

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



Retirement, Promotions, and New Opportunities Lead to Changes in SCS' Management Team

By Lynn O'Connor, Associate Director of Advancement

On October 24, 2019, friends, family, and co-workers gathered at Rolling Green Golf Club to celebrate the fruitful career of Trindy Grundy, who is retiring from her formal role as Director of Long Term Care and her informal role as deputy director of SCS. Executive director Arthur Weisfeld presented Grundy with an engraved clock to commemorate the valuable time and energy she gave to SCS. Weisfeld carefully picked the words "distinguished leader, constant professional, and passionate advocate," to capture the essence of Grundy's contribution to the agency and the inspiration she provided to colleagues.

Grundy came highly recommended from the Delaware County Office of Services for the Aging (COSA), SCS' closest partner. With no apparent heir to fill the critically important Director of Long Term Care position, COSA's leadership team knew Grundy would be the perfect fit. In the words of Arthur Weisfeld, "boy, were they right!" For the past 11 years, Grundy gracefully shepherded a team of care managers, supervisors, administrative staff, and volunteers through the ever-evolving realm of managed care and home-based services.

"There have been many, many, many changes over the years. What I can say is that it didn't matter what the change was. We accepted the challenges and succeeded in our adaptations to the change," said Grundy addressing her loved ones and cherished friends, "and when I say 'we' I'm referring to the loyal, faithful, and committed staff and volunteers who have helped me to be able to do this job."

The difference between Grundy's arrival at SCS and her retirement from the agency is that there is a loyal, faithful and committed "heir apparent" ready to fill Grundy's shoes. Debbie Templeton, current program manager of the Caregiver Support Program, began her work with SCS almost 20 years ago as an OPTIONS care manager. She has been working closely with Grundy in preparation for the transition. Templeton will soon lead the department that started her career.



Trindy Grundy and Debbie Templeton

"I'm excited about the opportunity to move into this role, the challenges it will bring, and the growth of the agency under my leadership. I'm excited to see where this will take me both professionally and personally," Templeton said, "but I know I have very big shoes to fill."

SCS has also made management changes on the senior center side of the agency, promoting Jamee Nowell-Smith, long-time director of Chester Senior Center, to associate director. Nowell-Smith has been the center director at Chester Senior Center for over 20 years, and has received multiple awards in the community, including the Senior Center Director of the Year award from Pennsylvania Association of Senior Centers, the NAACP's Anna Miller Freedom Award for Commu-

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Senior Centers Help People Who Live Alone Avoid Loneliness

By Arthur Weisfeld, Executive Director



Mrs. Green lost her husband six months ago and since that time has been overwhelmed by sadness. She and her husband had enjoyed a close relationship and many common pursuits.

For example, they took cross-country car trips visiting various relatives and discovering out-of-the-way haunts. When he died, Mrs. Green was astonished at how slowly the days passed. She did have a handful of engagements with the couples with whom they had socialized but could not prevent herself from feeling like a fifth wheel.

Her despondency became so great that she consulted a therapist. She reported to her that she had nothing in life to anticipate happily save for her occasional visits with her out-of-town children and grandchildren. The therapist talked about how natural were Mrs. Green's sadness over the loss of her husband and the void it left in her life. The therapist observed that while Mrs. Green's mourning of her husband

would go on for some time, the loneliness was a problem that she could address. She explored with Mrs. Green her interests and talents. Mrs. Green said that she had an interest in painting prior to her marriage but she let it languish as she became immersed in family activities. The therapist and she formed a plan that she would take a painting course. In exploring options, Mrs. Green learned that the most affordable option was at a local senior center several blocks from her home.

Mrs. Green felt considerable anxiety as she drove to the first class and entered the building. She worried that others would sense her apprehension. However, she was immediately reassured by seeing several individuals she had encountered in church and around town. Although she found the painting most enjoyable, what she came to value even more was the conversation she had with participants during the session. She was astonished that others had come to the center after contending with the same loneliness she had been experiencing. On one occasion, the class decided to go out to lunch at a nearby establishment after class. Ms. Green enjoyed all of the participants but experienced

a particular rapport with two women who had entered the class together. She was delighted, then, that they invited her to visit an exhibit at a local museum followed by drinks and hors d'oeuvres. The relationships developed and Ms. Green soon found that her weeks were studded by her engagements with these and eventually other individuals whom she met at the center. Her growing confidence enabled her to re-establish contact with the couples with whom she socialized when her husband was alive. They were more than happy to spend time with her.

At times, Ms. Green was still quite melancholy at the passing of her husband. Holidays and birthdays were particularly difficult. She longed for him to be present at their children's and grandchildren's important life events. But still, she saw her life as pleasurable and meaningful, and she looked forward to the future.

This story is fictional. However, it represents an amalgamation of many stories of individuals who have taken the first step in rebuilding their lives. If you know someone who needs to take that first step, please tell that person that Senior Community Services is waiting for his or her call.

LONG TERM CARE AND CARE MANAGEMENT

SCS Expands Caregiver Support Program to Include Grandparents Raising Grandchildren

By Lynn O'Connor, Associate Director of Advancement

Over the last several years, opioid addiction, mental illness, and other social problems have led to an increase in the number of grandparents raising their grandchildren. Studies estimate that between 5% and 7.5% of children under the age of 18 are being raised by grandparents or other relatives. Many of us know friends or family members who have taken responsibility for the basic needs of their grandchildren and are familiar with the daunting financial, physical and emotional toll people experience when providing care for young children later in life.

Research shows that more than 20% of grandparents raising their grandchildren have incomes below the federal poverty level, which is \$12,490 for a one-person household or \$16,910 for a two-person household this year. Fortunately, the federal government provides financial assistance to qualified old-

er adults raising their grandchildren.

SCS recently took on the role of managing Delaware County's grandparent assistance program as part of the agency's caregiver support program. SCS administers a federally-funded financial reimbursement program that helps grandparents with some of their caregiving and childrearing expenses. Reimbursement is capped at \$500 per household per month and varies based on the household income and the number of people in the household.

To qualify for the program, grandparents must be aged 55 or older and serving as the primary caregiver of a child or children aged 18 or under, grandparents and grandchildren must share a household in Delaware County and be related by blood, marriage or adoption, and the household must have low to moderate income.

