

Senior Community Services' (SCS) Mission: To promote independent and meaningful living for older adults through direct services and programs in the home and community.

SCS Connection

SCS
SENIOR
COMMUNITY
SERVICES

SPECIAL ANNUAL REPORT EDITION – FISCAL YEAR 2016

A Message from the Executive Director

SCS Celebrates 40 Years of Serving Seniors



Each new fiscal year marks a new beginning and a fresh start, full of opportunity and room for growth. I have written about this theme in previous years because it is a philosophy that I hold dear, and have for four decades. This year I want to do something a bit different and spend some time reflecting on those 40 years. This fiscal year marks a momentous milestone for the agency. To think I was not even 30 years old when we started Senior Community Services (SCS) and realizing what I did not know when I embarked on this journey – is remarkable – and a bit scary!

The original idea for SCS came from the founding director and deputy director of the County Office of Services for the Aging (COSA), Jack Bauer and Barbara White. Their vision, which lives on in their memory, included creating a non-profit organization that could sponsor senior centers that would serve seniors living in multiple municipalities. Prior to that model, COSA sponsored a handful of senior centers that only served seniors living in that municipality. There were senior centers in Chester and Upper Darby administered by the municipalities and the Darby Township Senior Center (now Good Neighbor) operated directly by COSA.

Friendship Circle Senior Center was the first center, opening in November 1977, to conform to this new model, allowing seniors from the surrounding Lansdowne, Yeadon, and beyond to come and gather together. Schoolhouse Senior Center followed a month later. Building upon SCS's success with this new model, COSA approached us in 1985 to include Chester within the developing agency.

The founders of COSA were brilliant in their thinking, understanding that a time would come where public funding would not be enough to support aging services. By adding a non-profit to the mix, this allowed the organization to raise money from the private sector, something county or municipalities could not do, allowing SCS to build upon the existing public funding.

When we started out, at Friendship Circle and at the Schoolhouse Senior Center, we were housed in shared buildings, utilizing one or two rooms. Chester was located in a former nightclub. We built and designed Chester Senior Center from the ground up to be just what it is, a senior center, which opened in 1988. Now, I am proud to say, the buildings that house our four senior centers are fully dedicated to be used as senior cen-



SCS' second Board President, the late Beatrice Smith of Darby Township receives an acknowledgement plaque from incoming President the late Charles Shotwell of Lansdowne (circa 1982). Also present is Executive Director Arthur Weisfeld (left) and the late Barbara White, Deputy Director, COSA (third from left).

ters, with multiple rooms allowing for multiple programs and services to be held simultaneously.

Our centers truly have a home now and as a result, feel like home. When you walk in the door at any of our centers, it does not feel like something else. Not only are these spaces attractive and functional, they also utilize the kind of equipment the current generation of older adults expect.

This point highlights to me just how far we have come. Technology is such an integral part of our organization – and culture – today. When we started 40 years ago, there were no computers, we did not even have copy machines. We ran our calendars on a mimeograph and we thought we

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Senior Community Services
600 Swarthmore Avenue
Folsom, PA 19033

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Care Managers Use Fun as a Tool to Serve Seniors

By Trindy Grundy



Care managers are the life line to many active and homebound older adults. Their job is to not only assess their physical, social, emotional, and financial wellbeing but to develop a care plan and relationship with their consumers, their families, and agency providers. In order to address their current and future needs, the ability to provide resources and support is a key component of their job.

As professionals, the care management team has incorporated ways not only to help consumers take care of themselves, but to also allow them to build into their daily schedules time to interact with each other and be recharged, regenerated, and refreshed in a variety of fun and enriching activities throughout the year.

For example, each year, under the leadership of Gwen Smith, the staff meets to plan events that interest everyone, which is also approved by management. The events have included a Welcome to the Season get together, holiday luncheon, Secret Santa gift exchange, end of summer excursions (Longwood Gardens, Camden Aquarium, Philadelphia Zoo, Tour of Philadelphia, and Cinco de Mayo day) and many weddings and baby showers.

According to Gwen, these events show comraderie and unity among the staff. These events also allow care managers to build closer relationships with one another and offer up a distraction from the day-to-day work, which provides a nice break. Gwen said that the staff seems to enjoy the end of the summer excursions the best.

“They are super fun because they are all-day and former staff members as well as family members are invited to participate,” said Gwen who has been with SCS for nearly 17 years.

Oftentimes, care managers remind consumers to take care of themselves so that they can remain independent in the community and continue to lead meaningful lives. Care managers also realize the need to incorporate this same philosophy in their own lives as they interact with one another and to ensure they are be refreshed. These activities have made a difference in the team’s wellbeing.



CHESTER SENIOR CENTER



610-497-3550 / 721 HAYES STREET, CHESTER, PA 19013

Jamee Nowell Smith, Center Director

Partnership is the Key

Partnerships have proven to be of great value to the growth of senior center programming and services. Over the years, many have supported us, helping to make the Chester Senior Center the thriving, exciting place it is! A recent partnership with Eagle Scout Troop 272 in Rose Valley and Aetna Health is continued proof of this fact. The center family has longed for a raised bed garden for some years now and thanks to this partnership, it all came to fruition in May!

