



Sharing Our Stories

by Kelly Busedu, Program Manager
and Wendy Smeltz, Center Manager

We love to tell our stories. You may have told your children about the day they were born or told your grandchildren about the funny things their parent did when they were young. We share stories of how we met our partner or how life was different when we were growing up.

Some of the most important stories we tell, and the most difficult, are our stories of grief. You may have a story of receiving a medical diagnosis that changed the way you live. Your story may be about an unexpected job loss or estrangement from beloved family members. Loss can also be felt during life transitions like retirement. And, of course, it may be the story of losing someone you love.

Finding similarities between your own grief experience and the experiences of others can help you understand the universality of loss, and uniqueness of your own grief journey. Sharing your story can help both you and others heal and make a difference in the lives of others who are grieving. You may not be aware, but as you grieve, you become a teacher to others. When we gather to share and intentionally mourn in a safe space, the power of the place and the group accelerates both the grieving and relieving.

Perhaps you feel that you don't want to keep burdening your friends and family with your sorrow. It may be helpful to find peers who have your

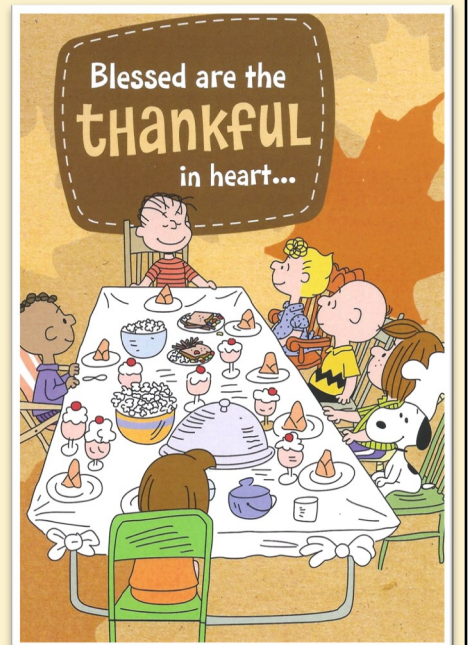
Continued on page 3



Fall is in full swing at The Center! We've been enjoying activities like this Scarecrow Craft made from cutting boards, which could be made to hang or put in a plant. We just love how each of the finished projects were so different, and adorable! We love to see our participants' creativity!

**The Center
will be
CLOSED
Thursday
& Friday,
Nov. 23 & 24**

Meals on Wheels
will not be
delivered.
Extra meals
will be delivered
earlier that week.



SPECIAL ACTIVITIES IN NOVEMBER

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.

Healthy Steps in Motion • Wednesday afternoons, Led by MCOSS

Weekly 1-hour sessions for 8 weeks. *See Details on the Health & Wellness page (pg. 6)*

Phillies Pep Rally • Thursday, Nov. 2 – 12:45 pm

Win or lose, we will celebrate Philadelphia's favorite baseball team with an old fashioned pep rally. Wear your favorite sports team gear! **No Cost. RSVP by 11/1.**



WWII Pilot Presentation • Thursday, Nov. 9 – 10:00 am



Mike McMurray will share the story of his father, a WW2 pilot who survived being shot down in rural France. **No Cost.** (Join us Fri., 11/10 for a Veteran's Day Lunch.)

"Let's Talk About Loss" • Thursday, Nov 9 - 12:45 - 1:45 pm - a 30 min. Q&A

We experience loss in many of life's inevitable changes: the loss of loved ones, chronic illness, loss of independence, relocation of a home, even retirement. 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 11/8.**



Friendsgiving Lunch • Tuesday, Nov. 14 - 12:00 pm

See Page 3 for details, and sign-up now to bring an item to contribute.



Painting Class • Thursday, Nov. 16 - 1:00 pm - 3:00 pm

Join local artist Susan Camarata for a step-by-step painting class to create a lovely fall-themed canvas. **Cost: \$14.00**, due at sign-up. **RSVP by 11/9.** Space is limited.

If fees are a concern, see Center staff; we don't want cost to hinder attendance at The Center.

Centerpiece Workshop • Friday, Nov. 17 - 2:30 pm



Help staff create centerpieces for the *Community Sponsorship Breakfast*, held annually to honor The Open Link's sponsors, donors, volunteers, and partners who make it possible to serve our community. **No Cost. RSVP by 11/16.**

Continued from page 1

grief in common, who will listen to your story and help you understand that you are not alone. We experience different kinds of loss every day and it takes time to figure out how to process it. This is where sharing your story can help.

We all experience loss differently and there is no set pattern. Loss can bring feelings of shock, numbness, denial, anger, guilt, loneliness, and of course intense sadness. These emotions can come in waves and when we least expect it.

It's important to give yourself time to process each emotion and not feel rushed to 'move on', but that doesn't mean you have to go through it alone. Coming together with others who are supportive can be extremely beneficial.

Many of us worry that resurrecting memories is too painful, that talking about loss is reopening a wound, but the opposite is actually true. Sharing your story can help lift the burden off your shoulders, and make others feel less isolated in their own grief. Most importantly, talking about something or someone keeps treasured memories alive.