Arthur Weisfeld, SCS' executive director, commented on SCS' role in assisting grandparents, "For many years, SCS has managed the caregiver financial reimbursement pro-



gram, so it was natural for us to agree to take on a similar role with regard to the grandparent assistance program. We want to help qualified county residents benefit from this assistance and encourage our constituents to refer people to our caregiver support program to see if they qualify."

If you are over the age of 55 and are raising a relative's child or you know someone who is, please contact SCS's Caregiver Support Program at (484) 540-0372 to see if they qualify for assistance.

Challenge Your Brain with this Trivia Quiz About the 1950's!

By Dot Darragh, Program Manager



History

1. Who was president of the United States between Jan. 20, 1953 to Jan. 20, 1961?
2. Which disease did Dr. Jonas Salk successfully create a vaccine for in 1952?
3. What was the name of the first satellite launched into orbit by Russia in 1957?
4. Who overthrew Fulgencio Batista in 1959 and became dictator of Cuba?
5. What year did Disneyland open?
6. What famous explorer first climbed Mount Everest in 1953?
7. Who became Premier of the Soviet Union in 1958?
8. Senator Joseph McCarthy, who conducted a nationally televised hearing in 1954 to root out Communists in the government, represented what state?
9. Who is the woman who refused to give up her seat on a bus in Montgomery, Alabama in 1955?
10. Which member of the royal family became head of state in Great Britain in 1953?

Music

1. Which famous song sung by Doris Day was introduced in the 1956 Hitchcock thriller, *The Man Who Knew Too Much*?
2. What singer had a country music chart hit with *Sixteen Tons* in 1955?
3. Which group had a hit with *Twilight Time* in 1958?
4. Which smoky-voiced singer sang *Too Young* in 1951?
5. What Cleveland disc jockey first used the term "Rock N Roll" in 1951?
6. Tony and Maria were the lead characters in what Broadway musical that premiered in 1957?
7. Who recorded *Rock Around the Clock* in 1955?
8. Who originally sang *That'll Be the Day?* in 1957?
9. The Coasters recorded a song in 1959 with the line "You're gonna need an ocean of Calamine lotion." What is the song's name?
10. B.J. Thomas sang *I Can't Help It If I'm Still In Love With You* in 1967. Who first recorded it in 1951?

Pop Culture

1. Which aspiring rock-and-roll singer appeared on the Ed Sullivan Show in 1956, but could only be shown from the waist up?
2. Which rising young star from the movie *Rebel Without a Cause* died in an automobile accident in 1955?
3. Which television game show first aired in 1956 and is still running today?
4. What famous baseball player married Marilyn Monroe in 1954?
5. What piece of women's clothing, named after a dog, became popular in the 1950s?
6. What teen idol sang, *Kookie, Kookie, Lend Me Your Comb?*
7. What type of hat/cap did Davy Crockett and Daniel Boone wear on TV in the 50s?
8. Eating what type of live fish became popular in the 1950s?
9. What famous cowboy of the 1950s was really named Leonard Slye?
10. What was the name of the circular plastic 1950s toy that was placed around the waist and operated by gyrating the hips?

POP CULTURE: (1) Elvis Presley (2) James Dean (3) The Price Is Right (4) Joe DiMaggio (5) Poodle skirt (6) Edd "Kookie" Burns (7) Coonskin (8) Goldfish (9) Roy Rogers (10) Hula hoop	MUSIC: (1) <i>Que Sera Sera</i> (2) Tennessee Ernie Ford (3) The Platters (4) Nat King Cole (5) Alan Freed (6) <i>West Side Story</i> (7) Bill Haley & the Comets (8) Buddy Holly & the Crickets (9) <i>Poison Ivy</i> (10) Hank Williams Senior	ANSWERS: HISTORY: (1) Dwight D. Eisenhower (2) Polio (3) Sputnik (4) Fidel Castro (5) 1955 (6) Sir Edmund Hillary (7) Nikita Khrushchev (8) Wisconsin (9) Rosa Parks (10) Queen Elizabeth II
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<p>SCS Management Staff Executive Director: Arthur Weisfeld Board President: Asher Kemp, Jr. Director Long Term Care: Debbie Templeton Aging at Home Director: Christine Helmandollar APPRISE Program Manager: Glenda A. Radical Associate Director: Jamee Nowell-Smith Caregiver Support Program Manager: Diana Twisler Center Without Walls Program Manager: Farah Esfahani</p>	<p>Cognitive Stimulation Program Manager: Dorothy Darragh Director of Volunteers: Michele O'Brien Director of Advancement: John Federico Associate Director of Advancement: Lynn O'Connor Fiscal Officer: Robyn Cashwell Friendship Circle Senior Center Director: Christine Helmandollar Good Neighbor Center Manager: Karen Clark Hearing Discovery Center Coordinator: Donna Schumacher Schoolhouse Center Director: Kim McDaniel</p>
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Upcoming Programs

By Farah Esfahani, CWW Program Manager



Dear Friends,

I hope you are enjoying the beauty of nature and the spectacular colors of the fall season. This month is filled with special events and celebrations:

Election Day, Veterans Day, National Family Caregivers Month, American Diabetic Education Month, the Great American Smoke Out, National Hospice Month and, of course, Thanksgiving.

Thanksgiving is a reminder to all of us to take time to give thanks and be grateful for what we have and not focus on our losses and what we do not have. This holiday represents the values of sharing, reflection, gratitude, and celebration. Let us share our blessings with those less fortunate. I wish you and your family a happy and healthy Thanksgiving and a joyous holiday season.

The response of Center Without Walls (CWW) participants to our fall semester classes and educational presentations has been encouraging. We appreciate your support and positive feedback. Some of our fall semester classes will continue until mid-December.

I'd like to draw your attention to some of this month's programs:

- "How Does the Ownership or Title of Your Assets Affect Your Taxes?" This presentation will be offered by Robert and Dana Breslin, Esq. at Brookhaven Municipal Building on Thursday, Nov. 14. In this workshop, you will learn what taxes you and your heirs pay by the way you have titled or own your assets and whether there is anything you can do to avoid problems later.
- "Life Changes and Estate Planning" presentation by Christopher Murphy, Esq. at Concord Township Building on Thursday, Nov. 7.

