

# Legal Aid

of Southeastern PA

**PRESENTATION By Morgan Kay Palermo, Esq.**

Morgan Kay Palermo, LASP Staff Attorney, will provide valuable insight into the services LASP offers, public benefits that are available, and what to do if your benefits are cut off.

**Thursday, May 16<sup>th</sup>, 2019 - 1:00 PM**

RSVP by May 13<sup>th</sup>: 215.679.6550 | ProgramManager@theopenlink.org

*LASP, a nonprofit agency, provides free legal representation to low income and vulnerable individuals.*

**"Always"**  
by Sarah Jio

**Thursday, May 16<sup>th</sup>  
at 1:00 p.m.**

**Alburtis Tavern**  
106 S. Main St.  
Alburtis, PA  
610.928.0404

Please RSVP to The Center, 215-679-6550.

**Thursday, May 9**

*We have 12:30 reservations at the restaurant.*

**Monday, May 13<sup>th</sup>**

The Shrine of Our Lady of Czestochowa in Doylestown. Meet at The Center at 10 a.m. Lunch and then tour.

**Do you have a green thumb?**

*Our dedicated volunteer gardener Harry would like help this year. Call 215.679.6550.*

**May is Older Americans Month!**

We are blessed to have many older adults making a positive impact in and around the Upper Perkiomen Valley. Some of the most rewarding ways to express yourself and contribute to your community involve passing on experiences, wisdom, and skills to the generations that follow. There are countless ways to stay engaged and give back to others at the same time. Everyone has something to share – check out the bulletin board at The Center for ideas to Connect, Create and Contribute this month and throughout the year!

acl.gov/oam #OAM19

**THE CENTER**  
*at*  
**THE OPEN LINK**

**May 2019**

## Want to Save Money on Medicare? Check out Apprise!

Brought to you by Tracey Flynn, RN,  
Community Program Development Manager  
Montgomery County Aging & Adult Services

You may be in for some big savings on something we all need — health insurance!

The APPRISE program wants to make sure you and your family members who have Medicare know about the federal “Extra Help” and “Medicare Savings Programs.”

**Extra Help/LIS** can help lower your prescription copayments and premiums and cover the cost of the coverage gap.

**Medicare Savings Program** can help you with the payment of your Part B premium and possibly with the payment of your Medicare Part A and Part B cost-sharing.

**PACE/PACENET.** This program has higher eligibility limits and will help reduce the cost of prescriptions and medications.

There is **NO COST** for the APPRISE program’s help or for enrollment into these programs. There is a counselor in your area! Ask the staff at your local senior center for more information, or call APPRISE at 610-834-1040 x.120 and a trained counselor will help.

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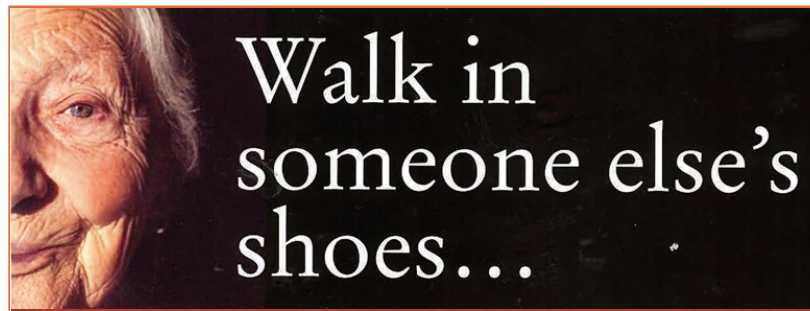
**Celebrating Phillies Opening Day in Style** — Complete with a baseball toss, trivia and puzzles, hot dogs, soft pretzels, peanuts and Cracker Jacks, everyone said they had a fantastic time on March 28!

**Beginning May 24, 2019**

4<sup>th</sup> Friday of Every Month ▪ 1:00 PM ▪ 25¢ per card

**Small Prizes Win! Great Fun!!**





Walk in  
someone else's  
shoes...

**Thurs., May 9, 2019**  
**4 - 6 p.m.**  
**at The Center**  
(2 people every 15 minutes)

## The Virtual Dementia Tour!®

*Changing the Perception of Aging*



*Space is limited!*  
*Reserve your 15*  
*minute tour now.*



Join us for this eye-opening event where you will experience firsthand the overwhelming effects of aging when combined with Alzheimer's and Dementia. You will become aware of the challenges from performing every day tasks just like the person living with memory loss.

