

November 2022

It's Not You, It's Me: Breaking Up with the News Cycle

By Michelle McKeown, Program Manager

For me, it started with 9/11. The 24-hour news cycle was still new, and required a television and a cable subscription to consume. I had two young children, and was expecting a third, and it felt like the world was falling apart. I would often wake in the middle of the night and quickly tune into cable news just to make sure nothing more had happened.

Now that I carry access to the all the information in the world in my pocket (via cell phone), constant news consumption has, at times, caused anxiety, insomnia, and even physical symptoms like nausea and headaches. We now experience world events as they unfold, often with multi-sensory input in real time. Experts refer to the distress this can cause as “vicarious trauma,” and symptoms can mimic those of post-traumatic stress disorder (PTSD).

There is a lot happening, both domestically and internationally, that can threaten us with vicarious trauma. Here are some strategies for staying informed while still caring for your own well-being.

1. *Give yourself permission to look away.* Sometimes turning away can feel like privilege. How can we feel overwhelmed hearing about a natural disaster when others actually have to live through it? Remember that your personal distress does nothing to help victims; you can empathize without overly stressing yourself.

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It's getting chilly and on this particular day the wind was blowing, but we still got a walk in! The fall colors on the trees were lovely and it was a great time of exercise and conversation on Oct. 19. Walks with Wendy continues at Camelot Park this month (details on page 4), but we're discussing winter plans - let us know if you have ideas!

**The Center will serve as a polling place
on Tuesday, Nov. 8th.**

There will be no lunch or programming.

Meals on Wheels will be delivered as usual.

Make your voice heard!



*Complimentary
Breakfast for
ALL veterans,
along with
one guest.*

**Have you RSVP'd for this in-person breakfast?
Fri., Nov. 11th • Served at 9:30 am at The Center**

Please respond by November 1st

215-679-6550 | center@theopenlink.org

THANK YOU FOR YOUR SERVICE.

Help us create favors for our veterans on Tuesday,
November 2nd. RSVP by 11/1. No Cost.



This month we welcome Linda, counselor and assistant director at the main office, to join us for Community Lunch.

Thursday, November 17, 2022 • 12 pm

In addition to enjoying time at The Center, Linda will share about services available at The Open Link and answer your questions..

*See the Community Lunch Menu for lunch details.
Don't forget to sign-up for lunch by 11 AM!*



NEW monthly program: Danielle will show you how to use ordinary items in new ways!



Wed. Nov. 9th
12:30 pm
Mug Cake
Make & Take



Create a simple microwaveable cake mix. Danielle will help you create the mix, and you'll get a mug and instructions tag!

Treat yourself or give it as a gift!



RSVP's preferred by Wed., Nov. 9th • Cost: \$1
215.679.6550 | center@theopenlink.org



*Come for food and nutrition.
Stay for friends and fun.*

Monday - Friday • Served at 12 PM

Hot lunch: tasty and nutritious meal, side items, bread/roll, milk, coffee, tea
Sign up by 11 AM that day. No cost for individuals 60 and over. \$2 suggested donation.

In addition to a tasty, nutritious meal, there are often fun and enriching activities.

Check the Activities Calendar for Celebrations of Holidays and National Days in November. We're also recognizing these observances:



National Alzheimer's Disease Month - This is a time to heighten awareness about the disease and show support for the more than 6.2 million Americans living with it.

National Diabetes Month - The focus is on sharing resources to help diabetics and their caregivers. *Thurs, Nov. 10 at 10:30 AM: Diabetes Prevention Program (see page 8).*

National Home Care & Hospice Month - Recognizing the dedicated professionals who make a remarkable difference in the lives of the people they care for and serve.

Movember - A movement that encourages men to grow mustaches and grow awareness for men's health issues. *Wed, Nov. 9, 11 AM: short presentation (see page 7)*



Meditation Mondays with Michelle

Emotional Wellness Month was last month, but self-care is something you should always do!

Join us **Mondays from 9:45-10:15 am** for 30 minutes of guided meditation and relaxation exercises. If this is something you have never tried, now is a great time!

