

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



Aging at Home Program Expands Its Footprint

By Aging at Home staff

Coordinated by Senior Community Services and in partnership with the United Way, Aging at Home – A Community Network is expanding to the Ridley area and will serve seniors living in Glenolden, Morton, Norwood, Prospect Park, Ridley Park, Ridley Township, and Rutledge. The program aims to mitigate issues that could prevent seniors from living safely and comfortably in their homes. Aging at Home brings peace of mind to seniors, and their families, by providing services such as home repairs, transportation, spring and fall yard clean-ups, classes, and free Medicare insurance counseling.

“Senior Community Services has a track record of serving this part of Delaware County. SCS is a name that seniors can trust,” said Aging at Home Director Christine Helmandollar. “We have had quite a bit of interest from seniors in this new area requesting Aging at Home services and we are happy to be able to deliver this program to them.”

The goal of the Aging at Home program, which has been in existence for the last three years, is to provide seniors the support they need to remain independent and living in the community. For many, the tasks are not grand, but still integral to their lives. A reliable ride to a medical appointment, or assistance at the grocery store can make a real impact.

“A referral to a reliable company that insulates air conditioners, a handyman who can fix a crumbling side walk, or a volunteer providing a ride to a doctor’s office, can help make living independently a reality for local seniors,” said SCS Executive Director Arthur Weisfeld. “By filling in small gaps in service, Aging at Home is helping seniors maintain their independence

and also maintain or even enhance their health.”

The program has provided over 1,400 rides to older adults since its door-through-door transportation service began two years ago. The service connects seniors to local destinations like the grocery store, medical appointments, the hairdresser and barber, as well as the bank. The volunteer handymen team has completed more than 250 small projects and jobs. The Aging at Home team has connected more than 300 members with local businesses to provide fair and discounted estimates, free yardwork services, and has also provided personal assistance helping connect seniors with the services and resources they need.

In addition to accessing services and assistance in the community, Aging at Home also encourages members to participate in activities at the senior centers located in the area of coverage: Friendship Circle in Yeadon and Schoolhouse Center in Folsom. Both centers offer art and exercise classes, informational presentations and discussion groups as well as hot meals served daily. Members are also encouraged to schedule free appointments with APPRISE program counselors to get information about Medicare and other insurance plans.

“The needs of our members are just as special and diverse as the members themselves,” Hel-

mandollar said. “Aging at Home allows seniors to access the services and supports that they need to ensure a high quality of life. What makes the program so unique is that it works



in coordination with the municipalities where our members live so that they are more engaged in the community.”

The annual membership cost is \$35 to join and a discount is provided if the senior is already a member at Friendship Circle or Schoolhouse Center. Adults over the age of 60 are encouraged to call the program at 484-534-2201 if they have any questions or would like to become an Aging at Home member. As the program grows in Delaware County, additional volunteers are needed as well. Those interested in serving as a volunteer are encouraged to call. The program is especially interested in volunteer drivers and handymen.



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600 Swarthmore Avenue
Folsom, PA 19033

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

Distance Makes the Heart Grow Fonder

By Arthur Weisfeld



Last month was pretty interesting. My wife Virginia traveled to China with a group of students and faculty from Widener University. Virginia's clinical psychology group was doing some staff training at a facility called Love Manor, which is one of China's larger orphanages. She was out of the country for two weeks visiting Beijing, Chongqing, and Shanghai. I might say, "lucky her," but for myself, I was glad not to have to endure the rigors of travel (such as the 13-hour plane trip and the endless waits in airport security lines). Virginia talked about the air quality in the big cities and how many people have resorted to wearing masks every time they leave the house. In fact, Virginia adopted this practice and found it was quite unpleasant once the thermometer crossed 85 degrees. She also noted that crossing the streets in China is pretty daunting with low regard for traffic rules by motorists. To her surprise, impatient motor bikers would without warning come up onto the sidewalk if they encountered an impediment on

the road. Nonetheless, she assured me that China—the oldest continuous civilization—offers the tourist an amazingly rich experience.

Meanwhile, I was back at home trying to keep everything going. Our daughter Gabi had just returned home from college. Those of you who have had the experience of a college student returning for the summer know that a bit of a shakedown period exists in which everyone adjusts to the new situation. No family home is likely to be as loose in regulations as a college environment. We like to know where our loved ones are and better yet, when they plan to return. College students sometimes strain to provide this information. By the time Virginia returned, Gabi and I quite understood one another, but it was a process.

And, of course, the dog saw no reason to cooperate during this period. She developed a "hot spot," scratched it incessantly, and refused to permit the application of medication. Even threats of the placement of a medical collar on her did not persuade her to yield to my interventions. She's a very stubborn girl!

If contending with the absence of a spouse for two weeks is challenging, I am thinking how



much more daunting it is to do so when that spouse is absent through sickness or worse. A common reaction for those trying to assume new responsibilities that one's spouse once performed is, "I can't believe my partner did so much!" One thing I found helpful during my brief period of solo parenting and house managing was meeting with friends and seeking their advice and yes, sympathy. I think the same strategy can apply in dealing with more extended and deeper losses.

We did get through, and perhaps are stronger for Virginia's mini-sabbatical. Nonetheless, I must say: I'm glad to have my wife home.

Schoolhouse Garden Club

The Schoolhouse Community Center Garden Club continues to grow! Members dig in the dirt, pull weeds, trim shrubs, pick the best plants and plant them in an appealing design. The club includes a team of Master Gardeners: Thom Mrazik, Barbara Meahl, Bev Miller and Brenda Troutman from the Penn State Extension Master Gardeners program. Please call Schoolhouse at 610-237-8100 if you'd like to join.



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SCS Management Staff

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 APPRISE Program Manager: Glenda A. Radical
 Center Without Walls Coordinator: Farah Esfahani
 Cognitive Stimulation Program Manager: Dorothy Darragh
 Director of Advancement: Lydia Messinger
 FCSP Program Manager: Debbie Templeton
 Fiscal Officer: Robyn Cashwell
 Hearing Discovery Coordinator: Donna Schumacher

Summer Speakers and Programs

By Donna Schumacher, HDC Coordinator



I am happy to let everyone know that with the help of Caitlin Boyle, a wonderful intern/student/volunteer Michelle O'Brien sent my way, the Delaware County Chapter of the Hearing Loss Association has been revived and we have secured 3 speakers and 3 programs for this summer.

