

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

Providing Support, One Caregiver at a Time

By Heather Dale

As the number of older adults in the United States increase, the ranks of caregivers helping to keep them safe and living in the community has also swelled.

With no roadmap, these caregivers often seek support and need assistance navigating the complex systems of care like Medicare, and understanding how to plan long-term for loved ones experiencing physical and cognitive decline.

Senior Community Services, which has served Delaware County for 40 years, offers a program designed to support caregivers, offering them information, emotional support, as well as some financial reimbursement for caregiving supplies and services. The team of care managers currently provides support for 180 caregivers throughout Delaware County.

"The caregivers we serve are unique in their needs, but also in their strengths," said Program Manager Debbie Templeton. "Caregiving is a rewarding job, but can also be extremely demanding. We are honored to support these inspiring individuals, giving them the resources they need to provide exceptional care for loved ones."

Nearly 34 million Americans have provided care to an individual over the age of 50, according to a survey conducted by AARP. That figure will only continue to grow as the number of Americans age 65 and older will double by 2060 to 90 million.

Programs like CSP aim to support caregivers who are often thrust into a role with little to no warning or experience. Because of their role as spouse, child, sibling, or friend they take on tasks like managing finances, bathing a loved one, managing their medications, or providing transportation to medical appointments. Often these individuals find themselves in the role after a loved one suffers a sudden illness like a stroke, or receives a serious diagnosis like Alzheimer's disease. These loved ones, while willing to provide the care, are often overwhelmed by the enormity of the situation.

Seasoned care managers offer their expertise and knowledge to strengthen the caregiver's confidence in their ability to provide the level



The Caregiver Support Program conducts in-person assessments and home visits with caregivers and the loved ones they care for. Each care plan is tailored to the individual caregiver to help ease burden and prevent caregiver burnout.



The Caregiver Support Program offers four monthly caregiver support groups at each of Senior Community's senior centers located in Delaware County.

of care their loved one deserves. Care managers offer educational and emotional support through in-person and phone contacts with caregivers. CSP also offers 4 monthly caregiver support groups at each of Senior Community Services senior centers. CSP in Delaware County also offers a unique annual series Caregiver Academy.

The six-week program offers educational classes to caregivers while their loved ones participate in meaningful activities. Each week caregivers receive education and guidance by an expert who will discuss these various topics. Caregivers are invited to bring their loved one to engage in stimulating cognitive activities provided by trained staff.

"In my 40 years at SCS, caregiving has never been such a hot topic as it is now," said Executive Director Arthur Weisfeld. "As my peers and I age, our parents are as well, and we are now caregivers ourselves. I'm proud that our agency offers these varied and greatly needed services to hard-working and dedicated caregivers."

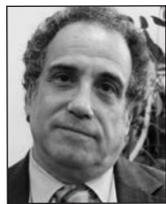
For more information about the Caregiver Support Program, its support groups, or the Caregiver Academy, please contact Program Manager Debbie Templeton at: 484-540-0372 or dtempleton@scs-delco.org.

Senior Community Services
600 Swarthmore Avenue
Folsom, PA 19033

Nonprofit Organization
US Postage
PAID
Permit No. 32
Broomall, PA 19008

Happy 40th Anniversary!

By Arthur Weisfeld



What happened in 1977? *Star Wars* burst upon the entertainment scene. The first multi-purpose personal computer debuted at a technology fair in Chicago.

Snow fell for the first time in Florida in recorded history. But more important than all of these events is the fact that Senior Community Services (SCS) opened its doors. Yes, that's right: we are celebrating our 40th anniversary.

So let me step back and share with you a little bit of history, which is also part of my life story. When I was a social work graduate student, my internship was at the recently opened Area Agency on Aging for Delaware County, commonly known as COSA. The "stars aligned" for me with this placement as I was not only able to serve in my chosen focus area—aging services—but also, work with COSA's original visionary leaders, Jack Bauer and Barbara White. My project was to work with community leaders and establish a non-profit organization that would open two new senior centers. They eventually became Friendship Circle and Schoolhouse. Good Neighbor, known back then as the Darby Township Senior Center, which had been administered directly by the county, also came under the new SCS umbrella (Chester Senior Center joined SCS several years later in 1985). There were two other students who worked on the endeavor with me—Louis Colbert and Michelle Davis (Louis' name might sound familiar as he eventually became the Director of COSA before his current appointment as Vice President at Philadelphia Corporation for Agency (PCA), the area Agency on Aging for Philly. Jack and Barbara recognized back then that while there was ample public funding to get the newly developing agency services off the ground, this circumstance would not last. Eventually, senior centers would have to raise money from the private sector to flourish. Only a non-profit organization could do that. Of course, they were so right! I am so thankful to the original SCS Board for inviting me to stay on and become SCS' first Executive Director, launching me on the most fulfilling and rewarding career I could imagine.

We are having a year worthy of this anniversary with celebrations galore. Senior Community Services has many parts and each part is celebrating in its own way. Some of these festivities have already taken place and some will occur in the future. Let me tell you about a few. In February, the advisory councils from SCS' four senior centers gathered at the lovely Inn at Swarthmore for a day-long conference led by professional trainers. Originally slated for March, National Social Work month, but delayed until May due to a snowstorm, the agency sponsored a luncheon honoring SCS' social workers, which included a keynote by an internationally-renowned psychiatrist. Over the last two months, each SCS senior center conducted an open house, enabling families to visit and learn about the "home away from home" enjoyed by their parents and grandparents. SCS' traditional annual art show in July will include some special features. September will bring "a progressive dinner" where center participants will travel by bus to each senior center for different parts of the meal from drinks and appetizers through desserts. SCS will also publish its first official agency calendar featuring photos depicting the senior centers and a broad scope of in-home and support services. The 2018 calendar will be available in the fall.

What would a 40th anniversary be without a big party? On Friday evening, October 27th, SCS will hold an anniversary gala at the newly renovated Paxon Hollow Country Club in Broomall. The entire SCS community will gather for drinks, dining, and dancing. The event will feature delicious food, butlered hors d'oeuvres, open bar—a minimum of speeches—and an amazing band guaranteed to get you out of your seat and onto the dance floor. More information on the gala will be available shortly.

