

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



Bequests and Memorial Gifts Boost Support of SCS

Over the last eighteen months, SCS has worked to strengthen its fundraising program, build new relationships with potential partners, and share more news and information about the impact donors have on Delaware County's older adults when they contribute to our work. Two recent developments are encouraging.



Monique and Nick Constantino

In the span of just a few weeks, SCS received significant contributions from two longtime members of Schoolhouse Center. In June, Monique Constantino made a contribution of \$5,000 in memory of her late husband, Nicholas. Nick and Monique were members of the Schoolhouse Advisory Council and shared a seat on the SCS board as council representatives.

"When my husband passed away in May, we were inspired to do something for Schoolhouse. In his last few months, I was doing all the driving and every time we drove by Schoolhouse, there was not one space available in the parking lot and the building seemed very full. We often discussed how Schoolhouse is one of the greatest places for seniors to spend time and he wanted us to support the center."

In July, executive director Arthur Weisfeld received a phone call with news that nonprofit leaders hope for, but do not often receive. Attorney Peter Rohana informed him that one of his clients, Joan R.C. Lynn, was recently deceased and had included a bequest of \$150,000 for SCS in her will. After retiring from her career as a teacher, Mrs. Lynn spent a great deal of her time at Schoolhouse Center, serving in several capacities, including as a center ambassador and advisory council member. Her generous gift reflects the value she found in Schoolhouse's programs and her desire to see other seniors benefit from the center.

Weisfeld commented on the new contributions, "I am humbled by the generosity that Nick and Monique Constantino and Joan Lynn have extended to SCS and Schoolhouse Center. Their gifts will resonate for years to come, enabling us to continue to provide activities that contribute to the physical health and mental wellbeing of older adults in our community and enable more seniors to have a better quality of life."

SCS encourages you to consider including a bequest to SCS in your estate plan. You can enroll in the SCS Legacy Society by notifying SCS of your plans and providing a copy of the pertinent pages of your will. In return, SCS will have the opportunity to express our gratitude by acknowledging your gift at an annual Legacy Society event and on a plaque at our centers. For more information, contact John Federico at (484) 496-2147 or jfederico@scs-delco.org.

PLEASE JOIN US

Senior Community Services
Inaugural Awards Gala
Honoring Edward C. Baum, Denise V. Stewart, and
SAP North America
Thursday, November 7, 2019 at 6 p.m.
Springfield Country Club

For information on tickets or sponsorships, call John Federico at (484) 496-2147.

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Wicked Lessons About Differences Among People

By Arthur Weisfeld, Executive Director



One of the most unpleasant sightings for me is the sign announcing that the Halloween Store will soon be opening when we are still in the middle of August. That happened to me today when I passed the structure on Baltimore Pike formerly known as Border's Bookstore. "Please don't rush the season" is a thought that occurs to all of us from time to time.

We did, though, sample a little bit of Halloween in July. For my birthday, we planned an activity that is among my very favorites—going to see a Broadway play—and this year, we chose *Wicked*. Many of you might already

be familiar with the premise but for those of you who are not, let me offer a brief summary. *Wicked* is a prequel to *The Wizard of Oz* and tells the tale of how the Wicked Witch of the West, Elphaba, becomes the person that she is. We learn that she was born green. I don't mean inexperienced; rather, I mean literally, green. Her parents reject her utterly. She is sent, with her younger sister, to boarding school, where she is bullied because of her eccentricities, but more importantly, because she is green. Soon, classmates come to regard her as not merely odd, but evil. Her developing magical powers support this conjecture. Eventually, the community's aim is to destroy her. Will they succeed? If I told you, you might not go to see this fabulous musical.

As fantastical as *Wicked* is, it captures the human propensity to see those who are differ-

ent from us as unacceptable, morally or otherwise. Like the community of Oz, frequently we got to extreme lengths to avoid getting to know the people who don't remind us of everyone else we know. The human difficulty in grappling with differences is a universal theme that crops up over and over again in the theatrical works we love—*West Side Story*, *Beauty and the Beast*, *South Pacific*, *Fiddler on the Roof*, *The Book of Mormon*, and so on. Almost invariably, what these theater experiences teach us is that our first impressions are often wrong and we are able to build bridges with others that we thought were impossible. All of us benefit from this reminder from time to time, and particularly now, when so much seems to divide us.

Wishing you a beautiful autumn,
Arthur

LONG TERM CARE AND CARE MANAGEMENT

Changes in Long Term Care: Grundy Retires, Templeton to Become Director

By Lynn O'Connor

For more than a decade, Trindy S. Grundy has served as SCS' director of long term care, a crucial role that administers several programs that contribute to the ability of thousands of elderly and disabled Delaware County residents to live independently. Grundy recently announced her plans to retire from SCS by the end of 2019.

As director of long term care, Grundy provides supervision for the OPTIONS, Waiver, APPRISE and Caregiver Support programs. These programs collectively serve more than 12,000 older adults by providing home-based services and supports, such as home-delivered meals, personal care, and home modifications, health insurance counseling, and activities that boost the capacity of family caregivers, including counseling, education and financial reimbursement.

Grundy's management of these home-based programs has effectively complement-

ed the work of Arthur Weisfeld, SCS' executive director. Grundy has sustained these critical home-based services in a constantly changing environment for care management and service delivery. More recently, Grundy has managed the complicated transition to Community Health Choices, which is making managed care the norm for home-based senior services throughout the state. Grundy has strengthened the long term care department's "client-centered" approach to delivering services to Delaware County senior citizens.

"SCS has been most fortunate to have Trindy on hand to guide SCS' Long Term Care Department during a period of great changes in the delivery of long term care, services and supports," said Weisfeld, "She has been a great partner to me and an inspiring, thoughtful leader for the care managers in her department."