The first program was presented by the Bureau of the Blind and by Caitlin Boyle on June 20. The program included a presentation by the bureau on how to obtain help with hearing needs through the state (normally, this is dependent upon your visual needs primarily). Caitlin did massive research on the types of hearing aids and also the various types of funding sources to help pay for those aids.

Our next program is scheduled for July 12 at 1:15 p.m. Telecommunication Device Distribution Program (TDDP) Community Education Shenice Evans from PA's Initiative on Assistive Technology at Temple University will be on hand to discuss:

- Specialized landline phones
- Wireless Pilot information
- Wireless technology to make and receive call
- Assistive listening devices
- What is and how to use the lending library

In August, we hope to have a representative from the organization "Dog for the Deaf" who will tell us about this wonderful organization which obtains, trains, and places these special service dogs with individuals who are hearing impaired. We hope to be lucky enough to also have an actual hearing dog with us who will give a demonstration on the wonderful ways these dogs act as "ears." We don't have a date for this program as we go to press.

We (actually Caitie) are in the process of also having a representative from Cochlear America present a program cochlear implants – what they are, who is eligible, what they (the implants) do, cost, etc. It should be a very informative program, just like all of the other programs we have planned for the summer.

After being so quiet for more than a year – I want to publicly, warmly, and personally thank Caitie for jumping right in there and bringing excellent programs on the topic of hearing loss. I will absolutely miss her.

Volunteer Profile: Margaret Johnson

By Michele O'Brien

A common thread among SCS volunteers is that they love to help others. Most volunteers have been raised in a culture of volunteering from a very young age. This month's featured volunteer, Margaret Johnson, from our Chester Senior Center is certainly no exception.

Margaret first visited the center when her sister-in-law was a Goodwill worker at the center. Margaret had just retired, after 35 years, as a case worker from the Department of Public Welfare. Initially, Margaret just attended the center for exercise classes.



"I would just come in for the class and then leave. People used to call me the exercise lady," she said. "That is when I decided to start staying, and once I started spending more time in the center, I came to love it. The people here are so vibrant and engaging. I have learned so many beneficial things."

Margaret is an Ambassador at the center. She greets potential new members and introduces them to the center. Margaret also helps out with "whatever needs to be done." She helps distribute meals, cleans up, answers the phones, and helps with games. Margaret is also a volunteer with the Keeping In Touch (KIT) program. Margaret calls her "buddy" twice a month to help keep the member connected to the outside world.

Margaret said she has always volunteered and it was instilled by her parents.

"I was raised that way and volunteering is something that I have always done," she said. "I have volunteered for so long-it's just something I do."

Margaret was born and raised in Chester. She is the proud mother of a daughter and has two grandsons. She also raised her sister's five children and is part of a very large family.

"Once you come to the center, it just draws you in. You feel so welcomed. You will want to be involved," she said. "There are so many educational programs and trips. If you come here, something will draw you in."

If you are interested in volunteering with Senior Community Services please contact me at: 484-496-2149 or MOBrien@scs-delco.org.

How Your Dollars Make a Difference

By Lydia Messinger, Director of Development

With the support of generous donors, Senior Community Services is able to help older adults remain healthier, more active, and more independent than ever before. Individuals, foundations, community organizations, and businesses come together to support SCS each year, making the programs possible.

As we approach our 40th anniversary next year, we are working hard to continually develop and improve upon a comprehensive, coordinated, and accessible system of direct services and programs responsive to your needs and the needs of older adults across the county. We truly could not provide four nationally accredited senior centers, and the abundance of programs directly serving the aging population across the county, if it were not for the amazing support of our donors!

For too many people, growing older means giving up the self-sufficient lifestyle they've always enjoyed. At Senior Community Services, we're working together to change that.

For donors, partnering with Senior Community Services means they are enhancing lives, preserving dignity, presenting choices, and directly impacting thousands of older adults across Delaware County. Last year, SCS' programming supported and assisted more than 16,000 older adults.

Preserving SCS as a resource and pillar in the community is a priority. We want to always be here for the older adults in our community. We want to always be here for YOU!

Every dollar, big or small, truly makes a great impact.

For more information on how to become a donor (now or in the future) please contact me at 484-496-2142 or LMessinger@scs-delco.org.



Aging at Home Does Right by its Members

By Christine Helmandollar, Director



Irene Cobble joined the Aging at Home Program about a year ago to take advantage of its partner list and connect with a reliable roofer. Her roof was repaired at a fair price and she was satisfied with the job once it was completed.

“It was a pleasure to learn of a safe roofer in the area that I could trust,” she said.

Cobble said receiving a recommendation for a reliable roofer gave her peace of mind, particularly after she recently had a terrible experience after her husband passed away.

Cobble’s husband of 47 years died in April of 2015. She paid a company over \$4,300 for the installation of his tombstone in August. A couple of months passed and Cobble did not hear from the company. Her phone calls were unreturned and the job went unfinished.

“It is personal and something that is difficult to discuss with others,” she said.

Feeling let down and unsure of where to turn, she reached out to Aging at Home for help. After having a positive experience with her roof, Cobble felt safe and secure turning to the program. Aging at Home partners with both local and safe businesses to do jobs around the house. The program also reaches out to organizations that help with other services. The Aging at Home staff reached out to the Legal Aid of Southeastern Pennsylvania located in Chester about Cobble’s situation. They were happy to take the case and assist in resolving the matter. The case is ongoing and as a result Cobble feels relieved.

“There is a sense of support that you are not alone,” she said.

The Aging at Home Partner List continues to grow and serve members’ needs. Currently there are more than 55 partners with the Aging at Home Program to help seniors accomplish tasks that help older adults remain living in their homes. I encourage you to join the program to take advantage of the discounted and vetted services. To join the Aging at Home Program at a \$35 annual membership fee, please call the office at 484-534-2201.

Like Mother, Like Daughter

By Emily Hyde, Care Management Intern

Emily Hyde is a junior at the University of Delaware majoring in human services. Her mother, Mara Hyde, has worked at SCS for 28 years as a supervisor.

It wasn’t until I entered college and was faced with the grueling and somewhat torturous decision of choosing a major that I understood and appreciated the magnitude of my mother’s work. Growing up, I remember asking my mom nearly a million times “What do you again?” “Where do you work?” For some reason, explaining to a 10-year-old what a social worker is, isn’t exactly the easiest task. I eventually settled on telling my friends that my mom helped others for a living.

