

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

SCS Connection

SCS

SENIOR
COMMUNITY
SERVICES

PA Senior Farmers Market Nutrition Program Features Healthy Foods

By Janet Lloyd Murphy

The Pennsylvania Department of Agriculture's (PDA) Senior Farmers Market Nutrition Program (SFMNP) is once again operating and runs from June 1 through Nov. 30, 2023. This program provides qualified adults over age 60 with \$50 worth of fresh, nutritious, and locally grown fruits, vegetables,

AGE RESTRICTION:

Must be 60 by Dec. 31, 2023

INCOME LIMITS:

One-person Household	\$26,973
Two-person Household	\$36,482
Three-person Household	\$45,991
Four-person Household	\$55,500

and herbs from approved farm market sites. Approved participants receive five checks worth \$10 each, for a total of \$50 per household. Checks can be redeemed for fresh fruits and vegetables only. Processed foods such as jams, honey, nuts, cider, or baked goods are not eligible. In addition, citrus and other tropical fruits are not included in the program.

Each SCS senior center or Center Without Walls location will distribute voucher applications on their own schedule. It is best to check with your nearest center for details

about their distribution schedule. You can also request an application by mail or visit the SCS website (www.scsdelco.org) to download and print an application. When mailing your application to the center of your choice, please include a stamped, self-addressed envelope for the voucher checks to be sent to you. If you are returning your application to an SCS center, check with the individual center for its distribution schedule. Please note that voucher checks are available on a first-come, first-served basis, so the sooner you complete your application, the better.

Once you receive your voucher checks, only farm markets that are pre-approved by the State accept them for purchase of fruits and vegetables. Each center will have an up-to-date list of area sites, or you can do a zip code search on the PDA website (<https://www.pameals.pa.gov>). With inflation hitting food prices particularly hard, the voucher checks are a great way to save money while adding healthier items to your diet.

According to Penn State Extension nutrition experts, Katherine French, MS, RD, LDN, and Lynn James, MS, RDN, LDN, most vegetables are naturally low in fat and calories, and none have cholesterol. "Eating a diet rich in vegetables, as part of an overall healthful diet, may reduce the risk of stroke and coronary artery disease, diabetes, certain cancers (such as mouth, stomach, and colorectal can-

cer), weight gain, and low bone mass, as vegetables contain many nutrients important to bone health, particularly the vitamin K found in green leafy vegetables."

In addition, Ms. French and Ms. James tout the benefits of potassium-rich vegetables that may reduce the risk of developing kidney stones and help decrease bone loss. Higher potassium vegetables include sweet potatoes, white potatoes, white beans, tomato products, such as paste, sauce, and juice, beet greens, soybeans, lima beans, winter squash, spinach, lentils, kidney beans, and split peas. Having adequate folate in your diet helps in heart health; vegetables high in folate include beans, spinach, asparagus, broccoli, romaine lettuce, and tomato juice.

With all the fresh fruit and vegetables available through the voucher program, participants and others concerned about their health will be looking for recipes that make



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The Start of a Rewarding Career in Senior Services

By Arthur Weisfeld, Executive Director



On May 12, my daughter, Gabrielle Weisfeld, graduated from Bryn Mawr College, earning her master's degree in social service (MSS). The beautiful ceremony incorporated many Bryn Mawr traditions, such as the bagpipes, the delivery of the "Anassa kate" (The college cheer that is uttered in Latin), and the moment of silence in honor of Bryn Mawr's Quaker history. Like all other parents at their children's graduations, Virginia and I were so proud!

However, I was proud for another reason. Gabi wishes to have a career as a social worker serving the elderly. She is particularly interested in working as a social services administrator, connecting the elderly with critical community resources.

You may assume that she developed this interest because of my longtime work with SCS. That is partially true, but Gabi was also a participant in our summer internship program for several years with assignments at various senior centers within our organization. Her tasks were extremely varied from delivering meals, providing technology consultations, conducting discussion groups, and setting up the center for the next day's



activities. She has gotten to know our diverse participant community and collaborated with many wonderful staff, such as her devoted mentor, Friendship Circle Center Director Christine Helmandollar. Gabi has also expanded her experience by working within other organizations including Penn, Barclay Friends, Surrey Services for Seniors, and the Delaware County Office of Services for the Aging.

