

Aging at Home - A Community Network

Semi-Annual Newsletter
March 2016

Program Director:
Christine Helmandollar
Program Manager:
Morvia Bowen
Administrative Assistant:
MJ McDaniels

Senior Community Services' Aging at Home – A Community Network, is a support system that helps seniors manage daily tasks and allow them to live and age well at home. Life can change suddenly, and an annual Aging at Home membership of \$35 gives local seniors access to services and benefits that allow them to maintain an independent lifestyle in their home. These services include door-thru-door transportation, handyman services, and personal support. Also, the program helps to connect Aging at Home members with other programs that aim to help seniors, which helps to contribute to a stronger sense of community among the growing senior population in the Greater Lansdowne area. If you have a neighbor or relative that lives in this area and feel they could benefit from Aging at Home services, please encourage them to call 484-534-2201.



**AGING
AT HOME -
A COMMUNITY
NETWORK**

Friendship Circle Senior Center
1515 Lansdowne Avenue
Darby, PA 19023

CONNECT WITH US!

Phone: 484-534-2201

Fax: 610-237-1504

Email:

agingathome@scs-delco.org

Free Coupon Books for Members

Aging at Home introduces a new and innovative product, available only to Aging at Home members. Coupon books are being distributed to members that have paid membership on and after July 1, 2015. These books offer discounts on home repairs, free classes at Friendship Circle Senior Center, and other valuable discounts and incentives.

This coupon book provides members with the opportunity to learn more about Aging at Home services that are offered and, in turn, become more connected with support and services in the Greater Lansdowne community.

The book contains coupons offering immediate value and savings. Services and discounts include: \$25 discount on a home repair; one free Center for Life Long Learning Class at Friendship Circle; one free hot lunch at Friendship Circle; one free roundtrip transportation ride; a personalized health insurance/Medicare counseling session; a complimentary yard work service; a complimentary health insurance consultation; VIP produce voucher pick up, and much more!

The Aging at Home coupon books will be offered one-time only; therefore, new or returning members who have pay their membership prior to July 1, 2016 will have the opportunity to receive a coupon book.

Help us spread the word to neighbors and friends in the area. This coupon book provides just a small glimpse of the great benefits members receive in the Aging at Home program!



www.scs-delco.org

United Way
Donor Designation #470

United Way
of Greater Philadelphia
and Southern New Jersey



Home Maintenance Tips for Spring

After a long, dark winter, spring's bright sun and warmer temperatures are a breath of fresh air. However, there is a downside. The winter is hard on our homes. We may see a cracked sidewalk, dusty curtains, accumulated books and dead plants in last year's flower beds. Aging at Home invites you to be pro-active and participate in the following classes so you can start that home improvement project you've put off all winter:

Spring Garden Prep

Tuesday, April 5th, 12:30 PM (Yeadon Library) &

Wednesday, May 4th, 2:00 PM (Collingdale Library)

Learn helpful hints and tips that will help you prepare your flowers and garden for the growing season of 2016. Ways to beautify your property on a budget will be discussed. The objective each class is to learn techniques for your personal property.

Handymen Classes

Wednesday, March 9th, 1:00 PM & May 17 at 1:00 PM



Handyman Roland is happy to help in your home.

Learn from the expertise of Aging at Home Handymen tips and tricks to help get your house projects completed on time and on a budget. Preventive maintenance tips covering smoke and Co2 alarms, drapes and blinds, gutters, rugs, railings will be provided during both sessions.

Home improvements like planting a colorful bush near the steps or painting an indoor wall definitely look nice and can make you feel good about the good work that you are doing on your property. I am not sure if anyone can enjoy this comparison but if you are a Billy Crystal fan and have watched Saturday Night Live, you may recall Crystal doing a stand up pose of Lorenzo Lamas and says, "It's better to look good then feel good." There is some truth to this quote

because you get a clear sense of satisfaction when making an improvement with yourself, as well as your home.

Pre-registration for classes is recommended. Call the Aging at Home office to register today! 484-534-2201. These, and other great classes, are listed in SCS' CLLL Spring Catalog. Catalogs are available at each SCS center and at www.scs-delco.org.



Hofstra plants provide attractive coverage on individual properties.



Debris Clean-up Project on Nyack Avenue in Lansdowne

Making The Difference

"The members who utilize the transportation service are really nice people. It is my pleasure to bring them by the drugstore so they can fill their prescription." -*Aging at Home Driver*

"I just didn't know who to call to fix my broken siding. The Aging at Home staff identified a safe business to do the work." -*Lansdowne Resident, age 84*

"The Handyman did great work. I was really pleased with the finished result!" -*Yeadon Resident, age 78*

"Our company always goes the extra mile for Aging at Home members. I won't do the work unless the job is done right." -*One of Aging at Home's trustworthy roofing partners*

Keeping In Touch



Morvia reconnects with members to complete reassessments.

