

THE CENTER

at

THE OPEN LINK

Enriching the Lives of Older Adults in our Community



October 2023

An Important Message from The Open Link Board President

Dear Friends,

It is with sadness and optimism that I write to you today.

Monique Hendricks, The Open Link's Executive Director, has elected to resign her position as Executive Director effective October 6 to pursue another opportunity.

The good news is that Monique leaves The Open Link (TOL) in excellent financial and programmatic health. In the recently completed 2022-2023 fiscal year TOL served more than 2,000 community members with a wide range of programs. And the need continues. For example, it is a bittersweet fact that TOL distributed 13,456 meals to children in need in summer 2023. This is the largest number in the 9 years of the program and 30% more than summer 2022.

The Open Link's Board of Directors is therefore optimistic as we look to the future.

And we are pleased to announce that our former Executive Director, Stuart Bush, has rejoined us as *Interim* Executive Director effective immediately. Stu brings 9 years of experience as TOL's ED. He has already met with Monique and they will be working together over the next three weeks to ensure a smooth transition.

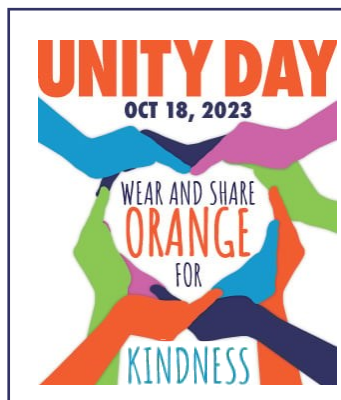
The search for Monique's replacement as Executive
Continued on page 3



Michelle Forsell, Esq., elder law attorney with Wolf, Baldwin & Associates and Open Link board member, led an informal legal presentation last month filled with valuable information. She made legal terminology and financial planning sound fun - almost!

The Center will be
CLOSED
Mon, Oct. 9, 2023

Meals on Wheels
will not be delivered.
Extra meals will be
delivered Fri., Oct. 6.



THURSDAY OCT 19, 2023
Need help? National Domestic
Violence Hotline 1-800-799-7233

SPECIAL ACTIVITIES IN OCTOBER

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

Fire Drill & Dessert • Tuesday, Oct. 10 – 12:30 pm *Fire Prevention Day*



Join us after lunch for a fire drill followed by some toasty s'mores for dessert. Pick up some fire safety tips. Participate in the fire drill and get entered to win a s'mores raffle basket! **No Cost. No RSVP needed**, but please sign up if you're attending lunch.



Scarecrow Craft • Friday, October 13 - 1:00pm



Create a scarecrow to decorate your house or The Center! All supplies, including assorted material, ribbon, and more, will be provided. Instruction and assistance will be available. Bring your creativity! **Cost \$2. RSVP by Wed, 10/11**

Financial Scams Watch Party • Tuesday, Oct. 17 - 1:00 pm

Financial exploitation is the misuse or theft of assets, and it can happen to anyone, and it's the fastest-growing form of elder abuse. Live workshop (hosted online) with resources to learn what you can do. Hosted by TCN Community Partners Against Abuse and TCN's Eldercare Committees. **No Cost. RSVP by Mon, 10/16**



Flu Vaccine Clinic • Thursday, Oct. 19 - 9:00 am - 12:00pm *Select a time slot.*



Professional Pharmacy will be at The Center to administer flu shots. The flu vaccine is quick, safe, and covered by most insurances and Medicare policies. **No**

Cost; bring your insurance card. Protect yourself, your family, and your community. **RSVPs strongly encouraged** (walk-ins accepted as able).



Laughter is the Best Medicine • Tuesday, Oct. 24 - 12:45 pm

HA HA HA !



Ron Schaeffer, Oasis Senior Advisors, will take a hilarious look at "getting older" and surprising facts about the healing power of laughter. Part stand-up comedy, part motivational talk, you'll get your daily dose of laughter! **RSVP by 10/23.**

Fall Harvest Festival • Tuesday, Oct. 31 - 12:00 pm *See Page 3 for details!*



Continued from page 1

Director has begun. We have hired Elizabeth Vibber, Director of Catalyst Center for Nonprofit Management, to lead our recruitment efforts.

Lastly, we ask for your help. If you know of an experienced leader who might fit as our next full-time Executive Director, please do not hesitate to contact us.

Please join me in wishing Stu and Monique well as they move into their new roles.

Thank you for your ongoing support,

Dale Westwood
President, Board of Directors
The Open Link

SUPPORT GROUP SERIES

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.

From all of us here at The Center:

Monique - Thank you for your time at The Open Link.

If you see Monique, please wish her well!

