

**Ugly Sweater Day***Friday, December 21*

Dig that sweater out of your closet. The one you can't wait to wear once a year. Don't have an ugly sweater? No problem. Wear a pair of ugly socks instead.

**Chocolate Coconut Bites***Friday, December 28, 12:30 p.m.*

A diabetic friendly recipe that everyone will enjoy. So good you will want to eat them right up.

**Open Enrollment**

Just a friendly reminder to save and read all those communications from your Medicare Company. This brief window of time is when insurance companies can change your coverage. Be sure you know what they are doing. If you are confused, RSVP APPRISE counselors are state-trained volunteers who provide unbiased information about Medicare benefits, Medicare Advantage and Supplemental Plans. See Susan or Betsy to schedule an appointment.

**See Healthsteps for your Annual Wellness Visit**

Healthsteps delivers diagnostic and preventative services in their mobile facility which will visit Montco SAAC of Norristown on December 12 from 10 - 2 and Montco SAAC of Ambler on November 30 from 10 - 1:30. The annual wellness visit is provided at no cost to seniors and is not subject to copays, coinsurance or Part B deductibles.

The Healthsteps Annual Wellness Visit includes screening for hearing loss, balance irregularities, stroke risk, high blood pressure, cardiac disease, abdominal aneurysms, diabetic and circulatory problems, and leg swelling.

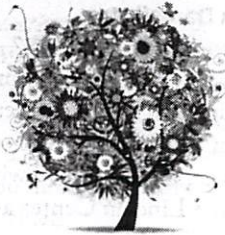
To participate bring your insurance card. If you have further questions call Healthsteps at 1-800-434-6070.

## Ambler Happenings

### November

**Fall Back***Friday, November 2, 12:30 p.m.*

This music program will include timely music about fall and a look back at many musical styles in the 1930's and 1940's. These videos will include performances by Nat King Cole, Judy Collins, Perry Como, Bing Crosby, Jimmy Dorsey, Allegra Kent, Evgeny Kissin, Glenn Miller, Peter Seeger and Frank Sinatra. Produced and presented by Nancy Capizzi.

**Healthy Ideas***Monday, November 5, 11:00 a.m.*

Come join us for some great ideas on how to incorporate wellness habits into your day. This is a great way to connect with others while improving physical, emotional and social health. Don't delay, give this group a try and feel healthy today!

**ClearCaptions™ Bingo and Dessert!***Wednesday, November 7, 12:30 p.m.*

Please join your local ClearCaptions Title IV ADA Specialist, Chet J. McLendon, for some super fun bingo and more! He will be discussing how you can receive a NO COST caption phone and captioning service if you have any form of hearing loss.

**The Price is Right***Friday, November 9, 12:30 p.m.*

Come out and play the Price is Right with Hands from the Heart Home Healthcare Services. Make your best guess, and you could be a winner! Refreshments will be provided.

**Veterans Benefits and Attendance Program***Monday, November 12, 12:30 p.m.*

There are a variety of federal benefits available to veterans and their dependents. One such program is the veterans' Aid and Attendance Special Pension, a benefit that is largely unknown. This benefit allows for surviving spouses to receive help in nursing homes or other facilities and receive monetary benefits for home health care.

Please join attorney Michelle C. Berk and a special guest as they educate us regarding this important program.

**Abington Jefferson Health Blood Pressure Screenings***Wednesday, November 14, 9:30 to 11:30 a.m.***Advanced Care Planning***Wednesday, November 14, 12:30 p.m.*

Have you planned for a "what if?" medical illness? Speaker Paula Patton MD, a Geriatrician and House Call Physician, will offer a chat and chew about planning an Advance Directive to help doctors know your health-care wishes. How much care is needed and how much medical intervention is too much?

**Experts in Arthritis***Friday, November 16, 12:30 p.m.*

Courtesy of the U. S. Bone and Joint Initiative, we will be hosting a seminar for people with



arthritis and people who care about them. The program offers people with arthritis the opportunity to be informed about current scientific evidence and management