

Senior Community Services' (SCS) Mission: To promote independent and meaningful living for older adults through direct services and programs in the home and community.

SCS Connection

SCS
SENIOR
COMMUNITY
SERVICES

Spring Programs Offer Something For Everyone

By Heather Dale

About 10 years ago, Kim McDaniel was at a conference in Denver. She and fellow senior center directors had opted for a visit to a local center when the bus they were traveling on broke down. Naturally a social bunch, they started to chat. One director from Ohio told the group that she was looking forward to taking center members hot air ballooning soon after the conference.

McDaniel was surprised.

"They are too frail. It's a liability to do something like that," she said.

And then the director from Ohio said something that changed McDaniel's entire perspective.

"You have to program for the people you want in your living room as well as the people you have."

"It really challenged us," said McDaniel who is the director at the Schoolhouse Center.

It is that same zeal that colors the spring offerings for the Center for Life Long Learning this year.

For the past 22 years, Senior Community Services has offered the Center for Life Long Learning (CLLL) which is the umbrella name for adult education classes held at agency's four centers and up to six other sites in the county from YMCAs to libraries to municipal buildings. Courses range from a one 2-hour class session to thirteen 3-hour class sessions. In 2013, CLLL offered 489 courses with a total of 2,924 class sessions.

The courses that are offered are popular as evidenced by the surge in attendance numbers across SCS. Schoolhouse saw its average daily attendance shoot up to an average of 165 and the Center Without Walls art courses are so popular that a new location has been added to the existing two in Aston and Concord.

CWW Program Manager Farah Esfahani said she is pleased to offer a watercolor class at the Brookhaven Municipal Building beginning the first week of March.

"This is good news for those who have been on the waiting list to take this class," she said.

The art classes have been extremely popular with participants ranging in age from their 40s, 50s to even 80s and at all levels of expertise.

McDaniel said that targeting programming can be a challenge, who also sees a wide range in age in the participants at the Schoolhouse Center.

"We have to program for all different interests, regardless of age. Someone who is 90 could be doing what someone who is 50 is doing. It's not about the age," she said. "We try to ensure that the programs are intellectually challenging, fun or creative. We really try to work with those parameters."

Chester Senior Center Director Jamee Nowell said she and the staff gather ideas from other senior centers, schools, business and the Internet.

"We listen to everyone's ideas, and determine what is creative, feasible, and of interest to the members or the larger community," Nowell said. "We bring ideas from anywhere and everywhere and tweak them to make them work for our center."

Some of the highlights for the upcoming spring semester include a partnership between the Schoolhouse Center and the Family Caregiver Support Program. Together, with the help of a grant from the Aging Disability Resource Center, educational courses will be offered for caregivers. Topics to be discussed include compassionate self care, cognitive stimulation, elder law, horticulture and more. The courses will begin in March and run through June.

The Chester Senior Center is excited to offer a jazz dance class, a chili cook-off and computer courses – not exactly the kind of courses you may expect from a senior center, but SCS has made a concerted effort to offer

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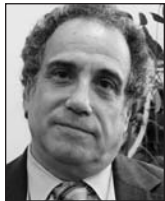


Staff from Taylor Community Foundation, which named SCS its "Extraordinary Community Organization of the Year" in 2013, met with volunteers from the Home Delivered Meal Program at Schoolhouse. The Taylor Community Foundation has awarded this program grants over the years to help support seniors in the communities that they serve.

Senior Community Services
600 Swarthmore Avenue
Folsom, PA 19033

Nonprofit Organization
US Postage
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Chester, PA 19013

By Arthur Weisfeld



Most of you know that I am Jewish. And yet, I take my inspiration from spiritual men and women of all faiths. Mahatma Gandhi of course is very high on that list, and I'd like to share with you a few of his sayings that are especially worthy of contemplation:

The weak can never forgive. Forgiveness is an attribute of the strong.

An eye for an eye only makes the whole world blind.

The greatness of a nation can be judged by the way its animals are treated.

Even if you are a minority of one, the truth is the truth.

Nice little gems to reflect upon as we begin the new year!

Billy Graham, a holy man of a different faith, also has offered some very inspiring thoughts:

When wealth is lost, nothing is lost; when health is lost, something is lost;

When character is lost, all is lost.

We are not cisterns made for hoarding; we are channels made for sharing.

But, the religious figure whose actions, rather than words, have made the greatest impact on me most recently is Pope Francis. Perhaps you read the story about how Pope Francis encountered a man who is so horribly disfigured because of a genetic disease (neurofibromatosis) that other people recoil when they encounter him and see the bulbous growths all over him. This man goes through his day with others continually turning away such as the time he walked onto a bus. When he went to sit in the single remaining seat, the other passenger occupying the seat screamed that he should stay away. Not Pope Francis. Upon encountering this sufferer, without hesitation, he embraced him tightly. The man was transformed by this gesture, and exuberantly described himself as feeling "stronger and happier."

Herein lies my New Year's resolution. Let it be a year of making those whose paths cross mine—regardless of appearance and other superficial aspects of their being—"stronger and happier." This seems to be a resolution truly worth keeping.

Thinking About the New Year

By Trindy Grundy, Director Long Term Care



On January 1, 2014 we put up a new calendar and begin to make plans for what we hope will be a great year.

Soon after the holiday hustle and bustle, our minds reflect on the events which we have accrued over the past 365 days. For example: caregiver – care receiver, weddings - divorces, births - deaths, promotion – demotion, financial gain – financial loss, new friends – old friends, vacations – family reunions, retirement – new jobs.

No matter the circumstance, we all tend to look back over the year and make a mental note of what happened (good or bad) and begin to plan for 2014.

I can truly say 2013 has been a very difficult year personally with my husband (Geoffrey) and I caring for his brother, age 57, who was recently diagnosed with ALS (Lou Gehrig's Disease). We have come to embrace Bernard like a son as he enters this new chapter in his life.

Each person is different in how the disease manifests itself, however, the onset and progressive decline has jolted us in our everyday life.

We know that we have been truly blessed with family, friends, church ministries, and resources.

It is not until you face an up front and per-

sonal situation which has a 100 percent fatality rate that you see the life picture crystallized. The things we thought were so important seem insignificant. When you witness a life and death challenge for survival, it is amazing the strength you have to perform caregiving duties day in and day out, with little respite. We remain committed to his care and would offer a few recommendations for 2014.

- Show and speak love and care to your husband, wife, parents, siblings, children, grandchildren, friends and anyone that has importance in your life.
- Do not put off sending that note, card, or making a phone call to check-in on someone you haven't heard from in a long time.
- Live each day to the fullest, "take no thought for tomorrow"
- Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? *Matthew 6:25 KJV*
- Be thankful for what God has given you
- Keep a short account of things which upset you or have been done against you.
- Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. *Romans 12:19 NIV*
- Forgive others ... as well as yourself.
Keep The Faith!

