When the novel coronavirus COVID-19 reared its head, we all were advised to take notice. On March 13, PALM was ordered to close by The Montgomery County Office of Senior Services.

This virus was extremely devastating to people in the age population of 60 and older. Indeed, six months later, statistics indicate that 80% of COVID-19 deaths affect older adults 60 and over.

It isn’t clear how long we should ride out the pandemic; what is clear, older adults across Montgomery County like everyone else, are balancing risk and necessity with a desire for normalcy:

According to the National Council on Aging (NCOA), senior centers play a huge role in the lives of older adults, meeting physical, mental and social needs. We are not hubs for bingo and card games as some people think. PALM offers a wide variety of activities and services designed to provide opportunities for community connection and staying healthy.

We became acutely aware that as areas turned green for Pennsylvania, some people below 60 were foolish and did not practice any of the recommended safeguards. As a result, there was an increased spike in the number of COVID cases across the country.

Fueled by that information, PALM decided to ensure we reopen responsibly and put our older adults safely first. Currently, PALM has undergone a wide range of policy and program shifts related to COVID-19. We are hoping to reopen about September 21 once the County completes the review and approval of our new policies and program offerings. As a result, PALM has devised a phased reopening plan beginning that begins week of September. The phased approach reflects recommendations from the CDC, PA and Montgomery County Department of Health Services, and the Office of Senior Services.

PHASE 1 Continued on Page 2
We will tentatively return to exercise classes with vastly-adjusted schedules and participant numbers. We want you to return to the Center and feel safe. We will be taking necessary precautions to keep staff and participants safe:

Masks - Social Distancing - Frequent Cleaning is now the new normal and required to participate in any onsite programs.

Because of the state and county mandates, we have to limit occupancy in our building. Entrance to the building will be given to those that are pre-registered for a class and lunch pick-ups. Unfortunately, “drop-ins” are still not allowed in order to manage the number of program participants. We will be programming in small group activities of 10 or less.

Here’s what you can expect; continuous sanitation, smaller class sizes, social distancing, plexi-glass partitions, wearing of masks:

Upon entering PALM you will be guided to a room for a Temperature check and to complete a COVID 19 questionnaire. Once you pass the initial screening, you will return to the lobby to sign in for your class and also record if you will be taking home a lunch.

You will take the elevator to the second floor for your exercise class. First floor classes are on hold for now with hopes to be included in PALM’s Phase 2 reopening process.

Any reopening updates will be posted on the website. Please be vigilant and check our website for current and future information related to reopening or closures and each phase in our reopening process.

While we are staying connected by providing wellness checks and virtual programming, the monthly newsletter outreach, the website, Facebook, and Instagram; it will be wonderful to see you again mask to mask.

Words alone cannot express just how much the staff of PALM is excited to welcome you back, one phase at a time!

Keep Safe and Healthy,

Linda Collins,
Executive Director
September welcomes so many events. The nation celebrates Labor Day, the unofficial end to summer and the beginning of the fall season. Labor Day pays tribute to working men and women and effectively marked the end of child labor and unfair work practices in this country, and has been celebrated since 1894.

Fall is generally recognized as the season when the land begins it slumber until the newness of spring arrives and it is one of my favorite seasons for so many reasons. “There is truly no better time to take in the beautiful landscape this country has to offer than now. From creating fun fall crafts to picking out the perfect pumpkin for pumpkin decorating at one of these pumpkin farms, there are so many ways to enjoy the season. This brings us to one of the biggest reasons to love fall yet: Thanksgiving!” - (Source: Country Living)

Whatever you choose to celebrate, is it clear that because of devastating impact of COVID 19 on millions across the country and the world; this year for most of us has been one of the most challenging in our lifetime. Just as fall arrives and seasons change, there are reports from the CDC information of decline in the cases of COVID 19 across Pennsylvania. That has allowed schools, business and agencies like PALM to begin to open, albeit carefully and in our case in phases with social distance protocol in place.

PALM staff is here eagerly waiting to service you! We encourage you to make the most of fall and enjoy all that comes with it—the crisp air and cozy atmosphere.

We welcome you back to join us for scheduled onsite program participation. We also welcome you to enjoy our virtual programs and ask you to review the calendar of events and select a class of interest to participate in. We encourage you to enjoy Labor Day and cookouts and all that upcoming fall season has to offer.

So that you stay in good health, we also encourage you to practice social distancing, wear a mask and thoroughly wash your hands for your safety and the safety of others while in public places.

Happy Labor Day and Welcome Fall!

Dawn

The National Diabetes Prevention Program is a yearlong program that meets for one hour sessions, once a week for 16 weeks followed by once a month for the remainder of the year. Participants will track weight loss, food and drink intake, and physical activity. This program aims to help participants make healthy dietary decisions, increase physical activity levels, lose 7% of body weight and prevent Type 2 Diabetes.

Participants must be able to download the free application "Zoom"
Participants must have access to a computer, tablet or SmartPhone
Participants must have access to the internet
Participants must commit to meeting virtually, weekly
For more information, contact:
Claire Kuzmicki
ckuzmicki@montcopa.org
610-278-3426
Let’s face it, technology can be, and often is, overwhelming. Have you ever found yourself in any of these situations?