As I got older, I began to understand what exactly it was that my mom did, and how much of an impact she really did have on others. After my first year of college, I was running out of time to choose a major, and I decided to look within and figure out what my true passion was. What was it that I really wanted to spend the rest of my life doing? The answer: helping others, just like my mom. I knew that if I could spend my life working to improve the lives of others in some way, that I would be successful.

As I follow in my mom’s footsteps, what better way to get my feet wet in the field of social work than to intern at Senior Community Services. I am completing a short, but incredibly educational internship at SCS and this experience is a daily reminder of why I chose the path that I did. Every day I gain greater appreciation for the work my mom has dedicated her life to, and I am so excited to spend my life doing the same.

There is no doubt that my mom is thrilled to watch me follow in her footsteps, especially since she emphasized early on that I was free to choose whichever path I felt best fit my interests and skills. Although she encouraged me to do anything I wanted, my mom has told me she had a feeling since I was 3 years old, spending my recesses comforting my peers who were crying on the playground, that I would do something helping others.

Maybe there really is an undiscovered “helping gene” passed on from mothers to daughters.



SCS Art Show Offers “A Palette of Passions”

By Farah Esfahani, CWW Coordinator



“A Palette of Passions” is the theme of Senior Community Services (SCS) 12th Annual Art Show. This popular exhibition will be on view at Delaware County Community College Art Gallery from July 13 through August 10. The opening reception will be held on Wednesday, July 13 from 4 to 7 p.m. The exhibition will showcase and honor the impressive art works of creative and vibrant older adults who participated in Center for Life Long Learning art classes during 2015-2016. The show gives SCS art students and instructors an opportunity to display their beautiful art creations and to inspire others by their extraordinary talents. The media on display include watercolor and oil painting, drawing, ceramics, woodworking, and jewelry making. Senior Community Services cordially invites all the art instructors, artists, their families, and friends to attend the art show, as well as members of the community.

Center Without Walls (CWW) presently offers six art classes at Aston, Brookhaven, and Concord townships. The last two semesters 75 people participated in CWW art classes. Many of them take two to three classes in different locations. The success of CWW art classes are mostly attributed to our dedicated instructors, Helen Baur, Agnes Bakow, Anne Dempsey, and Marie Gilligan. They inspire their students and enable them to explore their passion for art. They ensure that the art students are encouraged and challenged to reach their potential.

This is the eighth year that SCS will host the Annual Art show at Delaware County Community College. On behalf of SCS, I wish to extend our thanks to Caitlin Flaherty, assistant to the Dean for Art Programming, and gallery director at DCCC, for all her efforts to accommodate the SCS Art Show at their facility.

Please contact me at (484) 496-2143 or fesfahani@scs-delco.org if you have any questions about the Art Show, CWW art classes and CWW programs.

Ahhh Summertime!

By Dorothy Darragh, Cognitive Stimulation Program Manager

A time to sit back and enjoy the sunshine and reminisce:

A trip to **Colonial Williamsburg** to learn about early America.

As a child and/or parent did you go to **The Fair** to enjoy the warm weather, the produce of the season, horse rides, eating ice cream, pretzels, funnel cake, and more?

Was going to **The Farm** a summer treat – seeing what the farmer planted, the cows, chicken, horses, and other animals?

Friendship is Golden is shared when sitting around on a beautiful sunny day remembering good time together.

As **grandparents** enjoy being with grandchildren and engaging in **Games & Recreation** and share with each other **My Favorite Things**.

Kits are available to be used at the Senior Community Services centers, nursing homes, residential communities, or one-on-one with homebound clients to name a few options. For more information, contact me at 484-496-2144 or at ddarragh@scs-delco.org.

Saying “No” to Caregiving

By Diana Twisler, Program Manager

There are many reasons and ways to say no to caregiving. Saying “no” does not have to be negative. It could mean that the caregiver needs a break or needs to think things through because the current plan of care needs to change. It is important for the caregiver to have healthy emotional boundaries so they can distinguish what their loved one needs are and what they are able to provide. Having a discussion between the caregiver and their loved one will let each of them express any concerns and understand that there are some limitations. Most caregivers do not address the limits of their caregiving until they are already fully caring for someone and realize that it may be too much for them. Here are 5 key steps to setting emotional limits:

- The caregiver must admit that the situation needs to change.
- The caregiver must reconsider personal beliefs regarding what it means to be a good caregiver.
- The caregiver needs to identify a support system of family, friends, and professionals that can provide guidance.
- The caregiver must develop a way to discuss boundaries.
- The caregiver must allow their loved one time to react and express their feeling about any changes with their care.

A support group is also a very good way for the caregiver to express any feelings of anger, frustration or sadness with other people who are experiencing similar situations. If a caregiver keeps these emotions inside the emotions may come out when there is a tense situation between the caregiver and their loved one. The best time to discuss any changes to a person’s care is when the situation is calm and the caregiver and their loved one can think things through and make decisions. Making changes can be difficult, but sometimes it is necessary. It is important for the caregiver and their loved one to maintain a decent relationship through this process. The best way to make changes is to start off with small steps toward a bigger change so everyone can take their time adapting to the new situation.

Source: *Caregiver.com*

Free Medicare Preventive Services

By Glenda A. Radical, APPRISE Program Manager



Did you know that your Medicare insurance offers free Medicare services?

The free Medicare services are called “preventive services.” The 24 Medicare preventive services that are free to Medicare beneficiaries are a combination of counseling services, tests, screenings, flu shots, therapy services and welcome and yearly wellness visits.

A few of the free Medicare preventive services are: alcohol misuse screening and counseling, cervical and vaginal cancer screenings, diabetes screenings, glaucoma tests, medical nutrition therapy services, obesity screening and counseling, sexually transmitted infections (STI) screening and counseling, and smoking and tobacco-use cessation counseling.

Without Medicare insurance, an individual would have to pay quite a bit of money for these tests and screenings, but Medicare offers these services at NO COST to the Medicare beneficiary.

More information about these free Medicare preventive services can be found in a book called “Your Guide to Medicare Preventive Services” (CMS Product/Booklet Number 10110). In addition, you may also find these free preventive services in the “2016 Medicare and You Book” on pages 43 to 64. Wherever you see a “Blue Apple” the service is a free Medicare preventive service and the Medicare beneficiary will not be charged for the service if recommended and prescribed by a primary care doctor or in a primary care setting, if the doctor accepts Medicare.