We have much to celebrate. SCS is a thriving organization and serves the needs of thousands of individuals in Delaware County. We have an extremely dedicated staff, a generous group of volunteers, and amazing participants and service recipients whom we are so honored to serve every day.

Happy 40th,
Arthur

Medicare's General Enrollment Period Begins July 1

By Glenda A. Radical, APPRISE Program Manager



An individual may become eligible for a general enrollment period when he or she misses their initial enrollment period at age 65. (The time expected to enroll into Medicare at age 65)

If an individual misses their initial enrollment period, they are given the opportunity to sign up for Medicare during the general enrollment period beginning January 1 through March 31 of every year. Once a participant has signed up for Medicare during the above-mentioned months, their Medicare plan coverage will begin in July 1 of the same year.

In addition, because of the late enrollment sign up period, the individual may have to pay a higher Part A and/or Part B monthly premium for late enrollment if they receive Medicare benefits.

For individuals who have signed up for the January – March 2017 general enrollment period on July 1, you may use your Medicare red, white, and blue insurance card and join a Medicare Part D Prescription Drug Plan with the option of purchasing a supplemental plan or you may select a Medicare Advantage HMO Plan as your choice of Medicare insurance.

If you are enrolling in Medicare during the July 1 general enrollment period or if you will be "New to Medicare" during the months of July through December 2017, you may call the Delaware County APPRISE Program to schedule an appointment for your free Medicare HMO Advantage Plan, Part D Prescription Plan, and/or Supplemental Plan comparisons.

Moreover, if you qualify, you may be eligible to get assistance with paying for your medical and prescription drugs.

You may call the Delaware County APPRISE Program Office at 484 494-3769 for an appointment or APPRISE Program brochure, or email the APPRISE Program at APPRISE@scs-delco.org

WELCOME TO MEDICARE!

The Value of Caregiver Education

By Debbie Templeton, Caregiver Support Program Manager

The Caregiver Academy just wrapped up its fourth year providing free educational classes to caregivers while also offering respite and meaningful activities to their loved ones. Topics included “Balancing Career and Caregiving,” “Empowering the Caregiver,” and “A Matter of Balancing: Fall Prevention and Safety in Your Home,” just to name a few. All of the topics are geared towards caregiver education and providing the caregiver with useful information that they can bring home and utilize in their day to day roles. With four years in the books, we have learned a lot of valuable lessons as well as how truly helpful and appreciated this unique program is. Over the years, the positive feedback has included requests to continue with the series, offer it more frequently (instead of once a year for 6 weeks) and have the sessions last longer. In recent weeks, the Pennsylvania Department of Aging reached out to discuss the program, its value in the community and how to replicate it across the state.

Not only do the caregivers receive important and valuable information from the various professionals who help to facilitate each presentation, but it allows them an opportunity to share meaningful information with each other. Like a support group, it allows for open discussion and sharing of resources. Often, the caregivers share “tips and tricks” on what may work in a particular caregiving situation. The information can be used in their everyday lives. At each presentation a “tool” was provided that was relevant to the topic being presented that evening.

Caregiver Academy is unique because it allows the caregiver to bring their loved one if they can participate in the activities. The activities that the care recipients participated in were also designed for the caregivers to continue at home. For example, music therapy or a memory inspired game, can be done at home.

I can’t believe four years have passed so quickly but we are looking forward to continuing this great program and expanding to other locations outside of SCS’ senior centers. We will start planning for next year in a few months and hope to see many of you there next spring!

***It is important to note that the Caregiver Academy Spring Series is funded by the Delaware County LINK. Their continued sponsorship allows us to offer you the great program, presenters, take away tools and care receiver activities. ***

Pilot Program a Success for Friendship Circle Participants

By Donna Schumacher, HDC Coordinator



Remember these ladies? They are the three Friendship Circle members who were selected to participate in the Temple Institute on Disabilities pilot program. They were given their devices after meeting with Assistive Technology Specialist/Consumer Educator, PA’s Initiative on Assistive Technology, Shenice Evans. I am so happy to report on the success of the pilot program and these terrific participants.

Ida has grown very comfortable with her selection and recently made a Face Time phone call to a grandchild out west. She was so excited because being able to look at this person while they were talking was so much better than straining to understand what they were trying to say. She was excited and pleased when she told me.

Antoinette and Mary Anne are becoming much more confident with their phones. They are impressed with how much they have been able to learn about technology and how important it is, not only as a hearing-impaired individual, but as an older adult.

Without a doubt, their accomplishments are due to the specialized training they received through Shenice and Temple University.

In August, Friendship Circle will offer a program that will introduce participants to different types of technology and how it can improve your life. It is not just for hearing impaired as the Temple pilot and, unfortunately, we can’t offer any free devices. But, please attend the program and feel free to bring your own devices from smart phones to tablets. Become empowered to take on this new world of technology as these women have.

Join Jennell Williams, owner of “Senior Lift,” an organization dedicated to empowering older adults to embrace technology, to understand your smart phones, tablets, and other technology.

Date: Wednesday, August 16 and Thursday, August 24

Time: 2-4 p.m.

Cost: \$30 members, \$40 non-members



Assistive Technology Specialist Shenice Evans with Ida.



Antoinette, Assistive Technology Specialist Shenice Evans and Mary Anne

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SCS Management Staff

Executive Director: Arthur Weisfeld
 Board President: Asher Kemp, Jr.
 Director Long Term Care: Trindy Grundy

Aging at Home Director: Christine Helmandollar
 APPRISE Program Manager: Glenda A. Radical
 Caregiver Support Program Manager: Debbie Templeton
 Center Without Walls Coordinator: Farah Esfahani
 Chester Senior Center Director: Jamee Nowell Smith
 Cognitive Stimulation Program Manager: Dorothy Darragh
 Director of Advancement: Lydia Messinger
 Director of Volunteers: Michele O’Brien
 Fiscal Officer: Robyn Cashwell
 Friendship Circle Senior Center Director: Christine Helmandollar
 Good Neighbor Senior Center Director: Joanne Graham
 Hearing Discovery Center Coordinator: Donna Schumacher
 Schoolhouse Center Director: Kim McDaniel

Celebrating Those Who Help

By Christine Helmandollar, Director



“Together, we can achieve much more than alone.”