- Glenda Radical, APPRISE program manager, will hold a program on "Annual Medicare Updates" at Springfield Township on Tuesday, Nov. 19. This program explains new and updated information for the forthcoming Medicare year concerning original Medicare premiums, deductibles, and co-pays; Medicare Advantage Plans; and Part D Prescription Plan information. Medicare Individual Counseling sessions will also be held this month at Aston and Springfield Townships.
- The Book Club meeting is scheduled for Wednesday, Nov. 20. The book to be discussed is "Family Tree" by Susan Wiggs.

Please don't hesitate to contact me at (484) 496-2143 or fesfahani@scs-delco.org if you have any questions and or suggestions about CWW programs.

AGING AT HOME

Aging at Home Tackles Cold Weather House Maintenance Jobs for Older Adults

By Christine Helmandollar, Program Manager



SCS' Aging at Home Program provides members with handyman and yardwork services that help get their homes and yards ready for the cold weather before it is too late.

We invite active members of the Aging at Home program to call the program's main number at (484) 534-2201 to sign up for yardwork services, such as removing hazardous wet leaves from your property. We are currently accepting one to two homes for after-school projects and 8-10 homes for large company projects.

Active Aging at Home members are entitled to take advantage of two handyman jobs in your house every six months. Please make sure that the jobs you request will support your ability to age in place. If you need any of the following small tasks completed, we encourage you to contact us to request a handyman:

- ✓ Store hoses so they have a longer life and turn off outdoor water

- ✓ Clean your gutters – make sure rain can flow correctly and drain away from the house

- ✓ Get your furnace serviced (this task must be performed by a businesses specializing in HVAC services)

- ✓ If you reside in an older home, bleed hot water radiators

- ✓ Check batteries on your smoke and carbon monoxide detectors – with furnaces turned on and windows closed, it is important to make sure your smoke and CO detectors are working properly in fall

- ✓ Clear vents of dust with a vacuum
- ✓ Change your furnace filter
- ✓ Weatherproof your home by installing weather stripping or sealing holes with caulk

Aging at Home also reminds you that there are several self-maintenance tasks you can complete on your own!

- ✓ Take a class at Friendship and Schoolhouse centers
- ✓ Make popcorn the old fashioned way
- ✓ Bake a pie and enjoy the smell of it cooking around the house

- ✓ Drink a hot tea or cider
- ✓ Attend your town holiday festivities and support small local businesses on "Small Business Saturday"
- ✓ Touch base with a fellow senior or neighbor during the holiday season to say hello

Maintaining your home and health during the winter months is not always easy, but Aging at Home is here to help!

**Aging at Home
Helping seniors remain in their own homes**

Serving Members of Friendship Circle and Schoolhouse Centers

**Join us on November 19, 2019
from 10 a.m. - 11:30 a.m. for
Volunteer Appreciation, Training
and New Member Overview at
Ridley Township Library**

**Register in advance with the Aging
at Home Office at (484) 534-2201**

Medicare Advantage Plan Open Enrollment Period

By Glenda A. Radical, APPRISE Program Manager



Every year Medicare beneficiaries have the option to make changes to their Medicare Advantage Health Plans (HMO/PPO) and/or their Part D Prescription plans during the Annual Open Enrollment Period (AOEP), which begins October 15 and ends on December 7. Once a Medicare beneficiary enrolls into a new Medicare Health or Part D plan during this time, the new plan policy always starts the first of the following year.

In addition to the new Medicare Health or Prescription Plan starting, Medicare beneficiaries who only enrolled into a Medicare Advantage Plan (HMO)/PPO have a Special Enrollment Period from January 1 through March 31 of each year called the, “Medicare Advantage Plan Open Enrollment Period (OEP),” **during which they can make changes** to their Medicare Advantage Insurance plan. The Medicare Advantage OEP gives the Medicare beneficiary a chance to change from one Medicare Advantage plan to another, and also extends the time when a beneficiary can switch from Medicare Advantage and go back to original Medicare, Part A and Part B.

During the Medicare Advantage Plan OEP, you **CAN** make the following changes:

- Switch to a different Medicare Advantage plan;
- Drop your Medicare Advantage plan and return to original Medicare, Part A and Part B;
- Sign up for a stand-alone Medicare Part D Prescription Drug Plan, if you made one of the changes described above and lost your prescription drug coverage.



During the Medicare Advantage Open Enrollment Period, you **CANNOT**:

- Sign up for a Medicare Advantage Plan when you’re not already enrolled in one. In other words, you can switch Medicare Advantage plans, but **cannot enroll into one for the first time**.
- Switch from one stand-alone Medicare Part D Prescription Drug Plan to another.

The Medicare Advantage Plan OEP does not apply to Medicare beneficiaries, if they have a Medicare Savings Account or Medicare Cost Health Plan.

Please contact SCS Delaware County APPRISE Program Director Glenda A. Radical at (484) 494-3769 if you are interested in more information concerning Medicare Open Enrollment periods or to schedule a Medicare counseling appointment.

VOLUNTEER SERVICES AND OUTREACH

Glenda Radical Leads APPRISE Volunteers who Serve Thousands During Open Enrollment

By Michele O’Brien, Director of Volunteers



Could you ever dream of leading a team of 20 volunteers that changes the lives of over 10,000 Delaware county seniors in a year? For SCS’ APPRISE program manager, Glenda Radical, this dream is a reality.

Radical has led this award winning program for the last seven years, making a lasting impact on more seniors throughout Delaware County than any other SCS program. Her team of volunteers provides thousands of hours of free counseling, navigation and education about Medicare. Glenda describes her volunteers in one word: “Awesome.”

APPRISE volunteers are required to complete a lengthy training process which includes an orientation with Glenda, computer modules, state training and mentoring. APPRISE volunteers help county residents decide which Medicare benefits are best for them. APPRISE volunteers conduct individual counseling sessions, give presentations

on Medicare at information sessions, attend senior expos, and answer telecenter calls every week.

“The APPRISE program would not function without our volunteers. They are the reason that we are able to do as much as we do,” said Radical. SCS is very proud that the APPRISE program was awarded the Pennsylvania Collaboration Award in 2015 and 2018.

“Having APPRISE volunteers to talk with is so valuable. The volunteers are able to help seniors maneuver through the maze of Medicare. Most people come out of their appointments feeling like a weight has been lifted,” said Jamee Nowell-Smith, SCS associate director.

New volunteers are always needed as the demand for counseling continues to grow. In addition to new counselors, SCS is looking for experienced clerical help to assist in the APPRISE office in Lansdowne.