If you would like a copy of “Your Guide to Medicare Preventive Services” or the “2016 Medicare and You Book” you may call me at the Delaware County APPRISE office at 484 494-3769.

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

Pencil Drawing and Watercolor Art **Mondays from 12:30-2 p.m.**

Chester
Cost: \$5

All are invited to come and learn the basics of pencil and water color. Enhance your artistic abilities using various media.

Watercolor Painting-New Session Just Started

Wednesdays – 1:45-3:45 p.m.
Cost: \$50/10-week session
Schoolhouse

Beginner through advanced students welcome. The instructor will focus on individual needs as she teaches approaches and techniques. [Session began 6/29]

Woodcarvers **Mondays at 12 noon** **Schoolhouse**

Members create extraordinary art from wood.

Sewing **Fridays from 10 a.m. – 1 p.m.** **Chester**

Learn to create your own beautiful works! Beginners to advanced sewers are welcome.

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 welcome, too.

Basic Drawing **Wednesdays from 9:30-11:30 a.m.** **Cost: \$5/class – Pay the instructor, Mary Ash** **Schoolhouse**

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

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 or you may bring your own.

Mosaic Workshops **Thursdays**

Beginner: 2-5 p.m.
Advance/Intermediate 6-9 p.m.
(14 hours of instruction over 5-weeks)
Cost: \$84/5-week session.
Material fee: \$30 additional
Schoolhouse

Instructor Carol Shelkin will introduce all styles of mosaics for indoor & outdoor use. Next session begins July 28 and ends August 25.

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 \$3/per class.

➤ DISCUSSION GROUPS

Ladies Discussion Group **Monday July 5 & August 1 at 10 a.m.** **Chester**

Enjoy a soothing cup of tea over ladies talk~ you never know where the discussion will go!

SOK (Share our Knowledge) **1st and 3rd Wednesdays at 10 a.m.** **Schoolhouse**

Members share experience/knowledge on many topics including battles, boats, stamps, and trains. Join in and expand your horizon.

Kitchen Table Stories **Fourth Thursday at 10 a.m.** **Schoolhouse**

This fun, ongoing program encourages you to tell your favorite stories from all stages of your life. Marian Mullahy facilitates.

Book Club **Wednesday, July 20, August 17 at 12:30 p.m.** **Chester**

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

Book Club **Second Tuesday of Each Month at 10:30 a.m.** **Friendship Circle**

Attend discussions about bestsellers. Books are distributed and collected each month. Instructor: Diane Tinucci

Current Events Discussion Group **First Wednesday of each month at 9:30 a.m.** **Friendship Circle**

From politics to breaking news – we never know where these lively discussions will take us. Bring your own newspaper article or tell us about a news clip you recently listened to. Light refreshments are included. Discussion led by Donna Schumacher

What's New(s) **2nd & 4th Wednesdays – 10:15 a.m.** **Schoolhouse**

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

➤ FITNESS

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 uses mats, weights and other equipment. Private personal training and fitness sessions are available after each class for a nominal fee.

Cardio Fitness **Fridays at 10:30 a.m.** **Members: \$1 per class** **Non-members: \$3 per class** **Friendship Circle**

Enjoy line dancing to increase your heart rate. There is a cool down exercise for 10 minutes and then we'll conclude with muscle toning using weights. Instructor: Annette William

Sit and Get Fit **Mondays at 10:30 a.m.** **Members: \$1 per class** **Non-members: \$3 per class** **Friendship Circle**

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

Line Dance Classes **Thursdays at 1 p.m.** **Chester**

Come and learn the latest line dances while having fun and exercising.

Soul Line Dance **Mondays, 6:30-8:30 p.m.** **\$5 per class** **Friendship Circle**

Simply choreographed popular line dances set to soul and jazz music. A good cardio exercise that is so fun! Instructor: Angela Smith

...More Highlights

Line Dance

Tuesdays at 2:30 p.m.

Cost: \$1 per session

Schoolhouse

Tony “Boot Scooter” leads line-dancers in current and not so old dances.

Aqua Easy

M/W/F: 9 to 9:30 a.m. (3x/week for 7 weeks)

Cost: \$70

Wednesdays: 1-1:45 p.m.

Cost \$35/7-week session

Schoolhouse

Easy to follow, low-impact exercise performed in the shallow end of Ridley’s YMCA pool (900 South Ave., Secane). No “Y” membership needed.

Aqua Jogging

M/W/F: 9:30-10 a.m.

Cost: \$70/7 weeks

Schoolhouse

Held in the pool’s deep end with buoyancy belts. Exercises are aimed to improve range of motion and strengthen muscles. Class held at the Ridley YMCA (900 South Avenue in Secane). No “Y” Membership needed.

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.

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.

Yoga

Tuesdays at 9 a.m.

Cost: \$40 for 10-week session

Schoolhouse

Yoga promotes strength, flexibility, balance and focus. Instructor Dotti Greg is a licensed physical therapist.

Sit & Get Fit

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

Chester

Monday, Tuesday, and Thursday at 10 a.m.

Schoolhouse

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

Personal Trainer Sessions

Tuesdays by appointment ~ 6 to 8 p.m.

Cost: \$25 per session

Chester

Enjoy one-on-one fitness sessions with a certified personal trainer. The trainer will work on your problem areas and design an individual workout plan to fit your needs.

Tap Dancing

Wednesdays 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.

Gospel Aerobics

July 13, 19, August 11, 17, 23, and 31 at 10 a.m.

Chester

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

Chair Yoga

Wednesdays at 11 a.m.

No class July 6 & 13

Chester

Wednesdays at 3:15 p.m.

Cost: \$35 for 10 weeks or \$4 per class

Schoolhouse

Get the full benefits of yoga (strength & flexibility) without the difficulty of reclining or returning from the floor.

➤ GAMES

Mah Jongg

Tuesdays at 12:30 p.m.

Schoolhouse

A Chinese tile game where four players try for the right combinations to win.

Pinochle

Mondays at 12 p.m. and Wednesdays and

Fridays at 8:30 a.m.

Schoolhouse

There’s a place at the table for you in this spirited play. Even if all the tables are full when you arrive, it does not take long for a spot opens up.

Pinochle Tournament

Monday, July 18 at 12:15 p.m.

Monday, August 15 at 12:15 p.m.

Cost: \$5 entry fee

Schoolhouse

Playing the hand you’re dealt may lead to becoming as a cash winner.

