

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

Welcome John Federico!

Senior Community Services welcomed John Federico, a fundraising professional with more than 30 years of nonprofit management experience, as its new Director of Advancement on May 1, 2018. Federico takes over the position vacated by Lydia Messinger, who served SCS in the same capacity for three successful years. Prior to joining SCS, Federico was Director of Development at Ralston Center in West Philadelphia, where he obtained support for a variety of projects, including Ralston My Way, Ralston Age-Friendly West Philadelphia, and the Ralston Awards. A native of southwest Philadelphia, Federico spent more than 30 years in fund development and other management positions with performing arts organizations in New York City and Pittsburgh, PA before returning to Philadelphia in 2014. *SCS Connection* asked Federico to describe his plans to strengthen SCS' fundraising program.

"First, I'm excited by the opportunity to join the management team at SCS and to work with Arthur Weisfeld, Trindy Grundy, the Board of Directors and the staff of SCS to tell our story, describe our impact, and build relationships throughout Delaware County and beyond. Thousands of older Delaware County residents – 1 in 6 people over the age of 60 – count on SCS for programs and services that enhance their capacity to live independently and age in place. Our members and consumers rely on SCS for in-home programs that deliver nutritious meals; support family caregivers and delay the need for seniors to leave their homes for nursing homes; and offer community-based services that provide active seniors with opportunities to strengthen their social networks, improve their physical health, and heighten their mental well-being.

Over more than 40 years of hard work and mission-driven passion, SCS has built a great reputation in the aging-services community for innovative, high-quality programs and services to seniors. I'm committed

to strengthening our existing culture of philanthropy so that we have that same reputation among donors. I want SCS to become known as an organization that welcomes donors who share our interest in improving the health and quality of life of our older friends and neighbors across the county, and for expressing our thanks to donors in genuine and compelling ways.

We'll be expanding the tactics we use to reach prospects to cultivate new support and increase giving by longtime donors. I look forward to ramping up our communications program to include more channels, inviting donors to events where they will meet people who benefit from our work and see our impact, and finding prospects to help us make healthy aging a reality for seniors across Delaware County.

All of us want to provide the same thing for the older adults in our lives – an environment where they can age safely and with dignity. Our programs and services contribute to communities where our older friends and family members can age well. I'm motivated by the challenge and opportunity of building a community of individuals, businesses, foundations and government agencies who share our passion for making independent living a reality for as many older Delaware County residents as possible."



VOLUNTEER DRIVERS NEEDED

Do you have 2 hours a month to provide a ride for a senior?

Aging at Home needs volunteer drivers to transport seniors in the Lansdowne and Ridley areas to medical appointments, bank, shopping, or other destinations in Delaware County.

Required: personal car, valid driver's license and insurance

- Mileage reimbursement is available
- Shifts are flexible & there is no minimum requirement
- Ongoing training is provided

To serve, call the Aging at Home office at (484) 534-2201

Senior Community Services
600 Swarthmore Avenue
Folsom, PA 19033

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

SCS Artists in Bloom

By Arthur Weisfeld



As I write this article, I am looking forward to one of my most eagerly anticipated events of the SCS year: the annual arts show. This year's theme is "Creativity in Bloom." Even if I didn't have the dates on my calendar (by the way, they are June 20th-July 18th), I would still know that this event was approaching by the hum of activity I hear as I enter any of our senior centers. Of course, I always hear that delightful hum, but at this time of year, it is louder and characterized by a palpable excitement. It is the sound of all of the artists completing their entries in time for the deadline. Like most of us, they were able to work at a leisurely pace throughout the year without a deadline clearly in sight. But now, with that deadline looming, efforts are intensifying.

Once artists have submitted their works, the next phase begins. It involves staging the art show at Delaware County Community College. It's not a quick or easy process. Farah Esfahani, our art

show coordinator, and her able assistants take loving pains to ensure that each piece is shown at its best. This is a process that extends over days, not hours. The result is the look of pride on the faces of the artists and their teachers as they see their work exhibited in this kaleidoscopic display of colors, textures, shapes, and sizes.

Then, we have the exciting moment when the show opens. Family, friends, art appreciators, and passers-by pour in and admire our artistic bounty. Be assured though, all that happens at the show is not just about the art. Rather, the opening of the art show is a reunion of sorts, an opportunity for all members of our SCS community—distributed throughout Delaware County—to enjoy one another's company.

Each year, as I walk around the gallery, I hear someone murmuring to a companion, "I really should try this... (painting, card making, jewelry, woodworking, mosaics, etc.)." My answer to that person is, "Yes, you should. Yes, you can." For so many reasons, you should take one of our art

classes. First, it is satisfying to create something of beauty, and all of our SCS art pieces are beautiful. Each piece expresses the individuality of the artist. Second, it provides plentiful opportunities for socializing. Although moments of engrossment occur when a class works in concentrated silence, at other moments a person passing by is likely to hear lively conversation punctuated by bouts of hilarity. Classmates rely upon one another for suggestions and appraisals. Often, friendships are forged in the art classes. Third, such participation keeps the mind active, and fourth, it allows a person to expand him or herself to cultivate parts of the self not yet explored.

I hope you attend the exhibit. You will have a fabulous time, I guarantee. But just as much, I hope you consider joining one of our classes, whether you have a background in that activity or not. Allow your creativity to bloom.

Fondly,
Arthur

LONG TERM CARE

Life is a Vapor

By Trindy Grundy, LMSW, Director, Long Term Care



Over the past six months, I have experienced the loss of a beloved uncle, a dear mother-like senior, an aunt, a cousin, as well as friends. Although my uncle and senior friend were experiencing physical ailments, they continued to enjoy keeping in touch with family and friends, making time for community outings, and attending church. The Department of Long Term Care is crucial in ensuring that the aging population of Delaware County can continue enjoying their lives in the community.