I often find myself using this phrase at community events when I’m discussing the power of the Aging at Home Program, which supports seniors in the community, enabling them to remain in their homes. It’s an idea that I reflect on often and have the privilege to see in action when we host an event within our center walls or in one of the participating boroughs.

But perhaps most humbling is when volunteers stand up and share this message with others. The volunteers go beyond the call of duty with their volunteer service. A perfect example is Sandi Clancy and Joanne Campbell, two great ladies who repeatedly promote the program in the Greater Ridley area. They constantly talk up the program. Beyond the call of volunteer service is an understatement for these ladies. For the Aging at Home Program, (in addition to their volunteer work with Schoolhouse) Sandi and Joanne serve as drivers, event committee members, and volunteers with all group community projects in the Greater Ridley area. Recently, they promoted Aging at Home services at the Ridley Park Farmers Market in front of Ridley Borough Hall.



“People are quite inquisitive about how this program can help them,” Sandi said.

Both ladies agree that the program is extremely helpful to so many in their boroughs.

Like these two GREAT volunteers, each person who serves with the Aging at Home Program has a slightly different story to tell about why they support this program, but all agree that it is needed to give that extra support to seniors as they age in place. Please call the office at 484-534-2201 to volunteer and even join as a member, taking advantage of some helping hands that can support independent living in the comfort of your own home.

Milestones

By Trindy Grundy, LMSW, Director, Long Term Care



In just a few months, I will be celebrating 10 years as part of the Senior Community Services management team, initially as an associate director, now as the Director of Long Term Care Services. The time has gone by quickly; there have been several programs within the LTC department over the years, including Hope VI Project, Care Transition, and Senior Center at Home to name a few. Over time, SCS has had funding changes, policy changes, leadership changes in the board of directors and staff; however, one thing has remained the same...our leader, Arthur Weisfeld.

As a co-founder of Senior Community Services along with Louis Colbert, Arthur has remained at the helm for 40 years. There are not many social service agencies that can say that! He has not only been the leader under the direction of the board, but he has also been an effective negotiator who has navigated new territories in the aging network and Delaware county through the years.

SCS is celebrating its 40th anniversary with events throughout the year. A gala will be held on October 26 at the Paxon Hollow Country Club from 7 – 11 p.m. The cost is \$75 per person or \$550 for a table of eight. If you wish to be a sponsor or support consumer participation, please let me know (484-534-2050).

Although the next twelve months will be one of our biggest challenges with funding streams, impending Community Health Choices (July 2018) and overall changes in the way we do business, we are confident, based on the strength of the team, knowledge of the community and genuine care and compassion of the workers, that SCS will continue to be a valuable resource to Delaware County seniors.

Please join us as we celebrate 40 years of service to the Delaware County Community!

Celebrating the Arts for Forty Years 1977-2017

By Farah Esfahani, CWW Program Manager



Dear Friends,

Senior Community Services (SCS) will hold its Annual Art Show at the Delaware County Community College Art Gallery from July 20 through August 16. The festive opening reception that is open to the public will be on Wednesday, July 19 from 4 to 7 p.m. The exhibition will feature and celebrate the fine artwork of the artists who participate in Senior Community Services’ art classes.

This show is about more than the talent and creativity of older adults; it is about their effort, determination, and enthusiasm. The art show will feature watercolor painting, oil painting, drawing, ceramics, jewelry making, and wood-working.

This is a special year for SCS which is marking its 40th anniversary. SCS has been committed to offering older adults the opportunity to expand their creativity and talent by participating in Center for Life Long Learning art classes. Congratulation to all the artists and art instructors who will showcase their impressive art work in this year’s art show.

During the last nine years, we have had the privilege of hosting our Annual Art Show at Delaware County Community College. SCS is very grateful to DCCC and its staff, especially Caitlin Flaherty, Art Gallery Director, for making it possible for us to hold another art show in the gallery.

Center Without Walls (CWW) currently offers seven art classes at Aston, Brookhaven, Concord and Springfield Townships. I would like to take this opportunity to thank our dedicated instructors. Anne Dempsey, Agnes Bakow and Marie Gilligan for sharing their extraordinary talents with their students.

The Center Without Walls fall semester will start in September. Please contact me at (484) 496-2143 or fefahani@scs-delco.org if you have any questions and/ or suggestions about CWW programs.

Baseball, the National Sport of the USA

By Dorothy Darragh, Cognitive Stimulation Program Manager

Games resembling baseball in the United States date back to the 18th century. Baseball was rooted in two English games: rounders (a children's game brought by the earliest colonists) and cricket. At the time of the American Revolution, variations of the games were being played on schoolyards across the country. In September 1845, a group of New York City men founded the New York Knickerbocker Baseball Club. A new set of rules that would form the basis for modern baseball, called for a diamond-shaped infield, foul lines and the three-strike rule. The dangerous practice of tagging runners by throwing balls at them was abolished. By the late 19th century, baseball came to be known as the national sport of the United States.

Are you a baseball fan? Do (or did) you attend games, either neighborhood or national?

Do (or did) you play baseball or softball?

Some Baseball Trivia (answers at the end):

- 1) When was the first World Series played?
- 2) Who was the first player elected to the Baseball Hall of fame?
- 3) What player was known as:
 - a) The Georgia Peach
 - b) The Sultan of Swat
- 4) Who won 17 games and helped pitch the Philadelphia "Whiz Kids" to the National League pennant in 1950, but was unable to pitch in the World Series after being drafted for service in Korea two weeks before the season end?

Reminiscing about past events such as sports helps to keep us alert and smiling about good times we've had and those to come. I encourage everyone to remember those events and experiences. Our cognitive stimulation kits, which are available to senior centers, adult residential communities and nursing homes can be very helpful. For information, contact Dot Darragh at 484-496-2144 or ddarragh@scs-delco.org.

