



THE CENTER *at* THE OPEN LINK

Enriching the Lives of Older Adults in our Community



July 2022

We're Welcoming a New Executive Director!

By Kelly Chandler, Development and Communications Manager



Monique Hendricks

We're thrilled to introduce you to the new Executive Director of The Open Link, Monique Hendricks!

Hendricks, who begins her role on July 5, brings a myriad of public service experience to the position including 28 years' experience working for local and state

government agencies, for-profits and other non-profit organizations.

She holds a Master's degree in Governmental Administration from the Fels School of Government at the University of Pennsylvania and a Bachelor's degree in Administration of Justice from the Pennsylvania State University. She is a widow, mom to three sons, and lives in central Montgomery County.

Some fun facts about her: she loves watching baseball, which her middle son plays at the collegiate level, dancing, and taking walks.

"I am absolutely elated to be named ED of such a well-respected and established organization like The Open Link (TOL). I am also humbled by the

Continued on page 3



Pictured are lunch attendees reciting the Pledge of Allegiance on Flag Day. Festivities included patriotic music, handouts about flag history, and red, white, and blue dessert. Come see what surprises are in store for Independence Day lunch!

Mask Guidelines will adjust with county COVID transmission rates.



Signage will be updated. Please check at arrival.

HIGH = Required | LOW or MEDIUM = Optional



The Center will
be **CLOSED**
Monday, July 4th

Celebrate with us at in-person lunch
Friday, July 1st ~ Call by 11 AM
Patriotic Treats • Dessert • Fun • History

Come for food
and nutrition



Stay for friends
and fun.

What can you expect at Community Lunch?

In addition to a hot and tasty meal: have coffee and conversation, assemble a puzzle, visit the library. And there's often educational, enriching and fun activities to do together!

What are we planning for Community Lunch in July?



Fresh Salads with produce
grown in our garden



Brain Teasers - Exercise
your mind with fun activities

We're celebrating National Holidays - Official & Unofficial

July 1 • Independence Day - Join us to celebrate our history and freedom



July 5 • Hawaii Day - Aloha!



July 7 • Tell the Truth Day, Chocolate Day

July 8 • Freezer Pop Day, and Be a Kid Again Day - Sure to be a fun time!

July 11 • All American Pet Photo Day - bring a photo of your pet - past or present

July 12 • Cow Appreciation Day



July 14 • Macaroni & Cheese Day

July 15 • Give Something Away Day - bring something to donate to the thrift shop!

July 18 • Ice Cream Day - Sundaes
(Always the 3rd Sunday of July)



July 28 • Refreshment Day - What will it be? A cool treat, plus ideas to beat the heat.

Pick up a copy of Famous July birthdays and July Historical Events.

And join us July 26th (and the last Tuesday of every month) to celebrate participant birthdays.

In-Person

Good Food, Fun & Fellowship

5 days/wk • Mon - Fri

Served at 12:00 PM

Stay after lunch for coffee,
conversation, and more!

Hot lunch: tasty and nutritious meal, side
items, bread/roll, milk, coffee, tea

Drive-thru

Safe & Convenient Pick-ups

Mon • Wed • Fri Only

11:30 - 11:45 AM

Enter from Jefferson Street.
Use caution in the parking lot.

Bagged nutrition lunch: frozen meal to heat
at home, side items, bread/roll and milk

Sign up by 11 AM that day or in advance.

No Cost for individuals 60 and over • \$2.00 suggested donation

Continued from page 1

confidence the board and the staff has placed in my ability to lead this organization into the future,” Hendricks said.

“In my experience, I’ve learned that the people we serve all want the same things – to be recognized and afforded opportunities to learn and grow to do and be better, regardless of their current situation. It’s the spirit of our human nature that keeps me going and guides me to continue to serve my community.”

Hendricks will work alongside retiring Executive Director Stuart Bush through the end of this month.

“Monique clearly has heart for The Open Link’s mission as well as the skills needed to lead TOL on to continued success,” Bush said.

“I’m looking forward to working with her to ensure a smooth transition for the agency with staff, board, volunteers, donors, and other stakeholders. I am deeply grateful to the Upper Merion Valley community for their ongoing support of the agency and our mission.”

We hope you’ll join us in giving our new executive director a warm welcome and we look forward to having her spend time at The Center!

