

# THE OPEN LINK



Linking the Upper Perkiomen Senior Center with The Open Line

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## THE OPEN LINK

*For nearly 40 years, the Upper Perkiomen Senior Center and The Open Line have provided quality programs for residents of the Upper Perkiomen Valley (UPV). On July 1, 2013, the two organizations were officially "linked" together to form The Open Link.*

*As The Open Link (TOL), we remain committed to building a stronger UPV community by delivering the services that help our neighbors to flourish. It is our goal to continue a long tradition of working together with the community to provide services in a caring, confidential, and professional manner. By working together, by helping each other, we make a difference that improves the quality of life for everyone in our community.*

### COMMUNITY SERVICES

**Information & Referral** to "link" people and services together. It is our goal to keep residents connected to health & human services in our community.

**Financial Counseling & Assistance** programs help to meet the critical needs of our neighbors by providing financial assistance for basic utilities, fuel, housing costs, and medical prescriptions.

**Employment Counseling & Assistance** provides local job seekers with the resources and personalized attention they need to find employment opportunities that meet their skills, experience, and needs.

**Counseling** services provide income-eligible residents with the support necessary to help them address a broad spectrum of concerns related to relationships, crisis intervention, communication, depression, and budgeting.

**Domestic Violence Support & the UP Domestic Violence Task Force** provides victims of domestic violence with counseling, safety planning, legal advocacy, court accompaniment, and referrals to other agencies as necessary.

**Transportation Assistance Program (TAP)** volunteers provide individuals with rides to medical appointments and back home again. We also participate in the American Cancer Society's Road to Recovery program.

**Holiday Programs** provides income-eligible families with a turkey and all the fixings for Thanksgiving, Christmas gifts for children, and back-to-school supplies for students in grades K-12.



### FOOD AND NUTRITION

**Community Food Cupboard** provides food and other basic necessities such as infant formula, diapers, toiletries, and cleaning supplies to local families in need.

**Meals on Wheels** provides nutritious meals to homebound neighbors enabling them to be self-sufficient so they can live in their homes for a longer period of time.

**Community Lunch** brings older adults together at The Center for hot meals Monday through Friday. There is a suggested \$2 donation towards the cost of the meal, and individuals are asked to make reservations.

**Nutrition Classes** provides opportunities for individuals to learn and integrate healthy eating habits into daily life. With a special focus on adults 60 years and older, topics vary by month depending on interest and need.



### ADULT & FAMILY EDUCATION

**GED Preparation Programs** help local adults to prepare for the General Educational Development Test (GED) by providing assessments, instruction, practice tests, and more.

**Health & Wellness Programs** promote healthy aging and independent living by providing fitness, exercise, strength training, and preventative health programs.

**Lifelong Learning** provides opportunities and socialization activities for people of all ages to pursue knowledge for either personal or professional reasons.

### THE CENTER AT THE OPEN LINK

Located at 517 Jefferson Street in East Greenville. To view our monthly menu and list of current events and activities, please visit [www.theopenlink.org](http://www.theopenlink.org) or call 215.679.6550.