Answers:

- 1) *In 1903, the Boston Pilgrims (later the Red Sox) beat the Pittsburgh Pirates*
- 2) *Grover Cleveland Alexander, Phillies pitcher, elected in 1938*
- 3) a.) *Ty Cobb* b) *Babe Ruth*
- 4) *Curt Simmons*

Volunteers Give Back with Day of Service

Senior Community Services is blessed to have fostered many wonderful partnerships with businesses, community groups, and agencies. Recently, we were pleased to be the beneficiary of Keller Williams-Media office RED Day of service. RED stands for Renew, Energize, and Donate –and is a day in which employees are encouraged to “give where you live.”

Locally spearheaded by realtor Terry Marker-Goodman, over 40 Keller Williams employees met in the Senior Community Service conference room at Schoolhouse Center to begin their day of giving back. They came equipped with gardening tools and cleaning supplies so that they would be ready to work once they arrived at the appointed location. After a brief orientation, small groups of KW employees visited the homes of Aging at Home members and performed many yard and garden tasks and even did some window washing! Others helped beautify Schoolhouse and Friendship Circle by painting and performing small repairs at the centers.

After lunch, there was still more work to be done. The Red Day volunteers then scrubbed the tables and chairs in the Schoolhouse dining room. To top off the day, Schoolhouse members and staff were treated to a choral performance by still another group of KW employees and their friends!

Senior Community Services is grateful to Keller Williams and its staff for sharing their time and talents to improve the lives of seniors in Delaware County.

If you are a member of an organization who is looking for service projects, please contact Michele O'Brien at 484-496-2149.



ADDITIONAL SUMMER PROGRAMS AT CHESTER SENIOR CENTER

Mobil CPR Project

August 10 at 11 a.m.

Learning CPR can keep you and your family safe. Participate in a discussion and hands on demo of the basic of CPR. This class is not to receive CPR certification.

Foot Care Clinic

Thursday, July 13 from 1 – 3 p.m.

Receive a personal foot exam and foot care by professional podiatrists from Del-Val Foot & Ankle Center. A time slot must be made in

advance. Please bring insurance cards to the appointment.

Chiropractor Services

Tuesdays and Thursdays from 9:30 a.m. – 12:30 p.m.

Meet with Dr. Cara about pain management, alignment, balance or other issues. Private appointments are available. Cost is covered through personal insurance or out of pocket.

Senior Center Highlights...

Below is a calendar of events at each of our four senior centers. For details and more information on any event, please contact your center director or visit www.scs-delco.org

➤ ARTS AND CRAFTS

Ceramics

Thursdays from 11:15 a.m.-1 p.m.

Chester

Create beautiful pieces of ceramics using various stains, glazes, and firings. Ceramic pieces are available on site, but participants may bring in their own.

Sewing

Fridays from 10 a.m. – 2 p.m.

Chester

No fee for members/Non-members: \$5

Learn to create your own beautiful works! From beginners to advanced sewers are welcome in this group.

Scrapbooking

Mondays at 10 a.m.

Chester

Join the scrapbooking group to learn and share together! Supplies will be provided, but feel free to bring in your own as we create beautiful mementos from photos, post cards, letters, and other memorable items!

Jewelry Making

Tuesdays from 10 a.m.-12 p.m.

Chester

Members: \$5/ Non-members: \$7

Design and create your own classic earrings, necklaces, and bracelets. Create matching sets or individual pieces. Supplies included but you may bring your beads and tools as well.

Woodcarvers

Mondays at noon

Schoolhouse

Members create extraordinary art from wood.

Pencil Drawing and Watercolor Arts

Mondays at 12:30-2 p.m.

Chester

Cost: \$5

All are invited to come and learn the basics of pencil and watercolor arts or enhance your artistic abilities through various media.

No Knot Knitters

Tuesdays at 12:30 p.m.

Schoolhouse

New knitters or experienced, join us as we

make special gifts for special needs. Note: those who crochet are also welcome.

Adult Coloring

Wednesdays at 10 a.m.

Good Neighbor

Crochet Class

Wednesdays at 11 a.m.

Good Neighbor

Fee: \$3 per session

Basic Drawing

Wednesdays from 9:30-11:30 a.m.

Schoolhouse

Cost: \$5/class – Pay the instructor, Mary Ash.

Learn to draw with pencil and charcoal. Drawing is basic to all art. Take this class to build your skills.

Watercolor Painting

Wednesdays from 1:45-3:45 p.m.

Schoolhouse

Cost: \$53.50 for 10-week session

Beginner through advanced welcomed. The instructor will focus on individual needs as she teaches approaches and techniques.

Pencil Drawing

Mondays at 10 a.m.

Good Neighbor

Oil & Acrylic Painting

Fridays from 12-2 p.m.

Schoolhouse

Cost: \$53.50 for 10-week session

Our skilled instructor can start the beginner or help the advanced artist enhance their work. New sessions begin every ten weeks.

Jewelry Making Workshop

Tuesdays at 2 p.m.

Schoolhouse

Select the gems, the stones, the project, and let your creative self roar! Supply your material it's no cost, otherwise it's \$3/per class.

➤ DISCUSSION GROUPS

Book Worm Club

2nd Thursdays

Schoolhouse

Rochelle leads as we recount the style, the story, the book.

Book Club

Wednesday, July 19 & August 16 at 12:30 p.m.
Chester

Do you love to read? Come and discuss and enjoy reading the book for the month. Books are on loan from the J. Lewis Crozer Library.

Care Coordination in the Community

Tuesday, July 11 at 11 a.m.

Chester

Be proactive about your health! Learn what you need to know about what happens when you go the hospital and what should happen before you go home.

What's New(s)

2nd & 4th Wednesdays at 10:15 a.m.

Schoolhouse

Sandi Thompson leads the conversation about current headlines or the talk of the town.

Kitchen Table Stories

Fourth Thursdays at 10 a.m.

Schoolhouse

This fun, ongoing program encourages you to tell your favorites stories from all stages of your life. Suzanne Baram facilitates.

➤ FITNESS

Chair Yoga

Wednesdays, July 5 to August 23 at 2:30 p.m.

Schoolhouse

Chair yoga is great for the body's balance and flexibility. This eight week class is FREE! Registration requested.

Sit & Get Fit

Tuesdays and Thursdays from 10:30-11:15a.m.

Chester

Strengthen muscles, burn calories and improve movement and flexibility. Use light weights and bands for safe and gentle exercise, toning and stretching.

Gospel Aerobics

July 12, 19, 25, and August 16, 24, 30 at 10 a.m.

