



**THE CENTER**  
*at*  
**THE OPEN LINK**

*Enriching the Lives of Older Adults in our Community*



**September 2023**

**Recognizing Hunger Action Month**

*by Wendy Smeltz, Center Manager*

Here at The Center, a meal means more than making sure bellies are full and daily nutrition values are met. It's a time to enjoy a cup of coffee with the occasional dessert, activity, or entertainment, and to talk, laugh, and catch up with one another.

As we come together for a noon-time meal, let us recognize how lucky we are to have this time together and be grateful for a hot, nutritious lunch.

September is Hunger Action Month, a national campaign to raise awareness about hunger and mobilize the public to take action.

Hunger affects people from all walks of life. Millions of Americans are just one job loss, missed paycheck, or medical emergency away from hunger. In the wake of the pandemic, unemployment and food insecurity soared. In 2022, 49 million people turned to community programs for help putting food on the table. People facing hunger are forced to make choices between buying food or paying medical bills, rent, utilities, childcare, or transportation expenses.

The Open Link recognizes that human beings' needs go beyond basic necessities. To thrive, we must have safety, connection, comfort, growth, and an ability to contribute. Our agency offers programming and opportunities to meet these needs, and we envision a society where all individuals can flourish. But we know that without basic needs satisfied one cannot

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Steve Walker's Variety Show was a toe-tapping good time filled with songs we all know and love, and some originals - including one that was requested by a few of you, "Best Friend", which had the room filled with laughter!



**September is Healthy Aging Month**

Read more on page 6, and try a new activity at The Center to help you stay active and healthy!

**Center Closed Monday, Sept 4<sup>th</sup>**

No Center activities. Meals on Wheels will not be delivered; extra meals will be included with delivery on Friday, Sept 1<sup>st</sup>.



## SPECIAL ACTIVITIES IN SEPTEMBER

To RSVP: Sign-up in the big room, ask staff, call 215.679.6550, or email [center@theopenlink.org](mailto:center@theopenlink.org). See costs and RSVP dates below, if required.

### Soup in a Jar with Teri Wassel • Tuesday, Sept. 12 - 1:00 pm



The crisp days of Autumn are right around the corner! Prepare some healthy soup to enjoy with the colorful fall leaves. Make your own Chicken Noodle Soup mix to take home for a quick and cozy weeknight meal. Led by Teri Wassel, Registered Dietician with the Montgomery County Health Dept. *No Cost. **RSVP by 9/8 or until activity is full.***

*This project is funded by the PA Dept of Health's Preventative Health and Health Services Block Grant.*

### Legal Presentation with Michelle Forsell, Esq. • Thursday, Sept. 14 - 12:45 pm



Join Michelle M. Forsell Esq., Elder Law Attorney with Wolf, Baldwin & Associates and an Open Link board member, for an informal conversation about your legal questions. Questions can be submitted in advance (by 9/13). *No Cost.*

### Fall Safety & Fun w/ Family Caregivers Network • Friday, Sept. 22



**12:30 pm: Fall Education** - *Fall Prevention Awareness Day* is observed on this date to align with the first day of fall. Increase awareness around falls health and injury prevention. 1 out of 4 older people fall each year, less than half tell their doctor, and falling once doubles your chances of falling again.

**1:00 pm: Fall Craft** - Create Toilet Paper Pumpkins to use as décor or give as a gift. There will also be a fall-themed treat! *Provided by Family Caregivers Network; No Cost. Let us know you will be joining us for lunch at 12 pm. **RSVP by 9/20** for either activity.*

### “Let’s Talk About Loss” • Thursday, Sept. 28 - 12:45 - 1:45 pm + a 30 min Q&A

condensed workshop centered on loss. Loss can mean much more than the death of a loved one. We experience loss in many of life’s inevitable changes, from loss of independence to relocation of a home or even retirement. Professionals from The Center for Loss & Bereavement (CLB) will share knowledge and supportive ways to cope with loss that you or someone close to you may be experiencing. *No Cost. **RSVP by 9/26.***

*(See page 3 for information on an upcoming support group being offered by CLB.)*

Engage in meaningful connection.