We invite you to join us this month for programming offered by The Center for Loss and Bereavement. Share your story, not just for your own growth and healing, but for others who could benefit from your experiences and support.

DROP-IN SUPPORT GROUP

Conversations Over Coffee

Shared Discussion About Life's Journey

Drop-In Series - No Commitment Required
Come to one group or every meeting.

Join us in a supportive environment to share about personal experiences of loss and hardship, along with rich stories of growth and joy. Understand and reflect upon the stages and circumstances that fill a lifetime.



Coming Soon!

Multiple days and times. Let us know if you are interested.

Discussions will be led by a group facilitator from The Center for Loss and Bereavement and will apply to a wide range of experiences. 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.



PARTICIPANTS PROVIDE THE FOOD; STAFF PREPARES THE MEAL

Tuesday, November 14, 2023 ◦ 12:00 pm

Friendsgiving = Blend of "friend" and "Thanksgiving"; an informal gathering of friends to share in the spirit of Thanksgiving. A gathering to eat, laugh, and be thankful!

RSVPs encouraged by Fri., Nov 10

Bring an item for the meal (not required). The items needed are listed in the sign-up book at The Center or call/email to inquire. *Due 11/10.*

Menu: Chili and Baked Potato Bar - Buffet with toppings, plus sides, milk, and bread.



Health Department policies prohibit us from serving food prepared in people's homes. All food must be made at The Center or come store bought and pre-packaged.



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.

NOVEMBER

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
*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. Substitute meals are limited.</i>		1 Warm Sliced Beef Roasted Red Potatoes Green Beans	2 Orange Glazed Chicken Sweet Potatoes Broccoli	3 Tomato, Onion & Swiss Omelet O'Brien Potatoes Warm Fruit Compote
6 Grilled Chicken Parmesan Broccoli Rotini Pasta	7 Beef Stir-fry White Rice Sesame Broccoli	8 Lemon Garlic Chicken Sugar Snap Peas, Carrots, Black Beans Confetti Rice	9 Fiesta Omelet Home Fries Mixed Vegetables	10 Veteran's Day Lunch Sliced Turkey w/ Cranberry Chutney Whipped Sweet Potatoes Green Beans
13 Penne Pasta w/ Meatballs Broccoli & Carrots	14 Friendsgiving Lunch <i>See page 3</i> RSVP encouraged by Fri, Nov. 10	15 Sweet & Sour Pork Green Beans Brown Rice	16 Philly Cheese Burger Broccoli & Carrots Potato Wedges	17 Garlic Butter Ravioli w/ Spinach Carrots Cauliflower & Red Pepper
20 Honey Mustard Chicken Brussels Sprouts Couscous	21 Asian Glazed Meatballs Broccoli Fried Brown Rice	22 Thanksgiving Meal Roast Turkey With all the Fixins	 <i>From your friends at The Center</i>	
27 Sloppy Joe Corn Carrots, Broccoli & Cauliflower	28 Crabcake & Mac & Cheese Stewed Tomatoes Diced Carrots and Peas	29 Warm Sliced Beef Roasted Red Potatoes Green Beans	30 Orange Glazed Chicken Sweet Potatoes Broccoli	<i>Lunch donations benefit the Montgomery County Office of Senior Services.</i>













Come for the meal. Stay for friends and fun.

November

2023

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. LL=Lower Level</i></p>		<p>1 9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 1:00 Healthy Steps in Motion-8 week class</p>	<p>2 12:00 Community Lunch 12:45 Phillies Pep Rally </p>	<p>3 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch</p>
<p>6 9-9:30 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Games & Billiards 12:30 Neighborhood Walk </p>	<p>7 10:15-11:15 Tai Chi 12:00 Community Lunch</p>	<p>8 9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 1:00 HSIM 8-wk class</p>	<p>9 10:00 WWII Pilot Presentation 12:00 Community Lunch 12:45 Loss workshop  </p>	<p>10 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Veteran's Day Lunch </p>
<p>13 9-9:30 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Neighborhood Walk</p>	<p>14 10:15-11:15 Tai Chi 12:00 Friendsgiving Lunch RSVP encouraged by Nov 10 (pg. 3)</p>	<p>15 9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 1:00 HSIM 8-wk class</p>	<p>16 12:00 Community Lunch 1-3:00 Painting Class </p>	<p>17 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 1:00 Bingo 2:30 Centerpiece Workshop </p>
<p>20 <i>AM Classes Cancelled</i> 12:00 Community Lunch 12:30 Games & Billiards 12:30 Neighborhood Walk</p>	<p>21 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Popcorn and A Movie </p>	<p>22 9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Thanksgiving Lunch 1:00 HSIM 8-wk class</p>	<p>23 24  <i>From your friends at The Center</i></p>	
<p>27  9-9:30 Walkercise 10:00 WOW 10:00 Book Club (LL) 12:00 Community Lunch 12:30 Games & Billiards 12:30 Neighbor. Walk</p>	<p>28 10:15-11:15 Tai Chi 12:00 Community Lunch</p>	<p>29 9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 1:00 HSIM 8-wk class</p>	<p>30 12:00 Community Lunch 12:30 Birthday Party </p>	<p> Blood Pressure Checks Most Thursdays, approx. 12 pm, courtesy of Family Caregivers Network</p>

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) – Mon & Wed, 10 AM. A strength training program designed for mid-life and older women. Certified instructor Jane Oswald leads 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 at 12:30 PM. 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, or walk laps inside The Center.