For more information about volunteering, please contact Michele O’Brien at (484) 496-2149 or mobrien@scs-delco.org. To schedule an APPRISE appointment before Open Enrollment ends on December 7, please call (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 Water Coloring Mondays at 12:30 - 2:30 p.m.

Chester

Come learn the basics or enhance your pencil and water color abilities.

\$6 per class

Ceramics

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

Chester

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

\$6 per class

Diamond Painting

Fridays at 10:30 a.m.

Chester

Based on the same concept as mosaics and paint-by-numbers, diamond painting uses tiny diamond-like facets to create colorful designs and patterns for finished designs that sparkle. Sign up at the front desk. Select and pay for your project in advance. Please see Vicky Holmes for more information.

Creative Paper Crafting

Fridays at 9:30 - 11 a.m.

Chester

Each class will present a different theme and you will leave the class with an elegant homemade greeting card. Supplies are available or feel free to bring your own.

Mosaics for Beginners

Mondays at 10 a.m. - 12:30 p.m.

Chester

Learn the basics of mosaic arts including cutting glass, using tools, grouting, mixing, and more.

\$6 per class

Sewing

Fridays at 10 a.m. - 2 p.m.

Chester

Learn to create your own beautiful works! All are welcome in this group.

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

Card Making Class

Second and Fourth Tuesdays at 12 p.m.

Chester

Let your creativity shine through by mak-

ing your own themed greeting cards, gift bags, gift holders, and more!

\$8 per class (Supplies included)

Jewelry Making

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

Chester

Design and create your own classic earrings, necklaces, and bracelets. Supplies included, but all are welcome to bring their own.

Members: \$6/ Non-members: \$8

Holiday Tea & Jewelry Workshop

Monday, Dec. 9 at 2 p.m.

Friendship Circle

Here is an opportunity to make a beautiful bracelet for the holiday season. Bring a friend to share the joy of the season while making a unique piece of jewelry.

Cost: \$10 bracelet; \$5 earrings and includes gift bag.

* CLASSES/DISCUSSIONS

The Opioid Crisis

Thursday, November 7 at 11:30 a.m.

Friendship Circle

Sadly, this is an epidemic that affects many facets of society. Learn how to protect yourself from becoming a victim of drug abuse. Presented by Chelsey Price, MPH, CHES, Director, Sr. Victim Services Office of the District Attorney

Project Med

Monday, December 9 at 1 p.m.

Friendship Circle

Project Med is a free half hour presentation that addresses prescription and medication use and abuse, organization tips, proper disposal of unwanted or expired medications and other risky behaviors. Presenter: Tobi Adewale, Prevention Specialist, Holcomb Behavioral Health

Planning for Downsizing

Friday, November 8 at 2:30 p.m.

Friendship Circle

This presentation will cover 12 helpful tips to plan for your downsizing, realistic thinking about downsizing, how to get started (often the hardest part) and some help with designing. Presenter: Susan Rains of Susan Rains Design

* CLUB MEETINGS

Book Club

November 20 & December 18 at

12:30 - 2 p.m.

Chester

Read and discuss the book for the month. Books are on loan from the J. Lewis Crozer Library.

Red Hat Society

Third Tuesday of each month at 12:30 p.m.

Chester

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

Ruby Red Hatters of Darby Township

Every Fourth Thursday of the month at

1 p.m.

Good Neighbor

We are a network of mothers, daughters and grandmothers that are over fifty and fabulous participating in outings, fellowship and special events.

* DANCE

Line Dance Classes

Tuesday Evenings at 6 p.m. (\$4)

Thursdays at 1 p.m. (\$3)

Chester

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

Zumba

First, Second, and Third Mondays at 11 a.m.

Wednesdays at 1 p.m.

Chester

Zumba involves dance and aerobic movement through choreography that incorporates hip-hop, samba, salsa, and more. Instructor: Lavinia Ferguson

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.

* EVENTS

Birthday Celebrations

Thursday, November 21 & Friday,

December 27 at 11 a.m.

Chester

Celebrate the month's birthdays with live entertainment, a delicious lunch and fun among friends! Members with birthdays in November and December will receive a complimentary meal for that month's party and

the cost for other guests is \$2.50. Please sign up at the front desk.

**Veteran's Day Luncheon
November 11 at 11:30 a.m.**

Good Neighbor

Come out and enjoy a delicious meal and give thanks for all Veterans that served to protect us. Special gifts and free lunch will be available to all of the Veterans in attendance.

**Birthday Celebrations
Friday, November 29 & December 27 at
11 a.m.**

Good Neighbor

Celebrate November and December birthdays with live entertainment, a delicious lunch and fun among friends! Members with birthdays in November and December receive a complimentary meal for that month's party and the cost for other guests is \$2.50. Please sign up at the front desk.

**Thanksgiving Luncheon
November 26 at 11:30 a.m.**

Good Neighbor

The First African Baptist Church is once again having their annual Thanksgiving Luncheon for seniors at the church. The event is free to all, but you must register by calling Good Neighbor at 610-586-8170 by November 17.

**Christmas Party @ Lazaretto Ballroom
Wednesday, December 18 at 11:30 a.m.**

Good Neighbor

Come and enjoy our Annual Christmas Party with a celebratory luncheon. Invite family and friends and enjoy the music and entertainment.

Members: \$25; Non-members: \$30

*** EXERCISE/FITNESS**

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

Chester

This is a moderate level exercise class improves strength, flexibility and endurance by using mats, weights, and other equipment. Private sessions are available after each class for a nominal fee.

**Sit & Get Fit
Tuesdays and Thursdays at 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.

**Chair Yoga
Wednesdays at 11 a.m.**

Chester

Address most parts of your body through breathing exercises, stretching, balance, physical components and concludes with meditation or relaxation. This class is still doable even with physical constraints!

**Gospel Aerobics
November 7, 13, 20; December 5, 11, 18 at
10 a.m.**

Chester

Improve your physical and spiritual health through low-impact exercises done seated and standing. Fill your body and spirit with energy!

*** GAMES**

Free BINGO

**Thursdays, November 7, 14 and 21 at 1 p.m.
Good Neighbor**

Big Bingo

**Second and Fourth Thursdays at 1 p.m.
Chester**

The cost is \$1 per board, play as many as you can afford and handle.

