

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 to Offer Innovative Series Geared Towards Caregivers and Care Receivers

By Heather Dale

After a year of planning, Senior Community Services is proud to offer a series of truly unique sessions aimed at educating and supporting both caregivers and the loved ones they care for.

“We are always trying to do things for caregivers and it just seemed that there was something missing, and that was doing something for the people they are caring for,” said Kim McDaniel, director of Schoolhouse Center.

The series kicks off on March 19 at Schoolhouse, located on Swarthmore Avenue in Folsom. The sessions will all run from 4:15 to 5:30 p.m. All sessions are free. If transportation is an issue, SCS can provide assistance. Caregivers must call or email Jill Sabinski at 610-237-8100 or js-abinski@scs-delco.org to register. When registering caregivers will be asked to provide some information about their loved one to ensure that they are appropriate for the session and can actively participate. Caregivers may also come alone.

Caregivers who attend all six sessions will be entered to win a special night out. Details are still in the works, but McDaniel promises the prize will offer a much needed break to the lucky caregiver.

The first session will cover compassion and self care for the caregivers while care receivers work on mosaic plates. Members of the Mosaic Society will be on hand to assist as well as aides from Family Matters Adult Day Center.

The idea to provide programming for caregivers and care receivers came to McDaniel and Director of Development M.C. Palladino while they were attending a conference in Chicago last year. Of all the sessions and presentations, one in particular stood out. During it they watched a film that showed a man with dementia responding to music. McDaniel said the initial shot of the film showed a man sitting motionless in a chair. Once headphones were placed on his head, he started to perk up, then began tapping his toes, moving his torso, humming and finally, singing along to the song.

“It was just so moving,” McDaniel said. “I was very, very touched by that.”

Nearly a year later, McDaniel, Palladino and Family Caregiver Support Program Manager Debbie Templeton have developed a series of six informational sessions for caregivers that run concurrently with recreational sessions for care receivers. These sessions, in addition to mosaics, will include: music, storytelling and reminiscence, animals, brain fitness and sensory kits and horticulture.

“We hope to engage caregivers and give them hope as well as knowl-

Caregivers and Your Loved Ones Classes for Both of You

Wednesdays, 4:15 - 5:30 p.m. at Schoolhouse Center

- March 19** **Compassion and Self Care:** Take care of yourself so you can take care of others. Empowering tips from a Life Coach.
- April 2** **Creative Arts:** Your loved one will be guided in making a mosaic plate!
Elder Law Education: Bring your questions for our Elder Law Attorney.
Music! Your loved one may experiment with a variety of instruments or simply listen to toe-tapping music!!
- April 23** **Resources for Caregivers:** Leads to the resources and solutions to solve any dilemma!
Storytelling and Reminisce: Your loved on will be mesmerized by a trunkful of props and an unfolding story.
- May 14** **Forgiveness and Gratitude:** You deserve to live life to the fullest! Use these important tools to feel better.
Animals!: Your loved one can hold, touch, hear and watch rabbits, guinea pigs, and a canine friend.
- June 4** **Safety Tips from an Occupational Therapist:** Creative ways to make life easier for you and safer for your loved one.
Brain Fitness Sensory Kits: Use senses of touch, smell, hearing, vision, and taste for conversation and reminisce.
- June 25** **Family Relationships:** It's not easy keeping everyone happy! Tips for peaceful living with siblings and family.
Horticulture Activity: Your loved one will decorate a terracotta pot and leave with a plant to nurture.

Caregivers must be present for their loved one to participate.

Transportation available. RSVP required. Classes are free of charge thanks to our sponsor Delaware County LINK to Aging and Disability Resources

edge and give them an idea on how they can do something creative and innovative,” McDaniel said. “And maybe they will see some life, something unexpected and wonderful in the people they care for. To give them something that will make a difference.’

Templeton, whose program provides assistance and support to about 200 caregivers in the county, said the sessions for caregivers were developed based on issues and topics caregivers in the program often need

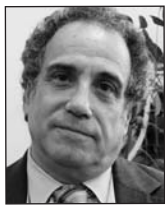
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Senior Community Services
600 Swarthmore Avenue
Folsom, PA 19033

Nonprofit Organization
US Postage
PAID
Permit No. 59
Chester, PA 19013

Waiting for Frosty to Melt

By Arthur Weisfeld



As I write this column, weather forecasters are telling us that this winter has brought the fifth greatest accumulation of snow on record. But we are only in the middle of February! Who knows how much more historic this winter will be at the month's end. And let's remember—snow is very possible in March, and—dare I say—even in April. We have a Japanese weeping willow in front of our house whose pink blossoms look magnificent covered with snow. But, this year, we'd settle for a little less beauty.

What is undesirable, unpleasant, and inconvenient about this weather is all too obvious, but I'll tell you anyway. It creates hazards—these days, even short walks are perilous, as I very well know from my late night walks with our dog Bayley. That nice snow coating covers a solid mass of ice, and who knows what bones might break with just one misstep. That problem would be quite enough but winter, this type of winter, makes life chaotic. I'm constantly wondering when the next meeting will be cancelled, or actually held for that matter. The coordinating phone calls, e-mails, and text messages are necessary but don't contribute to a sense of productivity. Disappointment is also part of the emotional landscape, as many events that were eagerly anticipated need to be rescheduled or cancelled altogether. In December when all the snow began, we had planned to visit our son in New York. Jacob was doing a fellowship at the Brooklyn Museum and we wanted to tour it with him. The day before our visit, the prediction of the snow accumulation

was changed to a level that would compromise our ability to get around. With great reluctance, we cancelled our trip. Now Jacob has moved on to a position at another site and who knows if we'll ever get our tour. This past weekend, we got a little luckier. We visited our daughter at Elizabethtown College and somehow magically selected the one day on which no precipitation occurred. We were grateful.

Few things in life are all bad, and that awareness has led me to search for what's been positive in this winter of winters. I've come up with a few things, one of which I just mentioned—gratitude. No longer will I view temperate winters as ordinary. No, I plan to celebrate them, be thankful for them, knowing how much worse it could be. This 2014 winter has set a new standard for bad. I'm also grateful for the contributions of so many members of our SCS family for making this weather situation as manageable as possible. For example, our grounds keeping crew, led by Chris McKee, has been very dedicated to the task of keeping the sidewalks clear. Our staff has engaged with me in complicated planning for various contingencies during their off-hours. A second bright spot is that I've gotten caught up on some tasks that I probably would not have done otherwise, but in all honesty, I still haven't cleaned out any closets. Apparently, we'll need a more significant weather situation for those. Third, I've been enjoying watching the Olympics, even though at this point in the competition, our athletes aren't faring so well. The only thing I can't figure out is why it's less wintery in Sochi than it is here. A fourth silver lining is that with all of this precipitation, the springtime flowers should be that much more spectacular.