Chester

Join this fun, spiritual exercise program! Improve your physical and spiritual health through low-impact exercise done both seated and standing. Fill your body with energy.

Chair Yoga

Wednesdays at 11 a.m.

Chester

Chair yoga classes include breathing exercises, stretching, balance, physical components, and concludes with meditation or relaxation.

...More Highlights

Most parts of the body are addressed head to toe! If you have constraints and/or limitations the class is still doable.

Tap Dancing
Wednesdays at 11 a.m.
Chester

Learn this legendary dance form in a fun atmosphere and get fit all at the same time! Tap shoes are recommended but not required.

Healthy Steps
Tuesdays & Thursdays at 10 a.m.
Schoolhouse

Begin with a peaceful warm up, followed by light aerobic conditioning and closing with a relaxing cool down. Instructor: Betty Schumucker
Class is located on the 2nd floor.

Walking Club
Monday – Friday at 9 a.m.
Good Neighbor

Cardio & Strength Training Exercise
Tuesdays at 5 p.m.
Chester

This is a moderate-level exercise class that helps to improve strength, flexibility, and endurance. This class involves the use of mats, weights, and other equipment.

Line Dance
Tuesdays at 2 p.m. for beginners, all levels at 2:30 p.m. at Schoolhouse
Cost: \$1/session
Tuesday, July 18 and Tuesday, August 8 and 15 from 1 –2 p.m. at Good Neighbor
Tuesday Evenings at 6 p.m. (\$4)
Thursdays at 1 p.m. at Chester

Sit Down Zumba
Tuesdays at 11 a.m.
Good Neighbor
Fee: \$1.50 per session

Square Dance Class
Wednesdays from 7-9 p.m.
Schoolhouse
Cost: \$5/session, first class is FREE!

Club Sashay, the oldest square & round dance club in the Delaware Valley, offers beginner's classes for modern Western square dancing.

Mall Walking
Monday-Thursday from 9-10 a.m.
Schoolhouse

Get the health and social benefits of walking without worrying about the weather or finding a walking buddy. Meet Bonnie or Jill inside the Target (lower level) entrance at the Springfield Mall.

Sit and Get Fit
Monday, Tuesday, and Thursday at 10 a.m.
Schoolhouse

While seated, using light weights and bands, we strengthen muscles, burn calories, improve movement and flexibility.

Yoga (Mat Yoga)
Tuesdays at 9 a.m.
Schoolhouse
Cost: \$43 for 10-week session

Yoga promotes strength, flexibility, balance and focus.

> GAMES

Mah Jongg
Tuesdays at 12:30 p.m.
Schoolhouse

A Chinese tile game, where four players try for the right combinations that leads to one winner. We'll teach you how to win.

Table Games
Mondays – Fridays at 10 a.m.
Good Neighbor

Pokeno
Mondays and Wednesdays at 12 p.m.
Good Neighbor

Pinochle
Mondays – Fridays at 12 p.m.
Good Neighbor

Tuesday Trivia
Every Tuesday at 12:30 a.m.
Good Neighbor

Pinochle
Mondays at 12 p.m.; Wednesdays and Fridays at 8:30 a.m.
Schoolhouse

There's a place at the table for you in this spirited play.

Pinochle Tournament
Monday, July 17 at 12:15 p.m.
Monday, August 21 at 12:15 p.m.
Schoolhouse
\$5 entry fee

Playing the hand you're dealt may lead to you going home a cash winner.

Free Bingo!!!
Thursdays at 12:30 p.m.
Good Neighbor

Breakfast Bingo
Friday, July 14, and Friday August 11 from 9 a.m. – 12 p.m.
Good Neighbor
Fee: \$5

> NUTRITION

Just Say Yes—Healthy Eating
Wednesday, July 26 & August 23 at 12:30 p.m.
Chester

July Topic: "Avoiding High Calorie Drinks/Fruity Banana Smoothie"

August Topic: "Safe Activities for Seniors/Tomato Salsa"

Healthy Summer Salads
Thursdays, July 13 & August 17 at 10:30 a.m.
Chester

Tired of the same old salads? Let's make healthy, delicious salads with a twist!

Nutrition Talk w/ Cooking Demo
Fourth Tuesday at 12:15 p.m.

A fun, interactive, delicious way to learn how to make smart eating choices. Sponsored by Penn State Extension.

> RELIGION & SPIRITUALITY

Bible Study
Tuesdays at 9:30 a.m.
Good Neighbor
Tuesdays from 5-6 p.m.
Chester

Share in the knowledge and life in the word of God.

Praise & Worship
Thursdays at 9:30 a.m.
Good Neighbor

> TECHNOLOGY

Electronic Club
Chester
Tuesday, Wednesday, Thursday from 10:30 a.m. – 2 p.m.

Bring your tablet, laptop or smart phone for peer-to-peer learning!

Chester Chatter



It's been said that we have not because we ask not and that it takes a village! Well, I am calling on the village! The Chester Center is always in need of a few extra hands to help: to keep programs running, to start a new program or activity, to help with the garden, to serve as a receptionist, to lead a fundraiser, to assist with planning, setting up and cleaning up after events, to help with outreach, and so much more! I encourage all to stay involved in some way—not only to benefit your personal physical and mental health, but to make things better for someone else. If not in the senior center, then in your community! Nothing gets done by talking alone. It takes willing vessels to step in and get things done, to make a change, to make a difference. If you are that willing vessel please see Jamee or Vicky and we will get the ball rolling!

As always,
Jamee

Chester Travelers

Midway – Harrington Casino

August 30 at 9 a.m.

Includes transportation, \$7 for luncheon buffet, and \$15 coin bonus! Cost: \$25

Wildwood, NJ, Family Fun Day, August 7

Stay tuned for full details.

Ocean City, Maryland, Aug. 28 – Sept. 1

Cost: \$625 members/\$650 non-members

Progressive Dinner ~ A Unique Dining Experience, September 15

Enjoy four courses across four SCS senior centers! Travel by motor coach to Chester for appetizers, Friendship for salads, Good Neighbor for the main course of ribs, chicken and more, and end the evening at Schoolhouse for dessert. Also enjoy cocktails and mocktails and other surprises at each center! The bus will leave from Schoolhouse Center at 600 Swarthmore Avenue in Folsom. Cost: \$25 per person

Charleston, SC & Savannah Georgia

October 15 -21

Cost: \$949.95 per person/double occupancy

Summer Fun at Chester Senior Center

Spa Day is Back!