➤ HEALTH AND WELLNESS

Just Say Yes—Healthy Eating

Wednesday, July 27 & August 24 at 12:30 p.m.

Chester

July Topic: “Healthy Beverages/Demo: Strawberry Lemonade”

August Topic: “Physical Activity/Demo: Apricot Salsa”

Nutrition Talk w/ Cooking Demo

Fourth Tuesday at 12:15 p.m.

Schoolhouse

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

Chiropractor Services

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

12:30 p.m.

Chester

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.

➤ RELIGION

Bible Study

2nd & 4th Tuesdays from 6-7:30 p.m.

Chester

Share in the knowledge of life in the word of God. Join Pastor Allen Jones in this inspirational study group!

Summer Bible Study

Thursdays, June 9-August 11 at 10 a.m.

Friendship Circle

This is a non-denominational forum. All are welcome. During this 10-week course, students will study the “Book of Esther.” Bible, dictionary, notebook, pen or pencil is required. Instructor: Rev. Yolanda R. Hughes, Esquire

➤ TECHNOLOGY

Electronic Club

Tuesday, Wednesday, Thursday from 10:30

a.m. – 2 p.m.

Chester

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

Chester Chatter



Taking our Gardening to the Next Level!

We've mastered indoor flower and herb pots and learned about new varieties of vegetables and fruits from local gardeners. We have cultivated community garden plots for a number of years and greatly improved our front landscape. So... now what?

Thanks to the planning and work of local Eagle Scout Andrew Mackey, we have two brand-new raised garden beds in our side yard! Our center gardeners are growing tomatoes, peppers, cucumbers, and more for all to enjoy! We are grateful to Andrew as well as Aetna/Coventry Health Care for funding the project. So, all hands on deck! If you are interested in helping with the garden please see Mr. Ola or Jamee. I can't wait to see and taste the fruits of our labor!

Chester Travelers

Midway – Harrington Casino

July 27 and August 31 at 9 a.m.

Includes transportation, free luncheon buffet, and \$10 coin bonus! Cost: \$25

Motown Showdown in Atlantic City – July 11

Cost: \$40 members/\$45 non-members

Family Fun Day in Wildwood, NJ – August 8

Cost: \$30 adults/\$20 children 12 and under

Spirit of Philadelphia Bingo Cruise

August 19

Cost: \$70

Ocean City, Maryland – Aug. 29-September 2

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

Columbus Flea Market – September 10

Cost: \$40 members/\$50 non-members

Myrtle Beach, Savannah and the Holy Land, FL
September 17-25

Cost: \$1,010 members/\$1,040 non-members

Finger Lakes, New York – Sept. 26-28

Cost: \$400 members/\$425 non-members

Cape Cod & Martha's Vineyard

African American Heritage Tour

October 3-7

Cost: \$640 members/\$670 non-members

Penn's Landing Playhouse Theater

Featuring Maurice Hines: "Tappin Thru Life"
October 7

Includes transportation, fine dining at

La Veranda Restaurant, live show, tips

Cost: \$130 members/\$140 non-members

National Museum of African American History
& Culture, Washington, DC – Sat., October 29

Please contact Theresa or Jean at Episcopal
Place at Park Row—610-872-0100 for this trip
ONLY!

Cost: \$70. Includes transportation, lunch at
Carmine's restaurant and museum admission

July and August Special Events!

Ask the Pharmacist

Be medication safe! Bring in your prescription medications, vitamins, supplements or a list that includes the name, frequency, use, and dosage, and a local pharmacist will complete an on-site review of your current medications. Participants will also receive educational materials and giveaways! This event, sponsored by Independence Blue Cross, will be held on July 13 at 10:30 a.m.

Christmas in July Crafting Party!

Stay tuned for the hottest crafting party in town! Gear up for the holidays by making your own personalized Christmas card, gift bag, and tag. Receive expert instruction from station to station, enjoy delicious fare and wine as you craft the night away. Date, cost and other details to be announced!

Bowling Party at Conchester Lanes

Calling all bowlers for the first Chester Senior Center Bowling Outing! Bowl the highest score with us on Friday, July 15 from 11:30 a.m. – 1 p.m. The cost is \$18 and includes bowling shoes, an hour and a half of unlimited bowling games and unlimited pizza! Transportation is available at an additional cost. Please sign up at the front desk.

Summer Picnic

Nobody does a picnic like Chester Senior Center! Join us to celebrate the close of summer with food, music, dancing, door prizes, and fun! Come ready to eat and have fun on Friday, August 26 from 11 a.m. – 2 p.m. Please sign up at the front desk to attend. This event, sponsored by Harrah's Philadelphia Casino, is free for members of the Chester Senior Center and \$5 for non-members.

Senior Centers...So Much to Offer!

By Sarah Dermigny, Health Promotion Intern

There is a common misconception when it comes to the term "senior center." While we do love playing bingo (and we get competitive), we aren't a the run-of-the mill center. Why sit at home? It is time to change the stigma surrounding senior centers. Here we play games, have lectures, work out, dabble in the arts, and have so many opportunities to learn and socialize with friends and neighbors.

Here at the center, we believe that exercise is important for the mind, body, and soul. Did you know that the recommended amount of exercise for people aged 65 years and older is about 2 1/2 hours per week? Even with a limiting health condition, you should (and can) still exercise! If you do have a limiting condition, your recommended amount of exercise from the CDC is about 1 hour per week. Regular physical activity can improve your quality of life and even reduce your risk of developing other health conditions. Some of the exercises we provide here include Chair Yoga, Sit and Get Fit, Gospel Aerobics, the morning Walking Club, Zumba, Tap Dancing, Line Dancing, and more! Older adults who exercise 3 or more days a week can improve their balance and prevent falls, build strength, and encourage mind stimulation- all while having fun!

No matter which activity you participate in, you will be enriching your life. There is nothing you cannot do or achieve, and here at the center, you have a great support system to help you get active and stay well!

Reference: How much physical activity do older adults need? (2015, June 04). Retrieved May 20, 2016, from http://www.cdc.gov/physicalactivity/basics/older_adults/



July & August Birthday Celebrations Fridays, July 29 & August 26 at 11 a.m.