Grundy joined SCS' leadership team in 2008 with a breadth of experience gained during a long career in human services that included instruction at Temple and Wid-



Trindy Grundy



Debbie Templeton

ener Universities and a stint in long term care management at the Delaware County Office of Services for the Aging (COSA).

Debbie Templeton, who currently manages SCS' caregiver support program, will succeed Grundy as director of long term care. Templeton, who has been with SCS for 19 years, not only manages caregiver support, but also supervises a small team of care managers in the OPTIONS program. Templeton began her career at SCS as a care manager for both the OPTIONS and caregiver support programs before becoming a supervisor. Over the next several months, she and Grundy will work closely together to ensure a smooth transition. By providing a lengthy transitional period, SCS will provide its care management team with the leadership, experience and resources necessary to meet the needs of the agency's long term care consumers.

SCS Management Staff	
Executive Director: Arthur Weisfeld	Cognitive Stimulation Program Manager: Dorothy Darragh
Board President: Asher Kemp, Jr.	Director of Volunteers: Michele O'Brien
Director Long Term Care: Trindy Grundy	Director of Advancement: John Federico
Aging at Home Director: Christine Helmandollar	Associate Director of Advancement: Lynn O'Connor
APPRISE Program Manager: Glenda A. Radical	Fiscal Officer: Robyn Cashwell
Associate Director: Jamee Nowell-Smith	Friendship Circle Senior Center Director: Christine Helmandollar
Caregiver Support Program Manager: Debbie Templeton	Good Neighbor Center Manager: Karen Clark
Center Without Walls Program Manager: Farah Esfahani	Hearing Discovery Center Coordinator: Donna Schumacher
	Schoolhouse Center Director: Kim McDaniel

**Medicare Open Enrollment Begins
October 15**

By Glenda A. Radical,
APPRISE Program Manager



Medicare Annual Open Enrollment Season is approaching; this year's open enrollment period runs from October 15, 2019 to December 7, 2019!

SCS' Delaware County Apprise Program has helped many county seniors in the past by comparing Medicare Advantage Plans (HMO-PPO) and/or Prescription Plans (PDP). APPRISE continues to offer Delaware County seniors this **free** service in 2019. If you are new to Medicare and this is your first year evaluating your Medicare HMO-PPO or PDP Plans, SCS would like to provide you with an Individual Counseling Comparison Session to identify the most cost-efficient Medicare Advantage or Prescription Drug Plan for 2020. SCS APPRISE offers this program at **no** cost to you.

If you are interested in reviewing new plan information during the 2020 Medicare Annual Open Enrollment Season, please call SCS' Delaware County APPRISE Program at (484) 494-3769 to schedule an Individual Health/Prescription Plan Comparison Counseling Appointment. If you would like an APPRISE counselor to run a comparison for you, please complete the form inserted in this issue, and mail it with your prescription list to the Delaware County APPRISE program; a counselor will complete your comparison and return the results to you by mail for your review, with instructions on how to change your enrollment, if necessary. Mail to: APPRISE Program; Senior Community Services; 1515 Lansdowne Ave., Lansdowne, PA 19023.

Volunteers Profile: Faye Carter

By Michele O'Brien, Director of Volunteers



Once you meet Faye Carter, you will never forget her. Faye has limitless energy, and it is hard not to be caught up in her enthusiasm for all that she does. I recently sat down with Faye at Good Neighbor Senior Center, and asked her about her volunteer activities. The list seems to be endless but includes: proofing the monthly calendar and compiling calendars to post in the center; organizing day trips; calling BINGO; and spearheading the letter-writing campaign for veterans. She has also served on Good Neighbor's advisory council, as well as the center's membership, fundraising, and travel committees. Faye is also responsible for sending out cards on behalf of the advisory council to members who are sick or have lost a loved one. Faye is also very active with her church, First African Baptist Church, where she serves on eight different ministries. Additionally, Faye is active with the Chosen 300 organization.

I asked Faye why she volunteers for so many different things, and her answer was simple, "I just like it." Faye said that people always come to her for help and use her as a resource and she doesn't hesitate to help. "If I don't have the information to help someone, I will refer them to someone who does. Helping people just comes automatically to me."

In Faye's free time, she enjoys reading and doing word searches. Faye is also a "professional sports spectator! If they can play, I can watch."

Faye encourages people to come to Good Neighbor and see what the center has to offer. "There are always things happening and we can always use volunteers."



Faye Carter

DRIVERS AND HANDYMEN WANTED!



Aging at Home

**Serving Seniors in William Penn, Interboro and
Ridley School Districts.**

BECOME A DRIVER or HANDYMAN- Giving seniors the opportunity to get out in the community is key to helping them remain independent. Trips include driving seniors to local medical appointments, grocery stores, Trips are in the daytime only and vary Monday - Friday. Handyman projects include installing grab bars, replacing faucets and other minor home repairs. Interested volunteers must have a valid license and insurance and be willing to use their own vehicle. SCS reimburses volunteers for mileage.

Training Details:
**Thursday,
September 26, 2019
2:00pm.**

Lansdowne Library
55 South Lansdowne Avenue,
Lansdowne PA 19050

**BE A STAR!
Help a Senior**

**TO REGISTER OR FOR MORE INFORMATION, PLEASE CONTACT:
MICHELE O'BRIEN @ 484-496-2149**

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With Gratitude to Dana and Robert Breslin, Esq.

By Farah Esfahani, CWW Program Manager



Dear Friends,

I hope you had a pleasant and delightful summer. Center Without Walls (CWW) starts its fall semester this month. I invite and encourage you to explore the array of classes and educational opportunities we offer: art, fitness, nutrition, health, AARP Driving classes, book club, and seminars to foster lifelong learning relevant to your unique needs as an older adult.