In choosing this career direction, Gabi knows what she is getting into. The simple truth is that Gabi enjoys working with senior citizens and finds it to be extraordinarily fulfilling. Yes, I do hope that Gabi's career direction is in some way related to my example and the many gratifying experiences I've enjoyed at SCS. And, I hope that Senior Community Services will always have a special place in Gabi's heart – I think it will!

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Arlington Cemetery Drexel Hill Serving Families Over 128 Years

By Christopher Mojica and John Federico

SCS is pleased to welcome Arlington Cemetery as the first-ever SCS Connection Issue Sponsor!

Arlington Cemetery is one of the Philadelphia area’s most historic cemeteries and was rated Philadelphia’s best cemetery in 2021 and 2022 by readers and voters at Metro Philly. Arlington has professional licensed counselors who assist families not only at the time of passing, but also in planning ahead. With 125 acres of beautifully landscaped gardens in Drexel Hill, Arlington is also one of the only cemetery/funeral home combinations in Delaware County.

Arlington Cemetery’s Christopher Mojica recommends that people make plans for their funeral and burial arrangements before the need to make immediate arrangements presents itself. Here are a few reasons why planning is so important:

- 1. **Personal choice:** You – not someone else - get to say and choose what and how you wish your arrangement to be.
- 2. **Emotional support:** Your advance planning alleviates the burden of making difficult emotional and financial decisions for those you leave behind.
- 3. **Convenience and Timesaving:** Planning your arrangements in advance saves your loved ones from making urgent decisions during a time of mourning. It reduces the amount of time in the funeral home and cemetery answering administrative questions. Your advance planning allows the family to focus on grieving and supporting each other.
- 4. **Financial Savings:** By making your final arrangements ahead of time, you are able to secure your burial at current pricing, avoiding a price increase from inflation at the time of passing.

Mojica stresses the importance of consulting with cemetery professionals and funeral directors to guide you through the pre-need arrangements process. Cemetery professionals are trained to address any concerns or questions you may have.

Call Richard Rippel at (610) 259-5800 for an appointment to receive a free planning guide.

COGNITIVE STIMULATION BRAIN FITNESS

Cognitive Stimulation Kits Provide Fun and Brain Fitness!

By Dot Darragh, Program Manager



Senior Community Services’ Cognitive Stimulation Brain Fitness Kit Program (CSP) offers more than 140 themed kits as a tool to encourage conversation and social interaction among older adults. This brain fitness activity is ideal for all levels of cognitive ability and is fun!

Ways in which the CSP kits encourage brain fitness include:

- They promote a positive review of one’s life history through reminiscence.
- They build connections to others based on shared experiences.
- They encourage lively conversation to promote social interaction.
- They offer a multi-sensory experience for individuals with vision or hearing challenges.
- They spark validating reminiscences -- especially among individuals with limited short-term memory.
- They provide props and education for arm-chair travel lectures or themed parties.

Each CSP kit includes memorabilia object props, pictures, information cards to encourage interaction, a CD with music, a DVD with pictures, word games, and more.

You can enjoy CSP kits at Chester Senior Center, Good Neighbor Senior Center, Friendship Circle, and Schoolhouse Center.

Kit demonstrations are listed on the monthly center calendars or ask the center director when kits are being presented. Here are a few teasers from our kits:

“Age of the Auto”: Name some once popular cars that are no longer made: Edsel, Packard, Hudson, DeSoto, Nash...

“Broadway Musicals”: Name some Broadway shows Julie Andrews starred in: Camelot, My Fair Lady, Victor/Victoria...

“Seashore”: Did you like to go crabbing or fishing at the shore?

For more information on CSP kits for yourself or a loved one, call Dot Darragh at (484) 496-2144 or email DDarragh@scs-del-co.org.

