

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

## SCS Launches Legacy Giving Society

*Friends of SCS are encouraged to leave a legacy through donations*

By Lydia Messinger, Director of Advancement

Senior Community Services exists because of philanthropy.

The Merriam-Webster Dictionary defines philanthropy as:

1: goodwill to fellow members of the human race; especially: an active effort to promote human welfare, 2: an act or gift done or made for humanitarian purposes

For many, there is a desire to know we are making a difference. There is a particular sense of fulfillment that comes from knowing you have made a lasting, positive impact on someone else's life. SCS is fortunate to have a community of philanthropy surrounding the organization.

Ed Baum, an avid board member and APPRISE volunteer, speaks passionately about supporting SCS through philanthropy. Ed generously provides his available resources to SCS, giving of his time as well as giving monetarily through annual donations and leaving SCS in his will.

"Senior Community Services is such a valuable community resource. It's a no-brainer that we need to support its mission through our time and treasure. Annual giving supports ongoing operating financial needs, and volunteering our time directly supports program activities. Both are necessary and rewarding."

"Bequests and legacy support through our wills is the means to continue this commitment into the future for other generations. Small or large, legacy giving is our voice into the future. The full range of services provided by Senior Community Services deserve our support as they cater to a unique continuum of care provided to our senior constituents."

"My involvement with Senior Community Services started fifteen years ago when I first joined the board and grew through volunteer work with the APPRISE Medicare counseling service. This exposure helped me to realize that our government support covered only 50% of SCS' programs, and that the balance had to come from us through annual giving and legacy support. So, after discussing with my wife, we both decided



Ed and Cathy Baum at the 40th anniversary gala.

to support the organizations that were important to us through legacy donations. A simple phone call to our eldercare attorney was all that was necessary to include a direct gift to our designated charities in our individual wills. We both felt this was the way we could continue our commitment and interest in the mission of the organization in the future."

This year, SCS has launched a Legacy Giving Society to honor and recognize those who give a gift in the form of a bequest. A bequest is perhaps the easiest and most tangible way to have a lasting impact on SCS. Bequests through a will, trust, retirement account, or life insurance policy are increasingly popular because they cost nothing to you now, no amount is too small, and beneficiaries can be changed at any time. A bequest may also be an effective way for you to simultaneously make a gift to a charity and lessen the burden of taxes on your family and estate.

What will your legacy be? We invite you to be a founding member of SCS' Legacy Giving Society. We want to recognize you for your generous gift which will have a positive impact for generations to come.

If leaving a gift to Senior Community Services is of interest to you, to ensure that the programs and services you feel strongly about are available to future generations of older adults, please call SCS' Development Office at (484) 496-2142. If you have already included SCS in your will, just as Ed Baum has, please let us know.

Senior Community Services  
600 Swarthmore Avenue  
Folsom, PA 19033

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

The Next Generation

By Arthur Weisfeld



I read an interesting article in the most recent issue of *Trend*, a journal of the Pew Charitable Trusts. The article noted that in Europe and North America, there are more individuals older than 60 than young people under the age of 15. This trend of the aging of America and other countries has been recognized for a long time, and will only become more pronounced. In fact, the author noted that children who are born today can expect to live to the age of 100 or beyond. Undoubtedly, this circumstance requires that many individuals will do what we have done here at SCS: decide that providing services to the elderly is their choice of a life career.

Throughout my daughter Gabi's childhood, she had many occasions to visit each one of Senior Community Services' senior centers. Perhaps it was a sense of familiarity that led her to ask me if she could have a summer internship at the center closest to our home, Schoolhouse. Like all new interns, her contributions were initially focused on fairly limited tasks such as collating materials. However, each summer that Gabi returned, we found that she could handle a little bit more. Eventually, she graduated to performing receptionist duties and even gave an occasional workshop on computer applications. A particularly big shift came when Gabi learned to drive. Whereas previously, she had served as a meal runner, the driver's license enabled her to ferry meals from the centers to the homes of elderly individuals awaiting them. She learned that that new endeavor carries with it many adventures.