Our care management team of 13 trained case workers and social workers visit, call, and assess hundreds of older adults on a monthly basis. This team has a front row seat to not only see and hear the triumphs of the aging population of the county, but the losses as well. Many of these older adults are declining in health as they continue to age and remain in the community.

After reflecting on the loss of those near and dear to me, I began to wonder about the impact on our care management team as they watch their consumer's health decline to the point where he or she is placed in either palliative or hospice care. No two consumers are alike and I can only imagine

the compounding impact that each case has on my team. It's almost as if experiencing loss creates an ever-thickening vapor, surely it will clear, but only if you are willing to get through it. I must find my way through the vapor of my recent losses, and again I am reminded of my team: can I help them find their way through?

I believe as part of our role in management, we need to incorporate a time for staff to share their feelings of grief and loss. In the future, I am recommending designated times for the care management team to share their feelings with peers on the loss of a consumer. We owe it to our professionals to provide that extra guidance through the vapor of loss.

Feelings of loss do not only come just from a person passing away. As we age, there are more instances of experiencing loss related to the aging process:

- Giving up roles in the family
- Loss of physical strength and stamina
- Loss of independence in an area previously mastered
- Loss of ability to drive a car

This is a reminder to those caring for others, as well as those managing staff, that life is ever-changing and just like a vapor: here one moment and gone the next.

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 Program Manager: Farah Esfahani
 Chester Senior Center Director: Jamee Nowell-Smith
 Cognitive Stimulation Program Manager: Dorothy Darragh
 Director of Volunteers: Michele O'Brien
 Director of Advancement: John Federico
 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

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Delaware County's Award Winning APPRISE Medicare Program

By Glenda A. Radical, APPRISE Program Manager



On Friday, May 10, the Pennsylvania APPRISE Program held its annual statewide APPRISE Program Conference in State College. It was a surprise to Senior Community Services (SCS) APPRISE Program Manager Glenda A. Radical and SCS Long Term Care Director Trindy Grundy to hear that the SCS Delaware County APPRISE Program was awarded the best Medicare program in Pennsylvania for program collaboration. This was not the first time we won the Collaboration Award. The Delaware County APPRISE Program first won this award in 2015. The surprise was winning for the second time.



SCS Delco APPRISE 2015 and 2018 Collaboration Awards

As manager of the SCS Delaware County APPRISE Program, I am very proud of the outstanding, knowledgeable, and talented APPRISE Program volunteers and counselors on our SCS Delaware County APPRISE Program team. I could not ask for a better volunteer staff.

In addition, many thanks go to the APPRISE Program Medicare beneficiaries who participate in our counseling sessions and educational presentations.

I would be remiss if I did not also congratulate and thank the APPRISE Program collaborative partners who lend their facilities to allow us to provide Medicare counseling and educational presentations to thousands of Medicare beneficiaries on a yearly basis. Without these established partnerships, we would not be considered for the Collaboration Award.

Below are just a few of the agencies, organizations, hospital/healthcare facilities, libraries, and legislative offices that have made this moment a reality twice for Delaware County.

- Alician Apartments
- Aston Community Center
- ChesPenn Health Centers
- COSA/LINK
- Crozer-Chester Medical Center

- Crozer-Keystone Consultants in Medical Oncology and Hematology
- Delco Housing Authority
- First African Baptist Church
- Granite Farms Estates
- J. Lewis Crozer Library
- Lutheran Knolls Apartments
- Marple Public Library
- Mt. Pleasant Baptist Church
- Newtown Public Library
- Parkview Naamans Creek Apartments
- Rachel Kohl Library
- Radnor Public Library
- Riddle Village Assisted Living
- Ridley Library
- SCS Chester Senior Center
- SCS Friendship Circle Senior Center
- SCS Good Neighbor Senior Center
- SCS Schoolhouse Senior Center
- Springfield-Center Without Walls
- Springfield Hospital
- St. Francis Over Fifty Club
- St. Rose and Ridley Park Seniors
- State Representative Alex Charlton's Office
- State Representative Leanne Krueger-Braneky's Office
- State Representative Nick Miccarelli's Office
- State Senator Anthony H. Williams' Office
- Stinton Apartments
- Surrey Services for Seniors at Broomall
- Surrey Services for Seniors at Devon
- Surrey Services for Seniors at Havertown
- Surrey Services for Seniors at Hometown
- Temple Baptist Church
- Upper Darby Sellers Library
- Upper Darby Senior Center
- Wayne Senior Center

If your agency or organization would like to become an APPRISE Program partner, please call APPRISE Program Manager Glenda A. Radical at (484) 494-3769.



(L to R): Jessica Sheehan - Hill Southeast Regional Coordinator, Glenda A. Radical APPRISE Program Manager, Darlene Sampson APPRISE Program Statewide Director, Terry Levine COSA Coordinator, Trindy Grundy, SCS Long Term Care Director

Volunteering is Healthy

By Michele O'Brien, Director of Volunteers



As I visit our centers, there is one thing that I always notice – volunteers seem engaged and generally happy. Our senior center surveys from last year reflect that same thing, so I decided to do some research to see if volunteering affects a person's overall well-being, and not surprisingly, it DOES!

According to the Corporation for National and Community Service, Americans over the age of 60 who volunteer report lower disability and higher levels of well-being compared with those who do not volunteer. The CDC finds that states with a high volunteer rate have lower incidence of heart disease. There are other studies which report that people who volunteer at least 100 hours per year might even experience health benefits!

Many people experience what is known as the "volunteer high." This occurs when you get the positive feelings that come from helping others. Sharing your time and talents with others can go even further, though. For instance, volunteering is good for your mental health. The National Institutes of Health reports that participating in meaningful activities may lower the risks of dementia and other health problems.