Arlington Cemetery

Your final resting place is a testament to your life.

It should be a setting that you can be proud of and where family members can reflect for generations to come. Arlington Cemetery in Drexel Hill is Family-Owned and operated. It has been the first choice of many families for 125 years.

As We Celebrate 125 Years of Service, we would like to offer you the opportunity to decide where your life story will be remembered with **50% OFF** select spaces at Arlington Cemetery.

When you accept this offer, you will save money and make sure that these decisions don't become the responsibility of your spouse or children.

- Gain peace of mind
- Lock in today's reduced prices
- Eliminate emotional overspending
- Preserve life insurance for your family

Limited spaces are available for as little as \$100 down and \$41.46 per month for 24 months 0% interest.

2900 STATE RD., DREXEL HILL, PA 19026

Call Chris at 610-259-5800 or Chris@ArlingtonCemetery.us

Chester's Advisory Council Provides Valuable Support

By Jamee Nowell Smith, Director, Community Services and Chester Senior Center



Their names -- Grace, Cyrise, Janis, Rod, Lisa, Val, Dina, Mary, and Richard -- are often mentioned or heard during the day-to-day operations of the center. Their faces are seen moving to and from in-center programs, at special events, leading trips, at community meetings, or on many SCS social media posts. Their voices are heard teaching classes, leading meetings, or on the telephone making outreach calls or serving as receptionists. Many know them by face and name or through some of the work they do at the Chester Senior Center... but most people highly underestimate all the work done behind the scenes by members of the Chester Advisory Council. They keep our center going strong!

From fundraising, friend-raising, letter writing, managing the center finances,

bringing in resources, organizing, setting up, cleaning up, picking up supplies, helping to keep me sane, assisting with the Senior Farmers Market Nutrition Program, and planning and implementing trips. You name it, they do it!

Speaking of trips, stay tuned for upcoming summer and early fall events on the schedule including:

- Trips to Hudson Valley Resort in New York; Ocean City, MD; Wildwood, NJ, and more!
- Annual Summer Picnic co-sponsored by Harrah's Casino
- Community Fun Day, Flea Market, and Food Truck Event (Fall 2023)

The Chester Advisory Council is small in number, but mighty in works. Because of all they do, the Chester Center is a better place, and we are all grateful. Next time you see

one of them in the center, give them a shout of thanks!

If you are interested in being a part of the Chester Advisory Council or supporting them in some way, please call me at (610) 497-3550 or email jnowell@scs-delco.org. We welcome you to be a part of keeping the Chester Senior Center going strong!



Jean Strohman, volunteering at the Reception Desk.

Daily Activities and Programming Show Renewed Vigor!

By Karen Clark, Director, Good Neighbor Senior Center



During the start of the year, a prominent Philadelphia pastor delivered a message of hope to his staggering congregation in the half-full sanctuary, where just three years earlier the room would have been full of people standing room only. The message was entitled, "A Shift in The Atmosphere." This message of guarded optimism and hope was like that of what many churches, schools, businesses, and other organizations are finding out. And that is, "post pandemic" we all need to look at shifting the way that we handle our business.

Like the message that was shared on that cold January morning, The SCS senior centers are finding it necessary to "shift" in the way we serve our members and those in the senior communities. With this shifting, there are still several long term unknowns related to the pandemic that may not surface for some time, yet we press on with planning and implementing of programs, simply happy for just a few of the old ways of doing things that

give Seniors some semblance of normalcy, or in their words, "the good old days."

Now, with the relaxed mask mandate and the official call of the World Health Organization (WHO) declaring that the COVID-19 pandemic is still prevalent but no longer a global emergency, most centers are resuming day trips and have even begun to schedule overnight outings. Daily activities and in-person group programs such as Arts and Crafts, Cognitive Stimulation Brain Fitness Kits, Cardio Drumming, and Zumba have also returned to pre-Covid attendance numbers. With attendance increasing, we are shifting our programming to fit the needs of our center members.