Recently, Gabi completed her college degree. She majored in Communications and minored in Studio Art. During college, she had her own college-based radio show, and we thought she might become a disc jockey. However, much to my delight, she has told me that her years of working at SCS has taught her that working with the elderly is her future. Her odyssey illustrates the point that these early experiences in life do make a difference in important choices later on. Gabi's most attracted to program development, finding ways of keeping individuals who frequent senior centers involved in meaningful, enjoyable pursuits. Where that will take her exactly I don't know. But what I do know is that our world needs people like Gabi who want to work with the ever-growing number of elderly people. And having a daughter who wants to follow in her dad's footsteps—what's not to love about that!

Proudly,  
Arthur



From left to right: Evelyn Quirk, Gabi Weisfeld, Marie Carey.

Are You Lonely?

By Trindy Grundy, LMSW, Director, Long Term Care



Over the past few months, I have observed older adults in various settings: the marketplace, senior centers, faith-based activities, support groups, family gatherings, funerals, and birthdays.

The question that kept coming to mind was, "are these people as happy as they appear or are they really lonely?" I wondered about the difference between being lonely and being alone. According to Samuel Leighton-Dore, "Loneliness is the isolation that comes with nursing a feeling unreturned – an expectation unmet, while aloneness is different. Aloneness is finding freedom in this very same isolation; it is the strange state of bliss that comes with being truly, honestly, unapologetically content in your own company."

According to an AARP article, *Loneliness Among Older Adults*, a study of 3,012 US adults aged 45 and older indicated "seniors are less likely to be lonely than baby boomers." Additionally, the article found "those aged 45-49 and in poor health are more likely to be lonely than those 70 or older with higher incomes and married."

The article also states that lonely and non-lonely adults view technology differently. Those connected with family and friends via the internet or social media tend to be less lonely. Lack of social support also influences loneliness: older adults with at least one supportive person in their life were found to be less lonely than those who did not.

The findings from this study relate back to Leighton-Dore's distinction between loneliness and being alone: we can be in a crowd of people, but still feel lonely, or, we can be on our own, but not feel lonely at all. Whatever the situation you find yourself in, remember the data suggests that you are less likely to feel lonely if you are involved in social events that help build your social network. If you are trying to cope with feelings of loneliness, try attending religious services, engaging in hobbies, or volunteering for a local community organization. Social events are a big part of Senior Community Services, especially our OPTIONS and Caregiver Support programs. If interested, please check with your care manager or give me a call.

There is a chorus in the song *No Never Alone*, from my youth, which reminds me that I am not alone: "No never alone, no, never alone – He (GOD) promised never to leave me, never to leave me alone."

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**SCS Management Staff**

Executive Director: Arthur Weisfeld  
 Board President: Asher Kemp, Jr.  
 Director Long Term Care: Trindy Grundy

Aging at Home Director: Christine Helmandollar  
 APPRISE Program Manager: Glenda A. Radical  
 Caregiver Support Program Manager: Debbie Templeton  
 Center Without Walls Program Manager: Farah Esfahani  
 Chester Senior Center Director: Jamee Nowell-Smith  
 Cognitive Stimulation Program Manager: Dorothy Darragh  
 Director of Advancement: Lydia Messinger  
 Director of Volunteers: Michele O'Brien  
 Fiscal Officer: Robyn Cashwell  
 Friendship Circle Senior Center Director: Christine Helmandollar  
 Good Neighbor Senior Center Director: Joanne Graham  
 Hearing Discovery Center Coordinator: Donna Schumacher  
 Schoolhouse Center Director: Kim McDaniel

## Listen Up – Taking Care of Your Ears

By Donna Schumacher, HDC Coordinator



We all TRY to do the right things for our bodies like eating well, exercising, getting rest, socializing at the center, even getting our eyes examined. Yet we don't give too much thought to our ears. But just imagine life without being able to hear well, or hear at all.

The ear is self-cleaning and most people's ear canals do not need to be cleaned. The best thing you can do for your ears is to not put anything in them that is smaller than your elbow. (Try this, it is amazing what people think they can do!) So, NO Q-TIPS OR BENT PAPER CLIPS PLEASE. Earwax plays several very important roles: it protects the ear canal skin, assists in cleaning and lubrication, and provides protection from bacteria, fungi, insects, and water. If left alone, old earwax naturally migrates out of the ear as a result of jaw movement. Inserting Q-Tips, sharp, or pointed objects into the ear will only push wax further into the canal and may even cause trauma to the canal wall or the eardrum. Get those ears wet and let nature run its course. Tilt your head toward warm water, allowing the ear to fill up. Once filled, tip your head to the side and let the water and earwax drain out. Simply use a washcloth or tissue to wipe the outer ear after you bathe or shower. Please note, using a wax-softening agent prior to irrigation may yield the best results. Caution: avoid irrigation if you have a perforated eardrum or a tube in the eardrum.