Do you live in the William Penn community? Could you use help with transportation or chores around the house? Then call 484-534-2201 to see how the Aging at Home Program can help.

SCS Management Staff

Executive Director: Arthur Weisfeld
 Associate Director Long Term Care: Trindy Grundy
 Board President: Michael Palazzo

APPRISE Program Coordinator: Glenda A. Radical
 Center Without Walls Coordinator: Farah Esfahani
 Cognitive Stimulation Coordinator: Dorothy Darragh
 Director of Development: M.C. Palladino
 FCSP Program Manager: Debbie Templeton
 Fiscal Officer: Robyn Cashwell
 Hearing Discovery Coordinator: Donna Schumacher
 SCAH Program Manager: Barbara Caso
 Director of Volunteers and Outreach: Tiffany Schaff

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In Loving Memory of Sue McNulty

By Barbara Caso, Program Manager, Senior Center at Home

Sue McNulty was referred to Senior Center at Home through the Waiver program on November 4, 2009. As SCAH's program manager, I had the pleasure of conducting Sue's initial assessment to ensure she was interested in home visits. At that time, Sue shared that she had several medical issues that caused a great deal of pain and spent most of her time in her recliner in front of the television. She explained that she had lost motivation to engage in activities she enjoyed due to her physical limitations. Sue wasn't quite sure how SCAH could help her but was open to having a visitor who could, at the very least, increase her opportunities for social stimulation. Before visits began, Sue's main source of comfort came from her faithful canine companion, Molly.

The first few months of visits were good. Sue was open to trying new activities but as soon as the holidays arrived, visits graduated from good to great. She was thrilled to have her visitor bring supplies to make homemade Christmas cards for her family because this was a way to help stay connected with her loved ones. Then, when spring was nearing, Sue got a call revealing a great surprise from her daughter...she and Sue's granddaughters were coming for a visit in a couple of months! Sue couldn't wait and immediately requested assistance with making scrapbooks for each granddaughter starting with their births up until their current high school years. Sue worked feverishly on this project. Her visitor conducted extra visits to guarantee these scrapbooks would be finished in time for their visit. While organizing craft supplies, laying out photo arrangements, choosing decorative paper, ribbons, stamps and stickers, Sue's motivation level continued to climb and she would often comment, "These scrapbooks are making me

come back to life." Long story short, the girls absolutely loved their books and proudly carried them back home to Oregon.

The scrapbooks were a great success. But Sue wasn't done, she asked for a new project to work on and her visitor suggested jewelry making with various beads. Sue was excited about this idea and once again, very motivated to get started. For almost a year, Sue created beautiful pieces of jewelry that she gave as gifts to family members and friends. At first, Sue watched her visitor demonstrate how to use the tools and fasten the beads together. She was initially intimidated because she didn't think she could physically handle the beads on her own. As time went on, her office space doubled as a jewelry making studio. The entire room became filled with all kinds of earrings, necklaces, and bracelets that Sue made independently between SCAH visits. She and her visitor had figured out a great system. Sue would create the pattern of beads she wanted, string them onto wire or cord, and her visitor would arrive to help attach the closures for the finished product.

Through these visits, Sue discovered her natural talent for design. She once said, "It wasn't until I did scrapbooking that I realized what was inside of me all along. I always knew I was made up of colors. It wasn't receiving physical or occupational therapies that has motivated me. It's definitely the activities."

Sadly, Sue unexpectedly passed away in November. Shortly before we lost her, she was able to fulfill her dream of displaying her jewelry at a local craft show. Although her pieces didn't sell that day, Sue said the experience of having others compliment her work (especially other vendors) was all the recognition she needed. For four years, Sue managed to step away from her recliner and TV, able to ignore her pain, and became motivated to foster new talents through support from Senior Center at Home.

SENIOR CENTER AT HOME

Stay Engaged During the Winter Months

By Barbara Caso, SCAH Program Manager



We are approaching "Winter Wonderland" season. Many of us enjoy the sparkling snow and cozy nights by a fire with a mug of hot chocolate. Along with the joys of winter there are also the colder temperatures that can create challenges for our seniors.

Winter can be a tough time of the year for seniors to be able to engage in enjoyable activities due to the harsh weather conditions. Those able to venture outside of their homes may have various options such as visiting friends, attending church, or going to their local fitness center to stay active and remain socially stimulated. Homebound seniors find it much easier to become bored and feel alone, leading the way for depression to sink in.

As a friend, neighbor, or caregiver, there are activities you can engage your loved one in that will be entertaining and fun to do together:

- Set up a game day and challenge each other to engage in your favorite board games from days past.
- Designate a night for a movie each week and make your favorite snacks together. Get those old time classics out to view.
- Take an interest in learning about your loved one's family tree and pull out old photos and share life stories.
- Start a book club together by reading the same books and engage in an exchange about the story.
- Create your own trivia games related to music, television shows, or even personal family history.

These activities help combat cabin fever and alleviate feelings of loneliness, boredom, isolation, anxiety and depression.

(adapted from www.tenderlovingfamilycare.com)

CAMERA NEEDED

The Senior Center at Home program is seeking a donation of a digital camera. Photos are vital to demonstrating the impact that SCAH visits and the activities have on homebound participants. If you have a camera that you would like to donate please contact Barbara Caso at bcaso@scs-delco.org or 484-540-0382.

Celebrate Mother's Day With Lady Liberty

Join the folks from Episcopal Place at Park Row on a Statue of Liberty Lunch Cruise on May 9. The cost of the trip is \$120 and includes transportation to and from Lincoln Harbor, lunch buffet, live DJ as well as a sight seeing tour. The bus leaves Park Row (421 W. 24th Street, Upland) at 9 a.m. and the cruise is from 12 to 2 p.m.

Contact Theresa or Jean at 610-872-0100 with questions or to make a reservation. The first payment of \$30 is due on January 15.

Thank You for Another Successful Medicare Annual Enrollment Season

By Glenda A. Radical,
APPRISE Program Manager



The 2014 Medicare Annual Enrollment season has ended and once again the Delaware County Apprise Program volunteers have done a great job. The volunteers rose to the occasion by completing 17 telecenter days where they answered Medicare and Part D Prescription Plan calls from pre-Medicare and Medicare beneficiaries from all across Pennsylvania.

Many Medicare beneficiaries needed help and had their questions and concerns answered after attending the 32 Medicare individual counseling sessions at various locations throughout Delaware County.

The main feature of the Medicare Annual Enrollment season was the 37 Medicare 2014 presentations that volunteers gave to caregivers, pre-Medicare and Medicare beneficiaries. The Apprise volunteers provided information pertaining to “what is new” to Medicare for the 2014 calendar year.