Also, we have noticed that as members return to the Good Neighbor Senior Center, there has been a huge change in their expectations of services and activities. No longer are members satisfied with sitting and chatting; they seem to want to do rewarding and fulfilling activities. For example, the Arts and Crafts activities consist of making cards for the sick and shut-ins, plaques, wreaths, and other items. Along with our Cardio Drum-



A group of Good Neighbor Senior Center members enjoying a Cardio Drumming class.

ming and Zumba programs, more games are being played that involve active thinking and problem-solving skills, like our popular, "Wheel of Fun and Informational Facts," "Nutritional Match," and "Let's Make a Deal." Members are also attending outside events in large numbers.

So, to say that SCS senior centers have pivoted and met the challenge of new and exciting activities and programming is an understatement! Please join us at our SCS senior centers as we continue to move forward with hope – even as we look back with wonder on the unsettled years we just endured.

The Fabulous 11: Our Advisory Council is Extra Special!

By Christine Helmandollar, Director, Friendship Circle Senior Center



The Friendship Circle Advisory Council, also known as the “Fabulous 11,” is a group of talented individuals who are happy to leverage their expertise on behalf of Friendship Circle Senior Center. The advisory council guides center activities as they plan parties, raise funds, coordinate volunteer opportunities, and lead classes.

Notes from monthly council meetings are posted on the Friendship Circle membership board for all to review. Council members represent the interests of various groups within the center and take the initiative to share information and goals discussed during the meetings. These 11 leaders make sure that Friendship Circle continues to have a positive impact on center members and on the surrounding community.

Friendship Circle is truly blessed to have them serve in this leadership role. They keep the “nuts and bolts” of daily center operations going! The advisory council dutifully



The “Fabulous 11” Friendship Circle Advisory Council members include (top row from left) Joann McGroarty, Shirley Brown, Sharon Carey, Bill Pitts; and (bottom from left) Mary Stewart, Andy Roberts, Karen Graves, Larry Reavis, and Elaine Brown. Missing from the photo are Rita Brown and Jerry Sanders.

represents the center and its values. Center members would certainly agree that Friendship Circle is more than just a recreational center for seniors – it’s a relationship center!

Next time you are with these people, give them your thanks: Elaine Brown, Rita

Brown, Shirley Brown, Sharon Carey, Karen Graves, Joann McGroarty, Bill Pitts, Larry Reavis, Andy Roberts, Jerry Sanders, and Mary Stewart. Thanks so much for your time and effort!

Renew Yourself With Our Center Offerings!

By Jessica Hadfield, Director, Schoolhouse Center



As we come out of the cold, dreary months of 2023, there is renewed hope, and many of us look forward to the spring. With spring comes flowers blooming and a resumption of outdoor activities. Here at Schoolhouse, we are welcoming existing members back into our center and are excited to see many new members become part of our community! The spring for me has always meant an opening up of new possibilities and a feeling of being energized; I hope this is the feeling new members have when they come into our center!

People come into senior centers for all different reasons -- some are looking to fill time by volunteering after retiring from a lifetime of working. Others are coming to fill voids from the loss of family or friends. Most importantly, we want everyone at our

center to feel that they can socialize with old and new friends, have a meal with someone, try out an exercise class, take an art class, or go on one of our many popular trips planned throughout the year.

It is not always easy to step outside of your comfort zone, but every person that is part of our community is impacted in a positive way by the others there. Sometimes without even knowing it, we impact the people around us in a positive way by sharing stories about our life or discovering connections we have with each other just from living here in Delco. Sometimes, all you have to do is say the name of a restaurant, and five people have a story to share with you. Research has shown the value of this socialization; it is important to our health, keeps us all going, and brings us the happiness and security we may not even realize was needed.

I hope that this spring and summer, you can find a place here at Schoolhouse where



Carolynn Loughead is all smiles as she sorts through pink pieces for her mosaic masterpiece.

you feel welcome and valued. It is a pleasure to watch our members get to enjoy this chapter of their lives, and I have learned many valuable lessons from them. I encourage you to come and give Schoolhouse Center a try; you just may find something you didn’t even know you were looking for!