Monday Community Meal

July 11th • 6:00 pm (2nd Monday)

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

There is no charge for the meal.

What’s Happening in July?

RSVP: 215.679.6550 | center@theopenlink.org

Mon, July 4th • CLOSED in recognition of Independence Day. Celebrate with us Fri. July 1st during in-person lunch



(pg. 1)

Mon, July 11th, 11 AM • Stamp Collecting, the 2nd Monday of each month. *Show, Share, Trade*

Wed, July 13th • NO In-Person Lunch; we will be hosting the Ministerium and new E.D. to a lunch inside. *Please visit for drive-thru lunch!*

Fri, June 15th • Bingo, small prizes, big fun, huge laughs, snacks. \$1 donation



Mon., July 18th, 11 AM • Ice Cream Social, RSVP, Space is limited, \$2 donation (pg. 4)

Wed, July 20th or 27th, 10:30 AM • EGYPT Presentation by Jacquelyn Daley (pg. 4)



Tues, June 26th, 12:30 • Birthday Party. We invite everyone to celebrate July birthdays. *Free lunch if your birthday is in July!* RSVP by 6/25



Wed, Aug 3rd • Watermelon Day hosted by



Family Caregivers, drive-thru & in-person lunch. RSVP by Jul 29. No cost. (pg. 5)

Plus fun activities from page 2 happening at in-person lunch - check our activities calendar for a complete schedule of activities.



Seniors Farmers’ Market Nutrition Program

Each qualifying person receives \$24 in checks.
REDEEM AT AREA FARMERS’ MARKETS UNTIL NOV. 30TH



Eligibility Requirements:

- 60+ years old in 2022
- Montgomery County resident (or call for a location)
- Meet income requirements (less than \$25,142-1 person, \$33,875-2 people)



Receive your checks while at The Center for in-person programming, or call or visit The Center to receive an application so farm vouchers can be mailed to you. We *may* not be able to accommodate providing checks on the spot unless you are here for lunch or an activity.

SFMNP provides fresh, nutritious, locally grown fruits, vegetables and herbs to low-income seniors, and supports domestic farmer's' markets and roadside stands.



Ice Cream Social

after lunch

Monday, July 18th

12:30 pm

\$2 suggested donation

Lunch not necessary,
but space is limited.

Let us know if you will be joining
us for lunch! (separate sign-up)

*Check the menu to see what
we're serving at 12 pm.*



RSVP

Call:

215.679.6550

Email: center@theopenlink.org



A presentation on a country rich in history!

Wed., July 20th ■ 10:30 AM
or Wed, July 27th ■ 10:30 AM

with Coffee & Refreshments

Every year, 10 million tourists visit Egypt to explore sites like the Pyramids of Giza, the Great Sphinx, and the Valley of Kings.



Our presenter, Jacquelyn Daley, wanted to visit since she was a child. She spent years studying Egypt intensely, and then finally made the trip there. Now she wants to share her knowledge and experiences. Come learn about 5000 years of history! *Please RSVP.*

Come get healthy with us!

Targeted for ages 55+ - All are welcome!
Register once, then come to any class, anytime.

Walkercise

Mondays & Wednesdays • 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
Accessible for everyone. Explore the benefits!

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

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

Summer Tips



Know your meds.
Some can cause
sun sensitivity.



Drink water and
eat fresh fruits
and veggies



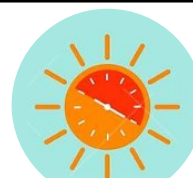
Place a cool
washcloth on
your neck.



Avoid using the
stove and oven
on hot days



Avoid beverages
with alcohol
and caffeine.

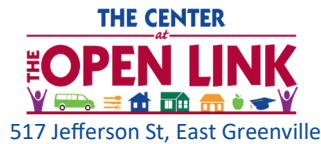


Stay out of direct
sun during peak
times (10am-4pm).

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



Held at:



Hosted by:



A Dehydration Education Event

Dehydration:

- Causes
- Symptoms
- Complications
- Treatments
- Prevention



and FUN watermelon facts!

RSVP by Monday, Aug. 1

Call The Center: 215.679.6550 or email center@theopenlink.org

Did you know? Watermelons are 92% water. You can eat the watermelon rind. Early explorers used watermelons as canteens!