The highlight of the season was the nine Part D prescription drug comparison sessions that were held at local libraries, senior centers as well as long term care and assisted living facilities. With information from the comparison sessions, several participants were able to select prescription plans that saved lots of money in Medicare prescription drugs. Many Medicare beneficiaries were paying out-of-pocket for some of their prescriptions drugs. But, after meeting with the Apprise Program volunteers, drug plans were selected where there were no out-of-pocket costs for prescriptions for the beneficiary.

Please join me in celebrating the Apprise Program volunteers for their wonderful and tireless work during the 2014 Medicare Annual Enrollment season. Hats off to these wonderful volunteers: Nancy Ahrendtsen, Ed Baum, Carl Clauss, Frank Colgan, Bette Ferrill, Helen Lynn, Dolores Shavney, Marty Spiegel, Evelyn Williams, Gayle Harmer, Sherry Biggs and Ed Mooney.

THANK YOU!

Fall Prevention During the Winter

By Debbie Templeton, Program Manager for
Caregiver Support Services



Winter is the time for snowy weather and cold temperatures. For the elderly, it can also mean an increased chance of slips and falls. When caring for an elderly loved one falls are a constant fear. A fall, especially if it causes injuries, can lead to other health issues that can result in an older person’s inability to live independently and can even result in disability or death. Here are some tips to help prevent winter falls.

1. **Choose footwear carefully.** Because snow, ice, and rain-slicked pavement are slippery, you need to have proper shoes for traction. Many of the more popular “comfort” shoes have rubber soles but they’re smooth and lack the tread that you need for better traction.
2. **If you have ice, use salt.** Keep the shovel and salt inside your house. The reason you need the shovel and salt is so that you do not have to walk across a slippery path. Salt dissolves ice and leaves a gritty surface that's much easier to walk on.
3. **Have plenty of railings and handholds available.** Anyone who is frail or has balance problems should not attempt to walk on a slippery surface without something to hold onto. Make sure railings are sturdy and free of snow and ice or that there’s someone there to offer an arm to hold onto.
4. **Allow extra time.** When heading out, give yourself a few extra minutes so you are not rushing around when it’s time to leave. Often times when someone falls, they look back and remember that they were rushing and not paying attention to safety.
5. **Ask for help.** If you have to walk across an icy sidewalk or parking lot and you are unable to salt or shovel yourself, ask for help from a family member, friend or neighbor. Most people are happy to help; all you have to do is ask.

Remember, these tips are not just for the elderly, they apply to anyone. In the event that you or a loved one does slip and fall, have a backup plan in place. Carry a cell phone and know who you will call for help.

Stay safe and warm!

Sources: *Caring.com, EzineArticles.com*

By Dorothy Darragh, Cognitive Stimulation
Program Manager

During 2014, the Cognitive Stimulation Program will be refurbishing kits and developing new kits. The kits offer a multi-sensory experience by:

- Encouraging lively conversation and sharing of memories
- Supporting well-being by reminiscing in a simple yet powerful way
- Building connections to others based on shared experiences
- Extending mental faculties by stimulating the brain through memory
- Enhancing creativity and discussion with small groups or in a one-on-one situation
- Promoting a positive review of one’s life

While this is a program always in process, 2014 will be especially busy as the kits are showing signs of wear. I have put together a wish list for and welcome the donations. You may contact me at 484-496-2144 or at ddarragh@scs-delco.org with questions or how to get items to me.

Items needed: high school yearbooks from pre-1940 (quantity needed: 6), graduation tassels (quantity needed: 6), winter hat, mitten/gloves, scarves (quantity needed: 6), stuffed snowman (quantity needed: 4), snow shoes – no longer than 12 inches (quantity needed: 4), sleds - no longer than 12 inches (quantity needed: 4), dreidels (quantity needed: 4), yarmulkes (quantity needed: 4), menorah - (quantity needed: 4), Torah (quantity needed: 4), Hanukkah candles (quantity needed: 4) as well as Mardi Gras and New Orleans memorabilia.

Aging at Home in the New Year: Strengthening Our Community

By Tiffany Schaff,

Director of Volunteers and Outreach



It's a new year and for many, that means new beginnings, resolutions, and reflection on the past year. For me personally, I have been reflecting on 2013, my first full year at SCS. We have maintained the tradition of continuing current programs and finding ways to further enhance them and carry on with our mission of promoting independent and meaningful living for older adults.

Recently, we launched a new program: Aging at Home – A Community Network. If you've been paying attention, it's been in a few newsletters prior to this one. With the assistance of the United Way, SCS is going to be able to provide additional services to older adults in the William Penn School District. Services include but are not limited to – home repair referrals, enhanced transportation services, snow removal, leaf raking, and a Friendship Circle membership.

We are currently seeking volunteers to assist with Aging at Home. What are we looking for? A little bit of everything! Handymen and women, snow shovelers, leaf rakers, and drivers. Whether you live in the William Penn School District (Lansdowne, East Lansdowne, Colwyn, Darby, Yeadon, and Aldan) or you just want to help your neighbors in Delaware County, we want to hear from you. We know that bringing Aging at Home to our area is going to strengthen the already strong community that we have.

If you're interested in volunteering or you know an older adult in the William Penn School District who could benefit from Aging at Home's new services, contact Christine Helmandollar at chelandollar@scs-delco.org or at 484-534-2207.

Cochlear Implants

By Donna Schumacher,

HDC Coordinator



What do you do when your hearing loss becomes so profound that not even hearing aids work anymore? Does this mean that you eventually will become totally deaf and all those things – the sound of voices, music, social life – will now disappear?

In 1985, the FDA approved a procedure called “cochlear implant” that was the answer to the prayers of many individuals who were at this point.

Simply put, a cochlear implant is a device that provides stimulation directly to the auditory nerve, bypassing damaged hair cells in the cochlea that prevent sound from reaching the nerve. An implant does not result in “restored” hearing for the recipient, but does allow him or her to perceive sounds. Not everyone qualifies for this procedure (which, by the way, is covered by insurance) and results vary depending on when the hearing loss occurred; the longer the time between the hearing loss and the implantation, the more “iffy” the outcome. For individuals who lost their hearing after learning to speak, the perception of speech and sounds after implantation may initially seem quite different from what they remember. After using the cochlear implant for several months or more, these individuals often report that they perceive speech to be more natural or closer to their memory of familiar sounds.

Wearing a cochlear implant is a lifetime commitment and requires the recipient to maintain and care for the implant. After an individual receives the implant, he or she must return to the center for a number of follow-up services, including the fitting of the external components of the implant; activating and programming of the implant and its microphone, speech processor and transmitter; necessary adjustments and reprogramming, and annual check-ups. In addition, recipients must undergo rehabilitation services with members of the team.

If this has piqued your interest, I invite you to the next meeting of HLA-Delaware County chapter when we will have representatives from two companies that manufacture and supply cochlear implants. Please join us on January 25 at 10 a.m. at Friendship Circle.