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

Friendship Facts



Summer has finally arrived! I am hopeful that the soaking rain we had during the entire month of May has finally retreated and we can start to enjoy this beautiful weather. Now that the sun is shining bright, beat the heat by joining the fun at Friendship Circle with these great summer classes and programs:

- Friendship Circle Walking Club – Wednesdays at 9:15 a.m. Meet in the lobby for a short warm-up and stretch and join us for a 30-minute walk around the center and parking lot.
- Basic Computer Training – Tuesdays, July 5-26 at 10 a.m. \$20 members/\$30 non-members
- Beyond Basic Computer Training – Tuesdays, July 5-26, 11:15 a.m. \$20 members/\$30 non-members
- Men's Recognition Breakfast and Educational Program – June 23rd at 9 a.m. Dedicated to the men in our community. Staff from Mercy Fitzgerald's physical and occupational health departments will present an educational program on keeping healthy during the summer months. Continental breakfast and door prizes! Free for members/\$2 guests and non-members
- Oil painting with Marie Gilligan – Mondays, August 1-29 at 1 p.m. \$25 members/\$30 non-members
- Karaoke – Second Monday of each month at 1 p.m. Take turns singing popular songs over recorded music. Choose a song from one of our CDs and lead the group in your rendition or just sing along. No cost.
- Christmas in July – Monday, July 25, 10 a.m.-1 p.m. Boutique sale, vendors, cookie walk

For more information on these programs and to register, please contact Donna Schumacher, program coordinator at dschumacher@scs-delco.org or 484-534-2033.

Log onto SCS' website: www.scs-delco.org to view our monthly activity calendar as well as our nutritious and delicious lunch menu options.

Friendship Outings

Fort Mifflin Revolutionary War Re-enactment Saturday, July 16

Leave Center: 10:30 a.m.

Return: 3:30 p.m.

The Revolutionary War comes to life at Fort Mifflin with a living history encampment including soldiers and musket drills, battlefield medicine demonstrations, artillery demonstrations, hearth cooking, and scavenger hunt. Explore military justice at a "live" court martial. Cost: \$20 (includes ticket, transportation and driver gratuity)

Ivyland and New Hope Family Dinner Train Sunday, September 25

Leave the center at 4 p.m., board train at 7 p.m., depart for home at 9:30 p.m. (approximate).

Ride the rails in first class comfort while spending quality time with your family. Enjoy dinner while appreciating the rolling scenery provided by the Bucks County countryside.

Cost: \$65. (Includes one-hour round trip train ride to Lahaska, PA with three course Italian dinner. All taxes, tips, gratuities, and transportation.

Peddler's Village (Bucks County, PA) "Breakfast, Bingo and Fashions"

When: Thursday, October 13

Leave Center: 7 a.m. Return: 4 p.m.

Friendship Circle's Garden is Open!

Thanks to our amazing Garden Club, we are anxiously watching zucchini, cucumbers, egg-plant, peas, tomatoes, peppers, collards, okra, and a variety of herbs. Our garden volunteers have put a lot of TLC into the garden since planting in May but more help is needed. Assistance with watering, weeding, picking, and bagging up our veggies and herbs for our members to enjoy would be greatly appreciated. Please see Donna Schumacher to officially join this wonderful group of volunteers.

Stop by the center over the summer months to purchase these fresh, healthy, delicious vegetable and herbs for a phenomenally low price.

End of Summer BBQ: Friday, Aug. 26th
Lunch Served at 12 p.m.
\$2 per person. Door Prizes & 50/50

Sunshine Wishes

Rosemarie Gantz, John Gantz, Esther Booker, Noreen Coary, Doris Taraba

Round trip deluxe bus transportation, a buffet breakfast at the Cock 'n Bull Restaurant, 10 BINGO games, fashion show, and door prizes. Freelance shopping and tours if you choose.

Cost: \$50

*\$25 non-refundable deposit due by August 1

Holiday Lights at Longwood Gardens Thursday, December 1

We'll stop at Hank's Place on the way for lunch and then we'll enjoy the light shows and displays at the garden from 4-8 p.m.

Cost: \$65 (includes transportation, entrance to Longwood, lunch, taxes, tips, and gratuities)

*\$35 non-refundable deposit due August 1

A Hershey Christmas

When: Monday, December 19

Leave the Center at 8:45 a.m.

Return to Center by 8 p.m.

Cost: \$85 (includes all taxes and tips except driver)

*\$50 non-refundable deposit due August 26

Enjoy a 2-hour guided tour of Hershey, Yuletide luncheon buffet at Hotel Hershey, admission to Hershey Sweet Lights Drive Through, and 1-hour free time in Chocolate World.

For more trip information, contact Donna Schumacher at 484-534-2033 or dschumacher@scs-delco.org

PRODUCE VOUCHERS ARE HERE!

Available at Friendship Circle on Fridays
(While supplies last)

9 a.m.-1 p.m.

*Eligible recipients must be 60 years of age or older, reside in Delaware County, meet state income guidelines, and provide a photo ID to receive the \$20 voucher.

*Proxy forms are available for those who are picking up a voucher for another person.

*See center staff for a list of participating farmers markets.

Thank You to John Heinz National Wildlife Refuge

Friendship Circle and Good Neighbor teamed up for a walk through the John Heinz National Wildlife Refuge in June. Our members enjoyed the fresh air as they walked through the trails, observed the beauty of nature all around them, and topped off the day with a delicious catered meal. We look forward to many more fun adventures at John Heinz in the near future.

Joanne's Journal

Good Neighbor's Holistic Approach to a Healthier You

Has getting back in shape this time of year become a regular ritual for you? As soon as the warm weather breaks, do you pull out your summer wardrobe only to discover that the clothes that fit you last year are now too tight? Do you jokingly tell yourself, "Oh no, my clothes must have shrunk," knowing full well that every inch you pinch is a direct result of those scrumptious extra helpings you over indulged in during the winter months? So, what do you do to get back in shape? Well, if you're a member of Good Neighbor Senior Center, we have just the solution. From walking, to line dancing, to sit-down Zumba or stretching, we offer an array of options to help improve health, vigor, and vitality. Movement is the key and what's more practical and cost effective than walking? Beginning this summer, our walking club meets daily for move at your own pace community walks, mall walks inside the Springfield Mall, or nature walks at the Heinz National Wildlife Refuge.

In addition to helping us win the battle of the bulge, medical experts report that regularly walking, only 30 minutes a day, coupled with drinking plenty of water and eating a healthy diet, can help lower our risk for cardiovascular disease, curb diabetes, prevent some forms of cancer and even boost our memories! All other health benefits notwithstanding, given the fact that walking offers wide-ranging cognitive benefits should be reason enough to slip on our sneakers and get moving.