LUNCH



GAMES



RAFFLES



50/50



Tuesday, October 31, 2023 - 12:00 pm

RSVP required by Oct. 27th

When you RSVP, choose a Turkey, Italian, or Roast Beef hoagie.

Raffle Basket Tickets & 50/50 Tickets - \$1 each



Costumes welcome but not required.





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.



2023 MENU

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
2 BBQ Chicken Brussels Sprouts Sweet Corn	3 Crab Cake Broccoli Mac & Cheese Stewed Tomatoes	4 Warm Sliced Beef Roasted Red Potatoes Green Beans	5 Orange Glazed Chicken Sweet Potatoes Broccoli	6 Tomato, Onion & Swiss Omelet O'Brien Potatoes Warm Fruit Compote
9 	10 Grilled Chicken Parmesan Broccoli Rotini Pasta	11 Lemon Garlic Chicken Sugar Snap Peas, Carrots, Black Beans Confetti Rice	12 Fiesta Omelet Home Fries Mixed Vegetables	13 Sliced Turkey w/ Cranberry Chutney Whipped Sweet Potatoes Green Beans
16 Penne Pasta w/ Meatballs Broccoli & Carrots	17 Baked Fish w/ Lemon & Parsley Carrots & Peas Scalloped Potatoes	18 Sweet & Sour Pork Green Beans Brown Rice	19 Philly Cheese Burger Broccoli & Carrots Potato Wedges	20 Garlic Butter Ravioli w/ Spinach Carrots Cauliflower & Red Pepper
23 Honey Mustard Chicken Brussels Sprouts Couscous	24 Asian Glazed Meatballs Broccoli Fried Brown Rice	25 Lasagna Rollup Garlic Spinach w/Carrots Grilled Vegetables	26 Sloppy Joe Corn Carrots, Broccoli & Cauliflower	27 Southwest Baked Fish Roasted Potatoes Warm Spiced Apples
30 Honey Mustard Chicken Brussels Sprouts Sweet Corn	31  Fall Harvest Festival Italian, Roast Beef or Turkey Hoagie RSVP by 10/27	<p>*Menus are created by a registered dietician and meet 1/3 of the Recommended Dietary Allowances for older adults. <i>Substitutions available upon request - let us know when you signup if you need an alternative meal.</i></p>		

Come for the meal. Stay for friends and fun.



ACTIVITY CALENDAR

Check newsletter for RSVP dates and details.

Monday	Tuesday	Wednesday	Thursday	Friday
2 9-9:30 Walkercise 12:00 Community Lunch 12:30 Bored? Games!	3 9:00 WOW 10:15-11:15 Tai Chi 12:00 Community Lunch	4 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch	5 12:00 Community Lunch 1-2:30 Stories of Our Lives Support Group (6-week series)	6 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch
9 	10 9:00 WOW 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Fire Drill  National Fire Prevention Day 	11 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch	12 12:00 Community Lunch 1-2:30 Stories of Our Lives Support Group	13  9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 1:00 Scarecrow Craft
16 9-9:30 Walkercise 12:00 Community Lunch 12:30 Bored? Games! 12:30 Neighborhood Walk 	17 9:00 WOW 10:15-11:15 Tai Chi 12:00 Community Lunch 1:00 Financial Scams Watch Party 	18 Wear Orange for Unity Day 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 12:30 Popcorn & A Movie 	19 Purple Thursday - Against Domestic Violence 9-12 Flu Vaccines w/ Professional Pharmacy 12:00 Community Lunch 1-2:30 Stories of Our Lives Support Group	20  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 RSVP by 10/19
23 9-9:30 Walkercise 12:00 Community Lunch 12:30 Bored? Games! 12:30 Neighborhood Walk	24 9:00 WOW 10:15-11:15 Tai Chi 12:00 Community Lunch 12:45 Laughter is the Best Medicine HA HA HA! 	25 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 12:30 Birthday Party 	26  9:00 Outing: Java and Friends 12:00 Community Lunch 1-2:30 Stories of Our Lives Support Group	27 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch
30  9-9:30 Walkercise 10:00 Books & Breakfast 12:00 Community Lunch 12:30 Bored? Games! 12:30 Neighborhood Walk	31 WOW & Tai Chi Cancelled 12:00 Harvest Festival RSVP by 10/27 	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><i>Programs held in the Main Room unless otherwise noted.</i></p> </div> <div style="width: 45%; border: 1px solid black; padding: 5px;"> <p>Blood Pressure Checks Most Thursdays, approx. 12 pm, courtesy of Family Caregivers Network</p> </div> </div>		

Enriching the lives of older adults in our community.

RSVP dates help us 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.