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.

Healthy Steps in Motion

Wed. afternoons at 1 PM • Starts Nov. 1st

Designed for all fitness levels!

HSIM strives to reduce the risk of falling by:

- Building body strength
- Improving balance
- Increasing flexibility

HSIM promotes increased socialization and physical activities outside of the program.

No Cost. RSVP by Tues, 10/31 (Space is limited)

Led by a certified workshop leader.



Montgomery County
Office of Senior Services

Ask your doctor before starting any new exercise routine.

Neighborhood Walks

Weekly walks outside The Center. Groups can be formed to fit your preferred pace and distance.

Mondays at 12:30 pm

If the weather does not permit, we can walk laps around the inside of The Center!

Return to The Center to join **Games & Billiards**.



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 • Mondays at 12:30 pm See pg. 6.

POPCORN & A MOVIE • Tuesday, Nov. 21, 2023 - 12:30 pm

Planes, Trains and Automobiles - Two mismatched travel companions (played by Steve Martin and John Candy) struggle to get home for Thanksgiving. **No Cost. No RSVP.**



BINGO • Friday, Nov. 17, 2023 - 1:00 pm

Doors open at 12:30 pm for refreshments and activities. Small prizes, big fun!
Cost: \$1 to play the whole time. RSVP by 11/16.

BIRTHDAY PARTY • Thursday, Nov. 30, 2023 - 12:30 pm

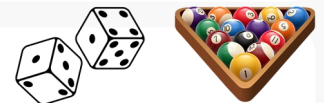
Everyone is welcome - help celebrate guests with November birthdays! Cake and activities. Let us know if you'll join us for lunch at 12 pm. **RSVP by Tue, 11/27.**



BOOKS & BREAKFAST • Monday, Nov. 27, 2023 - 10:00 am

Orphan Train by Christina Baker Kline is the story of two women who build an unexpected friendship: a 91-year old woman with a hidden past as an orphan-train rider and a troubled teen with one last chance of redemption. *Books available at The Center.*

BOARD GAMES & BILLIARDS • Mondays at 12:30 pm



We have a variety of activities like board games, Skip-Bo, and UNO, or work on the puzzle, settle in with a good book in the library, or shoot pool in the lower level. The Center is a great place to spend a brisk Autumn afternoon with friends! **No Cost. No RSVP needed.**



Wasn't a law passed to make Daylight Saving Time permanent? The answer is complicated and tied up with Congress. On Nov. 5 clocks will fall back 1 hour at 2 a.m. **Fun Facts:** DST began during WWI (in Germany) to conserve energy by reducing the need for artificial light. About 70 countries observe DST; most African and Asian countries do *not*. Hawaii, Arizona, Puerto Rico and the Virgin Islands stay on standard time year round. Indiana didn't observe DST until 2006. DST can serve as a reminder to change batteries in smoke detectors.

CENTER UPDATES:

Introducing Our Newest Staff Member Aubrie, Front Desk Coordinator



Aubrie is a lifelong resident of Upper Perk and brings a wealth of customer service and administrative experience to her new role at The Center. She will be have receptionist duties, answering phone calls and greeting participants and visitors upon arrival, as well as working on other projects here at The Center. We are delighted to have her join the team. She will be available to answer your questions - or help you find the answer! Help us in welcoming Aubrie; please make sure to say hello when you see her.

MONDAY COMMUNITY MEAL

Monday, November 6 • 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

Winter Weather Policy

The Open Link (main office & The Center) follow the Upper Perkiomen School District for guidance on winter weather closures.

UPSD buildings Closed = Center Closed
UPSD 2-Hr Delay = Center Opens at 10 am

In the event of a closure or delay, call for updates. Our phone greeting will be updated.

EXTRA! EXTRA!

Stay updated. Check this section for news and information.



**Applications available
at The Center.**

***Please let us know if you
need assistance.***

Statewide Toll-Free Hotline
1-866-857-7095

Apply online at
www.compass.state.pa.us

Low-Income Home Energy Assistance Program

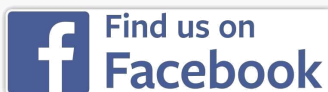
The LIHEAP program helps families and individuals pay their heating bills. LIHEAP is a grant; you do not have to repay it.

- Apply between Nov. 1, 2023 and Apr. 5, 2023
- You don't have to be on public assistance
- You don't need to have an unpaid heating bill
- You can either rent or own your home

Payments are made to the utility company or fuel provider.

Grants are available for heating bills and crisis situations such as broken heating equipment or leaking lines. If you have a heating emergency, you should contact your county assistance office. Staff at The Open Link can help!

2023-24 Income Guidelines	
Household Size	Max. Annual Income
1	\$21,870
2	\$28,580
Each Additional Person Add \$7,710	



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.