The Eagle Scout Troop under the leadership of Scout Andrew Mackey raised funds and sought sponsorships from local businesses such as local nurseries and Home Depot to gather supplies, and thanks to a generous donation from Aetna Health all expenses were met! With the help of Troop 272 members, Andrew installed four raised bed garden plots and planted watermelon, a variety of peppers, tomatoes, mint, basil, parsley, squash, cucumbers and more!

Thanks to Andrew, Troop 272, and Aetna Health, the Chester Senior Center members have been tending the garden daily and feasting on fresh vegetables and herbs! What a wonderful addition to our center and community!





610-586-8170 / 1085 HOOK ROAD, SHARON HILL, PA 19079

Joanne Graham, Center Director

Giving Back Through Volunteering

As we celebrate the New Year and Good Neighbor's 40th anniversary of serving older adults in Delaware County, we take pride in knowing that our accomplishments are in large part due to the combined efforts of grateful members who take the time to pay it forward by giving back through volunteering. Good Neighbor is fortunate to count among its members a devoted team of volunteers who consistently and selflessly give back to the center that has so richly served their community for four decades. Good friends and longtime members Reverend Alyce Weaver and Mildred Jenkins are among those devoted members who understand the growing need to volunteer and who are known to be steadfast in their efforts to serve their fellow members.

After retiring from Mercy Fitzgerald Hospital as a practical nurse 20 years ago, Alyce Weaver began studying to become a minister. At this time she also began volunteering at Good Neighbor by delivering meals for the homebound. Once ordained, Reverend Weaver continued to faithfully volunteer at Good Neighbor. Reverend Weaver brings unique skills that allow her to assist members and meet them where they are, particularly those who have varying degrees of disabilities. Presently, her volunteer service consist of holding weekly Bible study

important luncheon somewhere else, I would rather be here with the members."

After ending her career as a stay-at-home mom, 39-year-old Mildred Jenkins began a new career at Fidelity Bank, where she worked for over 30 years in the trusts, estates, wills, and accounting departments. After retiring from that career in 2000, ever the avid traveler, Mildred wasted no time filling her passport (she has filled three) with more stamps from exotic destinations. When Mildred became a member of Good Neighbor in 2003, her passion for travel was rekindled anew. Her eyes light up as she speaks of her travels to some of the most fascinating places on the planet: China; Egypt; Greece and Israel.

"Being a member of Good Neighbor has really increased my travel itinerary and I thoroughly enjoy the fellowship here," she said. "The most fulfilling thing I do at Good Neighbor is news casting where I report on current and upcoming center activities. I also assist with Bible studies, or conduct it by myself sometimes."

Despite recent health challenges, Mildred, an 87-year-old breast cancer survivor, appears strong and in great spirits.



groups and praise and worship sessions, providing the daily blessing during lunch, and at monthly birthday parties and conducting individual counseling to fellow members as needed.

At age 91, Reverend Weaver continues to play an essential role in the delivery of quality programing and services to her fellow members daily.

"I want to do whatever I can. I may not be able to do things as well as I used to and I want to be fair to the other members," she said. "If I had a choice of saying the blessings at Good Neighbor or attending an



"I continue to travel and would like to revisit Israel to bathe once again in the Dead Sea," she said. "The one place I have not traveled to that I would like to see is India to visit the Taj Mahal. I would also like to revisit the Panama Canal and go through the locks again."

It is my hope that the New Year will be filled with even greater opportunities for Good Neighbor members to make meaningful social connections, experience the joy and appreciation derived from knowing they are needed and continue to grow and enrich their lives volunteering.

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AGING AT HOME

Transportation Service – Making a Difference for Aging at Home Members

By Christine Helmandollar



The doctor suggested physical therapy one time every week for several weeks for Elizabeth Cuga. Just like for many other people, physical therapy is needed repetitively for a series of visits. For most, getting to therapy is not a problem. But Betty doesn't drive and even though the therapy office is directly behind Taylor Hospital, a car is needed to cross busy Chester Pike. Therapy sessions could have been a real problem but she reached out to Aging at Home for her transportation needs.

"My daughter is not always available to take me and I like managing my own responsibilities," Betty said. "It has been a real blessing."

Understanding the need to request a ride one week prior to an appointment date, she telephones the main number of the Aging at Home office to request a volunteer driver. Then, a staff member calls trained volunteers to check their availability. Once a volunteer accepts the ride, the Aging at Home member's request is confirmed with the details of the volunteer driver's name and other pertinent information required for a successful trip. Each round trip costs \$5.00. The member is also able to make up to two stops for each requested outing.

Betty is one of the first of dozens of individuals to join Aging at Home since its expansion to the Ridley area. She truly appreciates and benefits from its services. The transportation service complements Community Transit and provides rides for seniors throughout the county. It is a door-through-door service that transports individuals to medical appointments, grocery stores, and civic and community engagements. The service is similar to a few church programs that successfully engage volunteers to drive fellow church members for their needed destinations.