If you experience any of the following symptoms, see your doctor:

- A plugged-up sensation or feeling of fullness in the ear
- Changes in hearing sensitivity or hearing impairment
- Earache
- Ringing in the ear
- Itching, odor, or discharge
- Coughing

Do not assume earwax is the culprit. If it is, your doctor or a trained hearing healthcare provider can remove it.

Please protect your hearing by avoiding places or venues with loud volume. Take a good set of earplugs with you when you go to the movies or gym.

Information in this article courtesy of the Starkey website and an article by Lindsay Prusick, Au.D. For more information, visit <http://www.hearingloss.org> or <https://www.starkey.com/blog/2015/06/How-to-clean-and-care-for-your-ears#>

## Father and Son Handymen Team

By Christine Helmandollar, Director



Second only to transportation, the handyman service is one of the main reasons seniors join the Aging at Home program. This service allows active members to have a skilled volunteer handyman complete jobs that are too small for a business to tackle, but something so needed by all of us as we age in place. Common handyman job requests include: tightening a railing or loose handle on a door, caulking a sink, or securing a rug that keeps moving out of place. Other completed jobs are: taking down curtains so a member can wash them, then returning to hang them, hanging a blind, and even tightening a window lock. There really are no outrageous job requests, just ones that you need to stay in your own home. Members can request up to two jobs within a six-month period. The handymen team is small but mighty and usually accomplish ten to fifteen requests per month. They are talented and have a knack for fixing things.

As the program continues to grow, there is a continuous need to recruit more handymen. Scott Richardson signed on to serve as a volunteer handyman with the Aging at Home program. It seems that the busy people of the world always seem to want to be busier but understand the meaning of helping others. During his last couple of assignments with the program, he asked his son Taylor to accompany him to members' homes to complete the jobs. The father-son duo is giving back and working together to help others. Scott shares, "When you are blessed in life, I feel, the right thing to do is to give back any way you can that has a positive effect on someone else. I try to live it and Taylor does too. I asked him to come help me with the dryer.... it was he who asked if he might sign up. For me, no amount of money can replace the gratitude these clients show after their project is complete."

Scott Richardson is one of the active handymen sharing his time and participating in the program. To learn more about how the program can provide you some "peace of mind" as you remain living in your own home, call the Aging at Home office at (484) 534-2201.

## Don Soslow, APPRISE Counselor

By Michele O'Brien, Director of Volunteers



The APPRISE program is the home of a group of highly trained volunteers whose mission is to help community members navigate the tricky waters known as Medicare. Don Soslow is one of the dedicated volunteers who has spent the last four and a half years helping area seniors better understand their Medicare coverage and the options that are best for them.

Don describes himself as a "type A" personality. He has a BA in math and an MBA in finance. Upon retirement from a career in IT, Don was searching for a volunteer opportunity, and came upon the APPRISE program on the AARP website. He was interested in the subject and was looking for an opportunity to keep his mind active. The APPRISE program was a great fit because he enjoys the challenge of understanding the details.

According to Don, the best part of this volunteer experience is the reaction of people who come in for help. He said, "I save a lot of people a lot of money." Don volunteers at four different sites across the county and spends half a day at each location. When asked why he continues to volunteer, Don says "the need is great and the rewards are terrific!"

Glenda Radical, the APPRISE Program Manager, speaks highly of Don. She states, "Don is very dedicated and committed to his role as APPRISE program volunteer counselor. In addition, Don is a skilled counselor in all areas of Medicare and is very knowledgeable in counseling."

Don and his wife, Wendy, have been happily married for 50 years. They have two children and five grandchildren. When Don is not volunteering, he enjoys playing tennis and collecting coins, and spending time with his grandchildren. Don is also a member of the Delaware County Community College Foundation Board.

If you would like more information about volunteering for the APPRISE program or any of our programs, please contact Michele O'Brien, Director of Volunteers at (484) 496-2149 or [mobrien@scs-delco.org](mailto:mobrien@scs-delco.org).