Come one Monday or every Monday. No Cost. RSVP: 215.679.6550

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2. *Designate times to engage, and times to disengage.* Setting an alarm while you watch TV news, read the paper, or scroll social media can help keep you from “going down the rabbit hole.”

3. *Do a self-check before beginning your news consumption.* Ask yourself how you are feeling today. Are you too emotionally strained to process bad news? Are you feeling especially happy and don’t want anything to interfere with that? How will exposure to potentially bad news affect the rest of your day?

4. *Turn off notifications online.* Tune into news outlets on your schedule, instead of receiving unanticipated updates.

5. *Consider those you follow on social media.* While we may enjoy personal updates from friends and family, some share news items indiscriminately. These may be folks we wish to check in with on our timetable, rather than be blindsided by potentially upsetting news. You can remain friends without following their feed.

6. *Keep perspective.* The world is, for better or worse, as it always was; we just have access to more information. Tragedy is more lucrative than comedy; it may seem there is little good news, when in reality, there is just less incentive to cover it.

7. *Find a coping mechanism.* Take a walk, do some relaxation breathing, engage your mind in a game or puzzle, or visit the Center to share a meal and enjoy activities with friends!

FALL Crafts with Carol

Thurs, Nov. 10th, 2022 • 12:30 pm

Join our volunteer Carol to decorate a pillar candle with festive autumn decorations. Great to brighten your home or for gift giving!

Pillar Candle & Supplies Provided

Cost: \$2
RSVP by Fri. 11/4
to help us prepare and purchase supplies.

215.679.6550
center@theopenlink.org

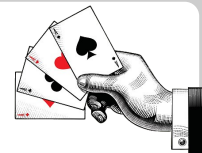


Weekly

POKER

Tuesdays

12:30 pm



No Cost/No Buy-In

Monday Community Meal

November 7th • 6:00 pm

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

There is no charge for the meal.



New Fitness Class!

Move & Tone w/Michelle

Thursdays • 9:15-10 am

Beginning November 3rd



Move to music from the 50s, 60s, and 70s in this class that combines simple, low-impact aerobic exercise with intervals of light weight training.

Improve heart, lung, muscle, and bone health!

Class is mostly standing with options for seated work or chair support during strength intervals. Some floor work may be included, but can be modified to seated or standing.

Register once, then come as often as you'd like. **\$2** suggested donation per class. First class always free!

Wednesday Walks with Wendy

Enjoy the brisk autumn air and fall foliage.
Our goal is 1 mile, but participants of all
abilities are welcome! Groups are
formed for a different pace or distance.

Wednesdays at 1:30 pm

Camelot Park - 1124 Church Rd, East Greenville.

Meet at the parking lot at the park.

Weather permitting. RSVP: 215.679.6550

A Visit to EGYPT at The Center

Wednesday, Nov. 16th • 10:30 AM

*The journey continues into a country
rich in history and culture!*

This month Jacquelyn presents:

The Giza Plateau

with Coffee & Light Refreshments

RSVP by Nov. 15th: 215.679.6550

FOOD FOR THOUGHT.

Join us for a new monthly series
highlighting superfoods and small
dietary changes with big benefits!

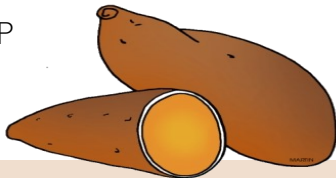
Each month includes a short
presentation and sample snack.

Don't miss it this month ~

**I Yam What I Yam
(Unless I'm a Sweet Potato)**

Thurs., Nov. 17th • 12:30 pm

Please RSVP
by Wed.,
Nov. 16th



No Cost
for this
program

Let us know if you'd like lunch at 12!

Come get healthy with us!

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

Walkercise - Mon & Wed, 9-9:30 AM

Come stretch those morning muscles!

Tai Chi - Tues & Fri, 10:30-11:30 AM

Tai Chi is described as "Meditation in Motion."

Move & Tone - Thursdays, 9:15-10 AM

Aerobic & strength intervals for heart & bone
health, set to music. **NEW CLASS!**

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.

Your first class is always free!



If you're new here, thinking about attending, haven't visited
in a while, or have a friend you'd like to introduce to
The Center... this is for you!