The program is a win-win for all parties when guidelines are followed. Betty continuously brags how well the transportation system works for her. In addition to utilizing the transportation system, Betty has been instrumental in spreading the good news about the program. Senior Community Services (SCS) would like to extend a special thanks to Betty for attending the recent launch of the program at the Schoolhouse Center and speaking to fellow leaders in the community about Aging at Home services. Betty is also a volunteer at Taylor Hospital and has shared her positive experiences with fellow volunteers and doctors.

As much as Betty benefits from using the program, Aging at Home is fortunate that she understands that the program's services support independent living in the comfort of members' homes. A huge advocate for the program, Betty distributes Aging at Home brochures to fellow volunteers and doctors at Taylor Hospital where she serves. She enjoys her independence and being an active member of the Ridley community. Aging at Home provides that extra support so she can age well in her own home in a beautiful and giving way.

To learn more about other services, please call Aging at Home at 484-534-2201.



99 year old Schoolhouse member Fran Doyle ties the knot with long time friend and love, Mary Waltz.



United Way
of Greater Philadelphia
and Southern New Jersey



CWW Participants Celebrate Flexible and Diverse Programming

By Farah Esfahani, CWW Program Manager



Center Without Walls (CWW) continues to attract a growing population of older adults by providing them opportunities for personal enrichment that are the core mission of Senior Community Services (SCS). Developed in 2003, the program is designed to improve the quality of life for 50+ learners by offering a wide range of classes and educational programs at minimal or no cost.

At this time, we hold our programs at five locations: Aston Community Center, Brookhaven Municipal Building, Concord Senior Center and Rachel Kohl Library at Concord, and Springfield Township Building. We are pleased that our consumers take advantage of the art and fitness classes and educational programs we offer them. We frequently receive positive feedback from our consumers about the programs. In this special edition of the *SCS Connection*, I would like to highlight some of their comments.

Marci is grateful for the opportunity that her 91-year-old mother had to participate in the fall semester drawing classes at Springfield with instructor Anne Dempsey. “Anne is very welcoming and her kindness and gentle spirit has created a very calm, peaceful and supportive learning environment,” Marci said. She explained that her mother is recovering from a stroke and was so grateful for Anne’s flexibility and sensitivity to her mother’s needs. “Being able to participate at a familiar place within her community has been comforting,” she said. “She is looking forward to participate in the spring session.”

D.J. Maloney from Aston said that Center Without Walls has filled a very real void for him as a caregiver. He moved home to care for his mother a decade ago and quickly realized he had a lot to learn. “It was a daunting beginning; navigating the murky waters of elder care. In 2006, while in the Aston Library, I picked up a flyer of informational courses and seminars. I signed up for a presentation by the Breslins,” he said. “Over a decade, I accumulated an inch-thick file on everything from retirement communities, wills, power of attorney, veterans’ benefits, Social Security, just to name a few. To their loyal followers (of which I am one) they have become—in a word—indispensable.”

“Over a decade, I accumulated an inch-thick file on everything from retirement communities, wills, power of attorney, veterans’ benefits, Social Security, just to name a few. To their loyal followers (of which I am one) they have become—in a word—indispensable.”

– D.J. Maloney, Aston

Peg Pierce from Aston, one of CWW’s most active participants, said that the classes are “informative, varied and enjoyable.”

Emerson Tjart from Lansdowne has taken classes at a variety of locations. The subjects covered in each course are just as varied, ranging from Medicare and senior law updates to driver education courses and health and wellness presentations. “All have been informative, well-organized, led by competent people, and well worth attending. They provide updated information, help keep the mind aware and active, provide the basis for interesting discussion, and are an opportunity to meet and talk with interesting people,” Emerson said. “[SCS is] providing a vital and greatly appreciated service for Delaware County seniors.”

Please contact me at (484) 496-2143 or fesfahani@scs-delco.org if you any questions about or suggestions for CWW future programs.

were pretty snazzy because we bought one with an electric motor – not one with a crank.

Eventually we started using copiers and computers. Now, seniors use an automated data system when they check in at a center. It is just like ordering a sandwich at Wawa. Each senior center has a computer lab and all the centers are Wi-Fi enabled. There is a computer on every desk for each staff member. Now SCS’s computer inventory, including the labs, totals nearly 100 machines, supported by a part-time technology consultant. We have certainly come a long way from the days of the mimeograph!

Care managers used to go out into the community to conduct assessments carrying a pencil and a six-page assessment form. Now care managers conduct their assessments within a statewide database that updates in real time.

SCS is much more sophisticated than it was 40 years ago, providing expansive supportive services to seniors. Through our care management program, we serve nearly 2,000 homebound seniors. The Caregiver Support Program continues to expand its supportive reach, helping to relieve emotional burden among caregivers through care management, support groups, and the Caregiver Academy.

Aging at Home, represents the next natural step in home and community-based services. Aging at Home has now expanded from the greater Lansdowne area into the Ridley area. Our vision is that it will someday become a countywide program.

We have come a long way.