**Make an appointment by May 6<sup>th</sup>: Call 215.679.6550**  
**or email ProgramManager@theopenlink.org.**

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APPRISE volunteer counselors are specially trained to answer your questions about Medicare and provide you with objective, easy-to-understand information about health insurance. Specifically, APPRISE can answer your questions about Medicare, Medicare Supplemental Insurance, Medicare Advantage plans as well as prescription drug plans. If you are new to Medicare or even if you've been on Medicare for a while, you may have questions.

### APPRISE in Upper Perk

Available at the Upper Perkiomen Valley Library!  
Appointments are held the 3rd Monday of every month from 3-5pm. Call the library at 215-679-2020 to make an appointment with an APPRISE volunteer.

### Monday Community Meal

**May 6<sup>th</sup> at 6 p.m.**

*Join your neighbors for a free meal!*

**The Center Menu:** Barbeque chicken on a bun, peas & carrots, tossed salad and cake.  
*Hosted by Upper Perk BPW.*

**Pennsburg UCC Menu:** Pork, sauerkraut, mashed potatoes, mixed veggies, applesauce, brownie and ice cream cup.  
*Hosted by Pennsburg UCC.*

## SAVE THE DATE:

**Thursday, June 6<sup>th</sup>, 1:00 p.m. - Nutrition Demonstration with Teri Wassel,** Montgomery Aging and Adult Services. Learn the benefits of a Mediterranean Diet.

**Friday, June 7<sup>th</sup> from 8:30-10 a.m. - National Donut Day at The Center.** Join us for complimentary donuts, coffee cake, coffee, juice and fellowship.

**Friday, June 14<sup>th</sup> 1:00 p.m. - "Outside-In" Summer Picnic at The Center.** Kick off the summer with hot dogs, hamburgers, chips, desserts and more. \$3 suggested donation; RSVP by June 11<sup>th</sup>.

**Thursday, June 21<sup>st</sup>, 1:00 p.m. - Make Music Upper Perk.** Schedule and details coming soon!

**Friday, July 19<sup>th</sup>, 1:00 p.m. - Ice Cream Social.** Join us for lunch at 12:30, then ice cream, toppings and fun!

**Thursday, July 25<sup>th</sup> @1:00 p.m. - Jin's Painting Class.** You don't need to be an artist to enjoy this class! Join us to paint a beach scene on your own canvas. Cost: \$10.

**Tuesday, August 13<sup>th</sup> - Bus trip to Hunterdon Hills Playhouse** for lunch and attend "I Do, I Do." Cost: \$97. Includes meal, entertainment and tax and gratuity for meal. RSVP and payment due by June 28<sup>th</sup> (minimum of 30 attendees). Depart from Perkiomen Tours at 9:45 a.m.

*We want your feedback and ideas!*  
*Come to our first*

## Participant Council Meeting

**Friday, May 31, 2019**

*Anyone who comes to The Center is welcome!*

*No commitment necessary.*

The Center's Participant Council is a non-voting committee dedicated to 1) Improving the quality of programs, 2) Including participants of all backgrounds, and 3) Encouraging visitors and new attendees.



Compliments

Suggestions

COMPLAINTS



## Are You Game?

*Mahjong (Chinese version) - Every Tuesday, 1 p.m.; Mahjong (American version) - Every Thursday at 1 p.m.*

*Canasta - Every Thursday, 1 p.m.*

*Pinochle - Every Wednesday, 12:30 p.m.*

*Perkiomen Valley Women's Club cards (open to public) Bridge - 1st Tuesday, 12:30 p.m.*

*Country Cards - 2nd Tuesday, 12:30 p.m.*

*Country Cards - Last Monday monthly, 1 p.m.*

*Mexican Train Dominoes - Every Friday, 1 p.m.*

## Women on Weights (WOW) and Tai Chi

Tuesdays and Thursdays at 10 a.m. WOW meets to help women increase their strength and battle fatigue, weight gain and even depression. Get stronger with us!

Tai Chi follows at 11 a.m. and is described as "meditation in motion." No matter what your abilities, come move with us.

## Gentle Hatha and Beginner Yoga

Beginner Yoga meets Wednesdays from 9:30-10:30 a.m. Come improve your flexibility and balance and reduce your blood pressure!

## Walkercise

Mondays and Wednesdays at 9 a.m. Come stretch those morning muscles!