Drive-thru Lunch

11:30 - 11:45 AM

Enter from Jefferson St.
When calling, let us know
if you'll be getting lunch.

In-Person Lunch

Served at 12:00 PM

Doors open at
11:30 AM.
Space is limited.



There's room to join! When this class began in April, it filled up quickly.
We have open spots again - come explore the benefits Yoga has to offer.

Chair Yoga

Fridays at The Center ☆ 9:15-10:15 AM

with 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, balance
- ◆ With the support of a chair



\$2.00 suggested donation per class.

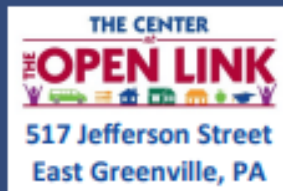
First class is always free!

See page 4 for a list of other health & wellness programs at The Center.

Must Register in Advance. Waiver must be completed prior to class.
215.679.6550 | center@theopenlink.org



Mobile Dental Unit *Coming Soon* to



The mobile dental unit provides much needed dental services:

**Checkups • Cleanings
Sealants • X-Rays • Fillings
Simple Extractions**

Equipped with electricity, a water supply, and the ability to take digital x-rays, the mobile unit team has the ability to serve patients no matter where they are.

The mobile team includes a hygienist, dentist, dental assistant, and a dental mobile unit coordinator to keep everything running smoothly.

Contact us now to get on the list.
Minimum number of people required to schedule.

To get on the list for the CHDC Mobile Dental Unit at The Center, or for more info:

Call 215.679.6550 or email center@theopenlink.org

The Center will coordinate appointments for the Mobile Unit and distribute and collect paperwork, including health/dental health history and insurance information.

BELIEVING IN A HEALTHIER COMMUNITY

It is the mission of
Community Health and Dental Care
to identify gaps in health services and
ensure access to appropriate levels of
care for all people in the service area,
regardless of their ability to pay.

Sliding scale fees and payment plans available.








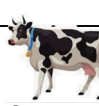








To learn more or talk to someone at CHDC: Call 610-326-9460
or visit <https://ch-dc.org/tour-mobile-dental-unit/>



ACTIVITY CALENDAR

See Newsletter for details.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Activities held in-person, unless otherwise noted. (LL = Lower Level)</p> <p>Call for in-person or drive-thru lunch by 11 AM. See newsletter for activity RSVP dates.</p>			 <p>Blood Pressure Checks are back! Every Thursday after lunch (approx. 12:30) - <i>courtesy of Family Caregivers Network</i></p>	 <p>1 9:15-10:15 Chair Yoga 10:30-11:30 Tai Chi 11:30 Drive-thru Lunch 12:00 In-Person Lunch Recognizing 4th of July</p>
<p>4</p>  <p>CLOSED 4th of July</p>	<p>5</p>  <p>10:30-11:30 Tai Chi 12:00 In-Person Lunch with Hawaiian Fun 1:00 Mahjong (LL)</p>	<p>6</p> <p>9-9:30 Walkercise 11:30 Drive-thru Lunch 12:00 In-Person Lunch</p>	<p>7</p>  <p>12:00 In-Person Lunch World Chocolate Day National Tell the Truth Day</p>	<p>8</p>  <p>9:15-10:15 Chair Yoga 10:30-11:30 Tai Chi 11:30 Drive-thru Lunch 12:00 In-Person Lunch Popsicles & Be a Kid Day</p>
<p>11</p>  <p>9-9:30 Walkercise 11:00 Stamp Collecting 11:30 Drive-thru Lunch 12:00 In-Person Lunch Pet Photo Day</p>	<p>12</p>  <p>10:30-11:30 Tai Chi 11:30 12:00 In-Person Lunch 1:00 Mahjong (LL) Cow Appreciation Day</p>	<p>13</p> <p>9-9:30 Walkercise NO In-Person Lunch (drive-thru only)</p>	<p>14</p> <p>12:00 In-Person Lunch w/ Homemade Mac & Cheese</p> 	<p>15</p>  <p>9:15-10:15 Chair Yoga 10:30-11:30 Tai Chi 11:30 Drive-thru Lunch 12:00 In-Person Lunch 1:00-Bingo Give Something Away Day</p>
<p>18</p>  <p>9-9:30 Walkercise 11:30 Drive-thru Lunch 12:00 In-Person Lunch 12:30 Ice Cream Social</p>	<p>19</p> <p>10:30-11:30 Tai Chi 12:00 In-Person Lunch 1:00 Mahjong (LL)</p>	<p>20</p>  <p>9-9:30 Walkercise 10:30 Egypt Presentation 11:30 Drive-thru Lunch 12:00 In-Person Lunch Fortune Cookie Day</p>	<p>21</p> <p>12:00 In-Person Lunch</p>	<p>22</p> <p>9:15-10:15 Chair Yoga 10:30-11:30 Tai Chi 11:30 Drive-thru Lunch 12:00 In-Person Lunch</p>
<p>25</p> <p>9-9:30 Walkercise 11:30 Drive-thru Lunch 12:00 In-Person Lunch</p>	<p>26</p>  <p>10:30-11:30 Tai Chi 12:00 In-Person Lunch 12:30 Birthday Party 1:00 Mahjong (LL)</p>	<p>27</p>  <p>9-9:30 Walkercise 10:30 Egypt Presentation 11:30 Drive-thru Lunch 12:00 In-Person Lunch</p>	<p>28</p> <p>12:00 In-Person Lunch w/ a cool surprise National Refreshment Day</p>	<p>29</p> <p>9:15-10:15 Chair Yoga 10:30-11:30 Tai Chi 11:30 Drive-thru Lunch 12:00 In-Person Lunch Watermelon Day Aug 3rd</p>