We have grown and adapted over these years. I think Jack and Barbara would be very pleased and proud of what has come of their idea. We continue to be an organization that is providing valuable services to seniors throughout the county. I feel blessed that I still enjoy coming to work each day and I find the work that I do both important and fulfilling.

We will celebrate this milestone with reflection and pride, not dwelling on the past, but as a foundation to embrace innovation and continue to meet community needs. Please join me in this year-long celebration, which I hope, will be marked with energy and ideas to help SCS continue serving seniors for many decades to come.

Best,

Arthur

The Flyer Said...

By Donna Schumacher, HDC Coordinator



The flyer said:

- Did you know hearing loss seems to speed up age-related cognitive decline?
- Did you know cochlear implants are covered by Medicare?
- Alison Mendez is a professional who has worked in the field of hearing health will be facilitating discussion and will be available to answer questions.
- **Please feel free to bring your most recent hearing test, and we can discuss appropriate hearing solution options.**

So John Krok (you might remember him as my success story last year) took the flyer home for his wife, Ellen, to read and they both decided to come in to find out about cochlear implants. Ellen told me “I’d heard about cochlear implants, but I always thought they were just for children. But, if it will help John, I was more than willing to come and find out. It is getting so much worse for the family to talk with him.”

And to John’s credit, he has finally come to terms with his disability. He is now more open to using new techniques and hearing instruments, which has helped him interact with doctors and technicians when he is at dialysis or medical appointments.

The steps to getting cochlear implants are not easy and are not quick. You must be tested both psychologically and physically to qualify for the surgery and all of this takes time and it is not convenient. This is all done at the cochlear implant department at the University of Pennsylvania. But, according to Ellen, John has been committed to completing all the massive amounts of paperwork and clearances he must still go through until he is officially declared a candidate and scheduled for surgery. But if you talk to John – and I have – he is absolutely sure that he will qualify and he is so looking forward to hearing better.

“These things [hearing aids] just don’t work for me anymore,” John said.

I might add that John has another companion to cheer him on. His pool partner and long-time friend Ray Young has also decided to try to the cochlear implant route. So I guess the challenge is on as to who will complete the process and be the successful candidate. I hope that next year at this time, I will be able to report on two success stories. The small but mighty Hearing Discovery program at Friendship Circle continues its mission to improve the life of individuals and their families who battle hearing loss.

CogStim Kits Promote Brain Fitness Throughout the Year

By Dorothy Darragh, Program Manager

During 2016, residents in communities that offer the Cognitive Stimulation Program (CSP) kits reminisced and enjoyed memories of people, animals, nature, seasons, American history, decades, places, holidays, history, events, and daily life changes.

Kits offered in January, February, and March concentrated on winter events like hibernating bears, Black History Month and Valentine’s Day. Participants enjoyed talking about their experiences related to winter – sledding, shoveling, gloves, hats – and some even hibernate like the bears. For Valentine’s Day, there was a romantic exchange of cards and chocolate treats and then dancing. Black History inspired folks to remember the historic events of the country and acknowledge icons in American culture.

April, May, and June got busy with spring, Mother’s Day, and Father’s Day. The talk was about butterflies, flowers and gardens, trees and birds. And of course, everyone had memories of motherhood and fatherhood – some as sons and daughters, some as parents and grandparents – and all with lots of sentimentality.

July, August, and September provided relaxation by reminiscing about vacations, trips to the seashore or maybe “A Walk Across America” and enjoying time with friends and family at “Parades, Parties & Picnics.” As autumn approached, there were “Fairs and Farms” that brought memories of harvest time festivities.

October, November, and December were filled with fun events. On spooky Halloween, many donned costumes and remembered trick or treating. Thanksgiving stirred many to remember family gatherings to give thanks. From Hanukkah to “The Christmas Story” the memories are innumerable, but no doubt, there was singing, dancing and overall merriment.

Throughout the year, many reminisced about visits to the zoo, events during the 1950s, “Discoveries and Inventions” that affected and inspired us, how “Women and Their Changing Roles” challenge us, trips to France, Mexico, Florida, and other destinations.

This is a small picture of what we offer to stimulate our brains. To learn more, contact me at 484-496-2144 or ddarragh@scs-delco.org.



Schoolhouse members enjoy the popular “Dining with Friends” outings.

Five Tips that Can Help Lower Medical Cost and Copays in 2017

By Glenda A. Radical, Apprise Program Manager



Now that the 2017 Medicare Annual Enrollment Season has come and gone there are some Medicare tips that you should know when your new or existing Medicare Health or Part D Prescription Plan begins in January 2017.

TIP # 1: Medicare Savings Program

If you are a Medicare Beneficiary who has been approved for the Medicare Savings Program or the Buy In-Program and have an Access Card, you may use it to pay copays or deductibles at your primary doctor or specialist office visits. Check with the doctor's office to see if they accept Medicaid. If they do, the Access Card must be presented during the office visit, so that the card can be billed for your copay and/ or deductible payment.