And I can't wait.

Free Health Insurance Counseling Available for Delco Seniors

By Glenda A. Radical,
APPRISE Program Manager



Do you live in the Glenolden (19036) or Upper Darby (19082) communities of Delaware County? Are you single with a monthly income less than \$1,459 and resources less than \$13,440 or are you married with a monthly income less than \$1,966 and resources less than \$26,860?

If you answered "yes" to any of those questions, then you are eligible for the Extra Help and the Medicare Savings Programs.

The Extra Help Program pays for the Medicare Part D Prescription Plan premium, lowers co-pays, and may eliminate the coverage gap. The Medicare Savings Program pays for the Medicare Part B premium each month. It could also pay for co-pays and deductibles not paid by Original Medicare.

If you have questions and/or would like to make appointment to apply for the Extra Help or Medicare Savings Programs please call me at 484 494-3769.

EXTRA! EXTRA!

Beginning in March, the Delaware County Apprise Program will provide Medicare individual counseling sessions in Glen Mills at State Representative Stephen Barrar's Office. The counseling sessions will be held every fourth Wednesday from 10 a.m. to 2 p.m. The office is located at One Beaver Valley Road in Chadds Ford.

The counseling sessions are scheduled in 45 minute blocks and are geared to assist Medicare recipients with Medicare questions, concerns, and enrollment into Medicare Advantage plans, Part D Prescription plans, Medicare Cost-Savings Programs, and Medigap/supplemental plans.

Please call Ann Iacono 610 358-5925 or the Apprise Program 484 494-3769 to make a Medicare individual counseling appointment.

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Hearing Discovery Coordinator: Donna Schumacher
SCAH Program Manager: Barbara Caso
Director of Volunteers and Outreach: Tiffany Schaff

Save the Date!
SCS Volunteer Recognition Luncheon
Wednesday, April 23
12 – 2:30 p.m.
Springhaven Country Club

Sue Allison

By Barbara Caso, Program Manager, Senior Center at Home

Sue Allison was born in New Jersey and raised in Havertown where she still resides. When she was 19 years old her mother had another child. Sue became a sister to a little brother, Bobby. She says that she loved having a baby in the house because she was always the neighborhood babysitter. She even set up the crib in her bedroom to help her mother take care of him. Sue became engaged at the age of 20 on Christmas Eve and was married six months later. She and her husband, Bob raised three children of their own including two daughters and one son. She is also the proud grandmother of six grandchildren and 4 great grandchildren.

Did you work outside of the home? I was a stay at home mom. I enjoyed sitting and playing with my children and reading to them. There were a lot of kids for them to play with in the neighborhood so that was nice. When they were sleeping, I would tend to the housework and get things done that I couldn't get to during playtime.

What hobbies or interests have you engaged in over the years? I attended Garrettford Elementary School and learned sewing in third grade. In junior high, I had a sewing class and my teacher didn't believe I could sew a dress. When she saw that I could and how beautiful it turned out, she apologized and told me I could continue to sew anything I'd like to make. I enjoyed sewing clothing, drapes, winter coats, and upholstery. My husband worked in the insurance business and when the other men would see the nice ties I'd make for him, they started to ask me to make ties for them too. I also did all kinds of needlework, knitting and quilting. I joined the Main Line Quilters in Berwyn and was a charter member. Later on, I was part of the Undercover Quilters group and I taught quilting at church. And when I did

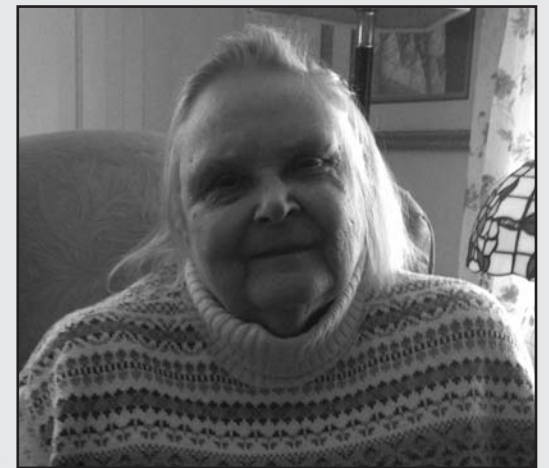
reenactments at the plantation at Ridley Creek State Park, I had to sew all of my dresses by hand.

Tell me more about the Plantation... There is a farm house there from 1750 and I became involved with this in my late 40s and stuck with it for over 5 years. I've always liked historical places. The dresses could only be made of

linen or cotton and sewed by hand so that they were more authentic. I made a lot of friends there and they were very interesting people.

What do you and your SCAH visitor [Frannie] enjoy doing together? At first, I taught her the knit stitch and we tried knitting together. I am legally blind and I was starting to make too many mistakes. It became stressful. But I was so pleased that Frannie provided me with a list of many other activities that I can do. Right away, we came up with many ideas. First, we are going to paint a bird house and hang it on a tree. I'm quite excited to do some container gardening, journaling, and exploring my family tree. I was down in the dumps when I didn't know what I could do. I feel totally different now that Frannie shared this list of activities. I really admire her.

When you get frustrated, especially with your vision, what helps you cope? My spirituality helps me. I couldn't get through it without the love of the Lord. I try my best to be a "fixer." But when I can't do it on my own, I call upon Him for guidance.



SENIOR CENTER AT HOME

Exploring the Benefits of Brain Fitness

By Barbara Caso, SCAH Program Manager



Computerized brain-training games, playing cards, challenging friends to board games, and crossword puzzles are more than just a fun way to pass the time. According to one of the largest studies ever done on cognitive training in Chicago, a brief course in brain exercises helped older adults retain improvements in reasoning skills and processing speed for 10 years after the training. The findings have been published in the Journal of the American Geriatrics Society.

The Advanced Cognitive Training for Independent and Vital Elderly study (ACTIVE), focused on three brain training programs. Those who participated in all three groups reported that they had an easier time with daily activities including managing their medication, cooking meals, and handling their finances than those who did not have the opportunity to engage in the training. Researchers believe that even a small gain in daily function would likely ease the burden on caregivers and healthcare providers. The improvement in difficulties with daily activities could ultimately curb healthcare costs and delay entry into nursing homes and hospitals.