PA Senior Farmers Market, continued

these fruits and vegetables the highlight of their meals! Here are three recipes to get you started. If you have recipes featuring fruits and/or vegetables that you'd like to share, email them to Lynn O'Connor at LOConnor@scs-delco.org for publication in our Friday Five weekly newsletter!

Roasted Beet and Green Salad
(6 servings)

When preparing this recipe, start with clean counter tops and utensils. Wash hands with soap and water. Wash whole, fresh produce under cold, running water by rinsing greens; gently rubbing oranges, garlic, and onion; and scrubbing beets with a clean vegetable brush.

INGREDIENTS

- 6 (2 inch) beets
- 2 large oranges, zested, peeled and sectioned
- 1/3 cup red wine vinegar
- 1/4 cup olive oil
- 2 garlic cloves, minced
- 1/2 teaspoon orange zest
- 6 cups mixed greens, chopped
- 1 sweet onion, thinly sliced

DIRECTIONS

1. Preheat oven to 400°F. If greens are attached to the beets, trim so 1 inch of the stem remains.
2. In a baking dish, lay the beets in a single layer. Add 1/4 inch of water to the dish, cover and place in oven.
3. Roast beets until thoroughly cooked, about one hour, depending on the size of the beets. Beets are done when they are fork tender.
4. Cool the beets and remove the skins. Cut each beet into 8 wedges.
5. In a large salad bowl, prepare the dressing by combining the vinegar, olive oil, garlic, and grated orange zest. Whisk until well blended.
6. Add beets, orange sections, greens, and onions to salad bowl. Toss gently to coat.

Loaded Baked Sweet Potatoes
(2-3 servings)

INGREDIENTS

- 2 medium sweet potatoes
- 1 (5 oz.) bag baby spinach
- 1 onion, finely diced
- 1 bell pepper, finely diced
- 1/2 tsp. kosher or other salt
- 1/4 tsp. black pepper (freshly ground if possible)
- 1/4 tsp. crushed red pepper
- 1/2 c. shredded cheese (cheddar or other)
- 2 more tbsp. olive oil

DIRECTIONS

1. Preheat oven to 400°F.
2. Using a fork, poke holes in the potatoes.
3. Microwave sweet potatoes for 5-7 minutes.
4. Sauté vegetables over medium heat in a frying pan with olive oil, salt, and pepper.
5. Cut potatoes halfway through and place cooked vegetables on top.
6. Cover with cheese and place in the oven for 5-10 minutes until cheese is melted and starting to brown.

Fruit Smoothie
(1-2 servings)

This is a great low-calorie, high-calcium recipe. Recipe by Katherine A. French, Penn State Extension educator. This is a very forgiving recipe that accommodates "extra" milk, yogurt, and fruit to make larger quantities.



INGREDIENTS

- 6-8 ice cubes
- 1 c. skim or almond milk
- 8 oz. low-fat vanilla yogurt
- 10 strawberries, blueberries, or mandarin oranges; or, 1-2 bananas

DIRECTIONS

1. Combine all in a blender and blend.

**Recipes courtesy of Penn State Extension and PSU Nutritional Sciences Department. More recipes can be found on the Penn State Extension website at: <https://extension.psu.edu> or on the Healthy Penn State website at: <https://sites.psu.edu/healthy-pennstate/category/recipes-2/>

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Five Takeaways From Our Caregiver Academy Sessions

By Diana Twisler, Caregiver Support Program Manager



The first two Caregiver Academy (CGA) sessions were interesting and informative, and we thought it would be a good idea to summarize the five main takeaways:

- The first presentation was by the Alzheimer's Association on understanding and responding to dementia related behaviors. This interactive session included tips on how to handle different situations that arise while caring for someone with dementia. Caregivers used this opportunity to have an open forum with other caregivers to discuss tips and tricks that may work based on their unique perspective.
- Caregivers were very satisfied with the presentation from the Alzheimer's Association and found the information very helpful. We also had one care receiver attend and work with a volunteer at the center while the caregiver attended the session. What makes CGA so unique is that we remove the barrier of caregivers getting no respite or having no one to stay with their loved ones while they attend outside events. With our CGA series, caregivers can bring their loved ones who are then able to participate in meaningful activities, free of charge. Each caregiver is also provided with a notebook to use at home.
- The second presentation was by Elder Law Attorney, Dana Breslin. This presentation focused on preparing for the future. There was a discussion on the paperwork that needs to be in place to protect the care receivers including the importance of having Power of Attorney (POA) documents

in place, when these documents are used, and how to choose the person with your POA who will act in your best interest.

- The two different types of POA were also discussed -- medical and financial. Caregivers felt that this information was helpful with preparing for the future while care receivers are still able to make decisions. Caregivers learned the importance of having these documents on file in case care receivers become incapacitated, where to maintain the file, and who should have access to it. Each caregiver was also provided with a padfolio for storing documents and a pen.

For more information on next year's CGA sessions, stay in touch with SCS on social media, visit the SCS website, or call Diana Twisler at (484) 540-0372.

ADVANCEMENT

Leaving Your Legacy at SCS

By Lynn Edwards and John Federico

Do you remember the first step you took into an SCS senior center? The door opened to reveal a bustling hub of activity: volunteers swarming the kitchen, packaging meals for delivery to homebound seniors, art students gathering materials and leaving their latest acrylic masterpieces out to dry, the loud rhythmic booms of a familiar tune as the dance-exercise class rages on, a friendly face waves from the pool room before leaning in to take a shot, and a quiet group of friends relax at a table together catching up on the latest news. These evocative snapshots are emblematic of the life of a senior center, and over time, become its legacy.

The faces, activities, and buildings associated with SCS may have changed over the last

46 years, but the spirit of SCS remains as vital as ever. The source of that spirit has been SCS Founder and Executive Director, Arthur Weisfeld. The games, tools, and clothing styles at SCS senior centers may have changed (except for bingo), but Arthur has always been here to remind us that the needs seniors have remain the same.

To keep our centers thriving, we need to secure continued funding. This summer, we are introducing the Arthur M. Weisfeld Legacy Society to encourage donors to have the same kind of lasting impact on the health and welfare of Delaware County seniors that Arthur has had. Your bequest will ensure that our senior center doors remain open for years to come for older adults in search of camaraderie, meaning, and purpose. Members of the Legacy Society will have opportunities to learn more

about how SCS and other agencies are handling demographic changes and other issues affecting older adults.

Of course, your family comes first in your estate plan. You have to protect your loved ones. But after them, can you devote a piece of your plan to preserve SCS' work and to support Arthur's commitment to improving the lives of older adults?

Your attorney will know the best way forward. To include SCS in your will, simply share our information with your attorney:

- Legal name: Senior Community Services, Inc.
- Federal tax ID: 23-2036247
- Address: 600 Swarthmore Ave., Folsom, PA 19033

If you would like to become a charter member of the Arthur M. Weisfeld Legacy Society, please contact John Federico, Director of Advancement, at JFederico@scs-delco.org or 484-496-2147, to discuss the details.

Volunteer Recognition Event is a Huge Success

This year’s Volunteer Recognition Event was fit for more than the King of Rock ‘n Roll, who made a special guest appearance. More importantly, it was fit for the kings and queens of SCS, the volunteers who rock our world in myriad ways. Very little happens at SCS and its senior centers without the beneficial, active engagement of our fantastic volunteers. Collectively, volunteers provide more than 30,000 hours worth of work with a value of nearly \$50,000 year after year. You will find some fun photos from the event on page 6.

On this page are some photos capturing memorable moments during the luncheon, as well as ads recognizing our generous sponsors. We are grateful to them for being part of the success of our largest annual event, and we encourage you to patronize these generous businesses.

Have Questions About Aging?



We can point you in the right direction.




Delaware County Office of Services for the Aging

1510 Chester Pike, Suite 250
Eddystone, PA 19022


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