TIP # 2: Outpatient Hospital vs. Outpatient Ambulatory Facility

Medicare Beneficiaries that have selected a Medicare HMO or PPO as their health insurance may pay lower copays if an outpatient procedure is performed at an outpatient ambulatory facility located outside of a hospital, instead of having the procedure performed within a hospital facility. Each plan may vary in the cost of the outpatient hospital vs. outpatient ambulatory facility benefit, but the cost could be substantially lower for some HMO/PPO's if service was provided outside of the hospital setting.

TIP # 3: Preferred Pharmacy Verses Non Preferred Pharmacy

Today's HMO/PPO's and Part D Prescription Plans work very closely with the pharmacies in our communities and neighborhoods. Pharmacies in our neighborhoods can be considered a "Preferred or Non-Preferred Pharmacy." A Preferred Pharmacy is a selected pharmacy that may be contracted with a health plan or Part D Plan company to help lower the cost and copay payments of medications for Medicare Beneficiaries. A Non-Preferred Pharmacy is a pharmacy that may not have contracted with a specific HMO/PPO or Part D Plan and if a Medicare Beneficiary uses this pharmacy they may pay a higher cost for their copayments and prescription drugs.

A Medicare Beneficiary can find out the Preferred Pharmacies in their community by calling the Medicare Advantage Plan/Part D Prescription Plan companies directly or using the Plan Finder on the Medicare.gov website.

TIP # 4: Urgent Care Facilities verses Emergency Care Facilities

There was a time when there were only Emergency Care Facilities. As a part of this 21st Century of health care, we now have Urgent Care Facilities that are contracted with Medicare Advantage Health Plans. When you use an Urgent Care Facility instead of an Emergency Care Facility, you may pay lower copays and the medical care cost may be lower.

Some of the Urgent Care facilities in the surrounding Tri County area include: Advantage Urgent Care, CareSTAT Urgent Care, Concentra, Patient First, CVS Minute Clinic, and Redi Clinic. These Urgent Care Facilities are network facilities as well as retail facilities such as Rite Aid and CVS. Urgent Care Facilities have medical staff just like an emergency room, but they cater to the consumer's urgent need, not the emergent need, leaving the emergency rooms at the hospitals for people who are really in need of Emergency Care Services.

TIP # 5: Worldwide Coverage

If you travel outside of the United States and have need for urgent or emergent care services while away you may go to a medical facility where you are located and pay a small copay to receive the medical care you need. Most Medicare HMO/PPO Advantage Plans offers Worldwide Urgent and Emergent Care Medical Services outside of the United States for the year of 2017,

for a total copay of \$75. You may contact you plan provider to inquire more about the services that are covered under the Urgent and or Emergent Worldwide Coverage benefit.

The Delaware County APPRISE Program thanks you for your patronage of our program services and we look forward to working with you in 2017.

If you have Medicare questions or concerns, please feel free to call the Delaware County APPRISE Program at 484 494-3769.

APPRISE ANNUAL ENROLLMENT HIGHLIGHTS: THE FACTS AND FIGURES

**125 Medicare events were held for the
2017 Annual Enrollment Season**

38 Medicare 2017 Update Presentations were held

**72 Medicare Individual (one-on-one)
Counseling Sessions were conducted**

**11 Health Plan and Part D Comparison/Enrollment
Counseling Sessions were conducted**

**4 Health Fairs/Expos were attended by the
Delaware County APPRISE Program**

During the Open Enrollment Period (October 15 to December 7):

**431 people were helped through
counseling sessions and phone communication**

**306 people were assisted through the
APPRISE Program Tele Center Phone Hotline**

**122 people were assisted through
Medicare presentations and health fairs**

**A total of 839 individuals were helped during the
2017 Medicare Annual Enrollment Season by the
Delaware County APPRISE Program.**

Caregiver Support Program Aims to Meet Caregivers Where They Are

By Heather Dale

They are the unsung heroes who support family members, neighbors, and friends. Their duty is to ensure that their loved one can age gracefully in their own home, but there are challenges that come with the role. Being a caregiver does not come with a job description, or sick days, and can become more complex in the blink of an eye. Despite that, caregivers throughout the area dutifully aid the older adults they love, often without little recognition or help.

The Caregiver Support Program is designed to aid these caregivers to ensure that they are emotionally supported. The program accomplishes this through individually tailored care management, provided in the home and over the phone. CSP also aims to reduce financial burden that can be associated with caregiving by offering reimbursement for some caregiving supplies and services.

Within the last five years, the program has moved beyond just providing support in the home and is now helping caregivers throughout the county by offering three monthly caregiver support groups and its fourth annual Caregiver Academy program, which will take place at Good Neighbor Senior Center in Sharon Hill this spring.

“While our program reaches well over 100 families in Delaware County we realize that caregivers, their responsibilities, and their needs come in many shapes and sizes,” said Program Manager Debbie Templeton. “Because of that, we wanted to offer programs that really help to meet the caregiver where they are in their caregiving journey.”

This year’s Caregiver Academy will feature 6 sessions held every other Thursday from April 6 to June 15. Topics include: Addressing the Misconceptions – Hospice and Palliative Care; Finding Gratitude and Positive Meaning in Family Caregiving; A Matter of Balancing – Fall Prevention and Safety in Your Home and Balancing Career and Caregiving.