Volunteering also makes you feel like you have more time. A study done by Wharton found that people who volunteer feel more capable, confident, and useful. In other words, completing your volunteer tasks makes you feel accomplished, which means that you will be able to accomplish other tasks in the future.

Other benefits include the prevention of feeling isolated and depressed. By being around other active, involved people, volunteers feel like they are part of a team accomplishing something for the greater good.

Overall, volunteering has many physical and mental benefits. There are many different volunteer opportunities available at Senior Community Services. You can use your current skills or learn new ones while interacting with your peers and helping others!

If you would like more information about volunteering with any of our programs, please contact Michele O'Brien at (484) 496-2149 or mobrien@scs-delco.org.

CAREGIVER SUPPORT PROGRAM

Caregiver Academy – Another Successful Year in the Books

By Debbie Templeton, Program Manager



Caregiver Academy (CGA) has just wrapped up its fifth year providing educational opportunities to caregivers throughout the county. This unique program is offered free of charge to all caregivers, those already connected with Senior Community Services (SCS) and/or Delaware County Office of Services for the Aging (COSA), and those from the greater community. Caregivers are invited to bring their loved one with them to participate in meaningful activities if they are able to do so with minimal assistance. This provides the caregivers with some respite and allows them to participate in caregiving-related focused discussion.

Each session is presented by a professional in the community on a relevant caregiving topic and includes a take-home tool. Topics from this year included Cultural Diversity in Caregiving, Scam Awareness, Estate Planning and Caregiving, Better Communication, and Time Management. Offering educational opportunities has been shown to help reduce caregiver stress by providing caregivers with resources as well as open discussion with others in similar situations. Studies have also shown that it is important that those providing care to loved ones have support and guidance in their day-to-day, ever-changing roles.

This year the program was offered outside of an SCS senior center. This proved to be a little challenging, but we were able to partner with a local agency in order to make an impact on a greater population of caregivers. On average, there were 10 caregivers and 2 care receivers in attendance for each hour-and-a-half session held every other week for six weeks. Feedback has been positive and the request has been made to continue the series going forward.

Thank you to everyone involved with the series. This includes the caregivers who took time out of their busy lives to find support and interact with other caregivers, as well as the presenters, many of whom donated their time despite the opportunity for compensation. CGA is offered free of charge thanks to funding provided by Delaware County LINK to Aging and Disabilities Resources. We are looking forward to continuing this successful series in the future.

CENTER WITHOUT WALLS

Book Club

By Farah Esfahani, CWW Program Manager



Dear Friends,

Center Without Walls (CWW) completed another successful semester. Arrangements are being made for summer art and fitness classes at several of our locations.

I frequently receive positive feedback from our participants about different classes and programs we offer. One of CWW's successful programs has been the book club we started nine years ago at Aston. Dianne Caggiano, our devoted volunteer, has been the facilitator from the beginning. We all know that reading helps to improve cognition and expand our horizons. This program is about more than reading books; it is about friendship, sharing perspectives, and inspiring each other. "Although it takes time to prepare, I get a lot in return from group members' appreciation, participation, and friendship. Several of the members have fostered friendships outside the group. They have a wealth of life experiences to share with other members," said Dianne. In April, Dianne arranged to have the author of *Five Stars in the Window*, David Komarnicki, attend the book club. Both members and author really connected, sharing discussions about the book and experiences of growing up or visiting Chester many years ago. Dianne showed a slide show of old Chester. The author commented that this book club was the best experience he'd had talking with a group.

Ann Jackson, a member of the book club states, "I moved to Chadds Ford two and a half years ago. CWW flyers were my first contact to exploring events and programs; your bulletin is invaluable to me. I found the Aston book club at its helm. The club is a comfortable time for reading and discussing books. I met a wonderful friend there who was kind enough to show me the sights and trails to walk." Trudy Goglia, who has been attending the book club since the beginning, comments, "I have been reading for 60 years. The selection of the books and our book club are the best." My sincere appreciation to Dianne for continuing to run this popular program.

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

AGING AT HOME

Getting to Know (and Love) Aging at Home Services

By Christine Helmandollar, Director



Two years ago, Alice Markiewicz hesitated a bit about joining Aging at Home. A longtime bridge player at Friendship Circle with none of her four children living close by, she realized that she needed some help with household chores. Now, she shares some words of wisdom with fellow seniors to join the program because it works. "Pleasant, agreeable, and quite knowledgeable" are a few words that she has shared about the handyman, driver, and yardwork volunteers whose services she has used.



Aging at Home member Alice Markiewicz

Her first experience using Aging at Home involved the handyman. The outcome: she was quite satisfied with the replacement of window covers. Alice's second call to the Aging at Home office was a request for a ride to her eye doctor. Both experiences were positive and Alice felt that they helped her maintain her independence. Alice's third request was for yard services. She asked to have her holly bush trimmed and her front yard weeded. Well – the phrase "three is a charm" must be true. The outcome: "overjoyed!" The volunteers trimmed her holly bush perfectly and told her how to care for it properly. She was impressed and appreciative.

There are currently 489 Aging at Home members and we are always encouraging more seniors to join the program. Moving forward, Aging at Home is looking to expand its volunteer base of drivers and handymen to increase its offerings.

Let the program be a support system like Alice does, providing peace of mind as you age in the comfort of your home. For more information or enrollment, call the main number at (484) 534-2201.

Summer Time

By Dorothy Darragh, Cognitive Stimulation Program Manager

Enjoy a summer afternoon or evening on the porch with friends, family, and a pitcher of cold lemonade. Share memories of past summers.

Remember drive-in movie theaters, fishing, clotheslines, family reunions, washtubs and Sunday drives, and picnics?