Recently, researchers found that after four weeks of video game training with older adults, brain plasticity improved which is the brain's ability to change functionality over time. Another study found that brain-training computer games may also improve balance in seniors as well as produce improvements in brain areas that control spatial ability, memory, and attention. The findings in these studies offer welcome news in the search for ways to keep the mind sharp for the 76 million Baby Boomers in the United States that are advancing into their senior years.

Senior Center at Home (SCAH) staff and volunteers strive to incorporate activities into their visits that promote improvements in cognitive abilities. While promoting activities that enhance cognition, SCAH visitors are also fostering new relationships while increasing confidence and positive thinking which ultimately leads to a greater improvement in overall health for our homebound seniors.

If you are a SCAH participant or volunteer and would like additional information or ideas regarding appropriate brain fitness activities to engage in, please contact me at bcaso@scs-delco.org or 484-540-0382.

(adapted from www.cbsnews.com)

Empower Yourself: Take Responsibility for Your Health and Healthcare

By Ann Swayngim, Lead Care Manager

The world today is moving faster than ever. This includes the world of healthcare. Follow some of the tips below to make the best of your office visits and to take control of your own health future.

First, always carry an updated list of your medications and medical conditions. You may think that your primary care doctor has an updated list, but with many patients seeing multiple specialists, each physician might be unaware of changes that another physician has made to your medicine list. Changes may be made faster than they are communicated to your other doctors. In reality, YOU may be the only one with a comprehensive and up-to-date list.

Your list should be updated after each appointment. The list should include the medicine name, dosage, and number of times you take it each day. This list is also very important to have on hand for the doctors in the emergency room or hospital.

You should also carry a list of your important healthcare conditions. This is especially important when you make an unexpected visit to the emergency room. You may be too sick or your memory may be impaired due to acute illness. A list will save some frustration for you, and it will allow the doctors to get to know your medical history faster, and therefore they will be able to care for you better.

Second, obtain a living will.

A living will is a set of written instructions that a person gives to tell their family and doctors what type of treatment measures they would prefer. These written preferences come into play when you, as a patient, are unable to speak for yourself due to incapacity from severe illness.

In particular, the living will address what doctors call your “code status.” Do you want doctors to allow you to pass naturally, or do you want them to attempt to restart your heart with CPR? Do you want to be placed on “life sup-

port” (like a ventilator) if your breathing were to stop? You should discuss your answers to these questions with your family so that they know what to do for you if these situations occur.

Surprisingly, 84 percent of older Pennsylvanians do not have a living will. This can lead to disagreements among family members about your care. A living will not only assures that your doctors treat you as you prefer, but it also assists family members by taking away the burden of trying to guess what you would prefer in the circumstance where you cannot speak for yourself due to severe illness.

Third, delegate a health care power of attorney (Health Care Proxy)

A healthcare power of attorney is a person that speaks for you, in regards to your health, if you are unable to speak for yourself. A healthcare POA is different than a financial POA, and it serves a similar purpose as the living will. The importance of a health care POA in addition to the living will is that this delegated person is appointed to make healthcare decisions that may arise and are not addressed in the written living will.

Please note: In Pennsylvania, living wills and healthcare POA papers do not need to be notarized. The hardship of getting the paperwork notarized should not prevent you from getting these papers in order! Two witnesses to sign the documents will do. In addition, these documents should be shared with your doctor.

Resources

The website for the Pennsylvania Medical Society, used to compile this column, has more information and templates for advance directives, living wills, and POA paperwork. If you have a computer, please visit <http://www.pamedsoc.org/advancedirectives>. Otherwise, free templates may be available at your doctors’ offices or hospital.

Legal Aid of Southeastern PA may also be of assistance. Their phone number is (610)874-8421.

St. Patrick and Irish Americans – Legend, Facts and Wisdom

By Dorothy Darragh, Cognitive Stimulation Program Manager

As the Cognitive Stimulation Program gears up for the delivery of its St. Patrick’s Day and Ireland kits, I share these interesting tidbits.

St. Patrick, patron saint of Ireland, was born in Roman Britain, kidnapped by Irish raiders and made a slave at the age of 16. Later, he escaped, went home and then returned to Ireland to become a priest. The most widely held legend is that he explained the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of the shamrock, an Irish clover. During the 9th or 10th century, the Irish Roman Catholic Church began observing St. Patrick’s Day on March 17.

On March 17, 1762, the first St. Patrick’s Day parade was held in New York City, not Ireland. Irish soldiers serving in the British military paraded as a way of celebrating their patron saint, St. Patrick, while away from Ireland. The tradition has continued and spread across the United States and gives the Irish a way to remain connected to their roots.

Facts about Irish Americans (courtesy of the US Census Bureau):

- There are 34.7 million U.S. residents with Irish ancestry, more than seven times the population of Ireland itself.
- Irish is the nation’s second most frequently reported ancestry, ranking behind German.
- Across the country, 11 percent of residents lay claim to Irish ancestry. That number more than doubles to 23 percent in Massachusetts.
- Irish ranks among the top five ancestries in every state except Hawaii and New Mexico. It is the leading ancestry group in Delaware, Massachusetts and New Hampshire.

If you’re enough lucky to be Irish, you’re lucky enough!

~Irish Saying

A best friend is like a four leaf clover: hard to find and lucky to have.

~Author Unknown

Saint Patrick was a gentleman, who through strategy and stealth

Drove all the snakes from Ireland, here’s a drink to his health!

But not too many drinks, lest we lose ourselves and then

Forget the good Saint Patrick, and see them snakes again!

~Author Unknown

SCS Stars Shine

By Tiffany Schaff,
Director of Volunteers and Outreach



It's that time of year again! It is time to celebrate our over 400 volunteers and their contributions to the agency. April is one of my favorite months for many reasons – I get to shed my winter coat, the beautiful flowers start popping up around Schoolhouse (thanks to volunteers!), and it's National Volunteer Month! It's a time to recognize the hard work our volunteers have put in to making SCS such a wonderful place.

I'm writing this in February with yet another snowstorm on the horizon, but I know that April will come soon. The Volunteer Recognition Luncheon will be here before we all know it.