Restorative practices for healing and hope.

Continued from page 1

attend to mental, emotional, or social needs.

To help meet our neighbors' basic needs, The Open Link's food pantry in Pennsburg distributed 212,160 pounds of food in the 22-23 fiscal year. An average of 387 Upper Perk residents are served a month, and we're seeing that number increase with food and rent costs.

At The Center, lunch is served Monday through Friday. During a recent survey we learned that the majority of those who attend lunch (60%) consider the low cost an important reason for attending. Almost all seniors surveyed (90%) consider socialization important. Other top reasons are health and nutrition, not having to cook, and getting out of the house.

Community Lunch is offered to those 60 and above at a \$2 suggested donation through our contract with Montgomery County Office of Senior Services and our mission to meet all the needs a meal together can offer.

If you know a senior who could use an inexpensive hot meal, invite them to The Center where we say "Come for the meal, stay for the friends and fun".

If you or someone you know is having difficulty putting food on the table, we would like to share information about the food pantry and services available through our main office.

Join us Wednesday, September 20th when The Center takes an outing to the main office for a tour of the food pantry - come see how The Open Link is serving the Upper Perkiomen community!

## Coming in October

### The Stories of Our Lives Shared Discussion About Life's Journey

Special support group series led by  
The Center for Loss and Bereavement.

This series welcomes participants to come together in a safe space of comfort and camaraderie, to share about personal experiences of loss and hardship, along with rich stories of growth, joy, and wisdom. Understand and reflect on the stages and circumstances that fill a lifetime.



Weekly Sessions:

**Thursdays, 1 pm to 2:30 pm**

October 5, 12, 19, 26

November 2, 16 (skip 11/9)

*Discussions will be led by a group facilitator from The Center for Loss and Bereavement. Contact The Center at The Open Link for information.*



### The Center for Loss and Bereavement

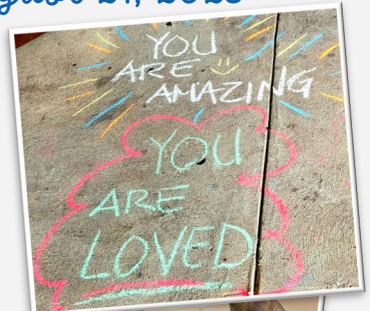
3847 Skippack Pike, Skippack, PA 19474

A non-profit resource of specialized knowledge and professional support that provides meaningful connection and restorative guidance for those impacted by grief.

## Celebrating National Senior Citizens Day - August 21, 2023



We honored the more mature, older adults with a celebration of being young at heart - a Pirate Party with an appearance by Jack Sparrow!



*Many thanks to Upper Perk High School volunteer Owen for helping this event to be successful, and for your hard work on the treasure map, and all your help this summer!*





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

No cost for individuals  
 60 years old & over,  
 \$2 suggested donation.

# September 2023

## M E N U

Tasty and nutritious meal, side items, bread, 1% milk, coffee, tea



Monday - Friday  
 Served at 12 PM  
 RSVP by 11 AM.