## Medicare Beneficiaries: Your New Medicare Cards Are Coming

By Glenda A. Radical, APPRISE Program Manager



If you are presently receiving Medicare insurance and have an original Medicare card or a Medicare Advantage Plan (HMO or PPO) through Medicare, you will be receiving a new Medicare card from the U.S. Social Security Administration. Starting in April 2018 through April 2019, all Medicare beneficiaries should receive their new Medicare cards by U.S. Mail. The new Medicare cards will no longer have your Social Security number on them. The new Medicare card will have an eleven-digit unique identifier number consisting of both letters and numbers that will be in no way connected to your Social Security number.

### 10 Things You Should Know About Your New Medicare Card:

1. **Mailing takes time:** Your card may arrive at a different time than your friend's or neighbor's.
2. **Once you get your new Medicare card, destroy your old card:** Start using your new card right away.
3. **Guard your new card:** Only give your new Medicare number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.
4. **Your Medicare number is unique:** Your card has a new number instead of your Social Security number. This new number is unique to you.
5. **Your new card is paper:** Paper cards are easier for many providers to use and copy, and they save taxpayers a lot of money. Plus, you can print your own replacement card if you need one!
6. **Keep your new card with you:** Carry your new card and show it to your health care providers when you need care.
7. **Your doctor knows it is coming:** Doctors, health care facilities, and other providers will ask for your new Medicare card when you need care.
8. **You can find your number:** If you forget your new card, you, your doctor, or other healthcare providers may be able to look up your Medicare number online.
9. **Keep your Medicare Advantage Plan card:** If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare – you should keep it and use it whenever you need care. However, you also may be asked to show your new Medicare card, so you should carry this card too.
10. **Help is available:** If you don't get your new Medicare card by April 2019, call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

If you have questions concerning your new Medicare card please contact the SCS APPRISE Program of Delaware County office at (484) 494-3769.

*10 Things to Know about New Medicare Cards* – cited from January 2018 CMS Document Product Number 12018

**Senior Community Services is proud  
to announce that the four SCS senior centers  
have received accreditation once again from the  
National Institute of Senior Centers.**

## Spring Activities are in Full Swing

By Farah Esfahani, CWW Program Manager



Dear Friends,

After a long and harsh winter, we are all eager to welcome spring with open arms and to savor every sign of this beautiful season. For the spring semester, we have developed a broad-based curriculum for our six locations, consisting of health, legal, Medicare, fitness, and art classes, as well as our book club and an AARP driving safety course. I invite and encourage you to participate and explore the array of Life Long Learning classes we are offering.

By now you have received the spring semester flyers by mail or email. Center Without Walls (CWW) art and fitness classes will start this month. Anne Dempsey, Agnes Bakow, and Marie Gilligan will be teaching watercolor and drawing classes at Aston, Brookhaven, Concord, and Springfield locations. Don Simpson, certified yoga instructor, will be teaching at Brookhaven and Springfield, and Lavinia Ferguson's Gold Zumba classes will be held at Aston, Concord, and Springfield.

Here are some of the free educational presentations we have scheduled for March and April:

### Aston Community Center:

March 21: Book Club. Dianne Caggiano will continue to be facilitator for this discussion group. *Five Stars in the Window* by David Kormarnicki is the first book to be discussed.

April 11: Medigap Basics: Understanding Medicare Supplemental Plans by APPRISE Program Manager, Glenda Radical

April 18: Presentation on reverse mortgages by Robert and Dana Breslin, Esq.

April 27: AARP driving refresher course

### Brookhaven Municipal Building:

March 15: AARP driving refresher course

April 17: Eating Smart Series classes

Medicare individual counseling sessions by APPRISE counselors will be held on March 15 and April 19 at Aston, and March 28 and April 25 at Springfield Township.

Please contact me at [fesfahani@scs-delco.org](mailto:fesfahani@scs-delco.org) or (484) 496-2143 if you have any questions about the spring semester classes.

## The Roaring Twenties

By Dorothy Darragh, Cognitive Stimulation Program Manager

Many of us entered the world after the 1920s, but the decade continued to influence us for many years thereafter – even today.

The automobile became the biggest industry in America, changed family life, created suburbs, and became part of the American dream. Do you remember rumble seats or cranking the car to get it started?

*Evening in Paris*, a perfume using the name Paris in acknowledgement of French fashion designers like Coco Chanel, became the perfume of the decade.