The theme for this year's luncheon is: SCS Stars Shine. I was inspired by how incredible and hard-working our volunteers are every day. I love a good themed party, so I'm in the works of planning an Old Hollywood affair. If you love Audrey, Cary, Jimmy, and Bette, you'll love this year's luncheon!

This is a time for our volunteers to be recognized for their extraordinary work and enjoy the company of others. For me, I get to see both familiar faces and meet new ones. I am looking forward to celebrating another great year with SCS's volunteers and friends.

Aging At Home – A Community Network Making a Mark in the Communities Served: Aldan, Colwyn, Darby, East Lansdowne, Lansdowne, Yeadon

By Christine Helmandollar, Director of Aging at Home

Distributing smoke detectors, hanging a mirror, aiding a job search and assisting with a move from a large home to a smaller apartment are tasks that Aging at Home has helped seniors complete. This new program provides resources and assistance to seniors. Do you have a need? Contact Aging at Home at 484-534-2201 and let us support your goal of independent living.

Aging at Home is based at Friendship Circle Senior Center. Services include hot lunches, recreational activities as well as transportation and chore services. Morvia Bowen and I are now making presentations in the community and completing assessments to address the needs of Aging at Home members. We welcome local businesses and nonprofits to partner with us.

Buyer Beware, Especially When it Comes to Hearing Aids



By Donna Schumacher,
HDC Coordinator

In my years here as an information specialist for the Hearing Discovery Center program, I have received many, many calls from people who know they are having some problems hearing, but can't afford hearing aids. Often, the question is, what about those ads for hearing aids in the magazines that cost only \$39.

They sound like a really great deal as compared to the \$1,200 to \$1,300 figure that an audiologist might quote. The problem, as I point out to them, is that these products are not hearing aids – they are actually personal sound amplification devices or "PSAPs." And, they are not for individuals who actually suffer from hearing loss.

While both hearing aids and PSAPs can improve the ability to hear sound, are wearable and have some similar functions, only a hearing aid is intended to compensate for impaired hearing. That is a significant difference. Hearing aids are medical devices that cannot be sold without the FDA's approval. PSAPs are intended for non-hearing-impaired consumers who wish to amplify sounds in the environment for a number of reasons, such as recreational activities. PSAPs are not regulated by the FDA. An FDA advisory also adds that "choosing a PSAP as a substitute for a hearing aid can lead to more damage to your hearing. It can cause a delay in diagnosis of a potentially treatable condition. And that delay can allow the condition to get worse and lead to other complications."

So just like any other product you might consider buying, please be cautious. Marketing professionals make a very good living by designing advertising that convince you to spend your money while telling you you are saving money. If you really want to know if you need a hearing aid or if, in fact, one of the PSAPs will do the trick for you, please make an appointment with an audiologist and have your hearing tested. Then you will know for sure which device is good for you.

Spring is (Hopefully) Right Around the Corner

By Farah Esfahani,
CWW Coordinator



Dear Friends,

"I can hardly wait for spring to come," is a familiar refrain this winter. I have heard so many of our participants hope for spring when notifying them of cancelled classes due to the weather. It has definitely been a frigid winter. Spring is practically around the corner and we will all appreciate its awakening this year.

You have by now received Center Without Walls (CWW) spring 2014 semester flyers by mail or email. I invite and encourage you to explore the array of classes and educational opportunities we are offering you.

Art classes at Aston, Brookhaven, and Concord with instructors Helen Baur, Agnes Bakow, and Van Buren Payne will start the first week of March. Chair yoga with Don Simpson, registered yoga instructor, will begin March 13 at Brookhaven.

Aqua shallow exercise classes at Rocky Run will start March 3. This class provides a variety of challenges each day to help keep your bones strong, your heart healthy, and muscles toned, all at the pace of a 4 mile brisk walk in 1 hour!

"Eating Smart and Moving More" will be the topic of the "Eating Smart Series" which will be held at Brookhaven Municipal Building on March 11.

Do you like to read books and make new friends? Then why don't you join our Book Club meetings? The meetings provide a great opportunity to discuss new books over a cup of hot, soothing tea. Dianne Caggiano will continue to be the facilitator for the book club meetings which are held at the Aston Community Center. The next Book Club is scheduled for March 19. "The Light Between Oceans" by M.L. Stedman is the book to be discussed.

Please contact me at 484-496-2143 or fesfahani@scs-delco.org if you have any questions or need further information about CWW spring semester programs and classes.

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

➤ ART

At Your Own Pace

Wednesdays beginning March 5 at 1 p.m.

Cost: \$5 per class

Friendship Circle

Art instructor Monica Sperling will help novice to experienced artists expand their skills in line drawing, form, composition and proportion. Beginners will also learn about basic color. Advanced students will be challenged on an individual level with pencil, inks, pastels, and watercolors.

Digital Camera Class

March 12, 19 and 26 at 3 p.m.

Cost: \$20

Friendship Circle

Professional photographer Owen Biddle will teach easy camera tips and then progress to using a variety of modes and settings, exposure, focus and photographing a person or object. An SLR camera is needed. Point and shoot cameras are not appropriate for class.

Oil & Acrylic Painting

Fridays beginning March 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.

Scrapbooking and Card Making

Thursdays from 10:30 a.m. to 1:30 p.m.

Chester

Learn various techniques using scrapbooking equipment, special papers and trinkets to create greeting cards, flyers, gift bags and more!

No Knot Knitters

Tuesdays at 12:30 p.m.

Schoolhouse

Whether you are a new knitter or an experienced one, join us as we make special gifts for those with special needs.

Ceramics

Thursdays from 11 a.m. to 1 p.m.

Chester

Fee: \$3

Come and join this relaxing and enjoyable class learning about various stains, glazes and firings.

Woodcarving

Mondays at noon

Schoolhouse

Members create extraordinary art from wood.

Sewing

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

Chester

Fee: \$5 for non-members

Learn to create your own beautiful work! Novice to advanced sewers are welcome in this group. Some sewing materials are available for use.

Mosaic Workshop

Thursdays, March 13 - April 3 at 6 p.m.

Schoolhouse

Cost: \$84 for 4 weeks, plus an additional \$25 fee for materials

Suitable for beginners and experienced artists. The course will introduce all styles of mosaics for indoor and outdoor use.

➤ DISCUSSION GROUPS

Caregiver Support Group

Tuesday, March 4 at 3 p.m.

Chester

Join this group to receive support from professionals and others caregivers as we share experiences, resources, and information to help each other through the caregiving process. Groups will consist of open forums, special discussion topics, and presenters who will share expertise and advice.