Arrive anytime after 11:30













Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Menus are created by a registered dietician and meet 1/3 of the Recommended Dietary Allowances for older adults.            Substitutions available upon request - let us know when you signup if you need an alternative meal.</p>				<p>1 <b>Southwest Baked Fish</b>            Roasted Potatoes            Warm Spiced Peaches</p>
<p>4 </p>	<p>5 <b>BBQ Chicken</b>            Brussel Spouts            Sweet Corn</p>	<p>6 <b>Warm Sliced Beef</b>            Roasted Red Potatoes            Green Beans</p>	<p>7 <b>Orange Glazed Chicken</b>            Sweet Potatoes            Broccoli</p>	<p>8 <b>Tomato, Onion &amp; Swiss Omelet</b>            O'Brien Potatoes            Warm Fruit Compote</p>
<p>11 <b>Grilled Chicken Parmesan</b>            Broccoli            Rotini Pasta</p>	<p>12 <b>Beef &amp; Pepper Stir-fry</b>            White Rice            Sesame Broccoli</p>	<p>13 <b>Lemon Garlic Chicken</b>            Sugar Snap Peas,            Carrots, Black Beans            Confetti Rice</p>	<p>14 <b>Fiesta Omelet</b>            Home Fries            Mixed Vegetables</p>	<p>15 <b>Sliced Turkey w/ Cranberry Chutney</b>            Whipped Sweet Potatoes            Green Beans</p>
<p>18 <b>Penne Pasta w/ Meatballs</b>            Broccoli &amp; Carrots</p>	<p>19 <b>Baked Fish w/ Lemon &amp; Parsley</b>            Carrots &amp; Peas            Scalloped Potatoes</p>	<p>20 <b>Sweet &amp; Sour Pork</b>            Green Beans            Brown Rice</p>	<p>21 <b>Philly Cheese Burger</b>            Broccoli &amp; Carrots            Potato Wedges</p>	<p>22 <b>Garlic Butter Ravioli w/ Spinach</b>            Carrots            Cauliflower &amp; Red Pepper</p>
<p>25 <b>Honey Mustard Chicken</b>            Brussels Sprouts            Couscous</p>	<p>26 <b>Asian Glazed Meatballs</b>            Broccoli            Fried Brown Rice</p>	<p>27 <b>Lasagna Rollup</b>            Garlic Spinach, Carrots            Grilled Summer Veggies</p>	<p>28 <b>Sloppy Joe</b>            Carrot, Broccoli &amp;            Cauliflower            Corn</p>	<p>29 <b>Southwest Baked Fish</b>            Roasted Potatoes            Warm Spiced Peaches</p>

Come for the meal. Stay for friends and fun.



# ACTIVITY CALENDAR

Check newsletter for RSVP dates and details.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Programs held in the Main Room unless otherwise noted.</i></p> <p><i>Check details in newsletter for details about RSVP dates and activity costs/suggested donation amounts.</i></p>			 <b>Blood Pressure Checks</b> Most Thursdays, approx. 12 pm, courtesy of <i>Family Caregivers Network</i>	<b>1</b> 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch
<b>4</b> 	<b>5</b> 9:00 WOW 10:15-11:15 Tai Chi 12:00 Community Lunch	<b>6</b> 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 2:00 Walks at Camelot	<b>7</b> 12:00 Community Lunch  7:00 The Grand Theater: Barbie (PG-13, \$5)	<b>8</b> 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch Sept. 9th - Come see us at <b>Community Day!</b>
<b>11</b> 9-9:30 Walkercise 12:00 Community Lunch 12:30 Bored? Games!	<b>12</b>  9:00 WOW 10:15-11:15 Tai Chi 12:00 Community Lunch 1:00 Soup in a Jar w/ Teri Wassel <i>RSVP, space is limited</i>	<b>13</b> 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 2:00 Walks at Camelot	<b>14</b> 12:00 Community Lunch 12:45 Legal Presentation w/ Elder Law Attorney Michelle Forsell 	<b>15</b>  9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 1:00 Bingo Doors open at 12:30 for refreshments <i>RSVP by 9/14</i>
<b>18</b> 9-9:30 Walkercise 12:00 Community Lunch 12:30 Bored? Games!	<b>19</b> 9:00 WOW 10:15-11:15 Tai Chi 12:00 Community Lunch	<b>20</b>  9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 2:00 Outing: The Open Link Food Pantry	<b>21</b> 12:00 Community Lunch 12:30 Popcorn & A Movie 	<b>22</b> 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Fall Presentation 1:00 Fall Craft w/ Family Caregivers Network
<b>25</b>  9-9:30 Walkercise 10:00 Books & Breakfast 12:00 Community Lunch 12:30 Bored? Games!	<b>26</b> 9:00 WOW 10:15-11:15 Tai Chi 12:00 Community Lunch	<b>27</b>  9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 12:30 Birthday Party 2:00 Walks at Camelot	<b>28</b>  12:00 Community Lunch 12:45 "Lets Talk About Loss" with The Center for Loss & Bereavement	<b>29</b>  9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch Celebrating National Coffee Day All Day!

