

Volunteer Spotlight

Senior Adult Activities Center of Montgomery County



Have you heard of “The Sleeping Mat Project”? This innovative project provides sleeping mats for homeless individuals in the area by recycling plastic grocery bags into colorful, woven mats. Through partnerships with Angels in Motion, Indian Creek Foundation and the Montgomery County Senior Adult Activity Center (SAAC), Integrate for Good launched this project in Norristown, making this impactful volunteer activity accessible to people of all ages and abilities! This fall, we will be launching at six additional sites: Lower Providence Community Library, Indian Valley Public Library, Or Hadash synagogue, Briar Bush Nature Center, Common Space in Ardmore and the Center School in Abington.

Each week, a diverse group of volunteers meets together at each of our community sites, not only making mats, but creating new friendships as well! The group truly works as a team; each person tackles a different part of the project according to their unique strengths and abilities. Project Director Bev Weinberg shares, “I love that this project blurs the lines between ability and disability. Everyone has a valued role based on their own talents and interests. People might stand at the table or pull up in their wheel chair...they might use an adapted tool, or they might only have one hand they can use, but every effort contributes to our shared commitment to making a difference for those living with addiction and homelessness in our community. It’s amazing to think that a simple project to recycle bags has the power to transform so many lives in so many ways!”

For Lily, one of the senior volunteers, this opportunity has become a highlight of her week, “I told my family how much I enjoy coming here every Friday. I love that I’m needed here with this project. When you get older, it’s good to know that you can still contribute, and people need you and are excited to see you.” Sher, a Direct Support Professional at Indian Creek Foundation shares how this project has had a similar impact on Codey whom she supports throughout the week. “Codey starts on Monday asking if it’s Friday yet! He looks forward to this activity all week.”



When we first launched Integrate for Good, we reached out to local nonprofit organizations about working together to make volunteer opportunities accessible to everyone in our community. Michelle Ross, Program Coordinator of the Montgomery County SAAC, was one of the first to respond. We are so grateful to her, the Senior Adult Activity Center of Montgomery County, and all of our valued community partners for opening their space to facilitate this project, and for expanding their volunteer opportunities to include individuals of all abilities!

Are you interested in making a difference in your community? Do you have an hour or two to spare? Come out and join the fun! Check out our calendar. We look forward to meeting you! All ages and abilities are welcome!