Hundreds of people attend the free educational presentations we offer, but no programs receive as much attention as the seminars given by Dana and Robert Breslin, Esq. On behalf of SCS and our consumers, I would like to thank them for their many contributions to SCS since the agency was established in 1977. They have provided CWW participants with legal advice and vital information for many years. We sincerely appreciate their work, which has made a tremendous difference in the lives of hundreds of older adults.

I want to share comments we've received from some of our regular consumers:

DJ Maloney, an Aston resident who never misses the Breslins' seminars, states, "The Breslins are a shared Delco inheritance for seniors: they are our 'Legal MDs' in that they can reduce life's painful 'legal' lessons with informed savvy and up-to-date changes in PA elder law subjects pertinent before - and after- death. In more than a decade of attendance, not one 90-minute presentation has been a waste of time. One cannot leave a Breslins' presentation without being more enlightened and enriched than previously."

"For the elderly there is much confusion about the rules and regulations of our senior years. The Breslins informative talks give us the facts about estate planning, writing of wills, power of attorney, etc. We have been fortunate to have a great source of facts and up-to-date information from the Breslins. Thanks to you, Dana and Bob, for your generosity of time and knowledge," states Nancy Gibbons from Media, who has attended these talks from the beginning of CWW programs.

"When I worked at Fair Acres Geriatric Center in the business office, I attended an in-service given by Dana Breslin, elder law attorney. She was held in high esteem by our administrators and the staff. She always went the extra mile to help the residents and their family members as well as the staff. After I retired, I learned about CWW programs of SCS. I couldn't be happier to find out that the Breslins were regular presenters on senior issues and topics. My father and I have greatly benefitted from their legal expertise," comments Claire Truite from Concord.

Please contact me at (484) 496-2143 or fesfahani@scs-delco.org if you have any questions about CWW fall semester programs.

Fall CWW Seminars with Dana and Robert Breslin, Esq.

What Is The Best Way To Title Your Assets?

**Aston Community Center
Wednesday, October 23 at 1 p.m.**

Learn the meaning of various forms of ownership and beneficiary designation. What is the actual impact on yourself and your heirs? Is there any best way to proceed or trap to avoid? Are your affairs set up to carry out what you really want to happen?

How Does the Ownership or Title of Your Assets Affect Your Taxes?

**Brookhaven Municipal Building
Thursday, November 14 at 1 p.m.**

What taxes will you and/or your heirs pay by the way you have titled or own your assets? Will there be more or less income or inheritance taxes? Who is going to really get what you own—the state? The nursing home? What should you be doing now to avoid a problem later?

Introducing Elizabeth Aimee

By Christine Helmandollar, Program Manager



Please join me in welcoming Aging at Home's new administrative assistant, Elizabeth Aimee. Elizabeth has a great appreciation for service work, and just happens to be the daughter of longtime, well-respected SCS board member Joe Miller.

Elizabeth is a lifelong Delaware County resident with a son who attends Ridley Middle School. She will work for Aging at Home on Tuesdays, Wednesdays and Thursdays from 8:30 a.m. - 1:30 p.m. As a college student, Elizabeth gained administrative experience working for a small local business. She graduated from the Pennsylvania Academy of the Fine Arts with a Bachelor of Fine Arts. Since earning her degree, she has exhibited artwork in Philadelphia and New York, worked as an art teacher, and done volunteer work. Working for Aging at Home "feels like a perfect fit," to Elizabeth who says, "it allows me to be close to my son, apply my administrative knowledge, fulfill my desire to do positive work in my community, and be creative." To keep her art skills sharp, Elizabeth will be teaching an art class at Friendship Circle Senior Center this fall from October 4 to November 22. Mixed Media on Paper will be held every Friday from 12 p.m. to 1 p.m. with a cost per class of \$5. We encourage you to enroll in this new class.



Elizabeth Aimee

Elizabeth exudes kindness and patience. Aging at Home is lucky to have her detail-oriented mind on the team. She can be reached at eaimee@scs-delco.org or (484) 534-2201.

Remembering School Days

By Dot Darragh, Program Manager



Through the years, schools have changed, but the experience remains the same. Compare your experiences with your children and grandchildren. This cognitive stimulation activity will create a fun family get-together to discuss the past and present!

What do you remember most about school? What is your fondest memory?

How did you get to school? How far was your elementary school from home? How far was your high school from home?

Did you carry your lunch or walk home for lunch? What did you use to carry your lunch – a bag or a lunch pail/box? What was your favorite lunchtime treat?

How were school cancellations or schedule changes communicated?

What type of clothing did people wear to school? Did you go to public or parochial school? How do you feel about wearing uniforms to school?

What do you remember about shopping for school supplies and clothing?

What activities began the school day, i.e. announcements, Pledge of Allegiance, singing a patriotic song, prayer, etc.?

What was your favorite subject or activity?

What games did you play at recess, i.e. tag, jacks, marbles, ring-around-the-rosey, London Bridge, baseball, stickball, crack-the-whip, jump rope, etc.?

Describe some of your most memorable or inspiring teachers.

Did any students try to play pranks?

Did you ever play hookey? Where did you go? Did you get caught?

How was discipline handled at school?

Did you, other students, or the teacher

have nicknames?

How were holidays celebrated at school?

Did you participate in extra-curricular activities or sports?

Share a story about a field trip at school.

What events in the community, nation, or world affected the school?

What were some of your most valuable learning experiences in school?

How did school for your kids or the kids today differ from your own experience?

Were you ever a teacher? What was your training? What did you teach? What kinds of similarities and differences have you observed between when you taught and today's teaching?

SCS makes Cognitive Stimulation Kits available to senior community centers, nursing homes, residential communities, or one-on-one with homebound clients, to name a few options. For more information, contact Dot Darragh at (484) 496-2144 or at ddarragh@scs-delco.org.