Take care of you by partaking in a relaxing, exhilarating manicure or facial, get a new hairdo, eye lashes, beard trim, or other services—all by licensed cosmetologists. Prices are reasonable and you must sign up at the front desk for service. Upcoming dates are: Monday, July 3, 17, August 7, and 21 from 9 a.m. – 2 p.m.

Saturday BINGO FUNDRAISER!!

Join us to win a little summer cash on July 15 & August 12 from 1-5 p.m. Players will receive 16 bingo cards, playing chips, snack bag, door prize ticket, hot dog and beverage. Players may bring their own bingo supplies (excluding bingo cards). The cost is \$25 in advance and \$30 at the door. Special games will be played throughout the day for an additional cost of \$1 per card. Doors will open at 12:30 p.m. Tickets can be purchased at the Chester Senior Center front desk.

Ice Cream Social

Come out on August 23 at 12:30 p.m. and enjoy a scoop of some good old fashioned ice cream with your favorite topping!

Chester Senior Center Picnic

Our biggest party of the year will be held on Friday, August 25 from 11 a.m. – 3 p.m. Enjoy a delicious lunch sponsored by Harrah's Casino, live entertainment with DJ John, and plenty of dancing! Please sign up for the event at the front desk. The picnic is free for Chester Senior Center members and \$5 for non-members.

TNT Racing Club Annual BBQ with Chester Senior Center

Celebrate with our racing club friends on August 31 for an old-fashioned BBQ with hamburgers, hot dogs, baked beans, salads, water ice, beverages, and more! The cost is \$6 in advance and \$8 at the door. Lunch will be served at 12 p.m. Rain date is September 7.



Voucher Program 2017

The annual fruit & vegetable Voucher program is underway. Eligible recipients (those 60 and older who reside in Delaware County), can receive \$20 to purchase fresh fruits, vegetables, and herbs from designated farmer's markets in the area. A photo ID is required to receive a voucher. For further information please call the Chester Center at 610-497-3550. Vouchers will be distributed on Wednesdays from 1-3 p.m. until the supply runs out. Every person will also receive a cookbook with healthy recipes.

The Gala of the Year~ Senior Ball

It's your night to shine in your most formal attire to enjoy a fabulous fairy tale evening! Hosted by Health Partners Plans and Harrah's Casino, attendees will receive a delicious full service meal, live entertainment, complimentary photos, door prizes, and other surprises. The Gala will be held on Saturday, September 9 from 5:30 – 9:30 p.m. at Harrah's Event Center. Tickets are just \$30 and can be purchased at Chester Senior Center.

July & August Birthday Celebrations July 21 & August 25 at 11 a.m.

Celebrate July & August birthdays with live entertainment, a delicious lunch and fun among friends! Members who have birthdays in July and August will receive a complimentary meal for that month's party. The cost for other guests is \$2. Please sign up at the front desk.

Thank You to:

- Philabundance, City Team Ministries, and Mr. Bob for the weekly food and flower donations!
- TNT Racing Club for hosting the Mother's Day Luncheon
- Aetna Health for sponsoring the 2017 garden
- Chester Artists for hosting the annual Art Show
- Doris Jones, Anna Calhoun and Albert Reed for preparing the Father's Day breakfast
- The Chester Steppers and Chester Tappers for representing us at so many community events!
- Phi Delta Kappa sorority for sponsoring the Older Americans Month Luncheon

Friendship Facts

Joann McGorarty – Stepping Up to Serve

By Christine Helmandollar

Joann McGorarty was born and raised in Yeadon and feels a need to volunteer at Friendship Circle. Joann is giving, kind, and knowledgeable about cooking for large crowds. Sharing her years of experience cooking monthly breakfasts and dinners for veterans at the VFW Post in Media, she is one of the lead committee people organizing, purchasing, and cooking for the grand Spaghetti Dinner in honor of Senior Community Services' 40th Anniversary Celebration.

Volunteering began when Joann's friend encouraged her to help with the veterans' dinners during her working days with General Electric. She obviously liked it because she has been cooking for these monthly gatherings for more than 9 years. Joann also served as president of the Media VFW Auxiliary for three years. After retirement, she joined Friendship Circle because the center was close and offered a nice lunch with nice people.

Because of Joann's management, the Spaghetti Dinner was a success. Not only did the event sell out with more than 125 people, members and their family members raved about the food. Of course, the Mumpers, who strutted down the halls of the center, are always entertaining as well. They helped to kick off A GREAT NIGHT.

It is people like Joann McGorarty who are needed to keep the center going in the right manner beyond 40 years. She is special and we at Friendship Circle know it. In her quiet way at lunch and sometimes with a book at the table, she is one of the great members who does it all – participates in classes, enjoys a few lunches a week and gives as much as she can to help fellow members. She is also a new asset to the Friendship Advisory Board. Join me in thanking Joann for her dedication to the center as a member and volunteer.



JoAnn McGorarty, Friendship Circle volunteer who shared her talent and cooking expertise at the Spaghetti Dinner.



At the lottery board, from left to right: Rita Moore and her daughter, Diane Tascone

Computer Camp

(Prerequisite – must be proficient past basic computer skills)

Dates: August 3, 15, 22, and 29

Time: 12-2:30 p.m.

Cost: \$60 members, \$70 non-members

Introduction to Smart Phones, Tablets and Other Technologies for Older Adults

Join Jennell Williams, owner of "Senior Lift," an organization dedicated to empowering older adults to embrace technology, to understand their smart phones, tablets, and other technology. You are encouraged to bring your devices.

Date: Wednesday, August 16 and Thursday, August 24

Time: 2-4 p.m.

Cost: \$30 members, \$40 non-members for both sessions

Jewelry Making

Using a variety of colorful beads, make a matching set of bracelet, necklace, and earrings

Dates: July 10, 17 and 24

Time: 1:15 p.m.