Ladies Discussion Group

Tuesday, March 11 at 1:00 p.m.

Chester

This is the time to connect with other women and discuss life issues and challenges in a supportive, encouraging, fun environment.

Grief & Loss Workshop

Wednesday, March 12 at 10:30 a.m.

Chester

Learn to identify and cope with different facets of grief and loss from death and dying to aging, role changes, separation, depression and more. Presented by Northwestern Human Services this workshop will educate and enlighten!

Hoarding

Thursday, March 13 at 12:30 p.m.

Schoolhouse

Most households have some degree of clutter, piles of junk mail, laundry that needs attending to, more stuff than we have space for. Hoarding is different. It can include large piles and mounds taking up living spaces. Learn what can be done to help hoarders. Josh Rafter, presents.

Book Club

Wednesday, March 19 at 12:30 p.m.

Chester

Share your love of literature and the love of words with others in a friendly, open discussion. Books are on loan from the Crozer Library.

Positive Aging Book Group

Second Thursdays at 9:30a.m.

Schoolhouse

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

Renter's Rights Workshop

Wednesday, March 26 at 11 a.m.

Chester

Are you renting an apartment, senior housing or a private home? Then you should know your rights! Can the landlord legally enter your home without notice? What if needed repairs are not being completed? Understanding your lease and more will be shared in this informative session.

Kitchen Table Stories

Every third Tuesday of the month at 11 a.m.

Good Neighbor

Fourth Thursday at 10 a.m. at Schoolhouse

Come 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.

Good and Welfare Group

Second and Fourth Thursday of each month

at 12:45 p.m.

Good Neighbor

This group covers lots of different topics related to seniors like current events, keeping in touch with loved ones as you age, homebound seniors and much more.

What's New(s)

Second and Fourth Wednesdays at 10:15 a.m.

Schoolhouse

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

...More Highlights

➤ DRIVING

Smart Driver

Full Class: March 3 and 4
Friendship Circle

March 12 and 19 – 12p.m.
Schoolhouse

March 19 & 20 from 9 a.m. – 1 p.m.
Chester

AARP Members: \$15

Non-AARP Members: \$20

The AARP Smart Driving Safety Program is intended to help older drivers improve their skills while teaching how to avoid accidents and traffic violations. Insurance discounts available upon completion. Registration is secured with a money order made payable to AARP. Please put class dates on checks or money orders.

AARP Smart Driver Course Refresher Course

Tuesday, March 4 from 11 a.m. – 3 p.m. at
Chester

March 24 at Friendship Circle

(Must show certification of completion from a previous class.)

➤ FITNESS AND DANCE

Line Dance

Thursdays at 1 p.m. and Tuesdays at 6 p.m.
Chester

Tuesdays at 2:30 p.m. at Schoolhouse

Learn the latest line dances while having fun and exercising.

Cardio & Strength Training Exercise

Tuesdays at 5 p.m.
Chester

This is a moderate level exercise class that helps to improve strength, flexibility and endurance. This class uses mats, weights and other equipment.

Tai Chi

Mondays at 10 a.m. at Schoolhouse
Cost: \$40 for six weeks

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

Yoga

Tuesdays at 9 a.m. at Schoolhouse

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

Tap Dancing

Wednesdays at 1 p.m.
Chester

Learn the classic art of tap dancing to current music and traditional rhythms.

Jazz Dance

Wednesdays at 2 p.m.
Chester

Fee: \$3

Learn this creative dance form. No special equipment or materials necessary, just a willing spirit

Gospel Aerobics

Wednesday, March 5 and 19, and Tuesday,
March 11 at 10 a.m.

Chester

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

Fitness with Music, Singing, Dancing and Laughs

Every Wednesday at 10 a.m.

Good Neighbor

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

Sit Down Zumba

Tuesdays at 10:30 a.m.

Good Neighbor

Cost: \$2.50 per class or \$25 for 10 sessions

This is a Latin-inspired dance workout that combines Salsa, Merinque, Reggae and Hip Hop. You will lose pounds and have a blast.

Zumba

Thursdays beginning March 20
Schoolhouse

Cost: \$40 for 10 weeks

This Latin-inspired workout combines Salsa, Meringue, Reggae, Hip Hop, etc.

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 second floor conference room.

➤ GAMES

Pinochle Basics Class

March 19, 26, April 2 from 9 to 10:30 a.m.
Schoolhouse

Cost: \$5 for all sessions

Beginners will learn how to value and bid their hands, and how to play with confidence. Mike Pearlingi will take the mystery out of this very social game.

Comprehensive Bridge Course

Fridays beginning March 14 from 10 a.m. to
12 p.m.

Schoolhouse

Cost: \$50 for 10 weeks

Grand Master, John Pino will teach the card game that gives a lifetime of enjoyment, mental stimulation and the best opportunity to meet new people around the world.

➤ HEALTH, WELLNESS AND NUTRITION

Meditation

Monday, March 10 and 17 at 9:30 a.m.

Cost: \$1 per class

Friendship Circle

Meditation: the emptying or concentration of mind in order to aid mental or spiritual development, contemplation, or relaxation. Our very own yoga instructor Dottie Gregg will lead these classes.

Eating Smart Talk: Know What's for Dinner

Tuesday, March 4 at 11 a.m. at Schoolhouse

Tuesday, March 11 at 11:15 a.m. at Chester

Learn how to eat properly, read the labels on canned goods, frozen foods and other items, and how to control over-eating.

Healthy Cooking Demo

Tuesday, March 18 at 12:30 p.m.

Good Neighbor

Tuesday, March 25 at 11 a.m.

Schoolhouse

Wednesday, March 27 at 12:30 p.m.

Chester

Learn how to use portion control and the best ingredients for your special meals.

Living with Diabetes

Every fourth Wednesday at 11 a.m.

Good Neighbor

Learn how to manage your diabetic issues as well as treatments, prevention and eye health.

Continued on page 12

Chester Chatter



Everyone has a story to tell, an experience to share, a funny tale that makes us laugh, wisdom to pass on, a song to sing, a poem that encourages, or a story about times spent at the Chester Senior Center. Now is your chance to put your words and thoughts on paper for the Chester Senior Center Book! We want everyone to participate by sharing their story. Please pick up a form and turn in completed forms at the front desk. You may also participate in the "Name the Book" contest by submitting a creative title and try your chance at winning a \$10 prize as well as seeing your title in print! This is our time to record our stories and more for generations to come, and boy do we have a lot to share! The goal is to have the book completed, printed, and ready for sale by September 2014! If you would like to offer input on this project, please see Grace Brown Johnson.

