

A Senior Moment

A MONTHLY COLUMN FOR LOCAL SENIOR CITIZENS

By Louis Vaccaro

May 2026

Many of our seniors recently participated in a survey focused on issues important to our community. We would like to thank Emily Schreiner, Public Health Planner for the Township, for providing an update on the Age-Friendly Montgomery initiative. While the full report is still being finalized, Emily shared a presentation highlighting key findings that were recently presented to the Township Committee.

At our recent Senior Citizens meeting, Emily reviewed the recommendations and offered insight into how the data was gathered and analyzed. Although time did not allow for a full review of the presentation, members received a helpful overview of the project and its next steps. The final report is expected within the next couple of weeks, and we look forward to sharing it with all seniors once it becomes available.

We would also like to thank Carol Raymond, Mental Health First Aid Instructor with Penn Medicine, for her outstanding presentation at our April 9 meeting. She did an excellent job making this important topic engaging and informative for all attendees. Carol has graciously accepted our invitation to return later this year to continue these important discussions and answer additional questions.

An estimated one in five people experience a diagnosable mental health disorder in any given year. Recognizing the signs of a mental health concern and knowing how to respond are valuable skills for everyone. During her presentation, attendees learned how to identify and better understand common signs and symptoms of conditions such as depression and anxiety. The session also covered how to respond to a potential mental health crisis, how to support someone experiencing emotional distress, and how to guide individuals to appropriate professional resources when needed.

We are excited to announce that our Annual Senior Picnic will take place on May 14th at 12:00 PM at Montgomery Veterans Park. This special event is always a highlight of the year, giving our members the opportunity to relax, enjoy the outdoors, and spend time together while sharing a delicious picnic lunch.

In June, we will continue the fun at our monthly meeting with our Annual Ice Cream Social. This is another favorite tradition, where members can enjoy a variety of sweet treats and good conversation in a friendly and welcoming atmosphere.



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Both of these events are wonderful opportunities to connect with friends, meet new members, and enjoy the sense of community that makes our group so special. Please note that we will not be holding meetings during the months of July and August as we take a short summer break. We look forward to seeing everyone at these upcoming events!

Montgomery Senior Citizens, Inc. is a non-profit organization. People above the age of 55 and living in Montgomery Township and the surrounding area are able to join. Our annual fee is \$20.00.

You can join by visiting our website (Montgomerysc.org) and register as a new member.

Meeting will begin at 1:45 PM at the Montgomery Senior Center (Otto Kaufman Community Center 356 Skillman Road, Skillman, NJ 08558). All comers are welcome.

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