Breakfast Bingo

**Friday, November 8 and December 13 at
9 a.m. - 12 p.m.
Good Neighbor**

Enjoy a great breakfast and then get ready to fill your Bingo board as we combine the love of eating with the fun of winning Bingo.
\$5

*** HEALTH/WELLNESS**

**APPRISE Insurance Counseling
Thursdays, 9 a.m. - 11:30 a.m.**

Chester

Meet individually with a trained and experienced APPRISE counselor if you have questions regarding Medicare, Medicare Advantage programs, Part D prescription plans, or other insurance issues. Appointments are required and can be made at the front desk.

Wellness Days

**Thursdays at 10 a.m. - 2 p.m.
Good Neighbor**

Widener University nursing students are offering blood pressure screenings and sharing important health information tips.

**Bayada Nurses
November 15 at 10 a.m.**

Good Neighbor

Get important information on the signs of diabetes, and some management tips.

*** RELIGIOUS/SPIRITUAL**

Bible Study

**November 13, 20; December 5, 12 at 11 a.m.
Tuesdays at 5:30 - 7 p.m.**

Chester

Join Rev Esther Newton (day sessions) and Pastor Allen Jones (Tuesday evenings) in this inspirational study group!

**Senior Inspiration
First Monday at 10 a.m.**

Chester

Be inspired through song, stories poetry and other spiritual readings and enhance emotional and spiritual well-being. Leader: Rev. Belinda E. Boyer

**Evening Bible Study
Thursdays at 7 p.m.**

Friendship Circle

Explore the Bible and discuss its meaning in your life with others.

*** TRIPS**

Casino Trips

**Second Wednesday of Every Month
Good Neighbor**

Get lucky! We will leave the center at 10 a.m. Questions or comments please contact the center at 610-586-8170.

\$30 Members; \$35 Non-members (No re-funds)

Thrift Shop Hop

**November 1 bus leaves center at 9:30 a.m.
Good Neighbor**

Enjoy a fun-filled day of thrift store hop shopping! Travel to a cluster of thrift stores and shop till you drop. Wear walking shoes and comfortable clothes!

\$10

Cowtown Trip

**Tuesday November 19 at 9:30 a.m. -
2:30 p.m.**

Good Neighbor

Travel to the Cowtown Flea Market to receive great bargain deals and some fantastic one-of-a-kind items.

\$10

**Foxwoods Casino Trip
December 3 - 5**

Good Neighbor

The Ruby Red Hatters of Darby Township is taking an exciting trip to the Foxwoods Casino & Newport, RI. Call the center for contact information and payment plan schedule.

\$370 Double Occupancy

Chester Chatter

By Jamee Nowell-Smith



Whew!! There's been a lot going on....but all good things! As we move into this season of gratitude, I'd like to thank my family, Chester staff, advisory council, volunteers, members and colleagues for another wonderful year! We have made multiple building renovations, embarked upon a capital campaign to raise money to renovate the bathrooms, had some highly successful fundraising events, traveled near and far, tried new programs, made new partnerships, overcome some hurdles and hurts and most importantly shared many, many smiles, stories, and laughs that can motivate us right into 2020! I am grateful for each and every one of you for your patience as I received additional responsibilities within our organization and for always having my back! I couldn't do it without you and for this I am grateful.

Wishing all a blessed and wonderful holiday season!

Paint Nite

Calling amateur and accomplished artists to the **Paint & Sip Nite on Friday, November 1 at 7 p.m.** Join Yaymaker Arts as they guide us on a step-by-step tutorial to create your own painting titled, "Frosted Tulips." All materials will be provided and you can enjoy light refreshments and a wine sip. The cost is \$25 per person. Please sign up at the front desk.

Are you ready for REAL I.D.?

Beginning October 1, 2020, Pennsylvanians will need a REAL ID-compliant driver's license, photo ID card, or another form of federally-acceptable identification (such as a valid passport or military ID) to board a domestic commercial flight or enter a federal building or military installation that requires ID. Come and learn all you need to know about REAL I.D. **Join us on Wednesday, November 6 at 10:30 a.m.**

Hoarding or Collecting?

Most would say collecting, but let's learn the true difference between collecting valuables and hoarding behavior. Join Sharon White of Merakey on **Thursday, November 7 at 11:15 a.m.** for an informative session and tips to de-clutter your living environment.

Emergency Preparedness Workshop

The Delaware County Department of Emergency Services will offer a free presentation on general emergency preparedness on **Wednesday, November 13 at 10:30 a.m.**

Veteran's Recognition Ceremony

Join us on **Thursday, November 14 from 10:30 a.m. - 2 p.m.** as we partner with Crossroads Hospice to honor those who have paved the way for our freedom. Veterans who pre-register will receive a certificate of recognition during the ceremony. Also, learn from a panel of experts and professionals about local and state veteran's services and benefits. End the day with musical tributes and history.

Center Spotlight

This month's spotlight belongs to volunteer **Robin Dunn**, the all-around volunteer who helps with everything and that means everything! From programs, to cleaning, serving meals, helping members, getting gift baskets, picking up supplies.....Robin is a shining star! We are grateful to have her as part of the Chester Senior Center family and team!

Holidays with Chester Senior Center

Thanksgiving Luncheon

Thursday, November 21

11:00 a.m. – 2:00 p.m.

Enjoy live entertainment, door prizes and top it all off with a home-cooked Thanksgiving Feast! No cost for current members and \$5 for non-members. Registration is required at the front desk.

Christmas Party at Lazaretto Ballroom

Friday, Dec. 13, 12 p.m. - 3:30 p.m.

Celebrate the season at the annual Christmas Party with live entertainment by Steve Cofield & Sweet, scrumptious meal, vendors to do some holiday shopping, chance to win prizes and just good old fashioned fun! Tickets are \$30 for members and \$35 for non-members.

Christmas Bazaar Shopping

Extravaganza!

December 10 – 12, 10 a.m. – 2 p.m.

Shop away with vendors offering handbags, jewelry, Avon, baked goods, clothing, ladies and men's hats and so much more! Visit every day to see which vendors are on site and which bargains await! Tables are just \$30. Please see Vicky or Grace to sign up.

12 Days of Goodness with NFL Alumni Association

Monday, December 16, 11 a.m.

