday afternoon to hear us practice, check us out, or join the band. **SEE THE BAND AT FARMERS' MARKET STRAWBERRY FESTIVAL ON SATURDAY, JUNE 11.**

**BINGO: Thursdays at 10:15 AM.** Cash prizes!

**BOOK TALK: Monday, June 20 at 1:00 PM.** Meets on the 3<sup>rd</sup> Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month's book: **"ACCIDENTAL EMPRESS" by Allison Patak** is the little-known and tumultuous love story of "Sisi", the Austro-Hungarian Empress and captivating wife of Emperor Franz Joseph. The year is 1853, and the Habsburgs are Europe's most powerful ruling family. With his empire stretching from Austria to Russia, from Germany to Italy, Emperor Franz Joseph is young, rich, and ready to marry. Fifteen-year-old Elisabeth, "Sisi", Duchess of Bavaria, travels to the Habsburg Court with her older sister, who is betrothed to the young emperor. But shortly after her arrival at court, Sisi finds herself in an unexpected dilemma: she has inadvertently fallen for and won the heart of her sister's groom. Franz Joseph reneges on his earlier proposal and declares his intention to marry Sisi instead.

**BRIDGE CLUB: Tuesdays at 9:30 AM.** All bridge players welcome!

**CANASTA: Thursday's at 9:30 AM in the Great Room.** Beginners and experienced players welcome. Coordinator: Lynn Borocho.

**CHAIR EXERCISE: Tuesdays at 11:30 AM to 12:15 PM and Thursdays from 12:30 PM to 1:15 PM.** \$3.00 per class.

**COMPUTER CLUB: Tuesdays 9:30 AM to 11:30 AM.** Coordinators: Herman Natanblut and Howard Lurie. Meetings are open to all *members*, all ability levels. The Computer Club will be glad to answer any technical questions members have.

**CURRENT EVENTS DISCUSSION GROUP: Mondays at 10:30 AM in the Lounge.** Coordinators:

Joan Shaw and Paul Buce. The group continues to meet on Monday mornings at 10:30. As usual there are more than enough topics to fill the hour and a half. The group has continued to grow, but there's always enough room for one more.

**FINANCIAL/INVESTMENT DISCUSSION GROUP: Thursdays at 10:00 AM in the Computer Room.**

Coordinator: Dick McCann. This is a small intimate group who meet to discuss all levels of experience in making the best choices for your investments. You don't have to be rich, we will discuss any size investment you are thinking of making or have questions on. We offer an open invitation to all regarding subjects you would like to discuss and any questions you may have. Again, all are welcome!

**FRIDAY FLICKS: Friday, June 17 - Pizza At 11:15 AM - Movie At 12:00 PM. (MUST SIGN UP IN ADVANCE TO GET A SPECIAL SEAT – WALK-INS PLEASE SIT IN A FOLDING CHAIR)**

Coordinator: Don McCree. Showing: "THE INTERN" starring Robert DeNiro and Anne Hathaway. 70-year-old widower Ben Whittaker has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site.

**GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM.**

Coordinator: Paul Buce. Two meetings this month, the 2nd and 4th Wednesdays June 8 and June 22. Spring is slow coming but hopefully June will find our gardens in full glory and not burned out by drought ??

**GENERAL MEMBERSHIP MEETING:** Monthly meeting open to all members on the 2nd Wednesday of the month at 10:00 AM. Next meeting will be on **JUNE 8** Learn what is going on at the senior center and join us to celebrate this month's birthdays with some cake! 50/50 raffle and birthday raffle for delicious baked bread from Le Bus.

**KNITTING & CROCHETING: Tuesdays at 1:00 PM.** Coordinator: Patricia Ackah. Instruction provided. **Hand-made items are for sale and all proceeds benefit the Center.**

**LIBRARY: Open Monday through Friday from 9:00 AM to 3:00 PM.** Library Volunteer: Nancy Kime. An excellent selection of large print books, tapes and videos are available to borrow. **Don't forget to check out the "roving book cart" featuring a special selection on loan from the Upper Merion Township Library.**

**LINE DANCING: Every Wednesday at 1:00 PM** Coordinator: Aracelia Panzano.

**MAH-JONGG: Mondays at 9:30 AM.** Coordinator: Lynne Boroch. All level players are welcome, even beginners! Come in and learn to play this very popular game.

**NURSE: Every 2nd and 4th Thursday of each month from 9:30 AM to 12:15 PM.** Have your blood pressure checked by our favorite Nurse Lori Gnacek from Bryn Mawr Hospital/Main Line Health.

**OUTREACH:** Representative Tim Briggs' aide is here the second Thursday of the month (11:00 AM to 2:00 PM) and. Senator Daylin Leach's aide is here the last Thursday of the month (11:30 AM to 1:00 PM).

**PINOCHLE LADIES AND GENTS:** Tuesday's at 12:30 AM in the Game Room. They would welcome more players.

**POKER:** Tuesday's at 9:30 AM in the kitchen. Table is open for additional players. Why not give it a try? They are a friendly group and welcome new players.

**QUILTING: Fourth Wednesday at 9:30 AM.** Instructor: Ethel Hutchinson. All levels welcome!

**SING-A-LONG: Fridays at 10:00 to 11:30 AM.** Coordinators: Theresa M. Smith and Dot Morio; Pianist: Ed Wenger. Come in and enjoy singing some old favorites together. **Members meet for lunch at Michael's Deli following the program.**

**TAI CHI: Wednesdays at 12:00-12:45 PM.** Cost: \$3.00 per class.

**YOGA: Monday's at 1:30 PM.** Video Instruction good for beginners, intermediate or advanced.

**CREAM OF ASPARAGUS SOUP**

3 MED. LEEKS – CHOPPED – WHITE PORTION ONLY  
3 TBSP – BUTTER OR STICK MARGARIN  
4 CUPS CHICKEN BROTH  
1-1/2 LBS. FRESH ASPARAGUS – TRIMMED & CUT INTO 1" PIECES  
2 CUPS - PEELED, DICED POTATOES  
¼ TSP PEPPER  
½ CUP 2% MILK

SAUTE LEEKS IN BUTTER. ADD BROTH, ASPARAGUS, POTATOES & PEPPER. BRING TO BOIL. REDUCE HEAT, COVER & SIMMER 20 MIN. OR UNTIL VEGETABLES ARE TENDER. IN BLENDER, PROCESS SOUP IN BATCHES UNTIL SMOOTH. RETURN TO PAN. ADD MILK & COOK OVOER LOW HEAT UNTIL HEATED THROUGH – ABOUT 5 MIN. SALT TO TASTE AND SERVE.