

THE OPEN LINK

UPCOMING EVENTS:

- The North Pennsmen Barbershop Chorus is coming to The Center July 13 at 1 p.m.; \$3 donation.
- Living Well for Less at The Center Aug. 17 at 6:30 p.m.; FREE
- Back-to-School Supply Drive Coming in July!

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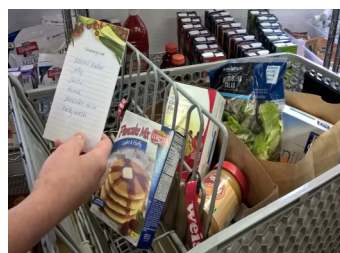
Food Pantry Donations Sparse But Vital in Summertime

Monica Oswald will tell you that around Thanksgiving and Christmas, donations double in The Open Link's Pennsburg food pantry. But the summer months, well, they're a different story.

"There's no formalized food drives from June through September," Oswald, the pantry coordinator, said. "The summer months are very slow when it comes to donations."

And while kids are home from school during

the heat of the summer, the heat is on parents who use



A food pantry client shops with a list of needs for her family.

the food pantry to keep up with the needs of their children. Many of those

kids qualify for free or reduced meals at school because of their family's limited income.

"The families need extra food because their kids aren't getting that free breakfast and lunch, so we like to give them that extra food in the summer," Oswald said.

Staples like cereal, macaroni and cheese, juice boxes, fruit cups, canned pasta, hot dogs and peanut butter and

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Two friends catch up during lunch at Treichler's Mill Park in Hereford on June 20. The Summer Food Service Program is helping ensure children have access to nutritious meals during the summer. It continues in Hereford and Pennsburg through Aug. 26.



Valued Volunteer: Kristi Morris

It all started with her grandmother, Leona. Kristi Morris said she grew up watching her making a difference in her community.

“She was always active, out in the community, in her church and

she’d visit retirement homes. She was a big influence on me and I thought now was a good time for me to get involved.”

Morris, who lives in Pennsburg and owns Lit-

tlewing Studio, is busy with running her own business, raising a family and teaching photography classes, but she thought it was important to start doing things for others too.

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Want to Know How to Live Well for Less?



What do the Upper Perkiomen Community Thrift Shop, the Upper Perkiomen Valley Library and The Open Link have in common?

All three groups are joining forces Wednesday,

Aug. 17 at 6:30 p.m. at the Center at The Open Link, East Greenville, to help you save money!

Join us for a free fashion show featuring thrift store finds, recipes for cheap and creative

dinners and snacks, how to make your own non-toxic household cleaners, couponing info and more.

For more information, call 215.679.4112.

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jelly are in high demand once the temperatures start to rise. And kid-friendly fresh produce, like bananas, apples and oranges, is also needed.

Produce comes into the pantry bi-weekly through Walmart and its partnership with Feeding America and Philabundance. During the summer months, the agency also gets donations from area churches, like Bally Mennonite, which maintain gardens and donate the proceeds.

“But we don’t receive as many apples and other portable, healthy fruits. We’re always happy to have good, fresh produce available for our clients,” Oswald noted.

This month the pantry is lacking juice, tomato products like diced tomatoes and spaghetti sauce, SPAM, and shampoo and body wash, along with small bottles of laundry detergent, she said. The pantry needs list is updated monthly and available at both locations as well as on

The Open Link’s Facebook page.

People who may want to help but don’t have the time to shop for groceries could donate funds or gift cards to purchase the food.

“The community has always been very generous with private donations,” she said, noting organizations like the YMCA, Perkiomen School and Boy Scouts do drives during the school year. “They’ve always been very good to us and those donations are very welcome.”

“We’re always happy to have good, fresh produce available for our clients.”

Super Sponsor Spotlight: Stauffer Glove & Safety

Did you know that one family-owned Red Hill business has more than 200 em-



ployees and nine distribution centers across the US?

How about the fact that they proudly support the community as a longtime sponsor of The Open Link?

Stauffer Glove & Safety, located at 361 E. 6th Street in Red Hill, was started as Acorn Glove Company in Palm by Al and Henry Stauffer. Today, in its fifth generation, it's owned by brothers Randy and Jeff Stauffer. Stauffer Glove & Safety offers a full line of personal safety equipment for industry.

While they have moved from manufacturing to distribution, Stauffer Glove & Safety prides itself in being a company where quality, personal service and economical prices meet. They have been a part of the Upper Perkiomen Valley for 109 years.

Jeff Stauffer, vice president, said it's important for him personally and professionally to support The Open Link for a number of reasons.

"There are a lot of good people in our community and we are fortunate to have many of them working with us," he said. "There are many things I appreciate about The Open Link but probably the most important aspect is how it impacts our

community directly by helping those who have needs and not many options."

This year, Stauffer Glove & Safety is the diamond sponsor for The Open Link. As the top sponsor, they help enable the organization to offer programs like a choice food pantry, family literacy initiatives, domestic violence counseling, health and wellness classes at The Center, and Meals on Wheels.

Thank you, Stauffer Glove & Safety, for your investment in The Open Link and our community!

For more information, visit the company's website, my.stauffersafety.com, their Facebook page, or call them at 216.679.4446.

"It (The Open Link) impacts our community directly by helping those who have needs and not many options."

Interested in receiving our newsletters by email? Visit www.theopenlink.org and sign up!

Beat The Heat With Health and Wellness Classes at The Center

Looking for a way to stay healthy and stay cool this summer? Come out to The Center, 517 Jefferson Street, East Greenville, for classes that can help you feel more energetic and gain strength.

Each week we hold Walkercise, Yoga, Tai Chi, Line Dancing For Beginners,

and Women on Weights classes. And coming in September, we're introducing a Hatha Yoga program.

Do you think your physical limitations or age prevent you from doing yoga? Are you curious about yoga but are concerned about feeling out of place in a class? This class is for you! Improve

posture, increase flexibility, build strength, and reclaim your ability to balance. Enjoy breathing and relaxation techniques to invite inner calm and clarity.

This free class will be held Mondays, from 9:30-10:30 a.m., beginning Sept. 12. See what a session can do for you!





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“Opening Doors, Linking Communities, Helping Neighbors Flourish.”

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After being introduced to The Open Link through a food drive her daughter’s Girl Scout troop did to benefit the organization, she started packing and delivering Meals on Wheels. She also does the photography for many of The Open Link’s events. She’s been volunteering for two years.


“It feels really great to volunteer. And it’s so easy to get involved with. The commitment is whatever you can give,” she explained. “Even if it’s one day a week or one day a month, it makes a difference.”

Morris said it’s a bright spot in her day when she gets to deliver lunch and dinner to the seniors on her route.

“I love seeing people at the doors when I hand them the food and hearing about their families and their grandkids and what they’re doing.

“Everything you do as parents reflect in your kids, so I think it’s important to show my daughter how to live and that every person has worth. Even if you don’t know them, they have a history, a story, a life.

“It affects people. I want to show that you should be polite, kind and generous. You should help people out who need help.”



Come visit our table at Community Day in Pennsburg on Sept. 10, from 10 a.m.—4 p.m. Mention you saw our brand new newsletter for a prize!

Did You Know...

The Upper Perkiomen Community Thrift Shop donates THOUSANDS of dollars each year to support The Open Link’s programs? A portion of each purchase there directly helps your neighbors in need here. Check out the thrift shop this summer for a new addition, upholstered furniture, and their infamous Christmas in July sales!