Tuesday, November 15th, 2:00 PM

Light Refreshments | No RSVP needed, just stop by!

Discover The Center: take a tour, learn what kind of activities take place, meet staff and ask questions.

The Center offers opportunities for older adults to stay healthy, active, and connected.



ACTIVITY CALENDAR

See Newsletter for details.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Programs held in the Main Room unless otherwise noted. LL = Lower Level</p>	<p>1</p> <p>10:30-11:30 Tai Chi 12:00 In-Person Lunch 12:30-3 Poker</p> <p><i>National Vinegar Day Discover the many uses!</i></p>	<p>2</p> <p>9-9:30 Walkercise 10:00 Quilters (LL) 12:00 In-Person Lunch 12:30 Veterans Day Craft 1:30 Walks w/ Wendy</p>	<p>3</p> <p>9:15-10 Move & Tone 12:00 In-Person Lunch</p> 	<p>4</p> <p>9:15-10:15 Chair Yoga 10:30-11:30 Tai Chi 12:00 In-Person Lunch</p> <p><i>National Jersey Day</i></p>
<p>7</p> <p>9-9:30 Walkercise 9:45 Meditation 12:00 In-Person Lunch</p> <p><i>Kindness Week Nov. 7 - 13</i></p>	<p>8</p> <p>Election Day No Center Activities Meals on Wheels <u>will</u> be delivered</p>	<p>9</p>  <p>9-9:30 Walkercise 10:00 Quilters (LL) 11:00 Movember Pres. 12:00 In-Person Lunch 12:30 DIY with Danielle 1:30 Walks w/ Wendy</p>	<p>10</p> <p>9:15-10 Move & Tone 10:30 Diabetes Prevention Presentation 12:00 In-Person Lunch 12:30 Crafting w/ Carol</p> <p><i>National Vanilla Cupcake Day</i></p>	<p>11</p>  <p>9:30 Veteran's Day Breakfast 12:00 In-Person Lunch</p> <p>(Veteran's Day - No AM exercises)</p>
<p>14</p>  <p>9-9:30 Walkercise 9:45 Meditation 10:30 Stamp Collecting 12:00 In-Person Lunch</p> <p><i>National Pickle Day, World TV Day</i></p>	<p>15</p> <p>10:30-11:30 Tai Chi 12:00 In-Person Lunch 12:30-3 Poker 2:00 Welcome Visitors</p> <p><i>Raisin Bran Cereal Day</i></p>	<p>16</p> <p>9-9:30 Walkercise 10:00 Quilters (LL) 10:30 Visit to Egypt 12:00 Friendsgiving 1:30 Walks with Wendy</p>	<p>17</p> <p>9:15-10 Move & Tone 12:00 In-Person Lunch/ Lunch w/ Staff: Linda 12:30 Food for Thought I Yam What I Yam</p> 	<p>18</p>  <p>9:15-10:15 Chair Yoga 10:30-11:30 Tai Chi 12:00 In-Person Lunch 1:00 Bingo -12:30 Doors open</p> <p><i>Mickey Mouse's Birthday</i></p>
<p>21</p> <p>9-9:30 Walkercise 9:45 Meditation 12:00 In-Person Lunch</p> <p><i>Gingerbread Cookie Day</i></p>	<p>22</p> <p>10:30-11:30 Tai Chi 12:00 In-Person Lunch 12:30-3 Poker</p>	<p>23</p> <p>9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Thanksgiving Lunch RSVP by 11/21 1:30 Walks with Wendy</p>	<p>24</p> <p>CLOSED</p>  <p>HAPPY thanksgiving</p>	<p>25</p> <p>CLOSED</p>
<p>28</p> <p>9-9:30 Walkercise 9:45 Meditation 12:00 In-Person Lunch</p>	<p>29</p> <p>10:30-11:30 Tai Chi 12:00 In-Person Lunch 12:30-3 Poker</p>	<p>30</p> <p>9-9:30 Walkercise 10:00 Quilters (LL) 12:00 In-Person Lunch 12:30 Birthday Party 1:30 Walks w/ Wendy</p>	 <p>Blood Pressure Checks Most Thursdays at approx. 12 pm courtesy of Family Caregivers Network</p>	