Here are some ideas reminiscent of past summer activities. Plan an event and invite friends and family to share memories of bygone summers.

- Have an ice cream party: have goodies to make sundaes, make ice cream with a crank ice cream maker.
- Create an outdoor movie theater in the backyard with popcorn and drinks.
- Sit out on a clear night and spot constellations, stars, etc. Remember lying on the grass and gazing at the night sky? For the adventurous, pitch a tent.
- Have a picnic with salads, sandwiches, Jello.
- On a rainy or very hot day, have a game event: checkers, Scrabble, jigsaw puzzles, etc.
- Go fishing.
- Go for a leisurely walk with a loved one. Hold hands and enjoy each other.

While reminiscing is great for the brain, actually living out the memories will provide energy, joy, and fun for all. **HAVE A WONDERFUL SUMMER!**

Cognitive Stimulation Kits are available to residential communities, nursing homes, adult day care centers, and other senior programs and sites. For more information, contact Dot Darragh at (484) 496-2144 or at ddarragh@scs-delco.org.

Summertime and Hearing Aids

By Donna Schumacher, HDC Coordinator



Summer is finally here. During the summer, hot weather and travel can present challenges to hearing aids and those who wear them. However, with advance preparation and diligence, summertime can be the enjoyable experience it is meant to be.

Here are some tips for hearing aid users to keep in mind during the summer months.

1. Avoid direct sunlight or extreme heat. Excessive heat, caused by direct sunlight or hot places such as cars, can easily damage the delicate elements inside hearing aids and melt the plastic casing. When you're outside, wear a hat to protect hearing aids from direct sunlight. When you're not wearing your hearing aids, store them in a case in a cool, dry place.
2. Clean your hearing aids regularly. Fungi, bacteria, and germs tend to grow and flourish in the high heat and humidity of summertime. Regularly disinfect your hearing aids with microbial products or towelettes. Be careful when applying sunscreen around your face and ears because it can easily clog hearing aids and lead to costly repairs.
3. Be aware of moisture and how to combat it. Dampness and/or moisture can damage the small parts inside your hearing aids. Severe temperature changes like going from the beach to an air-conditioned movie theatre can cause moisture to develop. Use a soft, dry microfiber cloth to wipe your hearing aids regularly and prevent moisture build-up.

4. Water-resistant DOES NOT mean waterproof. Water-resistant hearing aids and accessories can help protect against MINOR water intrusions – not total submersion events like swimming. Best practice is to remove your hearing aids before swimming or showering. If you're unsure whether your hearing aids are water-resistant or waterproof, check with a hearing specialist for clarification.
5. Travel preparation. When travelling with hearing aids, a little advance preparation can save a lot of headaches later. Make a checklist of needed supplies beforehand, such as extra and/or rechargeable batteries. Don't forget to include accessories like your overnight storage case, a dehumidifier, and a good supply of towelettes and drying cloths.
6. Travel considerations. People with hearing loss can find travelling challenging. For example, being in a new place such as a hotel room can make it easier to misplace your devices when you take them off. Use a hearing aid travel kit to alleviate this. Also, many hearing aids can adjust to routine background noise. When travelling, you may have to manually adjust the volume to handle different ambient noise. Some hearing aids can set off airport security scanners, so you may need to make security officials aware of your hearing loss.
7. Finally, if you have questions about your hearing aids and how to properly maintain them year-round, contact your hearing loss professional.

SCS makes a difference in the lives of more than 21,000 older adults every year, preserving senior health and independence and giving family members peace of mind.

- One in six Delaware County residents over the age of 60 participated in SCS programs and services in 2017.
- One year of senior center programs for one older adult costs less than one night in a nursing home.
- SCS operates the oldest and largest home-delivered meal program in Delaware County, meeting the needs of more than 500 older adults by delivering more than 130,000 meals annually.
- SCS' experienced staff and volunteers have been recognized for excellence statewide.

Your tax-deductible contribution makes these programs and services possible. Please send the coupon to SCS, 600 Swarthmore Ave., Folsom, PA 19033 or donate securely online at www.scs-delco.org. **THANK YOU!**

YES! I am happy to make a tax-deductible contribution to the SCS Annual Fund.

\$250
 \$100
 \$50
 \$25
 \$_____ Other

Payment Method:
 Check payable to Senior Community Services
 American Express
 Visa
 MasterCard
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 Exp. Date _____ / _____

Account # _____ Security Code _____

Name _____ Address _____

City / State / Zip _____ Phone _____

Email _____ (SCS will never share your email with a third-party.)

In honor/memory of _____

SCS will notify the person you are honoring of your generosity!

Please send me info. on:
 Gifts through my estate/legacy giving
 Volunteer Opportunities
 Center for Life Long Learning
 Making a recurring monthly donation

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 their own.

Sewing

Fridays from 10 a.m.-2 p.m., Chester

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

Beginners and advanced sewers welcome.

Jewelry Making

Tuesdays at 2 p.m., Schoolhouse

Bring your own supplies: no fee. Supplies provided: \$3 per class.

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

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

Supplies included, but you may bring your own beads and tools.

Woodcarvers

Mondays at 12 p.m.

Schoolhouse

Adult Coloring

Wednesdays, July 25, 30 and August 23, 29 at 10 a.m.

Good Neighbor

Pencil Drawing

Mondays at 10 a.m.

Good Neighbor

No Knot Knitters

Tuesdays at 12:30 p.m.

Schoolhouse

New knitters or experienced. Make special gifts for special needs. Crocheters welcome too.

Basic Drawing

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

Schoolhouse

Cost: \$5 per session.

Pay the instructor, Mary Ash.

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

Pencil Drawing and Watercolor Painting

Mondays from 12:30-2 p.m.