Community Partnerships Support SCS Programs

This spring, four local businesses partnered with SCS to raise funds for the county's oldest and largest nonprofit aging services agency.

In May, Macy's at the Springfield Mall selected SCS to benefit from its "Round Up" program. Shoppers rounded up their purchases to the nearest dollar to support SCS. The "Round Up" promotion raised more than \$2,700.

On June 13, more than 30 SCS board

members, staff and donors turned out at 2SP Brewing Company in Aston for SCS Charity Night. Guests enjoyed 2SP's Delco Lager and other delicious brews, tasty food from Haley Quinn's Food Truck, and trivia. 2SP contributed nearly \$500 to SCS' Annual Fund.

At the end of June, Taylor Community Hospital and Metz Culinary Management joined forces to host a Community Bake Sale to raise funds for SCS. This sweet fundraiser not only tasted great - the fruit tarts and

cake pops were a big hit with SCS staff – but it also raised almost \$2,500 for aging services in Delaware County.

Arthur Weisfeld commented on these new partnerships. "SCS is grateful to Macy's, 2SP Brewing, Taylor Hospital and Metz – and their customers -- for their generosity and impact on the county's older adult population. We appreciate their creativity in finding new avenues to build support for SCS and the people we serve."



SCS staff and board members enjoyed a moment together in the 2SP brew house.



Arthur Weisfeld and Kim McDaniel accepting a check from Taylor Hospital President Joseph Rafferty and Food Service Manager Tina Flowers and other staffers.



Chef Norberto "Dex" Feliciano and his team made a dazzling array of cakes and pastries for the Taylor Hospital Community Bake Sale in June.

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

Basic Drawing

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

Schoolhouse

Build your basic pencil and charcoal drawing skills!

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

Card Making Class

Second and Fourth Tuesdays at 12 p.m.

Chester

Make your own greeting cards, gift bags, or gift holders according to the class theme.

\$8 per class (supplies included)

Ceramics

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

Chester

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

\$6 per class

Creative Paper Crafting

Fridays at 9:30 a.m. - 11 a.m.

Chester

Let your creativity shine by crafting your own greeting card according to the class theme. Supplies are available or feel free to bring your own.

Diamond Painting

Fridays at 10:30 a.m.

Chester

Sign up at the front desk for this paint-by-numbers-like activity. Select and pay for your project in advance. Please see Vicky Holmes for more information.

Jewelry Making

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

Chester

Design and create your own classic earrings, necklaces, and bracelets. Supplies included but you may bring your beads and tools as well.

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

Jewelry Making Workshop

Tuesdays at 2 p.m.

Schoolhouse

Select the gems, the stones, and the project then let your creative-self roar!

No cost if you bring your own materials. Otherwise it's \$3/class

Mixed Media on Paper

Fridays October 4, 11, 18, 25; November 1, 8, 15 and 22 at 12 p.m.

Friendship

Get in touch with your creative side! Artists of any level can explore the effects of using different mediums such as pencil, water color and paper collage together. Bring your own materials or \$2 to each class. Instructor: Elizabeth Aimee

\$5 per class

Mosaic Workshops

Schoolhouse

Thursdays Beginners at 2 p.m. – 5 p.m.;

Advanced/Intermediate at 6 p.m. – 9 p.m.

Schoolhouse

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

Materials are \$30 (cash) for instructor

\$84 (Members); \$89 (Non-Members)

5 week session

No Knot Knitters

Tuesdays at 12:30 p.m.

Schoolhouse

Whether you're new or experienced at knitting or crochet join us to make gifts for those with special needs.

Oil & Acrylic Painting

Fridays at 12 p.m. – 2 p.m.

Schoolhouse

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

\$53.50/10 week session (\$55 Non-Members)

Pencil Drawing and Watercoloring

Mondays at 12:30-2:30 p.m.

Chester

All are invited to come and learn the basics of pencil and watercolor. Or, enhance your artistic abilities with these different media.

\$6 per class

Sewing

Fridays at 10 a.m. – 2 p.m.

Chester

Learn to create your own beautiful works!

All skill levels welcome.

Free (Members) / \$5 (Non-Members)

Watercolor Painting

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

Schoolhouse

Beginner through advanced skill levels welcome! The instructor will focus on individual needs as she teaches different approaches and techniques.

\$53.50/10 week session (\$55 Non-Members)

Woodcarvers

Mondays at 12 p.m.

Schoolhouse

Members create extraordinary art from wood.

* CLASSES/DISCUSSIONS

AARP Driving Class

Monday & Wednesday, September 16 and 18 at 10 a.m. - 2 p.m.

Good Neighbor

(Must attend both classes) Refresh your driving skills by completing this 8 hour class and receive a discount on eligible auto insurance policies.

\$15 Members/\$20 Non-Members

"Be The Best You Can Be" Nutrition Class

Chester - September 10 at 12:30 p.m.

Good Neighbor - September 4 at 12:30 p.m.

Join the nutrition discussion and then a food demonstration for all the latest on optimum disease prevention. Check the center calendar for future topics.

Birthday Celebrations

Fridays, September 27 and October 25 at 11 a.m.

Chester AND Good Neighbor

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

Book Club

September 18 and October 16 at 12:30 p.m. - 2 p.m.

Chester

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

CarFit

October 23 at 1 p.m.

Good Neighbor

Learn how well your personal vehicle is fit

for your comfort and safety. This 20 minute check will improve everyone's driving safety!

Clear Captions Seminar

October 16 at 1 p.m.

Good Neighbor

Join local Title IV ADA specialist Terry Hurley to discuss how you can receive a FREE caption phone if you struggle with hearing on the phone.

Grief & Loss

Every Third Wednesday at 10:15 a.m.

Schoolhouse

Support group

Kitchen Table Stories

Every Fourth Thursday at 10 a.m.