New Art Instructor Joins Us This Spring

By Farah Esfahani,

CWW Coordinator



Dear Friends,

I wish all of you a very happy new year. May 2014 bring you and your family prosperity, new hopes, peace and success. The Center Without Walls spring semester will begin the first week of March.

The CWW art classes, which are very popular, provide a perfect environment to make friends, have fun and help students become the artists they want to be. The classes are designed to meet each participant's skill level and allow them to express their creativity.

The watercolor painting and drawing classes at Aston and Concord have been taught by Helen Baur and Van Buren Payne, both accomplished and talented artists. I am pleased to report that CWW will start a new watercolor class at the Brookhaven Municipal Building in the spring with instructor Agnes Wilson-Bakow. This is good news for those who have been on the waiting list to take this class.

Agnes has been a professional artist for the past 25 years. She studied watercolor under well-known local artist Pat Sehein. She has exhibited her work in many art shows throughout the area. At present, she teaches evening classes in watercolor at Sun Valley High School and does some volunteer art work at a local assisted living facility. She is a juried member of the Delaware Valley Art League and had gallery representation at Tyme Gallery in Havertown.

She has always had an interest in art. In high school, she took two years of commercial art and started her painting career in oils. She later began using watercolor.

“I like the different textures that can be created with this medium. I demonstrate these techniques in my classes,” she said.

I would like to take this opportunity to welcome Agnes to Senior Community Services.

Please contact me at 484-496-2143 or fesfahani@scs-delco.org if you have any questions and or suggestions about the CWW programs.

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

Woodcarvers

Mondays at 12 p.m.

Schoolhouse

Members create extraordinary wood art.

Pencil Drawing and Watercolors

Mondays from 12:30 - 2 p.m.

Chester

\$5 per class

Find the artist in you or enhance current skills in this individual level class that offers basics in drawing and water color painting as well as more advanced techniques such as shading, landscapes, mixing and more.

Pencil Drawing

Every Friday at 10 a.m.

Good Neighbor

Beginning artists will learn drawing basics such as form, composition and proportion. Advanced artists will be challenged with new techniques in different media such as charcoal, pen, ink, and pastel.

Basic Jewelry Designs

Every Tuesday at 12:45 p.m.

Good Neighbor

Do you love jewelry? Are you interested in making your own? Expand your creativity and learn how to make your own jewelry that will make your friends and family jealous. A special class will be offered to all beginners that will teach basic leading techniques and basic wire techniques. Supplies included.

Crafts

Every Friday at 1 p.m.

Good Neighbor

Come show off your craftiness while learning new and exciting techniques.

No Knot Knitters

Tuesdays at 12:30 p.m.

Schoolhouse

New knitters or experienced, join us as we make special gifts for special needs.

Ceramics

Thursdays at 11:15 a.m.

\$3 per class

Chester

Join this relaxing, enjoyable class. Learn about

stains, glazes and firings. Art pieces are available at the center, but you may bring your own.

Sewing

Fridays from 10 a.m. to 1 p.m.

Chester

\$5 fee for non-members

Learn to create your own beautiful works! Beginners to advanced sewers are welcome in this group. Sewing machines are available on-site, but you may bring in your personal machine and equipment.

Watercolor Painting

Wednesdays beginning on Jan. 8 at 1:45 p.m.

Schoolhouse

Cost: \$50 for 10 sessions

Beginner through advanced artists are welcome. Helen Baur will focus on individual needs as she teaches approaches and techniques to highlight your art. The first of the next 10 sessions is on January 8.

Oil & Acrylic Painting

Fridays beginning on January 17 at 12 p.m.

Schoolhouse

Cost: \$50 for 10 weeks

Our skilled instructor can start the beginner or help the advanced artist enhance their work.

➤ DISCUSSION GROUPS

Caregiver Support Group

Tuesday January 7 & February 4 at 3 p.m.

Join this group to receive support from professionals and other caregivers. Share experiences, resources, and information to help each other through the caregiving process. Sessions include open forums, special discussion topics, and presenters who share expertise and advice.

Healthy Relationships Presentation

Dr. Wesley Anderson

Thursday, February 13 at 10:30 a.m.

Chester

Healthy relationships are important to a peaceful, happy life. Learn about how to improve all types of relationships through communication techniques, forgiveness, and more.

What's New(s)

Second and Fourth Wednesdays of the month at 10:15 a.m.

Schoolhouse

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

Kitchen Table Stories

January 23 at 10 a.m.

Schoolhouse

January 21 and February 18 at 11 a.m.

Good Neighbor

January 16 at 11 a.m.

Friendship Circle

Join us with your stories in our monthly reminiscence group. This is a group designed to promote wellness by allowing people to review their own histories and share particular life stories in a supportive and fun manner.

Holiday Blues Letdown

Monday, January 13 at 1:15 p.m.

Relationships of the Heart

Monday, February 10 at 1:15 p.m.

Friendship Circle

Address meaningful issues in these sessions provided by experts from Bayada Nursing.

Positive Aging Book Group

Second Thursday of the month at 9:30 a.m.

Schoolhouse

Facilitator Marian Mullahy guides the recall and review of an assigned book.

Book Club

Wednesday, January 22 and February 19 at 12:30 p.m.

Chester

Share your opinions and thoughts about some of the most current literary works today. Books are on loan from J. Lewis Crozer Library.

Chinese Culture

Friday, January 31 at 1 p.m.

Friendship Circle

Celebrate the Chinese New Year by participating in a lecture by volunteer Henry Boerstling. Boerstling will give an overview of what is appropriate and not appropriate within Chinese culture.

HIV and Seniors

Dr. Wesley Anderson

Tuesday, February 25 at 10:30 a.m.

Chester

Get the latest information and updates about HIV and AIDS and how to protect yourself and others.

Good and Welfare Group

Second and fourth Thursday of every month at 12:45 p.m.

Good Neighbor

This group covers a range of topics that im-

...More Highlights

pact seniors such as current events, how to keep in touch with loved ones as you age, becoming homebound and much more.

➤ FITNESS

Silver Sneakers Fitness

Tuesdays, January 7 to January 28 at 10:30 a.m.

Good Neighbor

Fee: \$3 per class

Have fun and move to the music through a variety of exercises designed to increase muscular strength and range of movement. Hand-held weights, elastic tubing with handles are used for seated and/or standing support. Silver Sneaker certified instructor: Janet Ford

Tai Chi

Mondays (returning February 3) at 10 a.m.

Schoolhouse

Cost: \$40 for six weeks.

It's easy on the joints, increases range of motion, and clears the mind. This exercise is safe for all ages.

Gospel Aerobics

Wednesday, January 8 and Friday, January 24 at 10 a.m.

Wednesday, February 5 and 19 at 10 a.m.

Chester

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

Healthy Steps

Tuesdays & Thursdays at 10 a.m.