Chester

Cost: \$5

Watercolor Painting

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

Schoolhouse

Members: \$53.50/10-week session

Non-members: \$55

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

Oil & Acrylic Painting

Fridays from 12-2 p.m.

Schoolhouse

Members: \$53.50/10-week session

Non-members: \$55

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

Mosaic Workshops

Thursdays, August 2, 9, 16, 23 and

September 6

Beginner course is from 2-5 p.m.

Intermediate/Advanced is from 6-9 p.m.

Schoolhouse

Members: \$84 / 5 week class

Non-members: \$89

Materials are an additional \$30.

Instructor Carol Shelkin will introduce all styles of mosaics for indoor and outdoor use.

➤ DISCUSSION GROUPS

Good and Welfare

Thursdays, July 12, 26 and August 9, 23, 1 p.m.

Good Neighbor

Engage in stimulating discussions on a range of topics.

What's New(s)

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

Schoolhouse

Sandi Thompson leads the conversation.

Book Club

Wednesdays, July 18 and August 15 from 12:30-2 p.m., Chester

2nd Thursdays at 10 a.m., Schoolhouse

Red Hat Society

3rd Tuesday of each month at 12:30 p.m.

Chester

Join the group for outings, fellowship, and special events. Facilitator: Queen Gerry Corbitt.

Kitchen Table Stories

4th Thursdays at 10 a.m., Schoolhouse

Wednesdays, July 11 and August 1 at 10:30 a.m., Good Neighbor

Movie Monday

Mondays, 10 a.m.

Good Neighbor

Free movie and refreshments

➤ FITNESS

Square Dance Class

Wednesdays, from 7-9 p.m.

\$5/session

At Club Sashay, the oldest square & round dance club in the Delaware Valley.

Reiki

Fridays, July 6 and August 3 from

9:30 a.m.-12 p.m.

Good Neighbor

Healthy Steps in Motion

Tuesdays, Thursdays and Fridays at 10 a.m. Schoolhouse

A peaceful warm up, light aerobic conditioning, and a relaxing cool down. Instructor Mary Lytle. Class is on the 2nd floor.

Silver & Fit

Tuesdays at 11 a.m.

Good Neighbor

Cost: \$2 per person

Walking Club

Monday-Friday at 9 a.m.

Good Neighbor

Mall Walking

Monday-Thursday from 9-10 a.m.

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

Mondays, Tuesdays and Thursdays at

10 a.m., Schoolhouse

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

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

...More Highlights

Tap Dancing

Wednesdays at 11 a.m.

Chester

Tap shoes recommended but not required.

Zumba

Mondays at 11 a.m., Chester

Dance and aerobic movement performed to energetic music.

Gospel Aerobics

Call the Center for summer schedule

Chester

Low-impact exercises (seated and standing) that will fill your body and spirit with energy!

Cardio & Strength Training Exercise

Tuesdays at 5 p.m.

Chester

Moderate-level exercise class. Use mats, weights, and other equipment. Private personal training and fitness sessions are available after each class for a nominal fee.

Line Dance Class

Tuesdays at 2 p.m. (Beginners)

Tuesdays at 2:30 p.m. (All levels)

Schoolhouse

Cost: \$1 per session

Tuesdays at 6 p.m., Thursdays at 1 p.m.

Chester

Cost: \$4

Chair Yoga

Wednesdays at 2:30 p.m., Schoolhouse

Wednesdays at 11 a.m., Chester

Enjoy the benefits of yoga without the difficulty of getting up from the floor. Includes breathing exercises, stretching, balance, physical components, and concludes with meditation or relaxation.

➤ GAMES

Mah Jongg

Tuesdays at 12:30 p.m.

Schoolhouse

Tuesday Trivia

Tuesdays at 12:30 p.m.

Good Neighbor

Free Bingo!!!

Thursdays, July 5, 12 and August 2, 9 at 12:30 p.m.

Good Neighbor

Breakfast Bingo

Fridays, July 13 and August 10 from 9 a.m.-12 p.m.

Good Neighbor

Cost: \$5 per person

Big Bingo

Thursdays, July 12, 26 and August 9, 23 at 1 p.m.

Chester

Cost: \$1 per board

Play as many as you can afford and handle.

Table Games

Monday-Friday at 10 a.m.

Good Neighbor

Pokeno

Mondays and Wednesdays at 12 p.m.

Good Neighbor

Pinochle

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

Monday-Friday at 12 p.m., Good Neighbor

There's a place at the table for you. Even if all the tables are full when you arrive, it doesn't take long before a spot opens up.

Pinochle Tournament

Mondays, July 16 and August 20 at 12:15 p.m.

Schoolhouse

Cost: \$5 entry fee

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

Play Pool

Monday-Friday from 9 a.m.-4 p.m.

Good Neighbor

➤ HEALTH AND WELLNESS

Caregiver Support Group

1st Tuesdays from 3-4 p.m.

Chester

Receive support from professionals and other caregivers.

APPRISE Individual Counseling

Thursdays, from 9-11:30 a.m., Chester

Appointments required. Make them at the front desk.

Thursday, August 23, 10 a.m.-1 p.m.,

Good Neighbor

Meet individually with a trained and experienced APPRISE Counselor to ask questions regarding Medicare or other insurance-related issues.

Diabetic Support Group

2nd Thursdays at 11 a.m., Chester

Learn about current diabetes trends, maintenance, medications, stress relief and more. Sample healthy treats and help others in the process. Facilitator: Mary Powell, CRNP

Chiropractor Services with Dr. Cara

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

Chester

Paid through personal insurance or out of pocket. Address pain management, alignment, balance, or other issues. Private appointments available.

Nutrition Talk and Cooking Demo

Wednesdays, July 11 and August 1 at 10:30 a.m.