IN-PERSON PROGRAMMING AT THE CENTER

RSVP: 215.679.6550 | center@theopenlink.org

If you can not reach us, please call the
main office at 215.679.4112.
















517 Jefferson Street
East Greenville, PA 18041
The Center: 215.679.6550
Main Office: 215.679.4112

July

2022



Drive-thru & In-Person

Monday Drive-thru & In-Person	Tuesday In-Person Only	Wednesday Drive-thru & In-Person	Thursday In-Person Only	Friday Drive-thru & In-Person
RSVP for lunch by 11 AM *Special Celebrations and Extras will be at <u>In-Person</u> Lunch unless otherwise noted. <i>We hope you'll join us!</i>				1 Butter Crumb Fish Broccoli Florets Herb Couscous  4th of July Fun
4 CLOSED 	5 Beef Stew Potatoes Peas Fresh Fruit 	6 Mushroom & Swiss Burger Mashed Potatoes Carrot Coins Coleslaw	7 Lasagna Mixed Vegetables Apples 	8 Chicken Alfredo Broccoli Penne Noodles 
11 Swedish Meatballs Peas & Carrots Wide Noodles 	12 Teriyaki Fish Fried Brown Rice Asian Blend Veggies	13 DRIVE-THRU ONLY Bowties w/ Bolognese Sauce Broccoli & Carrots	14 Chicken w/ Mustard Cream Sauce Homemade Mac & Cheese 	15 Eggs Florentine Stewed Tomatoes Hash Browns 
18 Cheese Raviolis w/ Roasted Red Pepper Sauce Spinach, Carrots, Cauliflower 	19 BBQ Pork Collard Greens Corn Marinated Broccoli Salad	20 Salisbury Steak Mashed Potatoes Peas & Carrots 	21 Sliced Turkey w/ Gravy Traditional Stuffing Cranberry Glazed Carrots	22 Baked Fish w/ Lemon & Capers Buttered Parsley Potatoes Mixed Veggies
25 Spanish Omelet Hashbrowns Pear Crisp	26 Garlic Brown Sugar Chicken Apple Sweet Potatoes Brussels Sprouts <i>12:30 Birthday Party</i> 	27 Cheeseburger Meatloaf w/ Onions Potato Wedges Green Beans	28 Sesame Beef w/ Peppers Broccoli Brown Rice	29 Grilled Chicken Parmesan Spinach & Carrots Caesar Salad

Drive-thru (DT)

Mon, Wed, Fri
11:30 - 11:45 AM
Enter from Jefferson St.

No Cost for Age 60+ / Donations Welcome
Nutritious Meal, Side Items, Bread/Roll and Milk
Drive-thru: Frozen Meal | In-Person: Served Hot

In-Person (IP)

Monday - Friday
Served at 12:00 PM
No arrivals before 11:30