



**Friday,  
March 18<sup>th</sup>, 2022  
1:00 - 2:00 PM**

RSVP required. Space is limited.  
215.679.6550 | center@theopenlink.org

\$1 Suggested Donation

### 3G PHASE OUT =



### 3G Network Shutdown - What it Means for Pennsylvanians

Cellular phone providers are making room for more advanced services. The move to 5G promises faster service and speeds, but some people may lose service entirely, including the ability to call 911.

If you have a phone or device from 2012 or before, you may need a software upgrade or newer device.

Devices like Life-Alert or Medical-Alert may need to be upgraded if using 2G or 3G networks (pre-2019).

If you aren't sure if this applies to your device, contact your provider.

### Additional Help & Resources

Did you know there are programs to help make communications services more affordable for low-income consumers? Programs like **Lifeline** and **Internet Essentials** provide discounts on phone and internet services. *Contact The Center to learn more!*

Unfortunately, The Center is not able to offer tax assistance this year. These IRS programs offer free basic tax prep to qualified individuals:

**VITA** (Volunteer Income Tax Assistance):  
Available to people who make \$57,000 or less and persons with disabilities  
1-800-906-9887

**TCE** (Tax Counseling for the Elderly):  
Help for ages 60 and older, specializing in pensions and retirement-related issues  
1-888-227-7669



*Check back next year -we hope AARP volunteers will return to The Center!*

*Come get healthy with us!*

*Targeted for ages 55 and up -  
All are welcome!*

Pre-register for each class.  
Masks required at all times.

### Walkercise

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

### Tai Chi

Tuesdays & Fridays • 10:30 AM - 11:30 AM  
Tai Chi is described as "Meditation in Motion."

### Chair Yoga

Fridays • 9:15 - 10:15 AM

*No matter what your abilities,  
come move with us.*

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

**THE CENTER**

*at*



**March 2022**

## Welcome March - Meals on Wheels Month!

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

You probably know The Center provides the Meals on Wheels (MOW) to Upper Perkiomen Valley residents, but you may not know what that entails. The pandemic changed many things, which includes home-delivered meal processes. What has not changed is seniors receiving quality, nutritious meals and friendly visits from caring volunteers!

Recipients receive lunch and dinner for five days a week (some also receive weekend meals). Deliveries are currently two days a week to lessen contact with seniors and between Center staff and volunteers. In addition to hot and cold ready-to-eat food, we deliver frozen meals that are easily prepared in the oven or microwave, and all the side items, bread, and milk.

We cannot thank our volunteers enough! Less deliveries equals larger deliveries plus many other changes. Their attention to updated protocol and their dedication has been tremendous.

We are pleased to offer such an important service for so many years and to partner with the Office of Senior Services (OSS), a Montgomery County Department of Health and Human Services.

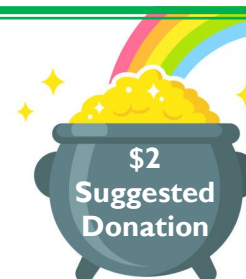
The Center facilitates MOW in the Upper

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We had a a fun time at the February craft event decorating wine glasses and making no-sew heart pillows. It was great to see so much creativity! Check out our painting class for next month.

**St. Patrick's  
DAY  
Celebration**  
with Sweet Treat & Monthly Activity Book



**Wednesday, March 16<sup>th</sup>  
12:00-12:30 pm**

During drive-thru lunch. *Lunch not required.*  
Bagged nutritious lunch includes frozen meal to heat  
at home with bread/roll and milk.

Menu: Shepherd's Pie, Brussels Sprouts, Carrots.

Our mask protocol has changed! Participants are required to wear masks when entering and exiting the building only. Social distancing continues. The Center is committed to providing a fun, friendly, and safe environment.

**517 Jefferson Street, East Greenville, PA 18041 • 215.679.6550 • www.theopenlink.org**  
Main Office: 452 Penn Street, Pennsburg, PA 18073 • 215.679.4112



**LIHEAP**  
Low-Income Home Energy Assistance Program

Help is available for heat and water bills.

2021-2022

**LIHWAP**  
Low-Income Household Water Assistance Program

**Income Qualifications:**  
1 person: \$19,320  
2 people: \$26,130

Contact The Center for info. Get help applying.

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



*We are delighted to announce a new class*  
**Chair Yoga ✦ Fridays at The Center**

**First Class: Friday, April 1<sup>st</sup> ✨ 9:15-10:15 AM**

**Introducing ~ Instructor Sarah Thayer**  
Sarah is a certified yoga teacher who has a passion for making yoga accessible to everyone and exploring its benefits with her students.

**Explore:**

- ♦ Breathing exercises
- ♦ Relaxing meditations
- ♦ Physical poses to enhance strength, flexibility, and balance
- ♦ All with the support of a chair



**\$2.00** suggested donation per class.  
*Your first class is always free!*  
See page 4 for a list of other health & wellness programs at The Center.

*Safety protocols include social distancing and wearing masks at all times.*



**517 Jefferson Street  
East Greenville, PA**

**Space is limited!**  
**RSVP by March 28th**  
215.679.6550  
center@theopenlink.org

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Perkiomen Valley, but you may not realize that individuals are enrolled through OSS. Each senior has a care manager that stays in touch with them and is available to assist with other needs.

A common comment we hear is, "I don't qualify because I am not needy." Eligibility requirements are not based on financial need, but on age, ability to drive, shop, and prepare meals. Approval can even be short-term after surgery or for other health reasons.

The program is designed to fit the need! Some recipients receive meals for only part of the week, or put meals on hold when it's not needed. Some get menu substitutions due to allergies, or foods prepared for a special diet such as renal meals due to kidney disease.

A delivery from a volunteer can mean so much during these times of social distancing and isolation. Recipients look forward to visits from our volunteers, and deliveries also act as a safety check. While we are proud to offer well-balanced meals at no cost, Meals on Wheels is more than just a meal!

**Monday Community Meal**

**March 7<sup>th</sup> • 6:00 pm**

**Drive-Thru Meal at Pennsburg 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

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**

**Painting Class**

Make, Take and Enjoy with Susie Camm!

**Wednesday, March 23<sup>rd</sup>**

**Time: 1:00-3:00 pm**

Cost: \$8.00 to cover supplies

Space is limited! RSVP by March 18<sup>th</sup>  
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