Surveys were collected after each session last year and caregivers routinely provided positive feedback, asking for additional classes and



Eight caregivers attended this session on “Teamwork – It’s Okay to Ask for Help” presented by Sharon D. White, MSS, LCSW. Each participant was given the book “Share the Care – How to Organize a Group to Care for Someone Who is Seriously Ill” by Cappy Cappossela and Sheila Warnock.

sharing that they enjoyed giving and receiving feedback to and from fellow caregivers.

“Each year I am amazed by the strength of these caregivers and always come away with more knowledge and greater awareness about caregiving, because of these dynamic individuals,” Templeton said.

Both the Caregiver Academy and Caregiver Support Groups are free to those who attend. The support groups meet on the following days and these locations:

The Chester Caregiver Support Group meets on the first Tuesday of each month at 3 p.m. The group is held at the Chester Senior Center located at 721 Hayes Street.

The Schoolhouse Center Caregiver Support Group meets the first Wednesday of each month at 9:30 a.m. Schoolhouse is located at 600 Swarthmore Avenue in Folsom.

The Friendship Circle Caregiver Support Group meets the fourth Wednesday of the month at 1 p.m. Friendship Circle is located at 1515 Lansdowne Avenue in Darby on the Mercy Fitzgerald Hospital campus.

For more information, please contact Program Manager Debbie Templeton at: 484-540-0372 or dtempleton@scs-delco.org.

KEEPING IN TOUCH

SCS to “Keep in Touch” with Homebound Seniors

By Michele O’Brien, Program Manager



It has been said that “when one door closes, another door opens.” This pearl of wisdom can apply to Senior Center at Home (SCAH). After nearly 20 years as a program centered on visiting homebound seniors in the community, the program is transitioning to a telephone visiting program.

Several circumstances coalesced to lead to this decision. Most significantly, Senior Center at Home lost its funding. In accordance with its time-limited funding policy, the Pew Charitable Trusts, Senior Center at Home’s anchor funder, ended its program support. (We are pleased, however, that Pew will continue as an SCS funder, rechanneled to general operating support for senior centers.) In addition, over the last several years, other foundation grants have been limited. Secondarily, the departure of SCAH

Program Manager Frannie Schmerling, who relocated to the Baltimore area, made this the right time to make this change.

The new program, known as “Keep In Touch” (KIT), will primarily involve telephone visiting. KIT will be staffed by volunteers who are matched with clients according to interests. The volunteers will call the participants at least twice a month. The goal of this program is to keep homebound seniors engaged with their community, providing a connection to the outside world and a listening, caring ear.

I am excited to manage Keep in Touch as I think it will be continue to be an excellent way to reach homebound seniors and keep them active and engaged in the community.

If you are interested in volunteering for this program, please contact me at 484-496-2149 (direct).



610-237-8100 / 600 SWARTHMORE AVENUE, FOLSOM, PA 19033

Kim McDaniel, Center Director

Schoolhouse Becomes Lifeline for New Member

Schoolhouse Center recently added a new member. He had suffered a stroke. This story is of a man who had lost all interest in living and sat in the dark, not even interested in watching television. He was so depressed because of the losses that came as a result of his stroke – mobility, changes in language, independence. When the car had to be sold, he was devastated. He had given up all hope. He thought there was nothing to live for. The concern was so great that any guns that were in the house were removed because of fear of self-harm. Doctors were consulted for meds that would help with the depression, but nothing worked. He began to lose weight for lack of eating. His wife was working, so she had limited time to actually be with him.

Schoolhouse was contacted in the hopes that there was a lifeline. He visited, and joined immediately. He felt welcomed and at home in a very cozy, friendly atmosphere. He was reluctant, but his wife pushed

him to join, feeling it would be a good thing. Well, his first day he came home full of things to talk about, friends he had made and how the ladies helped him to get his food tray because he is a bit unsteady on his feet. He had a light back in his eyes. He was anxious to return and talk with his new friends again. He began to eat normally and was noticeably happier. His wife saw a joy in him that had been gone for over a year and a half return. She shared that she cried with relief because Schoolhouse Center and all its members and staff had opened its arms to welcome a man that had suffered a stroke and had given up all desire to live.

Schoolhouse has become a happy place for this couple. His wife says the center “exudes a welcoming feeling when you hit the door. The spirit of the director breathes loud and clear in this place. EVERYONE there is so kind and willing to help. I cannot say enough good things have happened for us because of it. Thank you for being there!”

VOLUNTEER SERVICES AND OUTREACH

Volunteer Opportunity Gives Retiree Renewed Purpose

By Michele O'Brien, Director of Volunteers



Has there ever been a time in your life when you felt lost and you were not quite sure what to do next? When you think about volunteering, do you think about what it can do for an organization or what it can do for you? Do you have actual plans for retirement

or just a general idea of how you think it will be? Our featured volunteer thought that she knew what retirement would look like for her, and found a whole different picture once it was a reality.