Sharing my story...
Jamee

Get Well Wishes

Jean Corbitt, Corine Hatcher, Margaret Johnson, Doretha Loper, Wilma Plummer

In Sympathy

We extend our deepest sympathy to the families of Sandra Smith and Evelyn Mills on their recent passing. Our thoughts and prayers are with you always.

Greetings from Vicky!

Spring! How beautiful is the spring! How wonderful is the spring! How majestic is the spring! How fantastic is the spring! How tantalizing is the spring! How glorious is the spring! How melodious is the spring! How joyful is the spring! How breathtaking is the spring! How uplifting is the spring! How happy is the spring! How magnificent is the spring! How colorful is the spring! How tasteful is the spring! How memorable was the spring! How flavorful is the spring! How aromatic is the spring! How sweet is spring! How beautiful is the spring!

Don't worry about the snow, freezing rain, or sleet; I am here to say that spring is on its way, daylight saving and springtime begins. Hopefully the snow will come to an end.

Chili Cook-off – Friday, March 7 at 12:30 p.m.

Is your chili raved about? Do you have a secret recipe? Sign up for the Chili Cook-off and be a contestant. You might be the lucky winner and receive a \$50 cash prize! To participate, you must sign up at the front desk.

Spa Treatments – Every first and second Monday from 10 a.m. -12 p.m.

Take care of you by getting a relaxing and exhilarating manicure, pedicure, or complimentary facial. There is a small fee for manicures and pedicures.

Community Resource Day

Thursday, March 13 at 10 a.m. - 1 p.m.

There are many benefits and services available in the community that many are unaware of or do not know how to access. Come and hear from and meet with professionals from various organizations to find out how your needs can be met. Organizations include PECO, Community Action Weatherization, Cigna/Bravo, Community Transit Delaware County Legal Aid, County Office of Assistance, Veterans Administration and many more.

Red Hat Society

Tuesday, March 25 at 12:30 p.m.

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

March Birthday Celebration

March 28 at 11 a.m.

Celebrating a birthday in March? Then come to the party and celebrate with us! The party is complimentary for all March birthday members and \$2 for all other guests.

Chester Travelers

Midway—Harrington Casino

March 26 at 9 a.m.

Cost: \$25

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

Motown Forever Show – Tropicana Casino, Atlantic City

May 5

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

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

Wildwood, NJ

June 16-19

Cost: \$375 members/\$400 non-members

Enjoy an early summertime stay at the Royal Canadian Resort, 3 full breakfasts, 3 dinners including the Renault Winery, visit to Atlantic and Ocean City, NJ, tram car passes, live shows, motorcoach transportation and more!

Red Roost Crab Feast in Ocean City, MD

July 14

Cost: \$111 per person

Includes transportation, delicious feast at Red Roost Restaurant with crabs, shrimp, chicken, clams, corn and more. Enjoy free time in Ocean City, MD, and live entertainment.

Ocean City, MD

August 25-29

Cost: \$600 members/\$635 Non-Members

Includes ocean view or ocean front (additional fee) hotel accommodations, breakfast daily, 3 dinners including JR's, Red Roost and Phillips, visit a winery for a tour and tasting, shopping at Rehoboth Outlets, stop at Harrington Casino, transportation and more.

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!

Friendship Facts



“Calls to Action”

It was a regular Sunday morning and I was sitting in the pew at St. George's in Glenolden, the parish I attend.

Looking around, I noticed that the church was rather crowded and there were more than 35 men in suits sitting in the first six pews near the organ. Before the priest walked up the aisle, one of the men introduced himself as a volunteer member of the St. James Alumni Choir. His introductory words were so inspiring. His basic message was that they formed a men's choir to enlighten people about church and raise funds to supplement youth education. With so much negative talk about closing of my neighboring churches, it was refreshing to hear someone talk about investing in the youth and the church. I would say that 75 percent of the choir was over the age of 60 and I was inspired that they had such a proactive approach to volunteerism, singing, and making the church walls not seem so old and stale. I was totally impressed and joined in with the choir in singing responsive hymns. I share this experience from a few Sundays ago because it meant something to me and these singers touched me.

With this said, I hope that maybe you are inspired to come to the center with the better weather and participate in a class, volunteer, and socialize with one another. If it touched me, I am sure that something will touch you at Friendship Circle Senior Center.

See you soon,
Christine

2014 Membership Goal

Friendship Circle is close to reaching its annual goal but is not there yet. Please make your annual membership contribution of \$25. Your contribution could be the one that makes Friendship Circle achieve success!

Staying Green Takes Work

No matter what your interests, skills, or schedule, you can help the Friendship Circle garden in its valuable work. Volunteering at the garden is a great way to expand your knowledge of plants, give back to your center and the community, meet people who have similar interests, and share your love of soil and growing vegetables.

Last year, the garden seemed to be more trouble than pleasure due to lack of volunteer participation and rain. Mother Nature is something that we can't control, but we can be proactive in our service work and the need is here. We normally plant an average of 100 vegetable and herb plants each year. Garden Leader and Advisory Council member Rita Kida says that this is impossible without support from fellow members. Now Rita and Friendship staff know that they have help from the Delaware County Juvenile Probation with bi-weekly turning of the soil in the planting stage and pulling weeds. So, here is my call to action: **Volunteer with the Friendship Garden in some way.** Volunteer opportunities begin on March 25 at 9 a.m., with our first of three planning meetings. Other volunteer opportunities include working in the gardens (planting, tending, watering, weeding, and picking.) Let's make 2014 the year that Friendship Garden is Green-terrific!

In Sympathy

Sympathy to the families of: Helen Clancy, Vincent Crisante, Malzetta O'Neil

Thank you to the following individuals for their contributions in Helen Clancy's name: Mark and Susan Farthing, Aldo and Etta Liberi, Stephanie Savoia, Charles and Mickey Collins.

Thank you to Helen's family for selecting Friendship Circle as the recipient of memorial contributions.



February Book Club at Friendship (from left top) Noreen Coary, Ida Sapsis, Volunteer Leader Diane Tinucci, Ida Fazzi, Myrtle Johnson, Blonzella Slappy (bottom) Simsy Wilson, Dolly Watson, Betty Littlewood. February's book discussion was interesting and enjoyed by fellow program members. New members are welcomed to join in on March 11 with our review and discussion of "Wish You Well" by David Baldacci.