Schoolhouse

Barbara Haff or Traci Loper will lead us in sharing our stories.

Kitchen Table Stories

First Wednesdays at 10 a.m.

Good Neighbor

Share in a lively discussion about life experiences as we gather at the table. This program is sponsored by Merakey.

Movie Mondays

Mondays at 10 a.m.

Good Neighbor

Enjoy a family friendly movie over popcorn, hot dogs, hot sausage, chips and juice! You can also purchase hot french fries for \$1 All are welcome!

Red Hat Society

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

Chester Facilitator: Queen Gerry Corbitt

Good Neighbor - Fourth Friday of each month at 1 p.m.

Good Neighbor Facilitator: Queen Betty Jackson

Join the group for outings, fellowship, and special events.

Schoolhouse Book Club

Every Second Thursday at 10 a.m.

Schoolhouse

Fall in love with a good book and talk about it!

What's New(s)

Every Second and Fourth Wednesday at 10:15 a.m.

Schoolhouse

Sandi Thompson leads the conversation about current headlines.

*** EXERCISE/FITNESS**

Cardio & Strength Training Exercise

Tuesdays at 5 p.m.

Chester

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

Chair Yoga

Wednesdays at 11 a.m.

Chester

Complete breathing exercises, stretching, balance, physical components and meditation or relaxation even with any constraints/limitations.

Chair Yoga

Wednesdays at 2:30 p.m.

Schoolhouse

Enjoy the benefits of yoga without the difficulty of getting up from the floor.

Gospel Aerobics

September 11, 19, 25 and October 9, 16, 23 at 10 a.m.

Chester

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

Healthy Steps in Motion

Tuesdays, Thursdays and Fridays at 10 a.m.

Schoolhouse

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

Line Dance Classes

Tuesdays at 6 p.m. (\$4)

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

Chester

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

Line Dance

Tuesdays at 2 p.m. for Beginners and All Levels at 2:30 p.m.

Schoolhouse

Line dancers do current and not so old dances.

\$1/Session

Mall Walking

Monday through Thursdays at 9 a.m. - 10 a.m.

Schoolhouse

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

Sit & Get Fit

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

Chester

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

Sit and Get Fit

Mondays, Tuesdays and Thursdays at 10 a.m.

Schoolhouse

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

Square Dance Class

Wednesdays at 7 p.m. - 9 p.m.

Schoolhouse

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

\$5/session

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.

Zumba

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

Wednesdays at 1 p.m.

Chester

Zumba involves dance and aerobic movement performed to energetic music (hip-hop, samba, salsa, and more.) Instructor: Lavinia Ferguson

*** GAMES**

Big Bingo

Second and Fourth Thursdays at 1 p.m.
Chester

Come out and win cash prizes playing Big Bingo. The cost is \$1 per board. Play as many as you can afford and handle.

Breakfast Bingo

Second Fridays at 9 a.m.

Good Neighbor

Come out and enjoy a hot breakfast and try your chance to win at BINGO! The cost is \$5 for breakfast and to play bingo, \$3 for

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Chester Chatter

By Jamee Nowell Smith



The Bathroom Renovation Project is going strong!

In efforts to raise funds to bring our bathroom design into this century we have embarked on several different fundraisers to reach our \$18,000 goal. The Potty Bingo Fundraiser held in July helped to raise \$3,100! The Quarter a Day fundraiser has surpassed \$250 in just 1 week! Individual donations are coming in strong and we have currently raised over \$5,000 in just 2 months! Thank you to everyone who has played a part thus far by giving, serving, and spreading the word! But, the works not yet done...stay tuned for our next fundraising events:

Potty Bingo Fundraiser – For details, see Welcome Home Day story to the right.

Quarter a Day – Can you spare a quarter a day? Drop your quarters in the barrel at the front desk, and be surprised at how much everyone can raise together!

Sponsor a Part – All renovations require supplies and materials, right? Well, why not sponsor a light, bathroom stall, flooring tiles or a toilet! Stay tuned for sponsorship giving levels. Your contribution and name will be presented on a special donor recognition wall.

Together...we can do this!

Jamee

Thank you....

- Harrah's Casino, Cigna Health and Chester Advisory Council for sponsoring the annual summer picnic!
- All who made the Potty Bingo Fundraiser a success!
- Health Partners & Lori Mason for sponsoring the monthly birthday party entertainment.
- Sowing Good Seeds for helping to start and maintain the center garden.

Welcome Home Day 2019

Saturday, October 5

It's Homecoming at Chester Senior Center! Spend the day meeting friends new and old as we kick off our fall programs and activities! Enjoy any or all of the following activities on Saturday, October 5:

Membership Drive Booth

10:30 a.m. – 3 p.m.

Renew or get a brand new Chester Senior Center membership. Support our efforts with a \$30 or larger contribution! Membership certainly has its privileges...learn about how membership can benefit you.

Shredding Day sponsored by realtor Laura Blenman, at 10:30 a.m.-12:30 p.m.

Bring your documents to be shredded by J & K Secure Shredding right before your eyes!

Potpourri Art Session

11:30 a.m. – 1:30 p.m.

See demos from some of our art classes: ceramics, watercolor, pencil drawing

Soul Food Dinner Fundraiser by Mamma Mia's Catering at 11:30 a.m. – 4:30 p.m.

Enjoy fried chicken or fried fish platters with two sides for \$10! Delicious sides include macaroni and cheese, string beans, collard greens and sweet potatoes. Proceeds support the Chester Senior Center Bathroom Renovation Project.

Potty Bingo at 2 p.m. – 6 p.m.

Try your luck, win cash prizes at Potty Bingo. Tickets are \$30 in advance and \$35 at the door. Tickets include 8 bingo cards and a door prize ticket. Enjoy live music by DJ Shamika!