Feather boas and beads were part of the “flapper” look as nightlife became a part of the culture in the United States. The Charleston, a dance, was introduced in the Ziegfeld Follies and the Jazz Age took off.

During the 1920s, the 19th Amendment to the U.S. Constitution granted women the right to vote – known as women’s suffrage.

Warren Harding and Calvin Coolidge held the office of U.S. President during the 1920s. Calvin Coolidge made the first presidential public radio address.

Charles Lindbergh’s flight from New York City to Paris in May 1927 was the first solo flight across the Atlantic, and was undoubtedly the single most spectacular event of the 1920s.

These are just a few of the many memories highlighted in the newly renovated *The Roaring 1920s* memory kit.

If you represent an activity or recreation department, consider taking advantage of the program. A complimentary one month use of a kit is offered. Kits can be picked up, delivered, or mailed, depending on your location.

To learn more, contact Dot Darragh at (484) 496-2144 or ddarragh@scs-delco.org.

**Don't forget  
that taxes are due on  
April 17th this year.**

## Tips for Alzheimer’s Caregivers

By Herb Jenkin, Care Manager, Caregiver Support Program

A person with mild dementia can usually live independently with only minimal impairment in work or social activities. With moderate dementia, he or she may seem capable, but independent living becomes increasingly dangerous. As the disease becomes more severe, the need for supervision becomes constant.

Each person with Alzheimer’s disease experiences its symptoms, behaviors, and progression differently. Consequently, the techniques to care for each person vary. You may have to adapt the following tips to your specific caregiving situation:

- **Create a safe environment:** Make your home familiar and safe. Keep furniture in the same place. Avoid throw rugs, extension cords, and any clutter that could become a hazard. For added safety, install locks on cabinets containing medicine, alcohol, guns, and toxic substances. Install handrails to prevent falls.
- **Provide structure and routine:** A sense of routine can reduce behavior problems. For example, keep the person’s daily bath time the same, keep the television turned off or down when you’re trying to speak to the person, limit the number of guests. Noise, large groups of people, changes in surroundings, or pressure to perform a task can cause anxiety and further compromise the person’s ability to think clearly.
- **Simplify your expectations:** We have all had the experience of “good days and bad.” What a person with Alzheimer’s disease can do varies. Sometimes, everyday tasks may seem overwhelming. Breaking the task down into steps, limiting choices, and allowing extra time may enable a person with Alzheimer’s to continue to perform tasks. Speak calmly and try to avoid conflict.
- **Use memory aids:** Memory aids may help maintain a degree of independence. Write a list of the day’s activities to help with recall. Label the contents of drawers and put clocks and calendars in readily visible places. Later in the disease, it may be more important to simply provide reassurance than to orient the person to the current time and place.
- **Wandering:** Wandering is a common problem. People with Alzheimer’s may get lost while taking a walk in their own neighborhood or a familiar store. Some experts believe that regular exercise, such as a daily walk with a caregiver, may reduce the tendency to wander. Consider having the person wear a bracelet with name, phone number, and a notation such as “Memory impaired.” These, as well as more tips, are available from the Alzheimer’s Association at (800) 272-3900 or alz.org.



Schoolhouse Pocket Pirate Dominick Caccitore considers the angles while Armond Rossi takes a shot during the latest pool tournament between Schoolhouse and Chester.

# 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](http://www.scs-delco.org)

## ➤ ARTS AND CRAFTS

### Ceramics

**Thursdays from 11:15 a.m.-1 p.m., Chester**

Ceramic pieces are available, but participants may bring their own.

### Sewing

**Fridays from 10 a.m.-2 p.m., Chester**

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

Beginners through advanced sewers are welcome in this group.

### Card Making Class

**2nd and 4th Tuesdays at 12 p.m.**

**Chester**

**Cost: \$5 per class (supplies included)**

Let your creativity shine through by making your own greeting cards, gift bags, gift holders, and more. Each class will have a different theme and you will leave the class with homemade greeting cards and other creative items! Instructor: Janis Thomas

### Jewelry Making

**Tuesdays at 2 p.m., Schoolhouse**

Bring your own supplies: no fee. Supplies provided: \$3 per class.