For those who still need a little extra motivation, we began the Good Neighbor Biggest Loser contest on June 29th. This 90-day self-directed weight loss challenge will continue through September 28th. The contest kicked off with a pep talk and each member's initial weigh-in. Members are followed up with a weekly weigh-in every Wednesday and their weight is recorded under a 3-character per-

sonal code, which each member selects to protect their privacy. While the first and final weigh-in is mandatory, weekly weigh-ins, though encouraged, are optional. Weekly weight tracking is regularly posted to motivate members to reach their goals. A fitness instructor is available several times throughout the contest to give exercise, stretching, eating, and healthy lifestyle tips. Biggest Loser participants are also encouraged to take part in Good Neighbor's walking club, line dancing, sit-down Zumba or stretching activities. The final weigh-in will take place on Wednesday, September 28th, and the first place winner will receive a 50-inch flat screen TV.

Another vital component of Good Neighbor's Healthier You initiative involves introducing healthier eating alternatives to our members. To augment their supply of healthy fruits and vegetables, members are encouraged to participate in the produce voucher program, which began at Good Neighbor on Monday, June 27th. To help members connect with outlets that accept the vouchers, we offer weekly trips to the Chester Farmers Market, Linvilla Orchards and the Ridley Park Farmers Market. Good Neighbor members also take part in a monthly Nutrition Talk/Cooking Demonstrations sponsored by the Penn State Extension Program. This initiative helps to tease members' palate to include fruits and vegetables they may not typically purchase, prepare or combine.

Getting Fiscally Fit is another vital component of Good Neighbor's Holistic Approach to a Healthier You. Living Well on a Fixed Income, our first presentation in this series, will take place on July 28th from 10 to 11:30 a.m. The second summer presentation, Your Changing Insurance Needs, will take place on August 25th from 10 to 11:30 a.m.

It is our hope that our new initiatives as well as our ongoing programs will help to add many more healthy years to your life and more life to your years.

SPECIAL EVENTS in July & August

- Food voucher distribution will take place on Mondays from 9 a.m. - 1 p.m.
- Biggest Loser Contest June 29th – September 28th
- Biggest Loser Weigh-ins every Wednesday 9 to 11 a.m.
- On July 29th, Good Neighbor's men will demonstrate that real men can cook during our Men's Cook-Off. Judges will determine first and second place prizes winners.
- Senior Community Services Art Show Reception, sponsored by Delaware County Community College on Wednesday, July 13th from 4 to 7 p.m.
- Monthly Birthday Party the 4th Friday of the month (July 22nd and August 26th) at 11:30 a.m.
- Living Well on a Fixed Income presentation will take place on July 28th from 10 to 11:30 a.m.
- Your Changing Insurance Needs presentation will take place on August 25th from 10 to 11:30 a.m.
- Personalized exercise and nutrition programs (dates to be announced)
- Meditation
- Healthier Eating
- Red Hatters Meeting Thursdays, July 28, and August 25 from 1 p.m. to 3:30 p.m.
- Devine Source (Healthy eating tips) Tuesdays, July 26, and August 30th from 10 a.m. to 12 p.m.

ALL TIME FAVORITES

- 9 a.m. — Walking Club - Monday – Friday
- 10 a.m. — Movie Monday - Refreshments are on the house!
- 11 a.m. — Pencil Drawing - Monday
- 11 a.m. — Men's Group - Monday
- 1 p.m. — Pinochle, Monday – Friday
- 1 p.m. — Pokeeno - Monday & Wednesday
- 9 a.m. — Bible Study – Tuesday
- 9:30 a.m. — Praise & Worship
- 11:15 a.m. — Sit Down Zumba - Tuesday
- 1 p.m. — Line Dancing - the 1st and 3rd Tuesdays of each month
- 9 a.m. — Breakfast Bingo - the 2nd Friday of each month, \$5 per person

Featured Activities, TRIPS and OUTINGS in July & August

- Thrift Store Hop - Friday, July 15th and Friday August 19th, from 9 a.m. to 2 p.m.
- Cow Town, Tuesday, July 26 and Tuesday August 30th 9 a.m. to 3 p.m. Enjoy a fun-filled day of thrift store shopping and shop till you drop. Wear walking shoes and comfortable clothes!
- Apprise (individual counseling): Thursday, July 21st and Thursday August 18th from 10 a.m. to 2 p.m.
- Spa Day Monday, July 25th and Monday August 29th from 1 p.m. to 3:30 p.m.

Kim's Korner



Dear Friends,

What a lovely spring we had and a nice start to the summer. In May we had our fundraiser at Bertucci's. We had 83 separate checks and we made \$213.33. Thank you so much for that support! In May we also had our Spring Fling, Garden Ready Day with our friends from Eaton Aerospace helping with the BBQ and treating us to an Ice Cream Social. Roz did a Victorian Tea, we went to Sight and Sound, and observed Memorial Day with the VFW.

This summer has its own treats in store with the SCS Annual Art Show on Wednesday, July 13 at the Delaware County Community College from 4-7 p.m. Please support our artists by attending. A good attendance will encourage them and seeing such inspired work is sure to feed your soul.

On July 21st Sayre has arranged for a book signing by Dr. Barry Jacobs, a good friend of Schoolhouse. His new book, *Meditation for Caregivers*, is full of hope and inspiration!

The very next day we leave for New England for a trip of scenery and boat rides, historic Salem and many wonderful experiences.

When you're not outside enjoying the warmer weather, we hope to see you at the center. Have a great summer!

Love,
Kim

A Special Thank You to:

- Emily Farrell, one of our mosaics students, who recently donated \$500 from her mother's memorial fund to be contributed to Schoolhouse. We appreciate Emily for thinking of us!
- The Advisory Council for all the hard work they did to give us such a fun party at the Spring Fling.
- The Master Gardeners and our gardening team for organizing the plant exchange, the plant clinic, and for giving us all a tomato or flower plant.
- Eaton Aerospace for helping with the BBQ and donating all the supplies for the Ice Cream Social.
- The Herbert Best VFW in Folsom for conducting our Memorial Day Service.
- The Advisory Council for treating all the veterans to lunch at our Memorial Day Observance.