Center Spotlight

To recognize key players involved in the success of Chester Senior Center, we have created the *Center Spotlight*. These individuals give a tremendous amount of their time, talents, resources, and love over and over again! This *Center Spotlight* shines on the Chester Advisory Council! Small in number but mighty in works...we are all so very grateful for the classes that are offered, the fundraising that never stops, the outreach and connections made, the meals cooked, served, and delivered; the meetings attended, the cleaning and organizing, the phone calls made and answered, the programs run, trips made here, there and everywhere...you name it they do it!

THANK YOU: Grace Brown Johnson, President; Cyrise Dixon, Vice President; Janis Thomas, Treasurer; Mary Powell; David Prendergast; Rod Powell; Val Moore; Geneva Jackson; and Dina Dallam.

Pinochle Tournament

Saturday, September 21

11 a.m. – 4 p.m.

Register with a partner for the pinochle tournament by September 13. Enjoy spirited play, a full lunch and prizes for the winners. Doors open at 10:30 a.m. and play begins at 11 a.m. The cost is \$10 per person. Cash prizes awarded to the top 3 winning teams!

Health & Wellness Corner

Chester Wellness Center

To stay healthy, active and strong, don't forget that nurse Mary Powell manages the Wellness Center on Thursdays from 10 a.m. – 1 p.m. If you need a blood pressure screening, answers to a health question, help with understanding your medications, individual diabetes education or a health related resource and referral please stop in...she is ready and willing to assist!

Breast Cancer Awareness Day

Celebrate survival, victory, and life at the seventh annual Breast Cancer Awareness Day event. For a little fun, we present Master Quizzo...can your team with PINK prize? Listen to local presenters, learn about available resources, hear testimonials from breast cancer survivors, enjoy sweet, pink treats and giveaways, health screenings and more! Don't forget to wear pink!

Friendship Facts

By Christine Helmandollar



Bible Study: Spirituality Can Help Restore Purpose and Self-Worth

Friendship Circle holds Bible study regularly every Thursday from 10 a.m. to 11 a.m. The non-denominational class welcomes people of all religions, features readings selected from both the Old and New Testaments, and fills that human need to construct a sense of meaning in life. As we age, the changes in our bodies tend to prompt questions about self-worth and our true value. Spirituality provides comfort in these changing times and can help to fill the void that seems to grow daily.

Friendship Circle is committed to providing participants with time to explore spirituality. The center offers a formal class in the Center for Lifelong Learning from September through May. New members are always welcome. The Reverend Sharon Carey, who runs the class, encourages participants to have faith in themselves, especially as they age. We are grateful for her commitment to this class.

But what I am most inspired by is how other center members with similar professional backgrounds sustain Bible study and spirituality programs during the summer. The Reverend Yolanda Hughes and Minister Jerry Sanders substitute for Carey. I thank them for their professionalism in sustaining these classes. Both Hughes and Sanders have very busy professional lives and still find time to serve at the center.

I am so impressed by how these three beautiful individuals help seniors find dignity and insight to spirituality at Friend-

ship Circle. Please join us on Thursdays to enrich your life and find dignity through spirituality. Thank you.

Senior Centers: The Key to Aging Well

Senior centers make a difference in the lives of older adults by sharing knowledge, programming, and resources, making now the perfect time to promote two evidence-based health and wellness programs provided by COSA that Friendship Circle is offering this fall. Evidence-based programs give older adults the opportunity to enrich themselves, enable participants to become their best selves, despite personal challenges they may face, and offer proven ways to promote health and prevent disease. They have been proven to provide health benefits, so you can be confident that they work.

Friendship Circle is partnering with COSA to offer two evidence-based classes at Friendship Circle this fall. Both will be led by Ellen Williams, COSA's health and wellness program manager:

COSA is partnering with Friendship Circle to offer two evidence-based classes at Friendship Circle this fall:

Living with Chronic Illness

Tuesdays, Oct. 1, 8, 15, 22, 29, Nov. 5

12:30 p.m. - 3 p.m.

During this interactive six-week series, participants will make action plans, share experiences, and help each other overcome barriers in creating and carrying out these plans.

A Matter of Balance

Wednesdays, Sept. 25, Oct. 2, 9, 16, 23, 30,

Nov. 6, 13

1 p.m. - 3 p.m.

This 8-week interactive workshop includes lessons, exercises and lectures intended to improve your balance and prevent falls.

Boscov's Shopping Pass

Shop your favorite Boscov store on Wednesday, October 16 with a 25% off shopping pass and support Friendship Circle. You will have plenty of opportunity and time to shop as the store will be open from 8:00 a.m. to 11 p.m. that day. Cost of the pass is \$5 and is available at the reception desk.

Progressive Dinner

Thursday, September 19

2:30 p.m.

You'll begin your mobile feast at Friendship Circle, decorated in Halloween décor, and your journey will end at 8:15 p.m. at Friendship, where delicious desserts will await you. Tickets are \$35, but are limited so purchase yours early. And bring your appetite!

Women's Pool Group

Our pool room is reserved for the ladies on Wednesdays to practice and learn tips from seasoned pool players.

11:00 a.m. – 12:00 p.m.

11:15 a.m. – Pool Tip

Friendship Circle Trips

Payment for all trips is by cash, checks, or money order (payable to Friendship Circle Senior Center) only and mailed to Friendship Circle Trips, 1515 Lansdowne Avenue, Darby, PA 19023.

Motown Showdown at the Tropicana in Atlantic City

September 30

Includes show tickets, \$20 in slot return, and transportation
\$45

Phillips Crab Feast

October 15

All you can eat Maryland Crab Feast and free time in Baltimore's Inner Harbor
\$95 (Non-refundable deposit of \$50 due on registration; final payment of \$45 due by September 10.)