Schoolhouse

Begin with a peaceful warm up, followed by light aerobic conditioning and closing with a relaxing cool down. Instructors Pat Phillips and Betty Schumucker lead this class located in the 2nd floor conference room.

Sit & Get Fit

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

Chester

Monday, Tuesday and Thursday at 10 a.m.

Schoolhouse

Every Wednesday at 10 a.m.

Good Neighbor

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

Cardio & Strength Training Exercise Class

Tuesdays at 5 p.m.

Chester

Take your fitness routine to the next level with this mid-level intensity class that uses weights, cardio and strength exercises to build muscle, stamina, energy and boost health. Class requires the ability to sit and lay on the floor using mats.

Line Dance

Tuesdays at 2:30 p.m.

Schoolhouse

Thursdays at 1 p.m.

\$1 per class

Chester

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

Tap Dancing

Wednesdays at 1 p.m.

Chester

Learn the basic of tap dancing through simple movements. Learn the art of rhythmic tap through Broadway and jazz standard music.

Jazz Dance

Wednesdays at 2 p.m. (beginning February 5)

\$3 per class

Chester

Enjoy dancing to traditional jazz music and rhythms. Beginners to advanced students are welcome to participate. No special equipment needed for the class.

Walking Club

Monday - Friday from 9:30 a.m. to 10:30 a.m.

Good Neighbor

Join the Walking Club and burn calories! It's good for your health and can help clear your mind! Walking locations will vary.

Yoga

Tuesdays beginning on January 21 at 9 a.m.

Schoolhouse

Cost: \$4 for 10 weeks

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

➤ GAMES

MahJong

Tuesdays at 12:30 p.m.

Schoolhouse

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

Big Breakfast Bingo

January 10 and February 14 at 9:30 a.m.

Good Neighbor

For the low cost of \$5, you will get a wonderful hot breakfast that includes grits, sausage, bacon, eggs, biscuits, jelly and juice, not to mention two Bingo cards and cash prizes. Come get your belly filled and try your luck.

Pokeeno

Mondays and Wednesdays from 12:45 p.m. to 3 p.m.

Good Neighbor

Come and enjoy a fun game of Pokeeno with friends.

Wii Games

Mondays - Fridays from 12:45 to 3 p.m.

Good Neighbor

Try your hand and stay fit with games of Wii bowling, tennis or baseball. Friendly competition encouraged!

Pinochle

Tuesday, Wednesday and Friday at 8:30 a.m.

Schoolhouse

Spirited play where no one needs to wait a long time to get in a game.

Pinochle Tournament

Monday, January 13 and February 24 at 12:15 p.m.

Cost: \$5 entry fee

First Monday of every month at 11 a.m.

Good Neighbor

Playing the hand you're dealt may lead to you leaving as a cash prize winner.

➤ HEALTH & WELLNESS

Spa Treatments

Mondays 10:30 a.m. - 1 p.m.

Chester

Take care of yourself by enjoying a relaxing, exhilarating manicure, pedicure, or complimentary facial. There is a nominal fee for manicures and pedicures.

Living with Diabetes

Every fourth Wednesday at 11 a.m.

Good Neighbor

Facilitator: Dr. Paula Gray

Find out about managing your diabetic issues, treatments, prevention, and eye health.

Continued on page 12

Chester Chatter



Spotlight on Elder Abuse

Many older adults face many kinds of abuse and are often afraid to report the abuse or do not know where to turn. Although it is difficult to pinpoint how many seniors are truly being abused, estimates state that 1 in 20 older adults are victims of abuse—financial exploitation, physical neglect and emotional mistreatment. Very often, the abuser is someone living in the same house or is a family member. This can be a difficult issue but we all must be aware and get involved when we suspect abuse. Here are a few things to look for:

- Bruises, pressure marks, broken bones, abrasions, and burns may be an indication of physical abuse, neglect, or mistreatment.
- Unexplained withdrawal from normal activities, a sudden change in alertness, and unusual depression may be indicators of emotional abuse.
- Bruises around the breasts or genital area can occur from sexual abuse.
- Sudden changes in financial situations may be the result of exploitation.
- Bed sores, unattended medical needs, poor hygiene, and unusual weight loss are indicators of possible neglect.
- Behavior such as belittling, threats and other uses of power and control by spouses or other loved ones are indicators of verbal or emotional abuse.
- Strained or tense relationships, frequent arguments between the caregiver and elderly person are also signs (NCEA, 2013).

To help someone or gain further information call the Department of Aging's Elder Abuse Hotline at 1-800-490-8505. You can also call your local Area Agency on Aging, a local senior center or go to the National Center on Elder Abuse website for further education at www.ncea.aoa.gov. We all can help to make someone's life a little better—let's vow to be aware and get involved!

In Sympathy

We extend our deepest sympathy to the family of Bernice Cheers on her recent passing. Our thoughts and prayers are with you always.

Celebrating Martin Luther King, Jr.

Join us for the following events in honor of the great civil rights leader!

Intergenerational Sharing with Wallingford Swarthmore Schools

Friday, January 17 from 10:30 a.m. – 12:30 p.m.

Share your history and memories of Dr. Martin Luther King, Jr. and the civil rights movement with students eager to learn! Students will spend the day interacting and serving at the center.

Annual Coat Drive

In partnership with Burlington Coat Factory, the Chester Senior Center will serve as a distribution site for new and gently used coats for all who have need. Children's and a variety of adult sizes and styles will be available. Please check with the front desk for the date and time of the event.

Dr. Martin Luther King, Jr. Holiday~ Center Closed Monday, January 20

Why not join in a community effort and volunteer your time to serve—a day on, not a day off!

Celebrating Black History Month!

The African American heritage is rich with history. Don't miss these exciting activities as we celebrate our heritage!

February Black History Reenactment & Dessert Reception

Friday, February 21 at 1 p.m.

Learn about a great African American, Madam CJ Walker, as her life is reenacted by Dr. Daisy Century in this intense dramatic presentation! Enjoy delicious treats, coffee, tea and an opportunity to talk with Dr. Century after the performance. Registration is required.

Get Well Wishes

Jean Corbitt, Corine Hatcher, Doretha Loper, George Majors, Evelyn Mills, Monika Thomas Rhodes, Wilma Plummer

Thank You to:

- State Rep. Thaddeus Kirkland, staff and family for sponsoring another great Christmas celebration for all to enjoy!
- The Chester Mission and Master Blaster for sharing your love of music and Chester talent at the holiday musical showcase!
- Widener University Library staff for the holiday gifts for our homebound older adults.
- All who gave to the mitten tree for the children at the Wesley House shelter as well as to the community food drive.

Chester Travelers

Midway—Harrington Casino

Jan. 22 and Feb. 26 at 9 a.m.

Cost: \$25

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

“MOSES” at Sight & Sound Theatre

March 5, 2014

Cost: \$110, members/\$120, non-members

Enjoy the great biblical story of Moses in a spectacular live performance and enjoy a delicious buffet luncheon at Shady Maple restaurant. Transportation also included.

