



Make Upper Perk Count!



You matter! Be counted in 2020's Census.

US Census info will be mailed this month. Help determine where billions of dollars goes for 10 years!

What it is:

- 9 Questions
- Safe and Confidential

Census responses can't be used for law enforcement purposes or to determine eligibility for government benefits. You will NOT be asked for your social security number, financial or banking info.

• Programs Affected:

Medicaid and Medicare; SNAP (food stamps); CHIP (children's health insurance); Section 8, senior housing and LIHEAP; Transportation and nutrition services for seniors (Meals on Wheels included); Head Start and Special Education; Highway and Infrastructure; Veterans' Services; Legislative Representation.



The Open Link is providing assistance completing online or paper census forms. Call 215-679-4112 for info at the main office or 215-679-6550 at the senior center.

We miss the joy that usually fills The Center daily, the constant activity, the conversations and friendship. We thank you for doing your part to fight this virus by staying home, maintaining social distance and practicing good hygiene. This is a challenging time, but we want to remind you that this closure, and our current state of affairs is temporary.

We look forward to coming together for our regular activities soon!



We miss you and hope to see you soon! Stay safe and healthy.



CROSSWORD ANSWERS

Across: 4. Chocolate 6. Lilac 8. Sunday 9. Easter 10. Lily 13. Green 14. Flowers 15. Basket 16. Pastel 17. Food 19. Empty 20. Celebrate **Down:** 1. Bonnet 2. Holiday 3. Jellybeans 5. Eggs 7. Yellow 11. Yesterday 12. Cross 16. Prayer 17. Family 18. Candy



April 2020

Communities Unite

By Wendy Smeltz, Center Manager
Evet Hexamer, Asst. Center Manager

It is quiet here at The Center without your talking, laughter and smiling faces! We miss the activity, but closing was a necessary step in keeping our community healthy and we appreciate your cooperation and support. We have received some calls asking when we plan to open our doors again, and the answer is as soon as possible!

The unknown can be scary. As the coronavirus is on everyone's mind, we try to remember the positive in our community. Yes, the senior center has cancelled its activities but thanks to our dedicated volunteers, we are still able to deliver Meals on Wheels.

"Our volunteers have really stepped up," said Evet Hexamer, Asst. Center Manager. "When we send an email asking our drivers for help we get an immediate response."

The Upper Perk community has been very responsive. The Open Link has been the happy recipient of monetary and donations of food and supplies to keep our services, namely our food pantry, running.

Meals on Wheels and the food pantry continue to operate with altered schedules and other changes. Extra precautions are being taken at The Center and main office in Pennsburg, which in-

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Meals on Wheels driver Frank Paravati loads his vehicle with several bags for Tuesday's delivery. Thanks to all our volunteers for continuing to serve homebound seniors during this health crisis!



The Center is CLOSED until further notice but we're still here to help!

All activities and special events are suspended. Meals on Wheels continues to operate on an altered schedule.

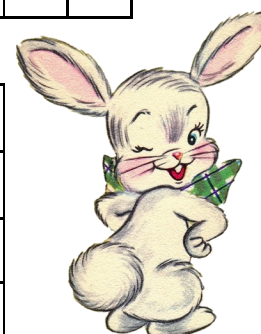
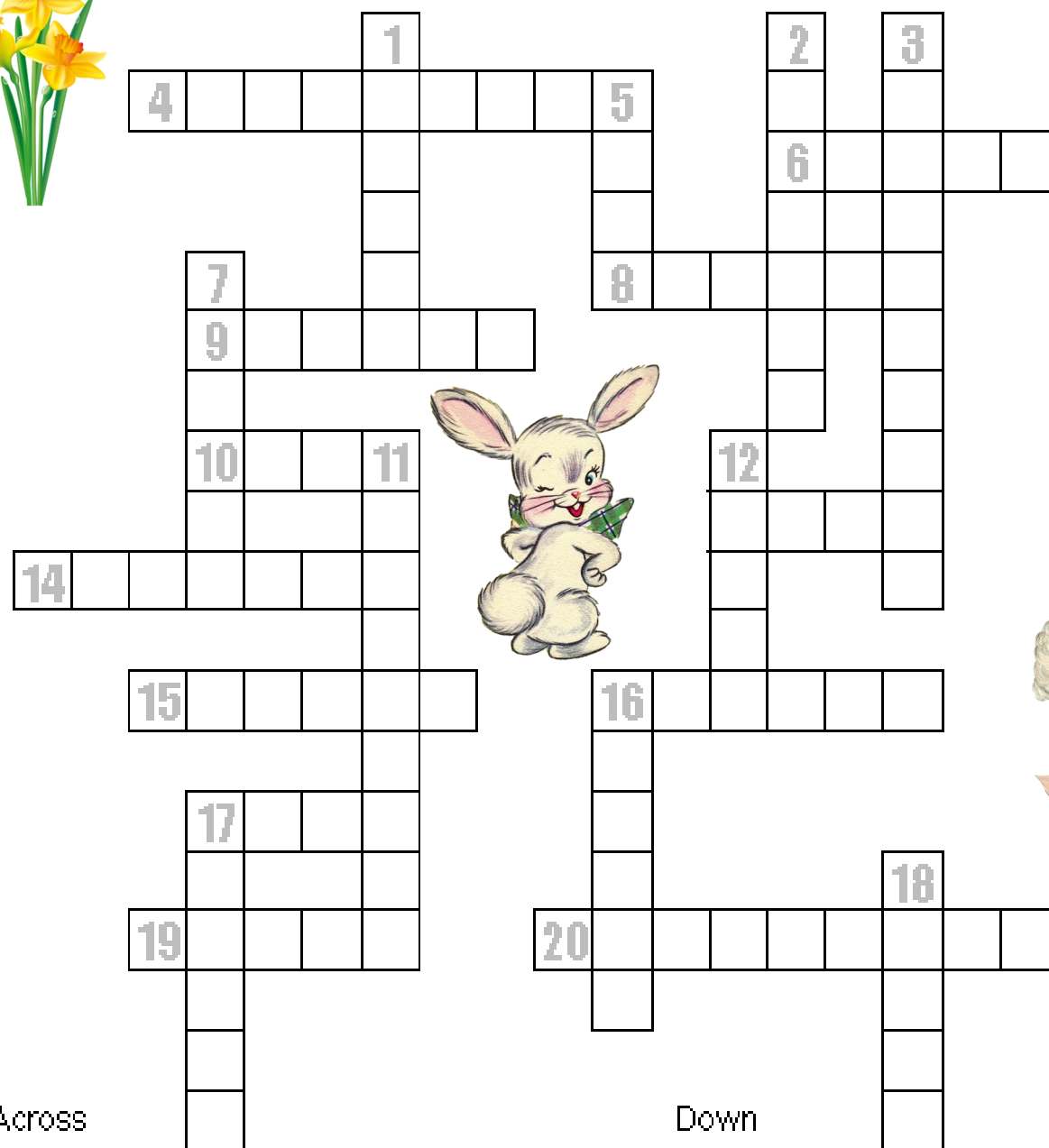
If you have a need, please contact us!