Mural Arts Tour of Philadelphia

October 30

Includes lunch and trackless trolley ride narrated by a Mural Arts guide
\$38 (Deadline is October 2)



Gardening at Friendship Circle

< *FC volunteer gardeners with DC Master Gardeners at right photographed for the Penn State Master Garden Contest*

Good Neighbor News!

Good Neighbor Welcomes New Center Manager Karen Clark



We are pleased to announce that Good Neighbor Senior Center has a new center manager as of September 3, 2019. Karen Clark, a resident of Lansdowne and graduate of University of Pittsburgh, brings over 20 years' experience in program planning, community outreach, partnership development, and organizational management. Most recently, Karen worked with the Delaware County Family Center planning and leading workshops, conducting assessments, and providing referral services. Karen is quite familiar with SCS' senior centers, and her bubbly and lively personality will be a great addition to the Good Neighbor family! With wonderful ideas that are already brewing, her hiring promises to be a win-win for everyone! We look forward to a prosperous future at Good Neighbor with Karen at the helm!

CENTER HAPPENINGS

Membership Drive 2019 ~ Membership Drive Breakfast!

Gear up to support Good Neighbor by renewing your annual membership! Individual membership rates start at just \$30. Renew your membership and eat free at the Chicken & Waffle Membership Drive Breakfast on Saturday, October 5 from 9 a.m. - 11 a.m. If you do not renew, the cost is \$5 for adults and \$3 for children. Seating is limited, so you must sign up in advance!

New Center Registration Policy

To improve our program planning process, we are implementing a new policy: *all participants who want to enjoy a meal for the Southern Grill or birthday Party must sign up and pay for the meal in advance of the program date.* This new policy will ensure proper ordering of meals and supplies and help the staff to better prepare for special events. If you do not pre-register, you will not be guaranteed a meal on the day of the event. Please help us as we work to plan great events and programs for all!

Flu Shot Clinic

Protect yourself during flu season and against other illnesses by getting a flu shot at the CVS Flu Shot Clinic on Wednesday, September 11, 10 a.m. - 1 p.m. Vaccinations for shingles, pneumonia, tetanus, and whooping cough will also be available. You must present your Medicare or other insurance card, and you must sign up with Carole by September 6. For more information, please see Carole.

Fall Flea Market

Do some shopping or be a vendor at the fall Flea Market scheduled for Saturday, October 12 from 9 a.m. - 3 p.m. at Good Neighbor Center. Vendors can purchase tables at the following rates:

8-foot tables ~ \$25; 6-foot tables ~ \$20; or bring your own table ~ \$15. Please reserve with Carole by October 9.

Breast Cancer Awareness Day!

Celebrate survival and join in the fight for a cure as we offer a day filled with education, screenings, fitness, and much fun! Sign up for the Breast Cancer Walk-A-Thon on October 9, the kickoff event and make a pledge to support breast cancer research. Participate in an educational seminar, or receive a health screening or talk with professionals on site and share your story of survival on Thursday, October 17 from 11 a.m. - 2 p.m. Don't forget to wear pink!

Oldies Night ~ A Mardi Gras Dance Party

Enjoy an evening of oldies music and dancing with DJ Smooth. Dance the night away on Friday, October 25 from 7 p.m. - 12 a.m. Tickets are just \$10 per person and can be purchased at the front desk.

Good Neighbor Fun Night

Hang out just a little bit longer on the third Wednesday of every month for Fun Night! Enjoy pinochle, table games, watch a movie, or just hang out. Feel free to bring a friend and introduce them to the center! The center will be open until 6 p.m. on Fun Nights.

PROGRAM HIGHLIGHTS

Good Neighbor is on the Road

Monthly Casino Trip

Second Wednesdays at 9 a.m.
Check the monthly calendar for the upcoming casino destinations!
Members \$30/Non-Members \$35

Bermuda Cruise 2020

May 10-17, 2020

Set sail with us on a cruise to Bermuda!
Rates are per person double occupancy and all inclusive.

Inside Cabin: \$1,325
Outside Cabin: \$1,575
Balcony Cabin: \$1,745

Please stop in or call for complete trip details!

Kim's Korner

By Kim McDaniel



Dear Friends,

It seems like 2019 just started and here we are, anticipating 2020 in just four months. Time flies when you're having fun, and Schoolhouse certainly knows how to have fun.

This year marks the 50th anniversary of Apollo 11's successful landing on the moon. We will be showing a documentary that has real footage in September - just in time for the membership drive, which also has an Apollo 11 theme.

Thanks to the generosity of all of you, and two very nice bequests from Nick Constantine and Joan Lynn, SCS and Schoolhouse made it through a very difficult year. Our hard work never ends -- it's already time to renew memberships and welcome new members. If everyone jumps on this as soon as possible, we can meet our goal quickly and close the membership drive by Thanksgiving.

Joan and Nick had a huge impact on Schoolhouse, making gifts that reflect what Schoolhouse meant to them. What kind of impact have the friendships you've made at Schoolhouse and the things you've learned here had on you? Would you consider including a bequest in your will to help ensure that Schoolhouse thrives to enrich the lives of others who are yet to come? Please consider it. (If you let us know about your plans to include SCS in your will, we can have the honor and privilege of thanking you for your generosity.)

Love,
Kim

SCHOOLHOUSE HAPPENINGS

Fall Prevention

Thursday, September 12 at 12:30 p.m.

Physical therapy students from Widener University will present this event in honor of Fall Prevention Month.

Self Defense

Tuesdays September 17, October 15, November 19 and December 17 at 12:30 p.m.

Fred Grant, Grant's Kung Fu instructor, says you should learn some personal protection skills, even if you're wheelchair bound.

Birds, Flowers & Butterflies

Tuesday, October 1 at 12:30 p.m.

Naturalist Thomas Reeves will present on those that are native to Delco.

Good, Better, Best??

Wednesday, October 2 at 10:15 a.m.