*Enriching the lives of older adults in our community.*

RSVP dates help us plan and prepare, and some programs have attendance requirements. If it is past an RSVP date and you would like to attend, please reach out - we *may* be able to accommodate!

# HEALTH & WELLNESS AT THE CENTER

\$2 suggested donation for each class. Register for each class one time, then come as your schedule allows. *Your first class is always free!*



## Ongoing Classes at The Center



**Walkercise** - Mon & Wed, 9-9:30 AM. Come stretch those morning muscles! A great way to start your day and get your heart pumping stronger. Participants in this class follow a 30-minute video and enjoy good conversation while moving their feet!

**WOW (Women on Weights)** - Tues, 9-10 AM. A strength training program designed for mid-life and older women. Certified instructor Jane Oswald will lead you in resistance training, balance training, and flexibility exercises. "Grow Stronger With Us!"

**Tai Chi** - Tues & Fri, 10:15-11:15 AM. Gentle physical exercises and stretches. Accessible for everyone, can be done seated or using a chair for support. This class follows the popular videos from the Happy Thought Tai Chi Program, developed by Mark Cashatt.

**Wednesday Walks** - Wed, 2 PM. Camelot Park. Meet at the upper parking lot. Wendy will be there when the schedule and weather allows! We encourage you to join others for a walk in the fresh air! Let us know when you walk so we can track attendance.

**Chair Yoga** - Fri, 9-10 AM. Certified instructor Sarah Thayer has a passion for making yoga accessible for everyone! Explore breathing exercises and relaxing meditations, enhance strength, flexibility, and balance - all with the support of a chair.



September is

## Healthy Aging Month

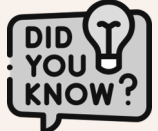
Take a proactive approach to aging by adopting healthy habits and behaviors! Follow these tips:

- Eat and Drink Healthy
- Move More, Sit Less
- Stay Intellectually Engaged
- Be Aware of Changes in Brain Health
- Quit Unhealthy Habits
- Stay Connected

*Tell us if there is something you would like The Center to offer to help with healthy aging!*

### Now is the time to try a new exercise class!

Staying active can help you prevent, delay, and manage chronic diseases, improve balance and stamina, improve brain health, and reduce the risk of falling. Aim for moderate physical activity, like walking, at least 150 minutes a week (20-30 minutes a day, which can be broken up throughout the day) and muscle strengthening activities, like carrying groceries, at least 2 days a week. *Why not try a class here at The Center? Ask us what might be right for you!*



Consult your doctor before starting a new exercise regimen.

Classes are  
targeted for  
ages 60+.



## ONGOING MONTHLY ACTIVITIES

To RSVP: Sign-up in the big room, ask staff, call 215.679.6550, or email [center@theopenlink.org](mailto:center@theopenlink.org). See costs and RSVP dates below, if required.



### **BINGO • Friday, Sept. 15, 2023 - 1:00 pm**

Doors open at 12:30 pm for refreshments and activities. Small prizes, big fun! *\$1 Suggested Donation to play the whole time. **RSVP by Thu, 9/14.***

### **POPCORN & A MOVIE • Thursday, Sept 21. 2023 - 12:30 pm**

This month we'll show the runner-up to last month's movie vote! This charming and spectacular movie has music and dancing. It is about healing and kindness, following dreams, and staying true to yourself. *No Cost. No RSVP Needed.*



### **BOOKS & BREAKFAST • Monday, Sept. 25, 2023 -10:00 am**

*The Thursday Murder Club* by Richard Osman; Four unlikely friends in a peaceful retirement village meet weekly to investigate unsolved murders, then a killing takes place on their very doorstep. Informal discussion. Books available at The Center.