**Tuesdays from 10 a.m.-12 p.m.**

**2nd and 4th Tuesday from 5:30-7:30 p.m.,**

**Chester**

**Members: \$5 / Non-members: \$7**

Design and create your own classic earrings, necklaces, and bracelets. Create matching sets or individual pieces. Supplies included, but you may bring your own beads and tools as well.

### Woodcarvers

**Mondays at 12 p.m.**

**Schoolhouse**

### Adult Coloring

**Wednesdays, March 21, 28 and April 25 at 10 a.m.**

**Good Neighbor**

### Crochet Class

**Wednesdays at 11 a.m.**

**Good Neighbor**

Cost: \$3 per session

### Pencil Drawing

**Mondays at 10 a.m.**

**Good Neighbor**

### No Knot Knitters

**Tuesdays at 12:30 p.m.**

**Schoolhouse**

New knitters or experienced, join us as we make special gifts for special needs. Those who crochet are welcome too.

### Basic Drawing

**Wednesdays from 9:30-11:30 a.m.**

**Schoolhouse**

**Cost: \$5 per session. Pay the instructor, Mary Ash.**

Learn to draw with pencil and charcoal.

### Pencil Drawing and Watercolor Painting

**Mondays from 12:30-2 p.m.**

**Chester**

**Cost: \$5**

Learn the basics of pencil and watercolor arts.

### Watercolor Painting

**Wednesdays from 1:45-3:45 p.m.**

**Schoolhouse**

**Members: \$53.50/10-week session / Non-members: \$55**

**Mondays, April 9-May 7 from 12:30-2 p.m.**

**Friendship Circle**

**Members: \$5 / Non-members: \$7**

Beginner through advanced artists are welcome.

### Oil & Acrylic Painting

**Fridays from 12-2 p.m., current session runs through May 11**

**Schoolhouse**

**Members: \$53.50/10-week session / Non-members: \$55**

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

### Mosaic Workshops

**Thursdays, March 8, 22 and April 5, 12, 19**  
**Next 5-week session runs April 26-May 24**

**Beginner course is from 2-5 p.m.**

**Intermediate/Advanced is from 6-9 p.m. (14 hours)**

**Schoolhouse**

**Members: \$84 / Non-members: \$89. Materials are an additional \$30.**

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

## ➤ DISCUSSION GROUPS

### Good and Welfare

**Thursdays, March 1 and April 5, 1 p.m.**

### Good Neighbor

Engage in stimulating discussions ranging from current events to keeping in touch with loved ones and many other topics.

### What's New(s)

**2nd & 4th Wednesdays at 10:15 a.m.**

### Schoolhouse

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

### Book Club

**Wednesdays, March 21 and April 18 from 12:30-2 p.m., Chester**

**Fridays March 2, 23 and April 6 at 1 p.m.,**

### Good Neighbor

**2nd Thursdays at 10 a.m., Schoolhouse**

Do you have a love for reading? Enjoy reading and discussing the latest book.

### Red Hat Society

**3rd Tuesday of each month at 12:30 p.m.**

### Chester

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

### Kitchen Table Stories

**4th Thursdays at 10 a.m., Schoolhouse**

**1st Tuesdays from 11 a.m.-12 p.m., Chester**

The theme is "The Pleasures of the Table"-sharing stories of our traditions and the marriage between food and songs. Facilitators: Tracsi Loper or Barbara Haff.

### Movie Monday

**Mondays, 10 a.m.**

### Good Neighbor

Free movie and refreshments

## ➤ FITNESS

### Reiki

**Fridays, March 2 and April 6 from 9:30 a.m.-12 p.m.**

### Good Neighbor

### Healthy Steps in Motion

**Tuesdays, Thursdays and Fridays at 10 a.m.**

### Schoolhouse

A peaceful warm up, light aerobic conditioning, and a relaxing cool down. Instructor Mary Lytle. Class is on the 2nd floor.

### Silver & Fit

**Tuesdays at 11 a.m.**

### Good Neighbor

**Cost: \$2 per person**

## ...More Highlights

**Walking Club**  
Monday-Friday at 9 a.m.  
Good Neighbor

**Mall Walking**  
Monday-Thursday from 9-10 a.m.

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

**Sit and Get Fit**  
Mondays, Tuesdays and Thursdays at 10 a.m., Schoolhouse  
Tuesdays and Thursdays from 10:30-11:15 a.m., Chester

Strengthen muscles, burn calories, and improve movement and flexibility. Use light weights and bands.