Friendship Outings

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. Payment plan available.

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. Non-refundable deposit of \$50 due March 27. Payment plan available.

Downtown Abbey Costume Exhibit at Winterthur – Wednesday, May 21

Cost: \$45. Payment is due by May 9 (Bus departs Ridley Township Library at 9 a.m.)

Transportation, tour of the garden, guided tour of both the house and costume exhibit; lunch on your own (picnicking is encouraged!)

QVC – Friday, June 27

Cost: \$85. Non-refundable deposit of \$50 due Friday, May 23; the remaining amount of \$45 due to by June 20.

Includes transportation, admission and guided tour of QVC Studio, buffet lunch at American Treasures.

Garden Sale – Friendship Circle Plant & Flower Sale

The Philadelphia Flower Show, daylight savings time, and the beginning of the Lenten season are a few items marked on the calendar. Please remember to mark one more item: purchase your garden plants and flowers. Delivery of your order is scheduled for Wednesday, April 30 (this is always a plus because the Southeast Region planting time is always near Mother's Day). The sale supplements the expense of our garden (purchasing of plants, compost, and garden needs). Order forms are available on the wheel in the Friendship lobby. Thank you in advance for placing an order.

Everyone is Irish on Monday, March 17 at 11:30 a.m.

Let's have a party on St. Patrick's Day! Festivities begin with a program about the holiday, an Irish meal and plenty of Irish drink. Join us!

Carmen's Corner



Dear Friends of Good Neighbor,
Please enjoy this poem because I am longing for spring. I am tired of winter and waiting for the warm and sunny days of spring. Come out and enjoy the winter classes at the center.

The Spring *By Thomas Carew*

Now that the winter's gone, the earth hath
lost
Her snow-white robes, and now no more the
frost
Candies the grass, or casts an icy cream
Upon the silver lake or crystal stream;
But the warm sun thaws the benumbed earth,
And makes it tender; gives a sacred birth
To the dead swallow; wakes in hollow tree
The drowsy cuckoo, and the humble-bee.
Now do a choir of chirping minstrels bring
In triumph to the world the youthful Spring.
The valleys, hills, and woods in rich array
Welcome the coming of the long'd-for May.
Now all things smile, only my love doth lour;
Nor hath the scalding noonday sun the power
To melt that marble ice, which still doth hold
Her heart congeal'd, and makes her pity cold.
The ox, which lately did for shelter fly
Into the stall, doth now securely lie
In open fields; and love no more is made
By the fireside, but in the cooler shade
Amyntas now doth with his Chloris sleep
Under a sycamore, and all things keep
Time with the season; only she doth carry
June in her eyes, in her heart January.

Thank You

Thanks to everyone for going on the New York trip to the Wendy Williams Show. A special thank you goes to Carole Badgett for organizing and executing a great trip.

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!

Deepest Sympathy

We extend our deepest sympathy to the family and friends of Floyd Wilson. Please accept our most heartfelt sympathies for your loss. Our thoughts and prayers are with you and your family during this difficult time.

Center Happenings

New Member Social

Friday, March 7 at 2 p.m.

We are welcoming all new members who joined the center in 2013-14 with a special celebration including music, dancing and a one-of-a-kind lunch. Please sign up at the front desk.

Out to Lunch

First Monday of each month

Cost: \$5 (for transportation)

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

March Birthday Party

Friday, March 28 at 11 a.m.

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

Cigna Health Services – Spring Medication Clean Up

Tuesday, March 11 at 11:30 a.m.

Cigna Health Spring Services and Good Neighbor team up to provide health information to improve the quality of your life.

Community Outreach

Second Thursday of each month at 11a.m.

State Senator Anthony Williams' office will be coming to do an outreach to the community about tackling issues and concerns in our neighborhood and in our homes. Everyone is welcome and encouraged to come out and keep abreast of changes in our community.

Red Hatters

Fourth Thursday of each month at 1 p.m.

Join the group for outings, fellowship and special events.

Southern Grill

Every Thursday at 11:30 a.m.

Enjoy a delicious home-cooked meal every Thursday for only \$5. Choose from a variety of menu items depending on the day. Eat-in or take out; your choice. To order ahead or to see what the menu is for the week call 610-586-8170.

Panama Canal Cruise 2015

Princess Cruises on the Coral Princess

13 days/12 nights

March 20-April 1, 2015

Cost: \$3,249-\$3,899

Trips

Thrift Store Hop

Friday, March 7

Cost: \$8

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

Delaware Park Race Track Casino

Wednesday, March 12

Cost: \$25 per person

The bus will leave Good Neighbor at 9 a.m. and return at 5:15 p.m. The cost of the trip includes transportation and a \$30 slot play. To sign up speak with Ms. Sylvia or Ms. Tillie Jones. Come try your luck with us.

Motown Forever at the Tropicana Casino in Atlantic City, NJ

Monday, May 5

Cost: \$69

The Motown Forever show celebrates the classic songs from Berry Gordy's hit makers of the 60s and 70s. This package includes matinee performance at 3 p.m., buffet lunch, a \$15 slot play and motor coach transportation. The bus departs Good Neighbor at 10:45 a.m. and returns at 8 p.m. A deposit of \$25 is due by March 1. Please make checks payable to Good Neighbor Senior Center. Contact Carmen Olive at Good Neighbor Center 610-856-8170 for reservations or if you have any questions.

Tunica Casino and Memphis

June 21-29 (9 days/8 nights)

Cost: \$650

Join us for this trip to the Casino Capital of the south and the home of the blues in Memphis. Trip 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.

Kim's Korner



Dear Friends,

After such a brutal winter, I know you are looking forward to spring as much as I am.

This winter there was much illness and way too much isolation due to snow. The month of March brings hope as we anticipate those first blossoms.

Recently one of our members shared with me the prayer of a 17th century nun. It has brought me a smile on many days, so I thought I would share it with you.

"Lord, Thou knowest better that I know myself that I am growing older and will some day be old. Keep me from the fatal habit of thinking I must say something on every subject and on every occasion. Release me from the craving to straighten out everybody's affairs. Make me thoughtful but not bossy. With my vast store of wisdom, it seems a pity not to use it all, but Thou knowest, Lord that I want a few friends at the end.