- I do not have an email.
- The only device I have is my cell phone.
- I don’t go on Facebook.
- I can’t get to the internet.
- I never answer my kids texts and/or emails.
- I have old equipment that just collects dust
- Technology is too expensive.

Our Communications Specialist, Mike Sommerville, is able to help you with these and many other technically challenged situations you might experience! Schedule a call with Mike by calling (610) 642-9370. Be on the watch for Mike’s zoom training on how to use Zoom.

**ON-SITE CLASSES**

**ZUMBA, SEATED AND STANDING**
*Thursday September 24 @ 11AM*

While you are home, you can still take the time necessary to work out. Zumba exercises or light, good for the body and can be effectively done standing or seating in a comfortable chair.

**YOGA**
*Tuesday September 22, Wednesday September 23, Tuesday September 29 & Wednesday September 30 @10AM*

**TRAVEL EVENTS**

**LEARNING ZOOM**
*September 15, 22 & 29 @ 1PM*

You’ve heard something about it, but don’t really know what it is or what it does. Learn this very simple but powerful program that enables you to communicate with one or multiple people! Even if you don’t know how to turn your SmartPhone on, we start from Beginner’s Level - Step 1!

**BOOK CLUB**
*September 24th @ 2PM*

Join Sister Angela to talk about books selected to read. Everyone shares their take and interpretations with everyone leading into highly spirited discussions.

**SHULKIN MOVIE TALK**
*September 30th @ 2PM*

Bring the popcorn and join us for an engaging 45 minutes for those interested in film. The group decides what film to watch. We are using Netflix and those without Netflix can find it at the library on a dvd. We will discuss what we liked/disliked; characters, plot, and message.

**COOKING DEMONSTRATION WITH CHEF ANGIE**
*Coming in October!*

**BIBLE STUDY**
*To resume in October!*

Virtual programs offer flexibility for those who want to enjoy a class from the comfort of home. Please review the monthly calendar that lists virtual classes. Feel free to contact Dawn Allen at (610) 642-9370 or email dawn@palmseniors.org and/or Nancy Godfrey at nancy@palmseniors.org to sign up for classes and/or for additional information.

Registration is required for all program activities. If you want to register for a class, call PALM at 610-642-9370. We will send you the link or the telephone number to join the class.

**VIRTUAL PROGRAMMING**

The COVID 19 outbreak varies from day to day. We have had to cancel our planned trips. We are hopeful for the future, but it is impossible to predict travel restrictions and places being open until after December 31, 2020.

Please be aware that planned trips may change. We appreciate your understanding and flexibility during this difficult time.

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**THINGS YOU NEED TO KNOW WHEN WE OPEN FOR EXERCISE**

Palm participants will not be allowed to bring in any items from home into the building to share. Examples include: desserts, snacks, beverages, books, magazines etc.

Water will be available to purchase from the kitchen staff.

Participants who exercise will need to bring in their own water bottle & take it when you leave.

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**BREAKFAST BINGO!**

Join us for Breakfast Bingo! Yes, bingo in the morning in our parking lot. Come in your PJ’s if you want. We will be playing in the parking lot! Each attendee will receive a light breakfast! Light treat is made possible by donations from the Board of Directors.

**Tuesday, September 29 & October 13 at 8:30AM**

**Cost:** Free - Min/Max: 15 cars

**Registration required two days before event**

**Call Nancy to Register at (610) 642-9370**

We’re excited to see you and to be offering this fun event! Here’s how it works:

- When you arrive, staff will direct you to a parking spot and give you disposable bingo cards.
- Bring your own dauber or marker to mark the cards, you might want a clipboard to write
- You will need to stay in your vehicle, but roll down your windows, visit with staff and others from a distance and get ready for some fun.
- We will be using an outdoor sound system, if you need a number repeated honk once.
- Got bingo? Honk your horn twice!!
- Prizes will be brought to your vehicle.
- This event will be cancelled if the weather is not cooperating and you can call the morning of bingo if it’s questionable. As this event is 1 hour long, no restroom facilities will be available.

We are limiting this activity to 15 cars and you must register in advance.
REAL ID ENFORCEMENT DEADLINE EXTENDED TO OCTOBER 2021
The deadline to obtain a REAL ID-compliant driver’s license or ID card has been extended to October 1, 2021. If you are planning to travel after that date, you must have a REAL ID driver’s license, ID card, U.S. Passport or Military ID to board a domestic commercial flight or enter a secure federal facility. This extension is in response to the COVID-19 PANDEMIC.

Currently, PennDot is not issuing REAL ID compliant ID cards. If your license is expiring, you should obtain a regular driver’s license or ID card. When REAL IDs become available again, you can choose to upgrade at that time. There is no requirement that any resident obtain a REAL ID.