Good Neighbor

"Eat Smart" Nutrition Class

4th Wednesdays at 12:30 p.m.

Chester

July 25: Cooking & Seasoning with Herbs
August 22: Dietary Fat: Fact or Fiction?

Nutrition discussion and food demonstration.

➤ RELIGION & SPIRITUALITY

Bible Study

Tuesdays from 5:30-7 p.m., Chester

Tuesdays at 9:30 a.m., Good Neighbor

Praise & Worship

Thursdays at 9:30 a.m.

Good Neighbor

Senior Inspiration

1st Mondays at 10 a.m.

Chester

Enhance your morale and emotional and spiritual well-being. Lead by Rev. Belinda E. Boyer.

➤ TECHNOLOGY

Electronic Club

Tuesdays, Wednesdays, and Thursdays from 10:30 a.m.-2 p.m.

Chester

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

Chester Chatter

By Jamee Nowell-Smith



Caribbean Week

Here we go again! Always having a little fun at Chester Senior Center! Celebrate Caribbean Week with us and get ready for a 4-day center-based Caribbean cruise! Enjoy sights and sounds and delicious foods and drinks from our ports of call: Jamaica, Hawaii, and Africa! Enjoy the scenery, meet some natives, and enjoy the trip! Set sail on August 28 and return on August 31. Wear your island, Caribbean, or African attire. Bring stories, pictures, or items from your travels to share as well!

Health & Wellness Corner

Domestic Violence Presentation

1 in 4 women and 1 in 7 men are abused during their adult lives. Domestic violence is abuse at the hands of a family member. Abuse is more than physical, it can include threats, isolation, emotional, and verbal abuse. Tactics used by family members to abuse older adults or adults with disabilities will be discussed. Presented by the Domestic Abuse Project (DAP), Blake Cohen, Medical Advocate. Open session on Tuesday, July 24 at 11 a.m. plus the opportunity to speak privately with an advocate.

Forgiveness and Friendship Presentation

We all have to forgive and be forgiven. Join us on July 12 at 11 a.m. as we learn the true meaning of forgiveness and what it means to have a true friend. Learn how to handle conflict and altercations among friends. Facilitated by Dr. Karen Dixon.

Jessie's Bags

Jessie's Bags gives breast cancer patients care packages in stylish handmade patchwork bags. Come make Jessie's Bags for cancer survivors on Tuesday, July 24 at 11 a.m.

Dining with Diabetes

Facilitated by Penn State Cooperative Extension. Learn about managing and preventing diabetes. Each class includes a healthy cooking demo and tasting! 12:30 p.m. on July 25, August 8, 15, 22. Follow up class on October 17.

Chester Travelers

Family Fun Day in Wildwood, NJ

August 6, 2018

Includes transportation, snacks, beverages and driver tip.

Cost: Adults: \$32 pp.

Children 12 and under: \$22 pp

The Maury Povich Show

August 16, 2018

Attend a live taping of the Maury Show in New York! Includes transportation and snacks. Cost: \$10

Ocean City, MD

August 27-31, 2018

Oceanfront accommodations, 4 breakfasts and dinners, Ocean Downs Casino, Nassau Valley Winery, shopping in Rehoboth and more!

Cost: Members: \$645 (Double) pp

Non-members: \$675 (Double) pp

Pocono Bazaar Flea Market

September 8, 2018

Includes transportation and driver tip. Lunch on your own at the food court.

Cost: Members: \$45

Non-members: \$55

Sight & Sound's JESUS

September 27, 2018

Includes show, lunch, motor coach transportation and driver gratuity.

Cost: Members: \$120

Non-members: \$130

Lobster & Seafood Feast, Rhode Island

October 4-5, 2018

Overnight stay in Rhode Island, breakfast, all-you-can-eat seafood feast, Foxwoods and Mohegan Sun Casinos with coin bonus, transportation and driver tip.

Cost: Members: \$275 (Double) pp

Non-members: \$285 (Double) pp

Please stop in or call for complete trip details!

Thank you...

Aetna Health Care, Dr. David Eberly, nurse Mary Powell, and Chuck the Pie Guy Catering for making the first Men's Health Awareness Day a huge success! Thank you for your dedication to improving men's health!

July and August Highlights

TNT Racing Club Annual BBQ

Celebrate with our racing club friends on July 12 with an old-fashioned BBQ. Hamburgers, hot dogs, grilled chicken salad, water ice, beverages and more! Cost: \$5 in advance; \$7 at the door. Lunch served at 12 p.m.

Birthday Celebrations

Fridays, July 27 and August 24, 11 a.m.

Celebrate July and August birthdays with live entertainment and lunch among friends! Members who have birthdays in July and August receive a complimentary meal for that month's party. Other guests pay \$2.50. Please sign up at the front desk.

Pinochle Tournament

Saturday, July 28, 10:30 a.m.-4 p.m.

Enjoy spirited play, lunch, and prizes for the winners. Pre-registration with a partner required by July 13. Doors open at 10 a.m. Play begins at 11. Cost: \$10 per person. Cash prizes for the top 3 winning teams!

Voucher Program 2018

People aged 60 and older who reside in Delaware County are eligible for fruit and vegetable vouchers. Get \$20 vouchers to purchase fresh fruits, vegetables and herbs from designated local farmers markets. Photo ID required. Distributed on Wednesdays, from 1-3 p.m. until the supply runs out! For further information please call the Chester center at (610) 497-3550.

Summer Picnic

Friday, August 24, 11 a.m.-3 p.m.

Lunch sponsored by Harrah's Casino, live DJ entertainment, and plenty of dancing! Please sign up at the front desk. Free for members; \$5 for non-members.



Chester member Amanda Allen is ready for Caribbean Week!