**Tap Dancing**  
Wednesdays at 11 a.m.  
Chester

Tap shoes are recommended but not required.

**Zumba**  
Saturdays at 10 a.m., Friendship Circle  
Cost: \$3  
Mondays at 11 a.m., Chester

Dance and aerobic movement performed to energetic movement.

**Gospel Aerobics**  
March 8, 14, 28 and April 19, 25 at 10 a.m.  
Chester

Improve your physical and spiritual health through low-impact exercises (seated and standing) that will fill you with energy in your body and spirit!

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

A moderate-level exercise class that helps to improve strength, flexibility and endurance. This class involves the use of mats, weights, and other equipment. Private personal training and fitness sessions are available after each class for a nominal fee.

**Line Dance Class**  
Tuesdays at 2 p.m. (Beginners)  
Tuesdays at 2:30 p.m. (All levels)  
Schoolhouse  
Cost: \$1 per session  
Tuesdays at 6 p.m., Thursdays at 1 p.m.

**Chester**  
Cost: \$4

**Yoga**  
Saturdays at 11 a.m.  
Friendship Circle  
Cost: \$3

**Chair Yoga**  
Wednesdays at 2:30 p.m., Schoolhouse  
Wednesdays at 11 a.m., Chester

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

### ➤ GAMES

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

**Tuesday Trivia**  
Tuesdays at 12:30 p.m.  
Good Neighbor

**Free Bingo!!!**  
Thursdays, March 1, 8, 15, 29 and April 5, 12 from 12-12:30 p.m.  
Good Neighbor

**Breakfast Bingo**  
Fridays, March 9 and April 13 from 9 a.m.-12 p.m.  
Good Neighbor  
Cost: \$5 per person

**Big Bingo**  
Thursdays, March 8, 22 and April 12, 26 at 1 p.m.  
Chester  
Cost: \$1 per board

Try to win a sizeable amount of money. Play as many as you can afford and handle.

**Table Games**  
Monday-Friday at 10 a.m.  
Good Neighbor

**Pokeno**  
Mondays and Wednesdays at 12 p.m.  
Good Neighbor

**Pinochle**  
Mondays at 12 p.m.; Wednesdays and Fridays at 8:30 a.m., Schoolhouse  
Monday-Friday at 12 p.m., Good Neighbor  
There's a place at the table for you in this spirited play. Even if all the tables are full when you arrive, it does not take long before a spot opens up.

**Pinochle Tournament**  
Monday, March 19 at 12:15 p.m.  
Monday, April 16 at 12:15 p.m.  
Schoolhouse

**Cost: \$5 entry fee**

Playing the hand you're dealt may lead to your going home a winner of cash.

**Play Pool**  
Monday-Friday from 9 a.m.-4 p.m.  
Good Neighbor

### ➤ HEALTH AND WELLNESS

**Caregiver Support Group**  
1st Tuesdays from 3-4 p.m.  
Chester

Receive support from professionals and other caregivers. Share experiences, resources, and information.

**Chiropractor Services**  
Tuesdays and Thursdays from 9:30 a.m.-12:30 p.m.  
Chester

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

**Vision Care**  
Central Retinal Vein Occlusion  
Thursday, March 15 at 11 a.m.  
Chester

**Orbital Apex Syndrome**  
Thursday, April 12 at 11 a.m.  
Chester

Learn about two eye conditions, symptoms, treatment and coping.

**"Just Say Yes" Nutrition Class**  
4th Wednesdays at 12:30 p.m.  
Chester

Join *Just Say Yes* for a nutrition discussion and food demonstration on all the latest topics for optimum disease prevention. Check the center calendar for future topics!

April 25: *Great Grain Discovery*.  
Food Demo: "Rice Pudding"

### ➤ RELIGION & SPIRITUALITY

**Bible Study**  
Tuesdays from 4-5 p.m., Chester  
Tuesdays at 9:30 a.m., Good Neighbor

**Praise & Worship**  
Thursdays at 9:30 a.m.  
Good Neighbor

**Senior Inspiration**  
1st Mondays at 10 a.m.  
Chester

Be inspired through song, stories, poetry,

*Highlights continue on page 12*

## Chester Chatter



People ask me how we keep the senior center going. How are we able to offer so many programs that are low cost and often free? The answer is that our many partners, funders and sponsors, as well as our participants who give generously—make it all possible! I am grateful to all who have given within the past year to help us continue our classes, gardens, events, services to participants in need, purchase of equipment and supplies and so much more!! Thank you!