Spread holiday cheer with former NFL players from the Eagles, other teams and NFL cheerleader alumni. Hear stories, sing holiday songs, try your luck at winning NFL items and take selfies with the players.

Noon Year's Eve Party

Tuesday, December 31, 11 a.m. – 1 p.m.

Ring in 2020 just a bit early at the Noon Year's Eve party. Dance to live music, blow your party horns, don your party hats and sip champagne for the New Year's toast! Lunch is available for \$2.50 and registration is required.

Thank You to:

- All who supported the second Potty Bingo Fundraiser and all who have supported the bathroom renovation project in some way!
- Clover Health for sponsoring the second Get Fit Week!

Health & Wellness Corner

Chester Wellness Center

Nurse Mary Powell manages the Wellness Center on Thursdays from 10 a.m. – 1 p.m. She offers blood pressure screenings, answers general health questions, helps you understand your medications, gives individual diabetes education, and can give you information on resources and referrals. Please stop in....she is ready and willing to assist!

Vision Health and Education

November 7 and December 19 at 10:30 a.m.

Join Candy Bantum from the Center for the Visually Impaired to learn about conditions that affect your vision. Get a complimentary eye glass cleaning and adjustment.

Chiropractor Services

Tuesdays and Thursdays

9:30 a.m. – 12:30 p.m.

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

Evening Class Holiday Break: There will be NO evening classes December 17 – January 14. We will see everyone on Tuesday, January 21.

Friendship Facts

By Christine Helmandollar



Gathering Together at Friendship Circle

We encourage older adults to gather together at Friendship Circle for fellowship and to enrich their lives by taking a class or enjoying some delicious food. Anytime I hear “gather together,” I am reminded of how it is mentioned throughout the Bible. We love gathering together at the center to celebrate accomplishments, birthdays, and for chat and chew informational talks in the dining room, but we also recognize the value and the need to motivate each other in exercise, pool, and spiritual and art classes. We meet as a group because encouragement from fellow members is rewarding and is proven to have an impact on individual success. I always think about how hard I need to push myself out the door to take a run independently versus playing tennis with a family member. It is so much more fun to play tennis! We at Friendship Circle gather to support each other and our community.

We invite you to gather with us for the many activities and parties planned during November and December. Thanksgiving and Christmas, which fall during these months, are perfect opportunities to gather with the Friendship family. I invite you to gather with your Friendship family for these upcoming activities.

We gather together on -

Wednesday, November 20 to pick up the pies that we purchased to support the center activities.

Thursday, December 5 to pick up the poinsettias (Thank you for supporting our center fundraisers!)

Tuesday, November 26 to celebrate our November birthdays within our Friendship family. To make the party more special, we are offering a covered dish thanksgiving meal. Members are asked to bring in their favorite side dish – the center will provide the turkey, sweet potato and the pies (from our fundraiser) – so we can gather together to enjoy the good foods that were shared so long ago.

Friday, December 20 for the annual Christmas Party at the Columbus Club in Clifton Heights. Tickets are \$25 for members and \$35 for guests.

Gathering together at Friendship Circle should be a necessity, whether you join us for a small class or one of the above parties. It’s accessible and the center is nearby. Join us and let’s have fun together.

Rummikub Tournament

Monday, November 4

10 a.m. – 12 p.m.

Whether you are a seasoned player or a novice, come join us for a fun morning and a chance to win a \$5, \$10 or \$15 prize. Please register with your entry fee by Friday, November 1. Cost: \$5

Veteran’s Benefits

Wednesday, November 6 at 12 p.m

Learn about all the programs you may be entitled to, how to apply and other pertinent information. Presenter: Julie Charles, Veteran Recruitment

Depression/Basic Mental Health

Thursday, November 7 at 12 p.m.

The holidays can be very exciting and fun. Most of us look forward to visits and family celebrations, but for others this emotional time of year can include depression. Do you know the signs of depression? When should you seek help and where? This session will help you answer these questions.

Ensuring Safety in the Home Monday, November 25 at 1:30 p.m.

Are you concerned about your family member with dementia falling at home? Lori Eckert, MS, OTR/L, Jefferson Elder Care shares specific tips for living with individuals with dementia, how to make the home safer, and resources for acquiring adaptive equipment.

Your Library and Technology Tuesday, December 3 at 10:30 a.m.

Are you utilizing all your library’s online resources? Did you know that you can read specific newspaper, journal or magazine articles on your computer or tablet? There is so much your local library can offer you online. Learn more at this class presented by Lansdowne Library.

Friendship Holiday Trip Tuesday, December 10

Join us for an inspiring Christmas trip to *Sight and Sound – the Miracle of Christmas*.

Depart Friendship Circle at 8:15 a.m.

Included: Bus transportation, matinee performance, buffet luncheon at Shady Maple, all taxes and tips except bus driver.

Cost: \$110

Friendship Christmas Boutique and Gift Shop

Thank you to the Hospitality Committee for transforming our shop into a Christmas wonderland of gifts and unique offerings. You can find beautiful handcrafted items as well as greeting cards and holiday jewelry and décor. Come see our beautifully decorated shop and take advantage of holiday shopping in a relaxed, less frantic environment. Gift shop hours are 10 a.m. to 2 p.m. daily.

Harrah’s Casino Trip - Wednesday, November 13 & December 11

- * MUST be a CT and Friendship Circle member
- * Cost: \$14 (Deadline for first trip – November 4)
- * Home pickup starting at 10 a.m.
- * Arrive at Harrah’s - 11 a.m.
- * Depart Harrah’s - 3 p.m. for home
- * \$25 slot return and special gift
- * Please remember to bring a photo ID

Good Neighbor News!

First Day Jitters



On September 3, the new 2019-2020 school year began. I thought of the range of emotions that students might have at this time, from kindergartners beginning their formal education, to an adolescent, to those transitioning into middle school, or a high schooler entering their senior year and anticipating commencement. I realized I could relate to all of these emotions. For you see, this was my first day as Center Manager at the Good Neighbor Senior Center.

I have always seen each new experience as a time of learning and growing. I was full of excitement. When I began at Good Neighbor Senior Center, I realized that my emotions were similar to those I felt during my first days of school. That means this new endeavor could and should be as easy and as fundamental as the stages of learning the ABC's... But would it?

