

What else is happening at The Center now that the doors have opened?

Get help with your tablet, computer or phone, or set up a Zoom account! Call for an appointment.



One-on-one basic tech help with our qualified (and patient) volunteer Tech Coaches is still available! Help can be over the phone or on Zoom, and now in-person at The Center!



Get out of the house safely, have fun, and socialize!

Tuesdays & Fridays 1-3 PM

Pre-registration is required. Space limited. Masks required.

THE POOL TABLE IS OPEN! Or come enjoy independent activities that allow for social distancing: puzzles, games, coloring, and more! Or read a book from our library, use a computer, or connect your device to Wi-Fi.

215.679.6550 | center@theopenlink.org

Do you have a birthday in August?

You're Invited to stop by The Center to pick up a small gift.

For: YOU

Where The Center

When Mon, Wed, Fri, 12-12:30

RSVP Call 24 hrs. in advance



Summer Fun

G	S	O	S	U	N	S	C	R	E	E	N	N	A
C	L	C	B	G	T	T	O	G	S	S	E	R	S
A	R	E	E	L	S	A	E	G	I	C	D	U	A
M	A	A	A	E	S	E	B	O	A	B	A	B	F
P	B	N	C	E	O	G	G	G	S	L	H	R	E
I	L	A	H	Y	L	O	N	G	A	A	S	Y	T
N	E	N	R	A	S	S	I	L	S	O	S	H	Y
G	E	C	R	B	S	G	N	E	U	C	O	N	C
P	T	E	N	S	I	A	E	S	S	L	A	P	S
A	O	G	L	S	G	E	D	A	I	L	B	L	P
O	A	O	P	G	O	U	R	D	L	S	I	B	G
R	P	G	L	G	D	H	A	C	G	P	A	A	Q
P	F	L	O	A	T	Y	G	O	I	L	S	B	S
B	N	O	I	T	A	C	Y	A	T	S	S	N	T

HOLIDAY
STAYCATION
BARBIE
SLIP
SHADE
SUNSCREEN
GLARE
OCEAN
GARDENING
BURN
BBQ
CAMPING
POOL
SAFETY
GOGGLES
BEACH
FLOAT



THE CENTER



August 2021

Break the Stigma: Let's Talk About Mental Health

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

We often talk about physical health, but the mind is just as important as the body.

Older adults have been especially impacted by the pandemic which has led to isolation and loneliness. It has taken a toll on the mental health of people of all ages, but a study completed with older adults showed close to half (46%) said that worry and stress related to COVID-19 has had a negative impact on their mental health.

Not everyone feels comfortable talking about mental health. Stigma is one of the biggest barriers preventing people from reaching out for help. They worry what others think, that they will be judged or say asking for help feels like weakness.

In the U.S., almost half of adults (46.4 percent) experience depression, anxiety, or another form of mental illness during their lifetime. With it being so common, we should be able to talk openly about mental health and look for ways to empower ourselves and others facing struggles.

Since the start of the pandemic, depression, feelings of loneliness, and lack of motivation are discussions are having with seniors more than ever before. Losing our regular routines, having less activities in the community and with friends

Continued on page 3



Our Drive-thru Beach Party included a summertime lunch, sand bucket dessert, fresh brewed iced tea, a seashell craft, and other surprises. We had a ball and we loved that so many of you had beach attire and accessories!

As we begin reopening, which will hopefully expand in September, we will again be able to distribute newsletters to you in-person!

Next month we will ask everyone:

HOW DO YOU WANT TO RECEIVE NEWSLETTERS?

In-Person

Drive-thru Lunch

Email

Mailed Paper Copy

The September newsletter will be sent as normal. In September we will update contact information for a new email and mailing list. Tell us **now** if you have a preference!



Some people are having trouble calling The Center. If you can not reach us, please call The Open Link's main office in Pennsburg at 215.679.4112. Your call will be transferred to us. We apologize for the inconvenience.