Check our Facebook page for agency updates.





Easter Crossword Puzzle



Across

Down

4. Dairy confection
6. Bush with purple flowers
8. First day of the week
9. Holiday in April
10. Easter flower
13. Colour of grass
14. Roses (for example)
15. A holder for Easter eggs
16. Shade for colours
17. Locate hidden Easter treats
19. Jesus tomb was _____
20. To make merry



1. Easter hat
2. Special occasion
3. Sweet Easter treats
5. Chickens lay them
7. Colour of baby chicks
11. Day before today
12. Religious symbol
16. Talking to God
17. Mother, father, sister, brother
18. Rhymes with dandy

ANSWERS on page 4

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clude thorough cleaning and sanitizing, putting donated or delivered items into quarantine for the recommended amount of time, and having some staff work from home.

Other programs at the main office, such as help with benefits like unemployment, rental/utility assistance, and domestic violence counseling, are also still available and are being done primarily over the phone.

The Open Link is monitoring information and resources from experts in disease control. We also receive support from Montgomery County Senior Services and the Department of Health and Human Services to ensure we are doing everything we can to limit the risk of infection to ourselves and the people we serve.

Closing our doors is necessary, but we realize that senior centers closing may leave many people isolated. We encourage you to pick up the phone and call your friends, family and neighbors! Don't hesitate to reach out to someone if you are feeling lonely or make a call to someone who may be in need of a friend. We would also like to hear from you and we want to thank those of you who have already called.

Whether you need assistance or just want to say hello, you can call The Center at 215.679.6550. Staff is in the office and is looking forward to your call!

Monday Community Meal

Info on the status of May's meal will be available as soon as possible.



Keep Your Mind Active

- Staying home & isolated can have a negative impact on mental health.
- **Keep your mind active:** Read, listen to music, play games, make puzzles.
 - **Stay connected** to family, friends, and neighbors via telephone, Facetime, or social media.

Upcoming Programs:

**** Details will be made available as soon as possible****

Rescheduled Census Celebration - Make Upper Perk Count! Lunch, activities, information and fun

Rescheduled Nutrition Series with Teri Wassel from Montgomery County Health Department.

Rescheduled Healthy Steps for Older Americans

Painting Class with local artist Susan Camarata; \$5 fee.

Mother's Day Celebration

Tune Up Tuesday's with Professional Pharmacy

Salute to Our Troops. Steve Walker will perform an array of patriotic songs!

SCAMS ON THE RISE DURING COVID-19 PANDEMIC

Fraudsters take advantage of fears and confusion.

BEWARE OF:

- Free vaccines, special virus tests or kits
 - Bogus COVID-19 insurance
 - Fake products that claim to treat COVID-19
- Do not give your social security number, Medicare number, or any personal information in response to unsolicited calls, texts, emails or home visits.

We wish you could come get healthy with us!

While The Center is closed, we encourage you to stay active and focus on your strength, balance and flexibility to reduce fall risk, strengthen your immune system and improve quality of life.

- **Be Active:** Sit Less, Move More - If possible, take a walk outside for fresh air and sunshine, or find ways to stay active inside like marching in place.
- **Be Safe - Don't forget to:** Wear appropriate shoes and clothing, hydrate, and be aware of your surroundings so you don't lose your balance.

The Center at The Open Link is partially funded by Montgomery County Senior Services.