Meet Maureen Paravecchia, a staple in the Schoolhouse Center kitchen. Maureen has been a volunteer at Schoolhouse for a little over a year. She came to the center after her retirement from the Department of Defense. Maureen had always been a busy woman. She worked a full-time job and raised two children after her husband passed away at an early age. Maureen said that she was naïve when it came to retirement. She thought that she would travel like other retirees she knew, but soon realized her reality was different because she was alone. She also thought she would stay busy with her children but found that they and her grandchildren had very hectic schedules. Maureen found herself with no motivation to do things. She didn't run the vacuum or mop because no one was going to notice if her house was clean. Maureen was “mourning the loss of her professional life and the fact that she was starting this next phase alone.”

Maureen first came to Schoolhouse to discuss volunteering in De-

ember of 2015. She wasn't sure what she wanted to do, she just knew that she wanted to have something to do. Maureen said that she “always had Schoolhouse in mind, but just wasn't sure of the mission.” She quickly began volunteering in the kitchen. Initially completely overwhelmed at what she had gotten herself in to, she panicked and left. Ron Parra, the meal supervisor at Schoolhouse, jumped in, called Maureen, and urged her to return. With Ron's support, Maureen eased back in to the kitchen volunteer role and she is so glad she did. “The people at Schoolhouse welcome you and become your family. I wanted to help and I found a place to do that. I needed to have some structure in my day, and now I have that,” she said.

She also says that this was the start that she needed. She greatly appreciates the socialization that comes with her involvement at Schoolhouse. While urging people to really prepare for retirement, Maureen talks about the benefits she gets from volunteering. She has gained and learned so much through volunteering. “People have the strength to overcome great difficulties. I see Schoolhouse members who have gone through tremendous ordeals, yet they still come here with the best attitudes,” she said. “They appreciate the smallest things.”

Maureen encourages others to volunteer – confident they will find fulfillment and enrichment – just like she has!

If you are interested in volunteering with any of Senior Community Services' four senior centers or programs, please contact me at: 484-496-2149 or MOBrien@scs-delco.org.



610-237-6222 / 1515 LANSDOWNE AVENUE, DARBY, PA 19023

Barbara Caso, Center Director

Chair Zumba Energizes Friendship Circle

Friendship Circle offers a wide array of fitness classes to suit the diverse needs of our members. One of our newer classes, Chair Zumba, has our members lighting up as they move, hum, and sing along to the music. It's impossible to pass by the class without dancing along with the group.

Chair Zumba is led by our fantastic Zumba Gold instructor Lavinia Ferguson. Her class meets weekly for 45 minutes. The first thing that will draw anyone into this amazing class is Lavinia's sweet, bubbly, and welcoming personality. Every Thursday afternoon, just before the class meets, Lavinia makes it a point to enter our dining room with an infectious smile, a boisterous "hello," and encourages everyone to try out her class. Once they do, they stick with it.

Our Chair Zumba class continues to grow each week. Participants are a great mix of men and women ranging from 50-92! Lavinia's high-energy style gets the class going and they are a loyal group who tend to bring along friends and family. In fact, one of her most dedicated exercisers, "Uncle Joe" brought in a friend who was so impressed by the class, he generously donated 6 weeks of free Chair Zumba classes for our members right on the spot. This same friend recently stopped by the center to inquire about the class and once he heard it has doubled in size since his last donation, he donated another 8 weeks of free classes. Friendship Circle is grateful to this donor for believing in the benefits of this unique exercise program.

Chair Zumba (Zumba Gold) uses the same concept of original Zumba by incorporating exciting Latin and international dance rhythms. Some of these dances include Merengue, Salsa, Cha Cha, Cumbia, and Belly Dancing. You are guaranteed a full body workout while seated but the exercises are modified for success and safety. The



(Top) "Uncle Joe," Joe Graziano along with instructor, Lavinia Ferguson and Gloria Brown-Wade (bottom) enjoy their time at Friendship Circle's growing Gold Zumba class. Through feisty music, and adaptable movements (seated or standing), this class has increased fitness activity and engagement among members.

seated class arrangement makes the class available to everyone, including those who may be in wheelchairs or are unable to stand for long periods of time.

Our longtime volunteer, Liz enjoys our Saturday Zumba classes. After suffering an unfortunate ankle injury, the staff at the center encouraged her to try our Thursday Chair Zumba class so that she could remain active before she could transition to being on her feet again. Several months later, she now attends both classes despite being fully mobile.

"Lavinia's class is great because she allows you to move gradually and stay within your own limits," said. "She never pushes you to do too much."

Liz also wishes she had started taking the Chair Zumba class sooner because "the music is so uplifting and Lavinia is so cheerful. She really loves her work."

Liz's friend and fellow volunteer, Betty shared that she is going to start attending Chair Zumba too because she always finds herself standing outside of the class enjoying the music.

The benefits of Zumba include improved muscular strength, endurance, cardiovascular system, range of motion, and posture. This form of exercise also helps reduce depression, stress, and anxiety while providing an opportunity to meet new people and enhance overall quality of life.