### **BIRTHDAY PARTY • Wednesday, Sept. 27, 2023 - 12:30 pm**

Everyone is welcome - help celebrate guests with September birthdays! Cake and activities. Let us know if you'll join us for lunch at 12 pm. ***RSVP by Tue, 9/26.***

## COMMUNITY OUTINGS—Taking The Center out on the town!

### **The Grand Theater • Thurs., Sept 7 - 7:00 pm** (252 Main St., East Greenville)

**Barbie** (PG-13) 114 mins - "Barbie suffers a crisis that leads her to question her world and her existence." Let's dress for the movie by wearing pink attire or our most fabulous fashion! Center staff will be outside the theater to greet you at 6:30 pm.



### **Food Pantry Tour • Wed., Sept. 20, 2023 - 2:00 pm** In honor of *Hunger Action*



*Month*, tour the pantry at The Open Link's main office. See one of the many ways our agency serves our community. We encourage you to bring a donation - See the current Top Needs list for ideas! ***RSVP by Mon, 9/18*** to coordinate parking.



## CENTER UPDATES:



### The Cookie Fundraiser Was a Success!

Our participants, volunteers, and neighbors purchased 209 cookies. Customers even arrived by bike and scooter! We had many requests to do it again, and we don't like to disappoint, so we're looking for the right time to sell more cookies. (Danielle and her mixer need a break.)

Our favorite review of the day came from a little girl who, after enjoying her purchase with her mom and brothers outside, returned stating that she needed a cookie for her dad, because "they're sooooo good... Yummy!" I don't think we could say it any better!

***\$418 raised for Center activities -  
THANK YOU!!***

**MONDAY COMMUNITY MEAL**  
Monday, September 11 • 6:00 pm  
Hosted by a different church or organization every month. There is no cost for this meal.  
**Pennsburg UCC - Sit-down meal**  
**New Goshenhoppen UCC - Take-out meal**

### Update on the Stair Lift Installation

We are two steps closer to making the steps easier and making the lower level accessible for *everyone*! The application has been submitted for the state permit and electric is installed in the stairway. If you were at The Center the day the electrical work was being completed, you know it didn't occur without a bit of a hiccup. We are looking forward to an ability to spread out and expand programming. Stay tuned for details of the ribbon-cutting ceremony!

## EXTRA! EXTRA!

Stay updated! Check this section for news and information.

**Expanded Property Tax/Rent Rebate Program** - Governor Josh Shapiro signed a bill that will expand the program to ease the burden of rising costs for Pennsylvania seniors. The maximum rebate will increase from \$650 to \$1,000 and the income cap will become \$45,000 a year. Governor Shapiro announced, "This bill, which passed with bipartisan support, proves we can come together for our seniors, and give them the relief they need to improve their quality of life."

New income limits and increased rebates take effect in the 2024 program. This marks the first time the program has been updated since 2006 and the first time since 2009 that income limits have increased.

**Who is eligible to apply now?** Pennsylvanians age 65 and older; widows and widowers 50 and older; people with disabilities 18 and older. Current income limits for homeowners - \$35,000; renters - \$15,000/year (half of Social Security Income is excluded). Maximum rebates on rent and property taxes paid in 2022 range from \$250 to \$650, supplemental rebates can boost rebates to \$975.

***Additional information and help applying is available at The Center! Ask a staff person today.***



*The Center at The Open Link is partially funded by Montgomery County Senior Services. Additional funding comes from grants, foundations, community sponsorship, and generous community members.*