Motown Forever Show – Tropicana Casino, Atlantic City

May 5, 2014

Cost: \$57 Members/\$62 Non-members

Includes roundtrip coach transportation, live Motown Forever show, \$15 slot play.

San Francisco, California by Train

September 17-28, 2014

Cost: \$2,569 per person

(certain amenities are extra)

Enjoy a beautiful train ride across country by Amtrak, hotel accommodations at the Tuscan Inn in San Francisco, daily meals, tour Alcatraz, Monterey and Carmel, San Francisco, ride a cable car and much more!

Program Highlights

Happy New Year from Vicky!

As we move forward into 2014, why not start with a clean bill of health? Do you know that January is Wellness Month, Life Month, Cervical Cancer Screening Month, National Cancer Prevention Month, National Eye Care Month, and National Glaucoma Awareness Month? Take time to visit your doctors and get proper care, begin a fitness routine, and strive to make better health choices overall. Start the new year off strong! Many of our activities can help you get off to a great start.

Birthday Celebrations: Friday, January 31st and Friday, February 28th at 11 a.m.

Celebrate your birthday with us at the monthly party with live entertainment and a delicious hot lunch. Lunch is complimentary if your birthday is in that month, \$2 for all other guests. Please sign up at the front desk.

Chili Cook Off 2014!

Sign up if you dare and see if you are the best chili chef in town. Try to win the \$50 cash prize! The date is March 7. Details and rules are at the front desk!

Friendship Facts



Shoveling is the Headache of a Beautiful Snowfall

Winter has arrived. And with it, the snow will fall. Shoveling snow is a very physical activity and is comparable to lifting weights fast and with many repetitions. The dangers occur from stress that the body undergoes from the physical activity of shoveling the snow. Seniors who are not used to daily exercise have a chance of straining the heart when moving a hundred pounds of snow. The cold weather can impact your blood flow.

The communities that Friendship Circle serves (Darby, Lansdowne, Aldan, Yeadon, Collingdale and Colwyn) share many of the same policies regarding snow removal: no vehicle shall be parked on any street designated as a snow emergency route; sidewalks shall be cleared no later than 12-24 hours after snow or sleet has ceased to fall; in the case of snow, a pathway, not less than 24 inches in width shall be thoroughly cleared and ice shall be covered with control materials; snow and ice need to be piled up on the curb and not placed in the road.

With these policies in mind, I encourage you to create a plan for when it snows. In creating that plan, please consider Aging at Home. Let us help you remove your snow promptly and safely. Contact us if you are interested or have any questions. You could also consider reaching out to a relative or neighbor to shovel.

If you do hire someone to shovel for you, settle on a pre-negotiated price for the service prior to the snow falling. That way, a long and cold winter will not leave your wallet empty.

Register for CLLL Spring Classes NOW

Happy 2014 Friendship members! I invite you to enroll in the CLLL classes held from February to June 2014. Enroll in a class that sparks your interest. Simply complete the registration form and give it to any staff person or call 484-534-2033 or email dschumacher@scs-delco.org. You can also register on the SCS website www.scs-delco.org or in person at the front desk. There is sure to be a class to improve your daily living or just have fun.

With Sympathy: Richard Carmine

Program Highlights

Appraisals

Monday, February 24 at 1 p.m.

Expert Joe Furia will appraise your individual items (up to 4) at \$2 per item. Joe is an expert on coin and paper but all household treasures are welcomed. Pre-registration is required.

Pinochle Tournament

Saturday, January 18

Cost \$8 includes trophies and lunch

Pinochle tournaments at Friendship Circle are always a success at the center because pinochle players from other centers participate in them. The tournament is a great way to have fun with others and challenge your card skills.

Birds in Winter

Monday, February 3 at 11:30 a.m.

There is no better time to view birds than in the winter. Birds are more visible because the trees are so bare. However, birds need to survive the cold weather and rely on humans to meet their food needs. We'll talk about common birds to see in the area.

A bird craft will take place at 1 after lunch for those who wish to participate. There will be a small fee for participation to cover bird food and craft materials.

Computer Help

Wednesday, February 19 at 1 p.m.

Computer classes are great but this is your opportunity to get assistance with your individual needs. Come and learn from volunteer Henry Boerstling to answer your computer questions.

Membership Drive

Friendship Circle continues to strive to meet the annual membership goal. Please make your \$25 contribution for 2014. New cards are being distributed to contributing members.

Tax Season Is Here – Sign Up at Friendship Circle for Tax Service

Pathways organization is collaborating with Friendship Circle to provide tax services on February 4, 11, 25 from 9 a.m. to 12 p.m. If interested, please call and sign up with Donna Schumacher at 484-534-2033.

Friendship Outings

Make your reservation for these trips:

A Raisin in the Sun

Wednesday, April 30

Cost: \$205 per person

Starring Denzel Washington and Diahann Carroll. Trip includes transportation, excellent tickets and all gratuities. Lunch is on your own. A \$60 non-refundable deposit is required by January 31 and final payment is due by April 7.

Moses (Sight N Sound Theater)

Thursday, May 8

Cost: \$129 per person

Package includes round trip coach and lunch feast at Shady Maples restaurant and show at 2:45 p.m. Shopping at Kitchen Kettle Village to follow.

Baltimore Inner Harbor

Wednesday, May 15

Cost: \$40 per person

Round trip to the beautiful harbor and have FREE time to explore the museums, National Aquarium and possibly enjoy eating the well-known Maryland crabs.

Fishing at Linvilla Orchards

Friday, May 21

Cost: \$15 per person

Transportation is on your own but fishing fee and picnic lunch is included. Meet at the fishing pond that is stocked with fish at 10 a.m.

Dr. King Day at the Center

Thursday, January 16 at 11 a.m.

The center will celebrate Dr. Martin Luther King, Jr.'s life. We will discuss this wonderful person and reflect on his accomplishments. Programs will be held throughout the day.

Aging in Place – A Community Network A Program in the Hub of Friendship Circle Senior Center

Friendship members and older adults age 60 plus residing in the William Penn School district are encouraged to join Aging at Home – A Community Network that provides additional benefits using the senior center as the base for resources, group activities, lunch, and recreational activities. The program goes beyond what the center offers: transportation services, chore services and home repairs. Feel free to stop by the Aging at Home office in the center to schedule your assessment so we can address your individual needs to support independent living.

Carmen's Corner



Dear Friends of Good Neighbor,
My prayers go out to all of you; we are about to start a new year with hopes and dreams for a blessed and prosperous 2014.

Our year is full of lots of trips and activities. We are looking forward to a great winter without snow but so far we haven't been so lucky. However, I am hoping this is the last we see of snow this winter. I will be praying for a quick and short winter. I miss fall already. I can't wait for spring to get here. I really love spring and fall. Spring is when the temperature warms up and I am back in the garden! I love fall because it is filled with such beautiful colors and the weather is perfect.