Friendship Facts

Center Surveys

By Christine Helmandollar



As part of our ongoing mission to provide outstanding service, we are asking members and individuals who occasionally attend the center to complete a simple survey to help us determine the right direction as we move forward.

As we know, many people think that surveys are just time-consuming pieces of paper that have no impact or don't affect change within the center walls. Not anymore! Last year, Friendship Circle's survey results revealed that people generally enjoy the center and the fan-favorite event of the day is the meal. It is something that makes Friendship Circle special because the entrees are cooked fresh daily by the chefs at the hospital and sent over within a half hour of service. The survey also told us that members want to feel more connected to fellow members and participate in programs that have measured outcomes.

Last fall, Friendship Circle staff studied the 180 surveys submitted at the close of last summer to make a few adjustments. One thing we know is that the meals work. Regarding program participation, there are two major additions to programming to help address members' concerns. Six months ago, a hospitality committee was formed to handle the following tasks: keep in touch with members who are ill or just not coming to the center; mail out cards of celebration for recognition and birthday; and acclimate new members. I am happy to report that the hospitality group has been flourishing and members are tending to feel more connected.

Second, the center is working hard to build its programming with a more structured curriculum and purpose. In the 2018 Fall CLLL offerings, there are a few programs that provide this type of curriculum: Walk with Ease (Health & Wellness), Hamilton (Widener course), In the Cloud (Technology). We welcome you to pre-register now by calling the main desk at (610) 237-6222.

This is the reason why we are doing the 2018 surveys. They work! To date, we have collected 120 of them and we are grateful to you if you completed one. However, we would like to surpass last year's number so everyone has a voice and can affect change. Change happens when everyone participates and voices are heard.

Friendship Garden

Our garden is in full swing! We sell fresh picked herbs and vegetables every Tuesday and Thursday.



Highlights

Driver Education

Smart Driver

Refresher class: July 24, 9 a.m.-1 p.m.

Full class (must attend BOTH sessions):
August 20 and 21, 9 a.m.-1 p.m.

Cost: \$15 AARP members; \$20 non AARP members. Pay the instructor at the course.

CarFit

Tuesday, July 24, 1 p.m.-3 p.m.

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. A proper fit in one's car can greatly increase not only the driver's safety but also the safety of others. Takes approximately 20 minutes to complete. Appointment required; please call (610) 237-6222. No fee.

NEW ACTIVITY!!

Music & Fun

Tuesdays, 10 a.m.-11 a.m.

Move to the music. Dance like no one is watching!! Music from the 50's & 60's Bop, R&B, pop. No fee.

Multi-media (Art Class)

Mondays, August 6, 13, 20 & 27

12:30-2:30 p.m.

Draw in ink or pencil, turn your drawing into a watercolor. It's your choice. Instructor: Marie Gilligan. Cost: \$5/class

Veggie Party

Friday, July 20, 1 p.m.

Come celebrate our garden's abundance and taste our fresh vegetables. Share your vegetable recipes and we'll share ours. No fee.

Back to School

Tuesday, August 28, 12:30 p.m.

A Friendship tradition. Come meet our teachers and hear about our fall class offerings at our monthly birthday party. Sign up for classes. Cost of classes will vary.

Mark Your Calendars!

Members' Celebration and Renewal Event
Thursday, September 13
More details to come.

Joanne's Journal

Fun at the Theater

By Joanne Graham



The Good Neighbor Theater Club is the answer to Katherine Hill's search for a way for members to have a great time together on the weekends. "Last October I was looking for something to do on Saturdays that would also involve fellow members whom I've come to enjoy spending time with at the center," said Katherine. "When I learned that the Hedgerow Theater was featuring *Blithe Spirit*, I asked several members to join me for an evening out and they agreed. That was the beginning of Good Neighbor's Theater Club."

Since that time, Katherine has organized several trips to the theater, followed by dinner and a lively discussion at one of the group's favorite restaurants. "We really have a great time," Katherine beams as she describes how much enjoyment the group derives from their monthly theatrical excursions. Whether it's a hilarious comedy or a thrilling mystery, the group never fails to be thoroughly entertained during these outings. "My personal favorite was *Wait Until Dark*," says Katherine. She then goes on to say that she hasn't seen a single play that she has not enjoyed.

The Good Neighbor Theater Club has been life-changing for some members who for various reasons no longer ventured out on the weekends. They either lacked access to transportation or did not have anyone with whom to engage in the various social events they once enjoyed. That's one of the advantages of being a member of the Good Neighbor Theater Club. For a nominal fee, members have transportation to the play and carpool home together after dinner. As a result, some members who rarely came out on Saturdays now look forward to their monthly theater trips.

The Good Neighbor Theater Club's continued presence at the Hedgerow Theater has even gained the attention of management, staff, and actors, who have accepted an invitation to visit Good Neighbor to introduce themselves to other center participants in hopes that they too might catch the theater bug.

"Beginning in September, we will start sending out flyers and invitations to our sister centers in hopes of encouraging them to join us for a great evening of theater and dinner, and of course some lively discussion afterwards. I would really enjoy that," says Katherine.



Good Neighbor Trip to Canada

In June, Good Neighbor Senior Center traveled with 34 people to Niagara Falls and Toronto. There were lots of wonderful highlights. Many in the group boarded the Hornblower Cruise to have a closer look at the Canadian falls. We also had the opportunity to sit in the church that Harriet Tubman sat in as a member while she lived in Ontario. Another stop included a visit to the famous Casa Loma, a castle with several secret passageways. Our tour guide even graced us with a ride on a carousel (talk about bringing back childhood memories!) We were fortunate to have a great mix of folks on this trip and many want to keep in touch with the center for future trips.

PRESENTATIONS

AARP Safe Driving Class
Monday, July 9 and Tuesday, July 10, 10 a.m.