RSVP dates and more details in newsletter.
Some programs have limited space

RSVP: 215.679.6550 | center@theopenlink.org





NOVEMBER

2022



517 Jefferson St., East Greenville
The Center: 215.679.6550
Main Office: 215.679.4112

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
	1 Swedish Meatballs Peas & Carrots Wide Noodles	2 Teriyaki Fish Fried Brown Rice Asian Blend Veggies	3 Bowties w/ Bolognese Sauce Broccoli Carrots	4 Chicken w/ Mustard Cream Sauce Balsamic Brussels Sprouts w/ Cranberries Roasted Red Potatoes
7 Baked Fish w/ Lemon Capers Buttered Parsley Potatoes Mixed Veggies	8 Election Day No Center Activities Meals on Wheels <u>will</u> be delivered.	9 BBQ Pork Collard Greens Corn	10 Salisbury Steak Mashed Potatoes Peas & Carrots	11 Sliced Turkey w/ Gravy Traditional Stuffing Cranberry Glazed Carrots
14 Grilled Chicken Parmesan Rotini Sautéed Spinach w/ Diced Carrots	15 Spanish Omelet Hashbrowns Pear Crisp	16 Friendsgiving Burgers & Side Items <i>RSVP, bring items: 11/14</i> Drive-thru Menu: Garlic Brown Sugar Chicken	17 Cheeseburger Meatloaf w/ Onions Potato Wedges Green Beans Lunch with Staff: Linda	18 Sesame Beef w/ Peppers Broccoli Brown Rice
21 Lasagna Broccoli, Cauliflower, Carrots	22 Chicken Alfredo Broccoli Penne	23 Thanksgiving Meal Turkey and the Fixings, Dessert <i>RSVPs encouraged by 11/21</i>	24 CLOSED  HAPPY thanksgiving	25 CLOSED
28 Chicken w/ Mustard Cream Sauce Balsamic Brussels Sprouts w/ Craisins Roasted Red Potatoes	29 Eggs Florentine Stewed Tomatoes Hashbrowns	30 Swedish Meatballs Peas & Carrots Wide Noodles 12:30 Birthday Party 	*Substitutions Available Upon Request (limited options) 1% Milk served daily. Menus created by a registered dietician.	

Drive-thru (DT)

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

No Cost for Age 60+ / \$2 Suggestion Donation
Nutritious Meal, Side Items, Bread/Roll and Milk
Drive-thru: Frozen Meal | In-Person: Served Hot
RSVP by 11:00 AM that day

In-Person (IP)

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

What's Happening in November?

To RSVP or ask questions: 215.679.6550 | center@theopenlink.org

Mondays, 9:45 am • Meditation with Michelle - 30 minutes of guided meditation and relaxation exercises. Start each new week out right. No Cost. Please RSVP.



Tuesdays, 12:30 - 3:00 pm • Texas Hold 'Em Poker - New! Free; no Buy-In.

Wednesdays, 1:30 pm • Walks with Wendy - Enjoy a walk in nature together. Please RSVP so we know who is coming. If it rains, you can walk at The Center! (pg. 4)

Thursdays, 9:15—10 am • Move & Tone w/ Michelle - 45 mins of low-impact exercise. Music from the 50s, 60s, and 70s. First class is free! Register by 11/2. (pg. 2)



World Kindness Week - Nov. 7 - 13. 'Kisses for Kindness' Challenges all week.

National Game Week - Nov. 21 - 27. Fun and activities at Community Lunch.

Tues. Nov. 2, 12:30 pm • Veteran's Day Crafts - Help create favors for our special guests at that Friday's Veteran's Day Breakfast. No Cost. Please RSVP by 11/1.

Tues. Nov. 8 • Election Day, No Activities - The Center is a polling place. Go vote!



Wed. Nov. 9, 11 am • Movember (Moustache+November): Short, informative presentation focused on exercise and men's health. No Cost. RSVP encouraged.