My prayers also ask that we remain active and know God's blessing is on our lives. My New Year's resolution will be to treat others the way I want to be treated. We should all try and follow this golden rule to love our neighbors as God instructed. I have my resolution; what will yours be? Remember to love and respect each other. Invite someone new to join in an activity they don't usually participate in and don't forget to do the same. Let us continue to be the good neighbor our center is known for. Have a happy and prosperous New Year! See you at the center.

Thank You

Thanks to everyone for a great job with the Christmas party.

Thanks to the Christmas Committee for their hard work; thank you to Sylvia Wilson, Tillie Jones, Janie Strong, Clarence Clark, and Vincent Spragins.

Get Well Wishes

Our prayers go out to all our homebound members. We are praying for a speedy recovery. Never does a day go by without some special thoughts of you. Get well soon!

Panama Canal Cruise 2015
Princess Cruises on the Coral Princess
13 days/12 nights
March 20-April 1, 2015
Cost: \$3,249-\$3,899

Center Happenings

Out to Lunch

January 6 and February 3

Cost: \$5 (transportation)

Come and enjoy a wonderful lunch out on the town at a beautiful restaurant during the month. The cost of lunch is on your own.

Southern Grill

Every Thursday at 11:30 a.m.

Cost: \$5

Enjoy a delicious home-cooked meal every Thursday. Choose from a variety of menu items depending on the day. Eat-in or take out. To order ahead of time or to see what the menu is for the week call 610-586-8170.

Reiki

Every Friday (except the 2nd Friday of the month) from 9 to 11 a.m.

Reiki is an ancient and effective form of hands-on healing to bring greater health and well-being for ones' body, mind and spirit. Reiki can help relieve pain, provide relaxation, expand energy and bring significant positive change to the person receiving it. Reiki seeks to balance the body's energy to allow healing at the physical, mental, emotional and spiritual levels. Sessions are by appointment only. Call for reservations at (610) 504-3607 or (610) 586-8170.

January Birthday Party

Friday, January 24 at 11 a.m.

If your birthday is in January, come out and join your peers in a birthday bash! Even if your birthday isn't in January still come and be a part of the celebration!

Art of Style

Second Monday of the month

Cost: \$5

Art of Style is a hair dressing company located on Church Lane in Yeadon. They will be providing us with their services at a reasonable price. Please sign up for a time slot in advance so we can know how many staff member to ask to come. Please wash and condition hair before coming in.

Red Hatters

Fourth Thursday of each month at 1 p.m.

Join the group for outings, fellowship and special events.

Trips

Thrift Store Hop

Friday, Jan. 3 from 9:30 a.m. to 1:30 p.m.

Cost: \$7

Come join us for a fun bargain hunting and shopping day. We will be trying out a new location! Register at the front desk.

Casino Trip: Mount Airy Casino

Wednesday, January 8

Cost: \$30 per person

The bus will depart Good Neighbor at 9 a.m. and return at 5:15 p.m. Cost includes \$25 slot play and \$10 food credit. To sign up, please speak with Ms. Sylvia or Ms. Tillie Jones. Come try your luck with us.

Tunica-Casino Capital of the South & Memphis Home of the Blues

June 21-29 (9 days/8 nights)

Cost: \$650

The cost includes motor coach transportation, 14 meals (6 dinners and 8 breakfasts) as well as a guided tour of Memphis including the National Civil Rights Museum and the Tunica Museum.

Caribbean Cruise: Norwegian Cruise Line on the Norwegian Gem

November 24-December 3, 2014

(10 days, 9 nights)

Cost: \$1,099 to \$1,519

An easy 12-month payment plan is available. Flyers are at the front desk with more details. For reservations or additional information, please contact Carmen Olive at (610) 924-7920.

Motown Forever at the Tropicana Casino in Atlantic City, NJ

Good Neighbor Senior Center Partners With Schoolhouse Senior Travel Club

Monday, May 5, 2014

Cost: \$69

The Motown Forever show celebrates the classic songs from Barry Gordy's hit makers of the 60s and 70s with a cast of 5 male and 3 female vocalists and an incredible band of musicians. Package includes matinee performance at 3 p.m., \$15 slot play and motor-coach transportation as well as a ticket to the show. Deposit of \$25 due by March 1, 2014. Contact Carmen Olive at Good Neighbor Center 610-856-8170 or Kim McDaniel at 610-544-7137 at the Schoolhouse Center.

Kim's Korner



Dear Friends,

Happy and healthy new year! We here at Schoolhouse are so grateful for each of you. It is because of you, our members, staff, guests and friends that this past fall has been the busiest in the center's history. Most people hear about Schoolhouse from you. I thank you for your confidence in our center and for spreading the word that we are not your grandmother's senior center. In a time when other programs are struggling, our center is vibrant, active and healthy. Thank you for all you do to help spread the word and in helping our new members feel welcome.

This month is also a milestone for me; I had a goal of surpassing the record of the first Center Director at Schoolhouse, Carol Weist. This new year begins a new record for Schoolhouse's Center Director – I begin my 18th year here. I owe much to the staff I share leadership with, our amazing Advisory Council that is so supportive, insightful and hard working and finally to each of you for every time you share a part of yourself with me and others. You inspire me.

So this is a happy new year for Schoolhouse. Raise your glass for old friends, new friends and friends yet to be.

Love,
Kim

Trip Update!

We have some great trips coming up! The Travel Team is comprised of Kim McDaniel, Bertie Ritchie, Barb Lenzi and Jean Merserole. Barbara is advising about some vacations and the cruises. Signing up for trips is as easy as ever. Just pay at the front desk unless otherwise stated on the flier. Trips under \$75 should be paid in full to hold your reservation. If trips are over \$75, setting up a payment plan is fine. For vacations, we strongly recommend taking out travel insurance in the event you are ill. We can provide information on how to do this.

Sight and Sound – MOSES

Wednesday, March 19

Cost: \$92.00 - all inclusive

Leave at 10:30 a.m. Return at 7 p.m.

Buffet at Dienners Country Restaurant

Showboat Casino for only \$3!

Monday, April 7

This is the deal of the year! For only \$3 you get bus transportation, casino, \$5.00 slot credit, tax and gratuities. Leave at 9 a.m., return 6 p.m. (There will only be one bus with 46 seats. Don't wait, this will fill quickly!)

Paper Mill Playhouse: *South Pacific*

Thursday, April 24

Cost: \$114

The cost includes tickets to this fabulous show with orchestra seats, bus and gratuities. Lunch at Charlie Brown's includes salad, bread, baked potato, seasonal fresh veggie, choice of duchess cut prime rib, sesame ginger chicken or coconut shrimp as well as homestyle New York cheesecake.