Neighborhood Walks - Mondays, 12:30 PM starting 10/16. Join us for an afternoon stroll right here in our neighborhood. Work off the tasty lunch you just had at The Center or stop by to accompany us for a short walk. Weather permitting.

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.

Neighborhood Walks

This month we'll begin taking weekly walks, starting right outside the doors of The Center.

Groups can be formed to fit your preferred pace and distance.



Mondays at 12:30 pm
Weather permitting.

Return to The Center for "Bored? Games!"

Please read the helpful Outdoor Safe Walking Tips

Ask your doctor before starting any new exercise routine.

Outdoor Safe Walking Tips

Safety is still important on sidewalks!



- Carry your ID with emergency contact information and bring a cell phone with you.
- Stay alert - don't talk on your phone as you walk and keep volume low on headphones.
- Let others know where you're going and when you plan to be back.
- Wear proper shoes with support and grip.
- Watch out for uneven sidewalks or other trip or slip hazards like roots or potholes.
- Give yourself plenty of time to cross streets.
- Never assume a driver sees you and if one driver stops, don't assume others will.

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. See costs and RSVP dates below, if required.



NEIGHBORHOOD WALKS • Monday, Oct. 16, 2023 - 12:30 pm See pg. 6



Hocus Pocus - Three outlandishly wild witches return from 17th-century Salem after they're accidentally conjured up by some unsuspecting pranksters! **No Cost. No RSVP Needed.**



SPOOKY BINGO • Friday, Oct. 20, 2023 - 1:00 pm 



Doors open at 12:30 pm for refreshments, activities, and a spooktacular good time. Small prizes, big fun! \$1 Suggested Donation to play the whole time. **RSVP by 10/19.**

BIRTHDAY PARTY • Wednesday, Oct. 25, 2023 - 12:30 pm

Everyone is welcome - help celebrate guests with October birthdays! Cake and activities. Let us know if you'll join us for lunch at 12 pm. **RSVP by Tue, 10/24**



BOOKS & BREAKFAST • Monday, Oct. 30, 2023 - 10:00 am

All the Light We Cannot See by Anthony Doerr; an epic work of historical fiction. Informal discussion and light breakfast. Limited number of books available.

COMMUNITY OUTING Taking The Center out on the town!

Java and Friends • Thurs., Oct. 26 - 9:00 am (254 Main St., East Greenville)



Join us at our local coffee shop! Order breakfast to enjoy with friends from The Center. Because Java has limited seating, Upper Perkiomen Community Church has generously offered the use of their Café (located two doors down at the corner of 3rd and Main St.) where we can relax and chat with our delicious coffee and breakfast. Check out Java's menu at The Center. **RSVP by 10/25**
Participants are responsible for their own costs and transportation. Car pooling encouraged.

CENTER UPDATES:

Looking forward to 2024

As we enter the last quarter of 2023, staff is considering what sort of programs to start in the new year. If you have ideas, please tell a staff member, or attend the next participant meeting in November. We are especially interested in any hobby or interest that you would be willing to share with others; we'd like to connect you with our volunteer coordinator Katherine to get involved! In 2024, programming will expand to the lower level, allowing for additional activities. If you have suggestions about how to revamp downstairs to make the best use of the space, or if you'd like to share your decorating skills, we want to hear that too!

For now, we'll be focusing on the wonderful things still to come this year!

MONDAY COMMUNITY MEAL

Monday, October 2 • 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

Holiday Recipe Exchange

At the heart of every holiday is *food*. Holiday food traditions help us come together and celebrate with foods that have been passed down for generations.

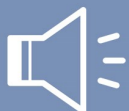
Do you have a recipe you'd like to share?

The Center can only serve food prepared in our kitchen (or packaged, store-bought). However, we can share your special dish if it is prepared in The Center's kitchen with your help. We would like to hold a holiday recipe or cookie exchange and need to gauge interest to be able to plan. **Let us know if you're interested!**



EXTRA! EXTRA!

Stay updated. Check this section for news and information.



PENNSYLVANIA
Master Plan for Older Adults



Your input is important!

Visit ► aging.pa.gov/MasterPlan ◀ to learn about the plan. You can provide suggestions by mail, email, or digital form.

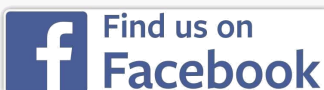
Ask how The Center can help you submit comments.

PA is home to 3.4 million seniors - the fifth largest older adult population in the country - and our senior population is growing quickly.

That's why they're creating a master plan to meet *your* needs!

The PA Department of Aging has embarked on the development of a 10-year strategic plan designed to help transform the infrastructure and coordination of services for Pennsylvania's older adults, and they want your input!

You are invited to contribute what you think should be the plan's priority goals, objectives, and initiatives to support the highest quality of life for older adults.



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.