Friendship Circle's members absolutely love this exercise option. It is one of our most well attended classes. There is no better way to exercise than moving and dancing to great music. I often hear our members say they don't even feel like they exercised because they enjoy the music so much they can't help but groove to it.

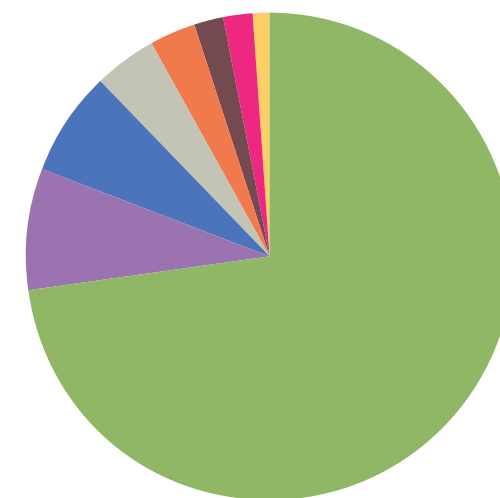
The new year is a great time to start a new exercise regimen. Join our Chair Zumba class every Thursday at 1:15 p.m.

FINANCIAL REPORT

Statement of Financial Position June 30, 2016 and 2015

	2016		2015
ASSETS			
Current Assets	\$ 1,301,069	\$	1,327,566
Property and Equipment, Net	<u>871,721</u>		<u>865,791</u>
Total Assets	\$ 2,172,790	\$	2,193,357
LIABILITIES			
Current Liabilities	\$ 248,888	\$	243,115
Long-Term Liabilities	<u>0</u>		<u>0</u>
Total Liabilities	248,888		243,115
NET ASSETS			
Unrestricted Net Assets	1,717,892		1,682,648
Temporarily Restricted Net Assets	200,510		262,094
Permanently Restricted Net Assets	<u>5,500</u>		<u>5,500</u>
Total Net Assets	<u>1,923,902</u>		<u>1,950,242</u>
Total Liabilities and Net Assets	\$ 2,172,790	\$	2,193,357

Total Revenue
\$3,600,759



COSA	\$ 2,638,155	73%
United Way ¹	\$ 263,215	8%
Grants ²	\$ 261,909	7%
Program Income	\$ 146,968	4%
Management Contracts	\$ 115,624	3%
Individual Giving	\$ 68,869	2%
Municipalities	\$ 66,148	2%
Other	\$ 39,871	1%

- 1 Includes Aging at Home demonstration initiative as well as Partner Agency allocation and Donor Choice contributions
2 Includes foundation and corporate grants (includes \$61,584 released from restrictions)

SCS Service Delivery Highlights

Senior Centers:

6,200 individuals made 83,799 center visits

Congregate Nutrition:

26,000 noon time hot meals, deli sandwiches and "Home Style" dinners
2,700 evening meals at an apartment facility for the elderly

Senior Suppers:

144,534 homebound meals served involving 476 consumers

Center for Life Long Learning and Center Without Walls:

2,500 class sessions (500 courses) offered at ten sites throughout the county

Center Without Walls Program

Participants:

793

Volunteer Program:

352 individuals dedicated 45,000 philanthropic hours to SCS

Long Term Care Management:

1,702 people served
2,832 home visits/assessments performed

Caregiver Support Program:

177 families served

APPRISE Health Insurance Counseling:

2,703 individuals received one-on-one counseling

9,531 individuals attended 331

community workshops

Aging at Home – A Community Network:

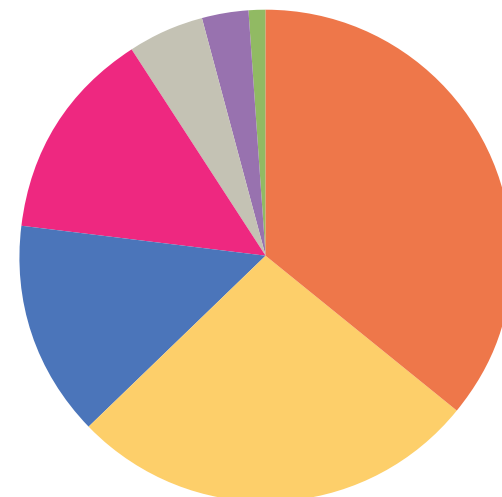
672 individuals served in year 3 of operation

2015/2016 services included 186 home support projects, 221 information and referral consultations and 927 specialized transportation round trips

Cognitive Stimulation:

1,085 presentations at nursing homes, assisted living facilities, adult day centers and senior centers

Total Expenses
\$3,584,926



Care Management	\$ 1,296,097	36%
Senior Centers ¹	\$ 945,913	27%
Administrative/Fundraising ²	\$ 513,375	14%
Caregiver Support Services	\$ 496,748	14%
Aging at Home	\$ 178,062	5%
Other Programs/Services ³	\$ 120,795	3%
Housing Support Services	\$ 33,936	1%

- 1 Includes Center for Life long Learning and Center Without Walls
2 Includes \$111,870 Depreciation/Amortization
3 Represents APPRISE Health Insurance Counseling, Cognitive Stimulation and Senior Center at Home Programs.

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