Resorts Casino – "The Clusters"

Monday, June 9

Cost: \$53

Prince includes cost of bus transportation,

show music of the 50s and 60s and buffet. Leave Schoolhouse at 9:00 a.m.; return at 6 p.m.

Rocking Horse Resort

September 8-12

Cost: \$619 for double occupancy room

The price includes 5 days, 4 nights along with 3 meals per day, hay rides, shuffleboard, horseback riding, bocci, sauna, swimming pool, paddleboats and more! Evening activities include live entertainment and dancing. All Inclusive. Please call Barb Percival to make a reservation: 610 237-8100.

Trains Across the Mountains – Vermont and New Hampshire at Peak Foliage

October 3- 6

Cost: \$531 double occupancy, \$687 single

The cost includes 3 nights, 3 breakfasts, 1 dinner with entertainment, 1 dinner train, tour of Castle in the Clouds mansion, ride Conway scenic railroad and enjoy beautiful scenery of the Mount Washington area, covered bridges and much more!

American Queen Steamboat Civil War Cruise

October 31-November 8 (9 Days, 8 Nights)

Travel down the Tennessee River, where each port of call played a part in the conflict that tore our nation apart. Depart from Chattanooga and travel to Alabama, Kentucky, Missouri and disembark in Memphis. Prices range from \$3,469. Does not include air or land transportation.

Still to come:

- *Gentleman's Guide to Love and Murder* – on Broadway
- *Kinky Boots* on Broadway
- Shenandoah Valley tour for late spring-early summer
- Christmas program

Condolences to:

Our condolences to the friends and family of Kay Webber. Kay was with us every day and is missed by all.

Our sympathy to Grace Reinke, Bob Salkowitz, Sam and friends of Mary Salkowitz. Mary was a Schoolhouse volunteer for years. She helped with the homebound program and the Bazaar.

Our sympathy to the friends and family of Bernard Kelly. "Kel" was a bingo player and is missed.

Sunshine Wishes to:

Evelyn McElwee, Margaret Ferguson, Toni Pearlino, Larry Galvin, Pasqual Villano, Dolores Jester, Marie Angilello, Marjorie Lucci, Alice Spice, Ed Smith and Ernie Barci.

If you know a member who is sick and you don't see their name on the board, please let us know.

All-Day Alzheimer's Workshop for Caregivers

Please join us on January 11 at 9 a.m. for an informative workshop for caregivers presented by the Alzheimer's Association. This workshop will focus on early stage Alzheimer's as well as early onset Alzheimer's. This presentation will provide essential and practical information for those caring for loved ones with Alzheimer's or dementia. All are welcome.

This program is FREE and lunch is being provided through a grant from Gateway Health Plan. Please call 610-237-8100 to register.

Membership – We Are Getting Closer – Only \$3,000 to Go!

Thank you to those who have paid their membership! For those who have not joined (paid \$25.00 membership), please consider doing it! In order to meet our goal, we need everyone. Your gifts help to keep the lights on. Thank you!

Happenings Around Our Centers



Senior Community Services' Cognitive Stimulation Kit Program recently received a generous grant from the Hoxie Harrison Smith Foundation. The Foundation, a loyal supporter of the SCS program, seeks to "improve the physical, mental, and moral condition" of the elderly.

The Cognitive Stimulation Program offers more than 300 sensory kits available for in-home and in-community use to spark conversation and reminiscence among older adults. Prior to grant approval, Lee Daney, on behalf of The Foundation, visited a kit program at Little Flower Nursing Home in Darby where 30 older adults shared personal memories as they passed around items from the Attic Treasures Kit. Pictured above at Little Flower, (left) Cognitive Stimulation Kit Program Coordinator Dot Darragh, (right) Lee Daney, Hoxie Harrison Smith Foundation board member.



Schoolhouse members celebrated together at the Schoolhouse Holiday Party held at the Springhaven County Club. Larry Campbell agreed to stand-in for Santa, who was understandably tied up at the North Pole.

The Mystery Dinner Theater, performed by the Schoolhouse Players, tried to stump the sleuths in the audience with their latest play this fall. Mark Bernstein, a volunteer from the Media Unitarian Universalist Church was the chief of police in the play.

Spring Programs, continued from page 1

programming that interests a wide variety of participants.

"We want people to truly embrace technology and all the wonderful things technology is able to do today—even for older adults," Nowell said. "We also want to continue to increase membership and participation in the center by offering new and interesting classes, seminars, and activities for all to enjoy."

Friendship Circle is also breaking the mold of traditional programming by offering a bowling course off-site at MacDade Bowl. The course was offered in the fall and was a success. It is back by popular demand for the spring.

Bob Pescatore the owner of the bowling alley and one of the instructors said this informational program covers bowling tips, safety

and the basics in an easy-to-follow way. He scheduled the four sessions at the same time as the senior bowling leagues, to help those participants feel more comfortable.

The spring courses begin in either February or March. For more information please contact the following senior centers or log on to www.scs-delco.org for more information.

Chester Senior Center: 610-497-3550

Good Neighbor Senior Center: 610-586-8170

Friendship Circle Senior Center: 610-237-6222

Schoolhouse Senior Center: 610-237-8100
SCS programs in Aston, Brookhaven and Concord: 484-496-2143

SCS Center Highlights, continued from page 7

➤ NUTRITION

Nutrition Talk

Tuesday, January 7 at 11 a.m.
Schoolhouse

Can you eat well at fast food places? Maybe. Barbara Myers will tell us how/where.

Eating Smart Talk

Tuesday, January 14 at 11:15 a.m.
Tuesday, February 11 at 11:15 a.m.
Chester

Tuesday, January 21 at 12:30 p.m.

Cooking Demo is on Thursday, January 23
Good Neighbor

Maintaining good health is about eating smart! Learn how to make better food choices to improve your health.

Healthy Cooking Demo

Wednesday, January 22 and February 26 at
12:30 p.m. at Chester

Thursday, January 23 at 12:30 p.m.

Learn and sample a simple and delicious meal that can be prepared at home.

Eating Smart Cooking Demo

Tuesday, January 28 at 11 a.m.
Schoolhouse

We'll sample foods discussed in Barbara's nutrition talk.

➤ RELIGION

Bible Study

Tuesdays from 6 - 7:30 p.m. at Chester

Study the word of God with Pastor Allen Jones through the use of biblical scripture. Open discussion will deepen and strengthen your knowledge and relationship with God.

Every Tuesday and Thursday from 9:30 a.m. to 10:30 a.m. at Good Neighbor

Facilitator: Reverend Alice Weaver

This club is a study of the gospels and other books in the Old and New Testament. The discussions are passionate and thought provoking.

Praise with Song

Every Thursday at 10:30 a.m.

Good Neighbor

Come out to praise the Lord while singing along to your favorite gospel tunes. Don't be shy; come have your sins forgiven. Amen.