Virtual & In-Person PROGRAMMING

Join us at The Center or from home on Zoom.
Virtual and in-person take place simultaneously.

GAMES & Gab Monday, August 23rd
1:00 - 2:00 PM

Friday, August 27th
1:00 - 2:00 PM



Virtual Programs - If you haven't attended, call to get the link sent to your email.

In-Person - Pre-registration is required. Call ahead to reserve your spot, space is limited. BYOB (bring your own beverage); snacks are not yet permitted to be served.

215.679.6550 | center@theopenlink.org

Come get healthy with us again!

Targeted for ages 55 and up - All are welcome!

Pre-registration is required, space is limited.
Masks required at all times.

Walkercise

Mondays & Wednesday • 9-9:30 AM
Come stretch those morning muscles!

Women on Weights (WOW)

Tuesdays & Fridays • 9:30 - 10:30 AM
Increase your strength and battle fatigue, weight gain, and depression. *Get stronger with us!*

Tai Chi

Tuesdays & Fridays • 10:45 AM - 11:45 AM
Tai Chi is described as "Meditation in Motion."

No matter what your abilities,
come move with us.

\$2 suggested donation per class. First class free!

Continued from page 1

and family, and being isolated have affected everyone. If you are experiencing feelings of sadness, anxiety, or depression, we assure you: you are not alone!

Programs that provide resources, education, and advocacy around mental health are available and meet needs from long term support to crisis intervention.

Montgomery County Office of Senior Services has a new program that operates on a referral-only basis. Seniors struggling with mild or situational depression work one-on-one with a facilitator to manage depression and develop coping strategies.

If you are struggling with loneliness, sadness, or depression, please call The Center at 215-679-6550. We would be glad to connect you with this program.

This year in Pennsylvania, a multi-agency effort and anti-stigma campaign was started to expand resources for mental health. This campaign sends a message that The Open Link stands behind and wants to express to our community: "Reach out PA: Your Mental Health Matters".

Monday Community Meal

August 2nd • 6:00 pm

Drive-Thru Meal at Pennsburg U.C.C.,

Menu: Sloppy Joe, Potato Salad,
Applesauce, Dessert

Hosted by Frieden's U.C.C.

There is no charge for the meal.



Drive-thru lunch will continue until we are able to resume congregate lunch.

Bagged nutritious lunch includes frozen meal to heat at home, side items, bread and milk. Produce from the garden often available!

No cost for individuals age 60 or over, or a regular Center participant

Monday, Wednesday, Friday
12:00 - 12:30 PM Pick-Up

Schedule in advance, or call by 11:00 AM that day! 215.679.6550

No Cost • Donations Welcome

Enter from Jefferson St. through the driveway.
Staff or volunteers bring your meal to your car.

Drive-thru Pick-up

Complimentary

Rita's Italian Ice

at

Pick up your August
Activity Booklet



517 Jefferson Street
East Greenville

RSVP Required by
Monday, Aug. 16th

Wednesday, August 18th • 12:00-12:30 PM

RSVP:

Call 215.679.6550 | Email center@theopenlink.org

Drive-thru lunch available, but not required.

Menu: Beef Teriyaki, Brown Rice, Broccoli, Fruit

Drive-thru Activity. Enter from Jefferson St.



Seniors Farmers' Market Nutrition Program



Each qualifying person receives \$24 in checks. The process to obtain checks is safe with no contact needed! Call for an application at The Center: 215.679.6550 / Main Office: 215.679.4112

REDEEM AT AREA FARMER'S MARKETS UNTIL NOV. 30TH

Eligibility requirements:

- 60+ years old during the program year (2021)
- Meet income requirements (1 person \$23,828 , 2 people \$32,227)
- Montgomery County resident (others - call for a location)



SFMNP provides fresh, nutritious, locally grown fruits, vegetables, herbs, and honey to low-income seniors, and supports domestic farmers' markets, roadside stands, and CSA programs.