Wed. Nov. 9, 12:30 pm - DIYs with Danielle - Cake mix in a mug. Danielle will share how to use ordinary food items to do something new! No Cost. RSVP by 11/9. (pg. 2)



Thurs. Nov. 10, 10:30 am • Diabetes Prevention - Presentation by Mont. County Office of Senior Services. *Enjoy low-sugar treats.* No cost. RSVP by 11/9 (pg. 8)



Thurs. Nov. 10, 12:30 pm • Crafting with Carol. Join volunteer Carol for a Fall craft. Cost: \$2. Space is limited. RSVP by 11/4 so supplies can be purchased. (pg. 3)

Fri. Nov. 11, 9:30 am • Veteran's Day Breakfast – Honoring all who served. Complimentary sit-down breakfast for veterans and a guest. No Cost. RSVP by 11/1. (pg 1)



Mon. Nov. 14, 10:30 am • Stamp Collecting, the 2nd Monday of each month (3rd Monday in October due to the holiday) *Show, Share, and Trade stamps.*

Tue. Nov. 15, 2 pm • Welcome to The Center - Take a tour, learn about programming, ask questions, meet staff. Light refreshments. RSVP not needed. (pg. 4)

Wed. Nov. 16, 10:30 am • Egypt Presentation - The journey continues to a country rich in history and culture! November's topic: Giza Plateau. RSVP by 11/15 (pg. 4)



Wed. Nov 16, 12 pm • Friendsgiving - A meal and gathering of friends to celebrate this season of giving thanks. RSVP and bring items by 11/14. Details below.

continued...

What's Happening in November?

To RSVP or ask questions: 215.679.6550 | center@theopenlink.org

Thurs Nov 17, 12 pm • Lunch with Staff - We'll welcome Linda, counselor and assistant director to join the fun at The Center and share about services. RSVP by 11 am.



Thus. Nov 17, 12:30 pm • Food for Thought: I Yam What I Yam. Monthly series highlighting superfoods. Sample healthy snacks. No Cost. RSVP by 11/16. (pg. 4)

Fri. Nov 18, 1 pm • Bingo - Doors open at 12:30 pm. Small prizes, big fun. This month: Gratitude Bingo. Refreshments. Cost: \$1 sugg. donation. RSVP by 11/17.



Wed. Nov 23, 12 pm • Thanksgiving Lunch - Join us for a holiday meal with turkey and all the fixings. No cost, \$2 suggested donation. RSVP by 11/21.

Wed, Nov 30, 12:30 pm • Monthly Birthday Party - You're ALL invited to celebrate November birthdays with cake and fun. This month's staff birthdays: accounting manager Scott and our very own kitchen coordinator Danielle! RSVP by 11/29.



Check our calendar for a complete schedule of activities.

RSVP requirements help us prepare and purchase food and supplies. Some presenters have specific attendance requirements. If it is past an RSVP date, and you would like to attend an activity, please call and we will try to accommodate!

Join us for a
Friendsgiving
POTLUCK
A gathering to eat, laugh, and be thankful!

Wednesday, November 16th • 12:00 pm

Friendsgiving = Blend of "friend" & "Thanksgiving"; an informal gathering of friends to share in the spirit of Thanksgiving.

Menu: Burgers w/ Side Items & Dessert

Lunch & Fun Activities ~ Sign-up to Bring an Item!

Sign-up Sheet is with the lunch sign-up at The Center.

RSVP by Mon, Nov. 14th
& Bring Items by Mon. Nov. 14th
215.679.6550 | center@theopenlink.org

We are unable to accept food prepared in people's homes. All food must be made at The Center or come pre-packaged.



Join us for this FREE informative program by the Montgomery County Office of Senior Services.

**MAKING LIFESTYLE CHANGES:
TYPE 2 DIABETES PREVENTION**



Thurs, November 10th • 10:30 am

This presentation explores diabetes signs and symptoms, complications, and what we can do to prevent or delay our Type 2 Diabetes Risk.

RSVP by 11/9: 215.679.6550 | center@theopenlink.org

Save the Date for the next O.S.S. program:

Wed., Dec 7th: Talking with Your Doctor

Held at:



517 Jefferson St.
East Greenville, PA

Presented by:



Montgomery County
Department of
Health and Human Services

Office of Senior Services

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