Always Best Care
Friday, July 6, 10:00 a.m.

Diabetic Shoes
Wednesday, August 15, 10 a.m.

Housing Presentation
Wednesday, August 22, 10 a.m.

Legal Aid for Seniors
Thursday, August 23, 10 a.m.

SEPTA Resource Day
Fridays, July 27 and August 24, 10 a.m.-2 p.m.

Receive a valid state-issued photo ID when you provide proof that you have reached your 65th birthday by the date of the event.

UPMC Health Plan
Thursday, August 9, 10 a.m.

Vision Support
Tuesday, August 21, 10 a.m.

SPECIAL EVENTS & ACTIVITIES

Garden Club
Wednesdays in July and August, 1 p.m.

Ice Cream Day
Monday, July 16, 1 p.m.

Jewelry Repair and Sales
Friday, August 3, 10 a.m.

Monthly Birthday Party
Fridays, July 27, and August 24, 11:30 a.m.

NAACP Presentation and Lunch
Thursday, July 26, 10 a.m.

Produce Voucher Distribution
Mondays in July and August, 9 a.m.-1 p.m.

Rite Aid Immunization Shots
Thursday, August 30, 10 a.m.

Water Ice & Pretzel Day
Thursday, July 19, 1 p.m.

Kim's Korner



Dear Friends,

May and June were crazy, busy months at the center. We enjoyed a cookout with our friends from the 928 VFW and our friends from Eaton Aerospace. We remembered our fallen at our annual Memorial Day program. We also started a memory board of our veterans while in service. Our Spring Fling was awesome once again, planned and implemented by your Advisory Council. Not to mention the SCS Art Show opening, the Senior Games, and then the start of vouchers!

The summer brings some great trips and a little slower pace, but be sure, all your favorite programs will be happening.

Get outside, watch a sunset, take walks in the evening, and put your feet in some water, even if it's just to splash in a puddle.

Love,
Kim



Schoolhouse volunteers Joanna Campbell and Barb Lenzi work the Memorial Day cookout with our friends from Eaton Aerospace.



Volunteers from Eaton Aerospace man the grills at the Memorial Day cookout.

Condolences

Our sympathy to the friends and families of: Lynn Ryan, Betty Smithson, Joe Rappucci, and Gus Videtto.

Help Needed

If you enjoy being outside and playing in the dirt, we need gardening volunteers. Not only will you learn from our Master Gardener, but you will have a part in planning, planting, and maintaining our growing gardens. If you can help one or two mornings a month during the growing season, see Kim.

Gardening for Pollinators

Have you heard? Our pollinators are in trouble. One in three bites of food and 85% of flowering plants rely on bees, birds, wasps, bats, butterflies, beetles, moths, and yes, flies for pollination. Plant a pollinator-friendly garden and help make a difference. When creating your garden consider the following: select plants NATIVE to your area, which are four times more attractive to pollinators. Choose perennials with a range of shapes, colors, and sizes that bloom from early spring through summer and into fall. Herbs and annuals attract pollinators into your gardens and extend the growing season.

Redbud Native Plant Nursery in Media is all native, and Mostardi Nursery in Newtown Square carries a large selection of natives.

- Brenda Troutman, Master Gardener



Kim's dog Georgie learns a trick from Dickrane, who used to train dogs as a hobby. Georgie is an apt student when treats are involved.

Congratulations to:

- Chris and Joan Wilhelm on the birth of their first great, great grandchild. Kendal was born to Nathan and Sophie Comegys.
- The No Knot Knitters who made and delivered 50 chemo hats to the Alliance Cancer Center at Riddle Hospital.
- Our Advisory Council for a wonderful Spring Fling.

Schoolhouse Happenings

Ice Cream Social, July 3

Zumba Gold with Lavinia Ferguson
Wednesdays, 10:30 a.m. on July 11, 18, 25 and August 8, 15, 22.

Trips

A Tribute to the Latin Casino at Caesar's Casino
Monday, July 9, 2018

\$49 package includes \$20 slot play. Government issued photo ID required.

His Girl Friday at Hedgerow Theatre

Wednesday, July 18, 2 p.m.

A chance to get in a hearty laugh, enjoy live theater, meet and make new friends from Maris Grove and/or Rocky Run Y.

\$18. Own transportation.

Choptank River Cruise & Crab Fest Outing

Wednesday, August 8, 2018

Enjoy a scenic cruise, a feast of crabs, and a summer day with good friends. \$120 includes the three T's: transportation, tip and tax.

Kim's Mystery Trip

Sunday, August 19, 2018

It's no secret that Kim is keeping the mystery trip destination a secret. Past outings have taught us that no matter where we end up, it will be exciting, possibly enlightening, and definitely a fun time. Cost: \$97.



The Schoolhouse Advisory Council stands behind the Folsom Little League baseball team sponsored by Schoolhouse center.

Sunshine Wishes to:

Beverly Carroll, Nancy Manko, Kate DiPietro, Betty Lawson, Mary Morson, Jeannie Tribuiani, Betty McElroy, Paul LaFrance.

Special Thanks to:

- Joe Gilligan who helped non-stop with all the furniture moving when the floors were re-done.

SCS Annual Art Show Draws Many Admirers



Earlene Adams and Antonia Jennings admire some jewelry.



Paulette Wells, Grace Brown Johnson, and Jamee Nowell-Smith check out the mosaics.



Billy Geller, a member of Schoolhouse mosaics class, discusses his work with Chester Senior Center ceramic instructor and Advisory Council President Grace Brown Johnson.



Schoolhouse volunteer Lily Beggarly looks at some of the Schoolhouse mosaics.



Joe Plowman and Dariel Peniazek provide musical atmosphere at the opening.



Arthur Weisfeld and District Attorney Katayoun (Kat) Copeland at the opening.