Cost: No fee for members, \$5 for non-members

Art Camp

- For the novice to the advanced student
- Multi-media series of classes
- Choose from drawing, watercolor or acrylic art stations at each class
- Limited supplies available, you are encouraged to provide your own materials

Dates: Mondays, July 24, 31, August 7, 21, and 28

Time: 12:30-2:30 p.m.

Cost: \$5 member; \$7 non-member per class

*If paid in advance: \$20 members, \$30 non-members

Christmas in July

Bake sale, jewelry, candles, lotions, as well as Tastefully Simple products. Center Boutique will be open.

When: Tuesday, July 25

Time: 10 a.m. – 1 p.m.

Spirit of Baltimore Luncheon Cruise Friday, September 15

Leave center promptly at 9 a.m.

Depart casino at 6:30 p.m.

- Roundtrip motor coach transportation
- Luncheon cruise aboard the Spirit of Baltimore
- Free time for shopping in Baltimore's Inner Harbor
- Taxes and tips (including driver)
- Cost: \$100
- Non-refundable deposit of \$50 due by July 15; full payment due by August 15.

Herr's Factory (Nottingham, PA) Thursday, September 21

Leave center at 9 a.m.

Return to center at 5 p.m.

- Van transportation
- **Tour of Herr's Factory
- Limited time for shopping
- **Lunch on your own
- Cost: \$25, due by August 31.

Joanne's Journal

A Day of Intergenerational Service— Keeping Younger and Older Generations Connected

As an avid gardener, one of my goals has been to create flower, vegetable and herb gardens for members to enjoy. When I pitched the idea to Good Neighbor's Advisory Council President Vincent Spragins, he was completely on board and by spring, flowers were planted and in full bloom. Our next step was to build vegetable and herb gardens. A long-time scout leader whose son and namesake had earned his Eagle Scout badge through community service, Vincent knew just how to get the job done. He reached out to master carpenter and scout leader Kenneth Cericola and Wanye Bickford, Aldan Troop 2 Scout Master and by May, we had our first raised vegetable garden. Shortly thereafter, volunteers John Buffa and friends, who were interested in helping local seniors, volunteered to build our second—a beautifully rustic—raised vegetable garden.

Around this same time, Vincent informed me that Christian Mitchell, an Aldan Troop 2 Eagle Scout, was interested in building a three-tiered, raised herb garden for Good Neighbor as an Eagle Scout project. I looked forward to this project with great anticipation. When I first met Christian weeks later and his mother Dannet Mitchell, I knew that I was in the presence of a future leader. At 17, Christian already knew how to create an impressive proposal and deliver it with confidence and aplomb. His mother stated that scouting is a legacy proudly passed on to Christian as his dad, the late Edgar A. Mitchell Jr. was an Eagle Scout and active Adult Leader-Life to Eagle Coach for Aldan Troop 2 for two years.

"It is Edgar's guidance, fatherly mentoring, and example that has been the gleaming source of encouragement for Christian continuing the trail to eagle for the last eight 8 years" Dannet said.

The title of Christian's proposal was "THE GOOD NEIGHBOR SENIOR CENTER SIGNAGE & BEAUTIFICATION PROJECT: REPAIR REFURBISH AND BUILD." Christian was prepared to exceed my expectations by bringing in a team of approximately 20 volunteers, including his mother and siblings Kameron, Gabrielle, and Benjamin to help him achieve his goal. His proposal stated that, "This project will upgrade and improve the appearance of the social area for seniors who spend time at the GNSC." They planned to paint the Darby Township sign in the large raised brick flower box adjacent to Hook Road, pull all the weeds, and plant new flowers in that location, pull weeds in Good Neighbors flower gardens on both sides of the entry way, strip and refurbish an old picnic table that had been donated to the center last year, and build a three-tiered raised herb garden!

On June 10 Christian and his team of volunteers, which well exceeded the number he had projected, began arriving before the scheduled time of 8:30 a.m. By 3 p.m. Christian's intergenerational team, who ranged in age from about 6 years old to well beyond 60, had completely transformed the picnic table, which now looks brand new, gave the signage on Hook Road a complete makeover, left all garden spaces looking professionally manicured and built a beautiful three-tiered herb garden. And, in keeping with scouting tradition, they left all spaces better than they found them.

What began as an Eagle Scout project turned out to be so much more. It was a day of intergenerational service that connected younger and older generations in a fun, productive, and meaningful way. Before leaving, the scouts and leaders expressed a desire to return to Good Neighbor and build benches. There is even discussion about having days of service with the scouts, accompanied by fun, games, and refreshments as a way of increasing intergenerational involvement among local youth and seniors. Thank you Christian Mitchell for going above and beyond!

Special Events and Presentations

Silver & Fit Program sponsored by AETNA:
Tuesday, July 11 at 10 a.m.

National Ice Cream Day Celebration:
Monday, July 17 at 12 p.m.

Senior Community Services Art Show Reception: Delaware County Community College, Wednesday, July 19 from 4 – 7 p.m.

Granny's Helping Hand—presentation by Tony Fletcher: Thursday, August at 1 p.m.

Vision Care—presentation by Candy Bantum: Thursday, August 17 at 10 a.m.

Immunizations provided by Rite Aid: Thursday, August 24 at 10 a.m.

Receive Your SEPTA ID Card: Services provided by Senator Anthony Williams' office. Friday, August 25 at 10:30 a.m. at Good Neighbor. To be eligible, you must be 65 or older with a state issued I.D.

Monthly Birthday Party: Friday, July 5 and Friday, August 25 at 11:30 a.m.



FEATURED ACTIVITIES

Good Neighbor's Garden Club:
Every Wednesday at 1 p.m.

Produce Voucher Distribution:
Every Monday from 9 a.m. – 1 p.m.

Nutrition Talk & Cooking Demonstration:
Wednesday, July 5 & Wednesday, August 2 at 12:30 p.m.

Kitchen Table Stories: Wednesday, July 12 and Wednesday, August 9 at 11 a.m.

Apprise (Individual Counseling):
Thursday, July 20 and Thursday, August 17 from 10 a.m. – 2 p.m.

TRIPS AND OUTINGS

Casino Trips: Wednesday, July 12 and Wednesday, August 9 from 10 a.m. – 7 p.m. For more information, contact Dianne Roberts - Gibbs or Dianne Peterson at (610) 586-8170.