Anderson Elder Law will share which is better when considering living wills vs. durable power of attorney.

Don't Go Broke in a Nursing Home!

Thursday, October 3 at 12:30 p.m.

Dana Breslin, elder law attorney, will share what you can legally do to protect your life savings.

Thank You to:

Joan Lynn made an extraordinarily generous bequest to SCS – the largest gift from an individual ever! I will always remember her as a sweet, gentle woman, a retired elementary teacher (Ron Parra's teacher), a former ambassador and advisory council member, a hard worker, and now, most of all, as a remarkably generous and selfless donor.

Condolences

Sue Dougherty and Ron and Carol Parra suffered the loss of a family member.

Chester Trips

Midway—Harrington Casino

September 25 and October 30 at 9 a.m.

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

Rail & Sail New England

September 16 - 19, 2019

Tour the New England states by rail and sail! Enjoy several luncheon cruises such as Block and Thimble Island, Essex Steam train excursion, visits to Foxwoods Casino and Tanger Shopping Outlets and so much more!

\$540 (Members)

\$570 (Non-Members)

Cape Cod & Martha's Vineyard

October 6 - 10, 2019

Tour historic Cape Cod with visits to the Kennedy Memorial, Hyannis and Main Street, Boston & Quincy Market, Plymouth Rock, Hyannis harbor cruise to view the Kennedy compound, visit the quiet island of Martha's Vineyard, Foxwoods Casino and more!

\$634 (Members)

\$667 (Non-Members)

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.

\$125 (Members)

\$130 (Non-Members)

Cruise to Bahamas and Turks & Caicos

April 19 - 26, 2020

Cruise to the Caribbean from Baltimore, MD aboard Carnival Cruise Line's "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.

\$986 for inside cabin

\$1,056 for outside cabin

\$1,170 for balcony

Please stop in or call for complete trip details!

Highlights, continued from page 7

breakfast only. Please sign up at the front desk to participate.

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

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

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

There's a place at the table for you in this spirited game. Even if all of the tables are full, wait long enough for a spot to open up!

Pinochle Tournament
Monday, September 16 at 12:15 p.m.
Monday, October 21 at 12:15 p.m.

Good Neighbor
 Play the hand you're dealt and maybe go home with some cash!
 \$5 entry fee

Pokeeno Club
Mondays, Tuesdays, Wednesdays at 12 p.m.
Good Neighbor

Enjoy a friendly, yet lively game of Pokeeno! Be sure to bring your spare change and try to win the prize.

*** HEALTH/WELLNESS**

APPRISE Insurance Counseling
Chester - Thursdays at 9 a.m. - 11:30 a.m.
Good Neighbor - Second Thursdays at 10 a.m.

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

Chiropractor Services
Tuesdays and Thursdays at 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.

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

Are you concerned about your loved one falling or having difficulty moving around their home? Need some tips on helping them bathe? This presentation will tell you how to make your home safer and includes information on acquiring adaptive devices/equipment. Presenter: Lori Eckert, MS,OTR/L, Jefferson Elder Care

Flu Shot Clinic
Wednesday, September 25 at 9 a.m.
Schoolhouse

Lisa, from Acme Pharmacy, will handle this annual event. Please let us know if you also need a shingles shot.

Get Vaccinated: Flu Clinic
Tuesday, October 1 at 9 a.m - 11 a.m.
Friendship

Dawn Rochester, registered pharmacist at CVS, will present a short educational program on the importance of getting your vaccinations. A flu shot clinic will follow. Please remember to bring your insurance cards. Sign up now.

Medical Marijuana 101
Monday, October 21 at 1 p.m.
Friendship

What is it? How does it work in your body? Find out about PA medical marijuana guidelines and becoming a patient.

Medical Marijuana 102
Monday, October 28 at 1 p.m.
Friendship

Learn about the science, different products and how to use them, finding a product for you, and becoming a patient.

Medicare's Mobile App and Medicare.gov Comparison website
Thursday, October 3 at 2 p.m.
Friendship

Medicare issues can be complicated. Learn how to use the tools available to navigate the Medicare jungle! Presenter: Glenda Radical, APPRISE Program Manager

Nutrition Talk
Tuesday, September 24 at 12:15 p.m.
Schoolhouse

"Eat Smart & Move More" will be presented by Joan Marie McMenamin.

Stroke Support Group
September 10; October 8; November 12; and December 10 at 1 p.m.

Friendship

If you've had a stroke or would like to learn how to prevent one join our group and have your questions answered. Facilitator: Helene Lynn Rinylo, MSN, RN

Yoga
Fridays; September 6, 13, 20 and 27 at 9 a.m.

Strengthen your body, relax your mind, and treat your soul! Join us Fridays in September. Please bring your own mat or you may borrow one for the instructor, Patti Abele

*** RELIGIOUS/SPIRITUAL**

Bible Study
Tuesdays at 5:30 p.m. - 7 p.m.
Chester

Share the knowledge and life in the word of God by joining Pastor Allen Jones in this inspirational study group.

Bible Study
Tuesdays at 9:30 a.m.
Good Neighbor

Share the knowledge and life in the word of God. Join Ms. Bernadette in this inspirational study group.

Bible Study
Second and Fourth Tuesdays starting October 8 at 12:30 p.m.
Schoolhouse

Pastor Mark Snyder will help us get to know the person, work, and mission of Jesus. We'll also enjoy a lively hymn.

Senior Inspiration
First Mondays at 10 a.m.
Chester

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

Senior Community Services is proud to be a member of the Delaware County Arts Consortium (DCAC) as it kicks off the first ever Delco Arts Week!

September 21 - 28, 2019 will be packed with live performances, studio tours, and parties to celebrate the integral part that the arts play in the Delaware County community.

Check out delcoarts.org for the most up-to-date list of events.