More information for REAL ID can be found at www.dmv.pa.gov/REALID/
From the office of State Representative Greg Vitali

UNCLAIMED PROPERTY
The Pennsylvania Treasury is seeking the owners of more than $3.5 billion in unclaimed property. One in 10 Pennsylvanians has money to claim that is legally theirs. The types of unclaimed property include checks from employers and utility companies, dividends and interest from saving accounts, stocks and credit balances.

As your social services coordinator, I can tell you that everyone should check the list to see if their name or even the name of your spouse, (living or deceased) has property that should be claimed. I have found my name and the name of my deceased husband several times.

When checking, enter your name as many ways that you think it might be listed. Please visit www.patreasury.gov to see if you have property with the state.

PROPERTY TAX/RENT DEADLINE EXTENDED TO DECEMBER 31, 2020

SEPTA KEY SENIOR ID CARD EXPIRATION EXTENDED
If you currently have a card, remember the card expires four years after issued.

The Pennsylvania Treasury is seeking the owners of more than $3.5 billion in unclaimed property. One in 10 Pennsylvanians has money to claim that is legally theirs. The types of unclaimed property include checks from employers and utility companies, dividends and interest from saving accounts, stocks and credit balances.

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Please remember the food cupboard is still be held the 2nd Wednesday of each month!!

PRODUCE VOUCHERS ARE AVAILABLE UNTIL SEPTEMBER 30TH.
FOR THOSE WHO ARE ELIGIBLE AND LIVE WITHIN MONTGOMERY COUNTY, AND WILL BE 60 YEARS OF AGE BY DECEMBER 31ST AND MEET THE INCOME REQUIREMENT, PLEASE CALL PALM AT (610) 642-9370
Palm Puzzle (September 2020)

Fall
Complete the crossword puzzle below

Across
2. Tool to clean the grass of leaves
6. Used to frighten birds
7. For carving and pie
9. Scary Holiday
12. Squirrel
13. Fall from oak trees

Down
1. Marks the end of the growing season
3. Jewish Holiday, Rosh _____
4. Feast Holiday
5. Color
8. Change colors
10. Another name for Fall
11. Grows on stalks

ANSWERS TO LAST MONTH'S PUZZLE

T R U T H I S A A C R C A
E E R I E N E L L Y E O N
S E N E C A F A L L S V I E
T D S H M O A N T H O N Y
D E O N N E A L O E
N O N O E K E E W A D U P
E L I Z A B E T H N A T
D E N N A W I N O N I C Y
E M T L U C Y S T O N E
A T E I T S S S A N N E
A M E N O D E E T L C
G O E S A P E C E O F R O
G U N D E C L A R A T I O N
I N T A K R O N T R A D E
E T H M A Y B E H A T E S

HAPPY BIRTHDAY TO OUR MEMBERS
BORN IN AUGUST & SEPTEMBER!

Tyrone Burrell Aug. 1st Ann Cross Aug. 2nd David Parker Aug. 2nd
Donna L. Dundon Aug. 4th Pauline Jordan Aug. 4th Lloyd Gardner Aug. 5th
William D. Joseph Aug. 5th Elaine Mansfield Aug. 7th Dawn S. Allen Aug. 8th
Yvette S. Bradford Aug. 8th Edward Ellis Aug. 8th Joyce Jackson Aug. 12th
Nettie Lee Aug. 12th Tara Cavanagh Aug. 13th Donna Bittner Aug. 16th
Terrie M. Gaspar Aug. 22nd Beverly Miles Aug. 22nd Joanne B Johnson Aug. 23rd
Tracey A. Colbert Aug. 26th Gail E. Wright Aug. 29th Angelo Branca Aug. 31st
Pearlina Williams Sep. 1st Albert Johnson Sep. 16th Lewis Burton Sep. 2nd
Beth Greenspan Sep. 17th Robert Powell Sep. 2nd Susan Gove Sep. 18th
William Hearn Sep. 4th Sylvia Ray Sep. 18th Mary Hodge Sep. 5th
William S. Leopold Sep. 20th James D. Lane Sep. 5th Miriam Lichtenstein Sep. 21st
Mary A. Shippen Sep. 6th Ronold K. Lipscomb Sep. 22nd Joanna B. Stewart Sep. 8th
Elaine J. McDermott Sep. 22nd Abi Buchanan Sep. 9th James Roberson Sep. 22nd
Richard Bright Sep. 11th Louise J. Gibbs Sep. 24th Richard Mayo Sep. 12th
Ingredients:
- Sweet potatoes: Quickly roasted with olive oil, salt and pepper.
- Greens (baby arugula, kale or spinach)
- Avocado
- Crumbled Goat or Feta Cheese
- Roasted Pecans
- Dried Cherries
- Red Wine Vinaigrette

Preparation:
Roast those sweet potatoes. Toss with olive oil, sprinkle with S&P, and roast until tender. Meanwhile...

Mix up your dressing. Combine all ingredients in a mason jar, and shake until combined. (Or whisk in a bowl until combined!)

Assemble everything. In a large bowl, combine the roasted sweet potatoes with the remaining ingredients, drizzle evenly with the dressing, and toss until combined. Serve right away!

Possible Variations:
Add in protein: Some savory chicken, shrimp or tofu would be delicious mixed in here.