

A Senior Moment

A MONTHLY COLUMN FOR LOCAL SENIOR CITIZENS

By Louis Vaccaro

Joshua O' Neal from the Somerset County Office of Aging and Disability provided valuable information about programs offered to seniors at our June meeting.

Of particular interest to our seniors is the Handyman Program—created to provide professional volunteers in areas such as carpentry, electrical, and yard work. Examples of their work include the installation of grab bars, changing batteries, removing and setting in place window air conditioners, and changing light bulbs.

They also design and install wheelchair ramps for those in need. We are going to survey our seniors and find out in what areas the volunteers may help them.

A Girl Scout group contacted our organization wanting to help our seniors, which will help the scouts in community service hours. Our new program 'Scouts Help Seniors' will work with the handyman program.

You don't have to be a scout to join in volunteering and helping our seniors. There will be information on our website montgomerysc.org to connect volunteers with seniors.

Upcoming Events

July 13 Meeting. Guest speaker David Mostafavi, MD, is a board certified ophthalmologist who is a highly experienced cataract surgeon. He also treats ocular diseases such as dry eye, glaucoma, and macular degeneration. Following his presentation our members will enjoy an ice cream social.

The talks of our guest speakers will now be to the public as part of our concerted effort to serve the community. The topics are of interest to everyone in the community. Our business meeting and activities afterwards such as Bingo, arts and crafts, and refreshments will continue to be restricted to our members only.



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July 20 (Thursday) Casino trip to Wind Creek, Bethlehem, PA. \$35 for members. \$45 for non-members. There is a \$25 voucher for the casino. Bus departs at the Princeton Elks Lodge in Skillman at 8:45 am. Bus departs the casino at 3:30 pm and expect to return around 4:45 pm. ■

Montgomery Senior Citizens, Inc. is a non-profit organization for people 55 and up who live in Montgomery and the surrounding area. Our annual fee is \$10. Visit Montgomerysc.org to register as a new member. You can also visit us at our regular monthly meeting every 2nd Thursday of the month @ 1 pm. Meeting are at the Otto Kauffman Community Center, Skillman. All comers are welcome. ■