So here is what I have learned thus far:

A. In order for this to be a winning Adventure, everyone needs to make some Adjustments. This includes All Members, All Staff and All of the Advisory Council of the Good Neighbor Senior Center. As we get Acquainted, we can look forward to more exciting Activities that will promote independent and meaningful living for Good Neighbor members.

B. When Building new relationships, it may be necessary to Break down old Beliefs. For any new Beginning, there will be a period of trial and error as we Bring new ideas and programming to a center with a Broad membership, where each individual Brings their own thoughts, concerns and expectations. Hopefully, the excitement that has Been Brewing over the past few weeks will continue to be a Bright spot for members as they engage in programs in their homes and the community.

C. It is a fact that Change is difficult and Can be very Challenging. Yet in order to move forward and to Continue to Connect with the surrounding Community, Courageous steps must be taken so that Good Neighbor Senior Center thrives as a Contributing force in the lives of our older adults in Delaware County.

Needless to say, there will be many tests, obstacles and challenges along the way. However, with any new endeavor, like the students beginning a new school year, we are hoping to ACCOMPLISH new goals, BROADEN our horizons and COME together as a cohesive unit. Let's see how we are doing after the first marking period.

Karen J. Clark

Friends of Good Neighbor Senior Center,

Our classes are underway so please come in and sign up. We have programs such as Arts and Crafts, Bible Study, Bingo, Pokeono, Pinochle, as well as plenty of informative health presentations. We are looking to start a Pool League and to reinstitute some of the other activities such as praise and worship time, fitness and dancing. So stay tuned! We are looking for more people to join the Ruby Red Hatters of Darby Township for a trip to the Foxwoods Casino & Newport, RI from December 3 -5, 2019. Also there are two exciting trips coming up in 2020: a cruise to Bermuda (May 10 – 17, 2020) and the Ark Encounter and Museum trip (October 5 – 10, 2020). There is still plenty of time to sign up. Stop by the center for more information.

During the week we have free baked foods and on some Fridays, fruits and vegetables. Baked goods and produce are for everyone who chooses to come in and get them. Both members and non-members are welcome.

****Good Neighbor Senior Center will be closed on November 28 & 29, and will close at 2 p.m. on December 31.****

**GOLDEN RULE:
Do unto to others as you will have them to do unto you and remember: Love Lives Here at the Good Neighbor Senior Center.**

NEWS HIGHLIGHTS AND COMMUNITY INFORMATION

Membership Drive

Our Membership Drive has started. Please come in to renew your membership and bring a friend. The people with the most friends who become new members will be entered in a raffle to win a gift card. Our goal is to raise \$6,500 by the end of 2019.

A Special Thank You to:

- * The members, staff and Advisory Council of Good Neighbor Senior Center for helping to make the Progressive Dinner a huge success. The decorations inside and out, and the Southern meal and hospitality is still being talked about! Kudos to everyone for a job well done.
- * The Good Neighbor Pokeono players who made donations in September and October for the general needs of the center. We are so grateful for your thoughtfulness.

A Successful Breast Cancer Walk-A-Thon

On October 10, 2019, a beautiful crisp autumn afternoon, Good Neighbor Senior Center held its annual Breast Cancer Walk-A-Thon. More than a dozen Good Neighbor members and staff walked various distances: some from the comfort of their seat in the dining area to the front bench in the parking lot, others to the Studevan Senior Housing Complex, and many others walked as far as the intersection of Tribbett and Roosevelt Drive before making the return trek to the center. One member even made it to the Delaware County Training Service Center and back (about a mile and a half). The walkers collected donations from around the neighborhood to combine with proceeds from items sold on Breast Cancer Awareness Day, October 17, 2019. In total the center collected \$217 to be donated to the Susan G. Komen Foundation to find a cure for breast cancer. We would like to thank everyone who played a part in making this month of fundraising for a cure a success!

We cannot express enough how important it is to "SIGN UP" for lunch and other activities. There is an event book at the receptionist desk that will give details of events to sign up for. Our receptionists will be glad to help you sign up for an event or for lunch.

Kim's Korner

By Kim McDaniel



Dear Friends,

November is a busy month. Besides all the chores to get ready for winter, we honor our veterans, and we think of the gathering of our forefathers as they shared a feast with the local tribe of Native Americans. I've been thinking about what celebrating the service of our veterans and that first Thanksgiving have in common. That first Thanksgiving was a coming together of cultures, and I see it as an early model for what was to become our nation's "melting pot." Regardless of our faith, gender, race or age, our task is to share the best of each other.

At the end of September, I was so exhausted, I arranged to take a vacation. It was not the usual vacation where you are running around, seeing new things. This was a vacation to renew. We rented a cabin on a lake in New Hampshire. No TV, just incredibly beautiful surroundings that had no noises other than the ones God put there. It's amazing when you stop and start looking at things. I found myself seeing caterpillars hiding on a stem, the shadows of leaves on the bark of trees, the ripples in the water, the stars that filled the night sky.

I used my phone to listen to favorite pieces of music that relaxed and moved me. Did a jigsaw puzzle. My favorite was trying to fish with Georgie prancing around in the water. Needless to say, I didn't catch anything. Even tubing, Georgie was not going to let me go too far out.

Before the weather gets too cold, try turning off the TV. Take a camera or your cell camera and really look at things. It's amazing what you will see and also how you feel when you return. I'd love to see what treasures you found.

Have a wonderful holiday season, give thanks for your blessings, and give thanks to a veteran. Merry Christmas, Happy Hanukah or blessings for what you celebrate.

Love,
Kim

Schoolhouse 2020 Trips (Partial List)

Sherlock Holmes Returns at Hunterdon Hills

March 24

\$100 all inclusive

Bermuda Cruise on Royal Caribbean

8 days and 7 nights

April 24 - May 1

\$999 Inside; \$1,199 Outside

Cruise, Cruise, Cruise

Islands, lighthouses, tall ships and cruises! Visit Connecticut, Massachusetts, and Maine.

July 20 - 24

\$775 (Double)

Alaskan Cruise on Celebrity Cruises

September 3-11

Inside: \$2,999; Outside: \$3732

Famous Duets at Tropicana in Atlantic City

September 21

\$50

Queen Esther at Sight and Sound Theatre

November 4

\$130 includes lunch at Good N Plenty and this very special show

Membership

November 1 is the start of the new membership year. All (except lifetime) memberships expire on 10/31. We need to raise \$19,000. Everyone is needed to participate whether you come once a year, once a month, once a week or daily, just for one class or program. We need everyone. It only amounts to 11 cents a day. Many of you got a jump on membership in September and October. I thank you! Can we get this done by Thanksgiving?