Schoolhouse Trips

New England Tour (Cruise, Cruise, Cruise)
Fri., 7/22 -26 \$705 double /\$895 single – Islands, lighthouses and tall ships, 4 nights lodging, Thimble Island cruise, tour historic Salem, USS Constitution Museum, southern Maine tour, nature cruise, New Hampshire scenic coast, scenic railway, Gloucester, Boston, Foxwoods Casino, Tall Ships Adventure, 3 dinners, lobster bake, and brunch cruise.

Hunterdon Hills Playhouse Dinner Theater – Rock N Roll USA, Sat., Sept. 24 – 9:15 a.m. - 5:30p.m., \$84 Songs of Roy Orbison and American Longboards Band.

Dutch Apple Theatre "Anything Goes" 10/4 \$84. Delightful musical and meal.

Reykjavik, Iceland – Northern Lights trip 11/12-11/18, \$3249. DBL only. Geyser, Blue Lagoon, Northern Lights boat ride, stunning scenery. Hotel, air fare, and taxes included.

Organ Concert at Kimmel Center, \$80. With Grammy winner Paul Jacobs. Yannick conducts Respighi's *The Fountains of Rome*, Rouse's *Organ Concerto* and Saint-Saens *Symphony Number 3*. Transportation and orchestra level seats.

Christmas in Hershey, 12/12, \$88. See the magical town of Hershey decked out for the holidays including the chocolate factory with lunch at the Hershey Hotel. For information call Schoolhouse Center at 610-237-8100.

Heat Precautions – Know These Signs and Treatments for Your Own Safety!

Mild and Moderate Warning Signs Serious Signs of Heat Related Illness:

Mild: Decreased energy, slight loss of appetite, nausea, lightheadedness

Moderate: Heavy sweating, thirst, faintness, giddiness, headache, confusion

Treatment: Get person into cool place, give more fluids to drink, remove excess clothing, place cool cloth on back of the neck, rest

Heat Emergency: Throbbing headache, mental confusion, irritability, combativeness, rapid heartbeat, difficulty breathing, dry skin (no sweating), vomiting, diarrhea, muscle cramps, staggering

Treatment: Call 911. This is a medical emergency, the person needs to be treated in a hospital.

Remember to drink decaffeinated and non-alcoholic fluids. If you have fluid restrictions – check with your doctor. Do your lawn work or outdoor exercise in the morning or evening when it is cooler.

The fastest way to cool off is with a cool shower. If you start feeling overcome with heat when you are out and about, go into the bathroom, apply wet cold paper towels to the back of your neck and the insides of your wrists. Carry bottled water with you and drink it! On hot days, use our air conditioning, be safe and save on your electric bill!

Remember that you don't feel the heat the way you used to, but that doesn't mean you will not get into a heat emergency.

Sunshine Wishes to:

Gudrun Weinberg, Dee Trexler, Ann Copper, Anna Velardi, Ginny Schembs, Bob Jensen, Joan Lynn, Evelyn McElwee, and Jane Renshaw.

Condolences to:

Frank Alcaro and the Alcaro family and the friends and family of Rose Alcaro, Irene Siddons and John Morton.

Our profound thanks to the Alcaro family for designating that memorial donations be sent to Schoolhouse as well as contributing \$1000 to the center in memory of Rose.

Did You Know ...

- Schoolhouse has been nominated for best community garden with the Penn State Master Gardeners program.
- The Giant gift cards that Betty Schmucker sells are a fundraiser. For every \$100 in gift cards she sells, Giant donates \$5. It adds up! Consider getting Giant gift cards. It's an exact exchange. If you don't spend it all at once, the balance will be saved on the card for you to use the next time you are in.
- Produce vouchers have begun! They will be available every Friday from 9 to 11 a.m. while supplies last. You must be 60 years of age in 2016 and have a photo ID showing your age and Delaware County address. The closest farmers markets are in Ridley Park (Thursdays from 4-7) and Swarthmore on Saturday mornings.

HELP IS NOW AVAIBLE TO PAY FOR Your Medicare medical and prescription premiums. If you **qualify** y pay little to nothing.



Apply now!!!!!!!

The Medicare Savings Program/Medicare Buy In Program

The Medicare Savings Program pays for the Medicare “**Part B**” **Premium** each month. It could also pay for the **Co-pays** and **Deductibles not** paid by Original Medicare.

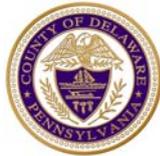
| PROGRAM | MONTHLY INCOME | ASSETS | |
|---------------------------------------|-------------------------------------|--|------------------|
| Medicare Saving Program - 2016 | | | |
| QMB | \$990- Single \$1,335 - Couple | \$7,280 - Single \$10,930 - Couple | Pays Part A& B |
| SLMB | \$1,188- Single \$1,602 - Couple | \$7,280 - Single \$10,930 - Couple | Pays Part B only |
| QI-1 | \$1,337- Single \$1,803 - Couple | \$7,280 - Single \$10, 930 - Couple | Pays Part B only |

Low Income Subsidy/Extra Help

Extra Help Program pays for the Medicare “**Part D**” Prescription Premium, and lowers Co-pays, and **may** eliminate the Coverage Gap.

| PROGRAM | MONTHLY INCOME | ASSETS |
|------------------------|--------------------------------------|--|
| Extra Help (LIS) -2016 | \$1,485 - Single \$2,003 - Couple | \$13,640 - Single \$27,250 - Couple |

If **you** think you qualify for these two programs call the Delaware County Apprise Program at **484 494-3769**. We can complete your application for these programs in your **home or by phone** you do not have to come into an office to apply. Call Now!!!!



“Funded in whole or part by a grant through the Administration for Community Living”
1.0 SCS United Way - 2.0 #00470

SCS in the News

SCS Executive Director Arthur Weisfeld was one of the special guests at the relocation and grand opening of Wawa’s first store, located in Folsom. The new store, located at MacDade Boulevard and Kedron Avenue, replaces the very first Wawa located at MacDade and Swarthmore Avenue.

In addition to joining in on the festivities and parade, Weisfeld was presented with a \$5,000 check from Wawa.

SCS also received a substantial grant from the Pennsylvania Department of Aging. The \$41,000 grant was given to the Chester Senior Center to help the agency replace the center’s air conditioning system, just in time for next summer.



Are you looking for a fulfilling volunteer opportunity helping local seniors?
The Aging at Home program is seeking volunteers, particularly handymen and drivers to assist seniors living the Greater Lansdowne and Ridley area.
Please call 484-534-2201 if you are interested.