The Aging at Home program is required, under its United Way grant privileges, to complete reassessments for members once every 12 months. Initially, when you join Aging at Home, a basic assessment is completed, helping Aging at Home staff understand what services will be most helpful for you. After a year, it is important to touch base to see if your needs have changed. We are here to help you age well in place, so it is very important to us to make sure we are meeting your needs. A letter will be mailed to you when you are due for reassessment. When you receive this letter please call our office, 484-534-2201 and select a convenient time to complete your annual reassessment.

Tips to Using Aging at Home Transportation

Transportation is a great and needed service that we are happy to provide for members. Aging at Home's "customized" service complements Community Transit, and is available for trips Monday through Friday, 8:30 AM to 3:00 PM. Please follow these tips to maximize quality service:

- * Schedule your ride with MJ McDaniels in the Aging at Home office by calling 484-534-2201 on Tuesdays, Wednesdays or Fridays from 8:00 AM to 3:00 PM. We suggest making reservations well in advance of your trip, the sooner the better for availability. There is an understanding that trips may need to be cancelled due to health or unpredictable circumstances, but it is required for you to call the Aging at Home office as soon as you learn of a change.
- * Up to two stops per trip are welcomed.
- * Please allow a window of 30 minutes for the driver to arrive at your home. Keep the car telephone number handy to connect with the Aging at Home driver for your return trip.
- * The cost of the service is \$5 for members who have paid their annual fee.

Following these tips will provide more efficient transportation services and allow us to handle more bookings for fellow Aging at Home members. Thank you!



United Way evaluation reveals transportation is Aging at Home's most used service!

Friendship Circle

Located within Friendship Circle Senior Center, the Aging at Home program collaborates with center programs and services, providing added benefit to Aging at Home members. Registration is now open for the 2016 Spring Center for Lifelong Learning Classes covering a wonderful array of subjects. Visit Friendship Circle or www.scs-delco.org for more information. Additionally the free produce voucher day is coming up! You can pick your vouceer up at Friendship Circle.

Partner Connections

Aging at Home partners perform safe, trustworthy work at a fair and competitive price for older adults. Program partners cover a broad range of needs, including plumbing, roofing, concrete, landscaping, moving, painting, printing, and much more. Visit www.scs-delco.org, and click on "Aging at Home" to view the complete list of partners. Remember, work with Aging at Home staff to receive a referral to the partner to ensure you receive the Aging at Home member rate.

This Program Runs on Donations

Donations maintain the Aging at Home program in the Greater Lansdowne area. We are so grateful for support from members, individuals in the community, local businesses and municipalities. Every dollar makes a huge difference, allowing the Aging at Home program to continue to provide members with an array of services that help them maintain their homes and remain independent in the community.



How to Contribute to the Program:

***Join or Renew your Membership!** Your \$35 membership provides a year of support and services through the Aging at Home program (\$50 for those who would like to become members of both Aging at Home and Friendship Circle—a \$15 savings!)

***Provide a Direct Contribution** to the Aging at Home office

***Provide a donation to the program when you receive Aging at Home services**, such as transportation, leaf raking, yard clean up, snow removal, and handyman services.

***Encourage** family, friends and local organizations to support Aging at Home!

*** Follow “Aging at Home—A Community Network of SCS”** on Facebook:
www.facebook.com/AgingAtHomeSCS

Thank you for your continued support of Aging at Home!

Aging at Home - A Community Network
Senior Community Services
1515 Lansdowne Avenue
Darby, PA 19023

Nonprofit Organization
US Postage
PAID
Permit No. 57
Upper Darby, PA 19082

For a list of participating program partners, visit
www.scs-delco.org or call Aging at Home at 484-534-2201.

Present this card to participating partners to receive member discounts.



“Helping seniors age well at home.”

* Yard work * Transportation * Home Repairs *
* Chore Services * Socialization *
* and much more! *



Have you received your membership card? If not, please be sure to send in your \$35 annual dues and receive your card today!

Aging at Home—A Community Network provides:

In your community or Friendship Circle Senior Center:

- Socialize and make new friends!
- Join book clubs, bible studies, pool teams, red hat society
- Gain health and nutrition tips, watch cooking demos, get health screenings
- Take classes in art, computers, and much more!
- Energize and exercise—Zumba, yoga, dance
- Enjoy a hot lunch every weekday

In your home, receive:

- Emergency Response Buttons, Stair Glides, Grab Bars
- Money management and assistance playing bills
- Chore services—inside and outside your house
- Trustworthy home repair referrals

In your Community and in your Home:

- Caregiver support—reimbursement and education
- Guidance to understand health insurance and prescription coverage options
- Transportation for medical appointments, grocery, pharmacy, and other errands
- Help with hearing loss and selecting assistive devices
- Connection to Federal and State benefits
- Brain fitness activities

Please visit our website for an updated list of Proud Partners, updated monthly.

www.scs-delco.org