Condolences to:

JA (Tony) Pearlingi, Earle Watt, and Sue Dougherty who lost her husband.

Sunshine Wishes to:

Mary Ash, Ed Guzik, Eileen Francione, Evelyn Quirk, Jack Callahan

Congratulations

Our mosaics class was invited to participate in a mosaic show at the Fresco Grill on Newtown Road in Broomall from November 10 - January 14, 2020. Congratulations!

Upcoming Events

Schoolhouse Veterans Breakfast

November 6 at 8:30 a.m. Free to all registered veterans, \$3 for every one else.

Schoolhouse Thanksgiving

Tuesday, November 26, \$4

Schoolhouse Holiday Party

Friday, December 6 at Springhaven Country Club

New Year's Eve Party at Schoolhouse, \$5

Thank You to:

- **Jeannie Meserole and Judy Haines** for providing such wonderful, fun and interesting trips.
- **All the volunteers** who have done double duty during vacation season!
- **The Folsom Fire Department** for coming out on Oct. 7 for our fire drill and for teaching us about fire safety in the home.
- **Joanna Campbell** for representing Schoolhouse at the Ridley Park Victorian Days.
- **The Advisory Council** for supporting and volunteering during the Progressive Dinner. For those of you who missed it, it was a grand time.

Chester Senior Center Trips

Midway—Harrington Casino

November 20 & January 29 at 9 a.m.

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

Cost: \$25

Sight & Sound Theatre Presents "Esther"
March 19, 2020

Enjoy the latest live theater production of the biblical story of Esther. The day will also include a luncheon at Shady Maple and motor coach transportation.

Cost: \$125 Members / \$130 Non-members

Cruise to Bahamas and Turks & Caicos
April 19 - 26, 2020

Cruise to the Caribbean from Baltimore aboard Carnival Cruise Lines "Carnival Pride." Enjoy visiting Freeport and Half Moon Cay Bahamas and Grand Turk islands. Cost includes all cruise charges and roundtrip transportation to and from the Baltimore Pier.

Cost: \$986 Inside Cabin; \$1,056 Outside Cabin; \$1,170 Balcony

ADVANCEMENT

Join the SCS Legacy Society!

By John Federico, Director of Advancement



Joan Lynn, a longtime member of Schoolhouse Center, became the most generous individual donor in SCS' history when she left a bequest of \$150,000 to SCS earlier this year. Join Mrs. Lynn as a champion of healthy aging for Delaware County's older adults by remembering SCS in your will. SCS' Legacy Society provides a way for donors to support SCS' mission of promoting meaningful, independent living for older adults for generations to come. As a member of the Legacy Society, SCS and the older adults who benefit from the agency's work will be able to acknowledge and celebrate your generosity, including displaying your name on the Legacy Society plaques at each senior center.

There are several ways to include SCS in your estate plan:

- **Bequests from Wills and Trusts**
 - o You can designate "Senior Community Services" as a beneficiary in your will or trust.
 - o The most common way people remember our organization in a will or living trust is through a charitable bequest, using language you can have your attorney review: "I specifically bequeath the sum of \$_____ to Senior Community Services (federal tax identity no. 23-2036247) to be used to support programs and services benefitting Delaware County seniors or insert the specific use of your choice."
 - o Your bequest is entirely under your control during life and becomes irrevocable only at death.
- **Retirement Plan Assets**
 - o A designation in your IRA or other retirement plan may be a very cost-effective way of making a gift to our organization. If you leave your retirement account to your children, they will have to pay income tax on either a lump sum distribution or the income stream from the plan. SCS does not pay this tax. You can designate "Senior Community Services" as the beneficiary of all, or a portion, of your IRA, 401(k), 403(b) and any other retirement plans, which will allow for a tax-free gift to SCS.
- **Other Methods of Planning Your Gift**
 - o For information on these and other methods of giving to SCS, such as payable on death accounts, life insurance and others, please consult your attorney or a financial advisor or call us at (484) 496-2147.

To join the SCS Legacy Society, please write us at Advancement; Senior Community Services; 600 Swarthmore Ave., Folsom, PA 19033 or email jfederico@scs-delco.org.

Friendship Circle Poinsettia Sale (November 11 – 27, 2019)

Delivery Date: December 5, 2019
Cost: \$3 (1 bloom); \$10 (4-6 blooms)

NAME: _____ **PHONE:** _____

I would like to order:

_____ 1 bloom poinsettia (\$3) each ___red ___white
 _____ 4-6 blooms poinsettia (\$10) each ___red ___white

I would like to donate a plant for a homebound senior _____

Total due with order: \$ _____

Please make checks payable to:
Friendship Circle, 1515 Lansdowne Ave., Darby, PA 19023

Retirement, continued from page 1

nity Service and Advocacy, and the Center on Ethnic and Minority Aging's Hobart Jackson Community Service Award. In her new capacity, Nowell-Smith will continue to direct Chester Senior Center, provide oversight to Karen Clark at Good Neighbor Senior Center, and advise Weisfeld on other issues.



SCS Executive Director Arthur Weisfeld, Trindy Grundy and SCS Board Chair Asher Kemp celebrate with Trindy

"We will meet somewhere along the line again," said Grundy, as she concluded her farewell remarks. SCS and the Delaware County aging services network will surely miss this fierce and loyal leader, but we hope her next chapter is filled with abundant joys and delights. SCS is excited to welcome Templeton and Nowell-Smith to their new roles and looks forward to their leadership as aging services in Delaware County continues to change.

SHOP AMAZON SMILE TO BENEFIT SCS!

Did you know that SCS participates in Amazon Smile? Every time you shop at Amazon, your purchases can help support healthy aging and independent living for Delco seniors. It's easy to participate. Just follow these steps:



1. Enter the following address in your browser to reach SCS on Amazon Smile: <https://smile.amazon.com/ch/23-2036247>
2. If prompted, sign in with your Amazon.com credentials
3. Search for Senior Community Services (Folsom, PA)
4. Select SCS as your charity
5. Start shopping!
6. Bookmark smile.amazon.com to make it even easier to return and start your shopping at Amazon Smile.