Keep my mind free from the recital of endless details; give me wings to get to the point. Seal my lips on my aches and pains. They are increasing, and love of rehearsing them is becoming sweeter as the years go by. I dare not ask for grace enough to enjoy the tales of others' pains, but help me to endure them with patience.

I dare not ask for improved memory, but for a growing humility and a lessening cocksureness when my memory seems to clash with the memories of others.

Teach me the glorious lesson that occasionally I may be mistaken.

Keep me reasonably sweet; I do not want to be a saint - some of them are so hard to live with. But a sour old person is one of the crowning works of the devil. Give me the ability to see good things in unexpected places, and talents in unexpected people. And give me, O Lord, the grace to tell them so. Amen."

Enjoy those first crocuses as we await spring; party hardy at the St. Patrick's Day bash and try to find something every day that makes you smile or laugh!

Love,
Kim

Trip News

Sight and Sound – MOSES

Wednesday, March 19

Cost: \$92.00 - all inclusive

Buffet at Dienners Country Restaurant. The bus leaves Schoolhouse at 10:30 a.m. and returns at 7 p.m.

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 the 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 NY cheesecake.

Wednesday, May 7 - A Gentleman's Guide to Love and Murder – On Broadway

Cost: \$160

Enjoy this new musical romp about a serial killer with lofty ambitions! The cost includes orchestra tickets, lunch at Bubba Gump Shrimp Co. in Times Square, choice of entrée: Mama Blue's southern fried shrimp, shrimp scampi, sweet home BBQ burger, sixie style baby back ribs, Bourbon Street mahi mahi or Lt. Dan's southern fried chicken. All gratuities are included.

Condolences to:

Our most sincere sympathy to the friends and family of Edmond Croce, Marilyn Rafter, Margaret Ferguson, Mary Becht, Lena Curcio and Ed Smith. Our condolences to Tom Broyles who lost his mother.

Sunshine Wishes to:

Dee Jester, Mary Galvin, Marie Angillo, Evelyn McClure, Pasqual Villans, Marie Hoey, Pat Dogherty, Ginny Schembs, Caroline Markun, Marjorie Lucci and Tony Pearlengi

Save the Date: April 16 is the Schoolhouse Memorial Service. This is a service that we do every year or so to remember members who have passed away.

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 and include air and ground transportation.

Thank You to:

- Chester Community Charter School for making valentines for our homebound members.
- The Advisory Council for the purchase of the new cabinet in the dining room. This was paid for by the Schoolhouse Memorial Fund.
- The Advisory Council for sponsoring the Mid-Winter Party.
- Kim thanks everyone for their prayers, well wishes and condolences when her father-in-law, Tom McDaniel, passed away.

Congratulations to the winners of the 2014 Schoolhouse Advisory Council Election: Beverly Carrol, Phil Falcone, Joe Gilligan and Betty Schmucker

Caregiver Series, continued from page 1

help with like self care, elder law education, family dynamics and safety tips.

Templeton said one of the great benefits of hosting these sessions at Schoolhouse is the potential reach they have.

“The good thing is it is not just for caregivers who are within the COSA (system),” she said. “Everyone in the county can come.”

And with seniors living longer, more people have the potential to become caregivers, said Pat Kowalski, a Schoolhouse Center volunteer, which is why she has attended caregiving sessions before and may participate in the upcoming series as well.

“Many of us will at some point become caregivers to a family member or friend,” Kowalski said. “Others will be the recipients of care. A friend or neighbor may welcome our understanding of their health situation. Tips on how to best offer support can be very useful.”

The development of this program was truly a collaborative effort within the agency. Associate Director for Long Term Care Trindy Grundy pitched in and lobbied the county’s Aging Disability Resource Center (ADRC) to provide a small grant to cover costs.

Grundy said she is excited to see such a collaborative effort to come to life and benefit a group so deserving of support and information.

“It’s a win-win all the way around,” she said. “There are needs out there and this is a way to help people.”

If you are interested in attending one or all of the sessions, please register by contacting Jill Sabinski at 610-237-8100 or jsabinski@scs-delco.org

SCS Center Highlights, continued from page 7

➤ TECHNOLOGY

Basic Computer Class, Session I
Monday, March 3 and Wednesday, March 5
from 10 a.m. - 12 p.m.

Session II: March 17, 19, 24, and 26
from 1 - 3 p.m.

Chester

Fee: \$35

This course is designed for students who are beginners or fairly new to using a computer. The class will cover Windows 7 and its components, using the mouse, how to save and find files, handling minor technical issues, and more.

Beyond Basic, Session I

Tuesday, March 4 and Thursday, March 6
from 10 a.m. - 12 p.m.

Session II: March 18, 20, 25, and 27
from 1 - 3 p.m.

Chester

Fee: \$35

Now that you have learned the basics, take the next step and learn more about creating labels/envelopes, personalizing letters, finding pictures on the web, using the control panel, system clean-up, maintenance and more!

Basic Computer Class

March 18, 19 and 20 from 9 a.m. to 12 p.m.

Cost: \$30 members/\$35 non-members

Good Neighbor

This three-session course is designed for students with little or no computer knowledge. The class will cover Windows, how to save and find files, using the Internet and email. Bring in your cell phones, tablets, and laptops to learn how to use them like a pro.

Computer Tech Talk Group

First Wednesday each month at 2:30 p.m.

Schoolhouse

We will share information and learn from each other. A chance to get your computer questions or problems resolved. There’s room for every level of experience so bring your pad, pencil and expertise. Free WiFi available. Rich Conti facilitates.

Intro to Computers

Thursday, March 20 and 27 at 1 p.m.

Schoolhouse

Cost: \$20

Instructor Beth White says “It’s never too late to learn computers.” She’ll work with you on basic skills, key terms and using the internet.

Working with Digital Photos

Tuesday, March 25 at 1 p.m.

Schoolhouse

Cost: \$15

Learn how to download, print and even edit photos. Also work with photos that come as attachments. Bring your digital camera ready to download photos.

Exploring your iPad

Thursday, March 27 at 4 p.m.

Schoolhouse

Cost: \$15

Bring your iPad as we explore its key features and tricks as well as relevant apps. We’ll look at built-in apps and how to organize or download apps.



Schoolhouse Center shook off the winter doldrums during its Mid-Winter Party held in late February. The celebration’s theme was “Under the Tuscan Sun.” Those in attendance enjoyed music performed by Lee Liebner, seen here, as well as a mandolin and accordion player.