Foxwood Casino & Mall, Mashantucket, Connecticut – October 17-19. For more information, contact Faye Carter at (610) 803-7065.

Cow Town: Tuesdays, July 25 and Tuesday, August 29 from 9 a.m. – 3 p.m. Enjoy a fun-filled day of thrift store shopping. Wear walking shoes and comfortable clothing!

Thrift Store Hop: Friday, August 4 and Friday, July 21 from 9 a.m. to 2 p.m.

Trip to the National Museum of African American History & Culture, Washington, D.C.: Monday, August 14 from 7 a.m. – 7 p.m. For more information, contact Faye Carter at (610) 803-7065.

Kim's Korner



Dear Friends,

I have heard it said that "people don't change." I disagree. I have seen many people grow and challenge their thinking, producing a change in behavior.

Recently, my husband had some emergency surgery (he is okay) but at the time, I was worried, exhausted, and distracted. I treated myself to a large vanilla coffee with vanilla creamer at my local Wawa. I started out the door. A woman kindly opened the door, but with my distraction and fatigue, I didn't say "thank you." The woman gave me a frustrated look and sarcastically said, "you're welcome!" Somewhat taken back, I realized that I had broken the unspoken rule of Wawa – you always hold the door or say thank you when someone holds it for you. It's the kindness that happens at every Wawa I have ever been to and it's a tradition that I love. My first thought was "oops, I forgot to say thank you," then I felt a bit indignant. With everything on my mind, she judged me without even knowing who I am or why I might have forgotten my manners.

It got me thinking about how quickly we judge people over small things, whether it is a small courtesy, a sharp comment, or forgetting to put something away. You just never know what someone is going through. Patience and tolerance can be very difficult to practice but can make all the difference.

Love,
Kim

The 40th Anniversary Agency Wide Art Show!

I encourage all of our artists to participate in this very special art show. All the centers and the Center Without Walls are participating. Schoolhouse has such strong art programs under the leadership of Mary Ash (watercolor, oil and basic drawing), Rich McCall (woodcarving), Carol Shelkin (mosaics) and Carole Fisher (jewelry making).

Come to Delaware County Community College on Wednesday, July 19 to see the show.

Supporting Our Local Little League



We have sponsored a Little League team for years. For the last two years, we have brought a group to watch the game and bought the kids water ice afterwards. The grownups go out for burgers afterwards.

REMINDER

We have staff, volunteers and members who are very allergic to scents and or who have pulmonary issues like asthma or COPD. Exposure to scents has caused asthma attacks and necessitated people to leave. Please do not wear perfume, strongly scented aftershave, strong scented hair spray or deodorant.

Produce Vouchers

Distribution will continue on Fridays from 9-11 a.m. while supplies last. Requirements are that you live in Delaware County, be 60 or older in 2017, have a photo ID (drivers license, state issued ID or passport) and meet the posted financial guidelines. You can pick them up for a friend or family member; to do so you will need a proxy form and a copy of their photo ID.

It's Survey Time

Nobody wants to do a survey, including me, but it is necessary. We need to know what we're doing right, what we need to improve, what we need to try. We also need the statistical information that helps us to get grants and prove our worth to our funders. It is a quick survey that will take about 5 minutes. There will be the customary drawings for prizes as a thank you to those who complete them.

Thank You To:

1. Those who attended our Open House/Art Show
2. All of our artists who displayed their stunning work
3. All who distributed invitations about the open house
4. All who assisted in the set up, worked the event and served refreshments
5. The woodcarvers, Carole Fisher and Tom McKelvey for displaying and demonstrating their amazing skill
6. Bob Healy, assisted by John Girolami, for the balloons
7. The staff for planning, shopping and working on a precious Sunday
8. Our student intern, Gabbi Weisfeld, who is always there with a great attitude when we are looking for an extra hand
9. Judi Haines who took my place leading the Broadway show
10. Our volunteers who covered for Jill and Phyllis when they were out sick. I know that Shirley felt blessed for every hour of coverage that helped keep our reception area running with 2 out of 3 down.
11. Our Advisory Council for planning, subsidizing and implementing the Spring Fling – what a fun party!
12. All who donated booze for the basket of cheer. We almost made it to \$300! Special thanks to Bob Healey for his extra effort to sell those tickets.
13. The volunteers from Keller Williams Realty for all their hard work, fabulous entertainment and also using their sales skill to sell our basket of cheer!
14. Paul LaFrance who has covered for staff with evening programs, Saturday pool and locking up.

It does "take a village" to get things accomplished and to run our center!

Sunshine Wishes to:

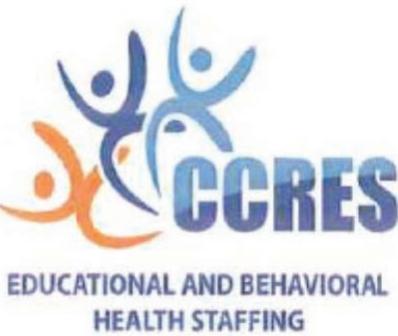
Bernie Prince, Linda Zappacosta, Betty Lawson, Joanna Fiscaro, Sally Tesauro, Betty Schmucker, Shirley Grant

Condolences

Our deepest sympathy to the friends and family of Betty Griffin, who was a Lifetime member of the center. (A Lifetime member donates \$1000 or more at one time).

Our deepest sympathy to the friends and family of Dick Schwenke. Dick was a faithful volunteer who delivered meals to the homebound.

Thank You to Our Volunteer Recognition Luncheon Sponsors



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Friendship Circle Senior Center Advisory Council

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Senior External Affairs Associate

Cecil Netherher Senior Center
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Thank you to all of our Volunteers for all your hard work! The center couldn't run without you! Enjoy your day!

Schoolhouse Advisory Council and Travel Club

Check out our line up of trips including:
A Spotlight on Broadway at the Caesar's in AC, Wicked in Phila, Sex Please, We're 60, Nova Scotia Cruise, Bingo Trip to Md, Pittsburgh Vacation, American Watercolor Exhibit at PMA., Sight and Sound—The Miracle of Christmas