Senior Community Services, City of Chester, Delaware County Office of Services for the Aging, Widener University, PA Department of Aging, Neumann University, David & Reba Prendergast, Cigna Health, Aetna Health, Health Partners, Keystone VIP Choice, State Rep. Brian Kirkland, Harrah's Casino

### Birthday Celebrations

**Fridays, March 30 and April 27, 11:00 a.m.**

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

**April is Volunteer Recognition Month.**  
Thank you to all of our wonderful volunteers!

### Chester Travelers

**MGM National Harbor Resort & Grand Casino, March 23**

Includes transportation, shopping time at Tanger Outlets and the National Harbor Mall. Meal not included.

Cost: Members: \$35 / Non-members: \$40

**Midway—Harrington Casino, April 25, 9 a.m.**

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

Cost: \$25

**Sight & Sound's JESUS, April 5**

Includes show, lunch at Shady Maple restaurant, motor coach transportation, driver gratuity.

Cost: Members: \$120 / Non-members: \$130

## March and April Highlights

### Be Your Own Champion: Speak Up for YOUR Health!

A patient advocacy workshop on March 12 at 12:30 p.m. will empower you to take charge of your healthcare needs, providing tips on navigating the healthcare system and managing your physical and psychological health. Includes presentations by students from Widener University's physical therapy, social work, nursing, and psychology departments.

### Dining with Diabetes

Facilitated by Penn State Cooperative Extension, this program helps people identify and understand important information about diabetes, such as how to balance your meals, snacking, and living well with diabetes. Each class includes a healthy cooking demo and tasting! Join any of the upcoming sessions at 12:30 p.m.:

**Session 1:** March 14, 21, 28. Follow up class June 13

**Session 2:** July 25, Aug. 8, 15, 22. Follow up class Oct. 17

### Giving Back with Jessie's Bags!

Jessie's Bags gives breast cancer patients care packages in stylish handmade patchwork bags. Come make Jessie's Bags for Cancer Survivors on March 16, 29 or April 12 from 11 a.m.-12 p.m.

### Community Awareness Day 2018

**Thursday, March 16, 10 a.m.-2 p.m.**

Talk with professionals from various fields including transportation, fire and community safety, local city services, nutrition, housing assistance, finance and more.

### Murder Mystery & Dinner Theater, April 13

Enjoy a full-course dinner and an interactive murder mystery! Can we solve the crime? Includes transportation, dinner and show.

Cost: Members: \$90 / Non-members: \$100

### Cheyney University Grille, April 18, 11 a.m.

Five-star service and a five-course meal prepared by the Culinary Department at Cheyney University. Inquire about the additional cost of transportation.

Cost: \$12

### Virginia Beach, VA ~ Seafood & Sightseeing May 28-31

Oceanfront accommodations, 3 breakfasts, 3 dinners (including all you can eat seafood), visits to Williamsburg Pottery, Norfolk Naval Base, Yankee Candle Village, MacArthur Memorial,

### Women's History Month Celebration

March is Women's History Month! Honor the greatness of women on March 22 from 10 a.m.-12 p.m. as we celebrate with morning fitness and inspiration in Gospel Aerobics class, followed by a live re-enactment of American abolitionist Sojourner Truth by Dr. Daisy Century.

### Overcoming FEAR!

This workshop is to help you identify your fears, take steps to conquer them, and set yourself free from their tyranny. Let's not allow fear to hold you back anymore. Learning how to confront your fears will allow you to walk in your true dreams and destiny. Join us on March 22 at 11 a.m.

### Spring Gardening Start Up!

Itching to get back to gardening? Help plant mustard greens, collards, kale, and turnip greens this spring. We'll add compost for healthy soil and flowers to attract the beneficial insects and keep out the destructive ones. Volunteers are needed, so please see Garden Leader Ola Cannon if you are interested! Special thanks to Aetna Health for sponsoring the Garden program! **Gardening Days: Monday-Thursday, 10 a.m.-1 p.m.**

### Canning Pickles

The process of canning will be explained at this session presented by Sowing Good Seeds on Tuesday, April 10 at 10 a.m. Ball canning jars, cucumbers, onions, herbs, vinegar, and sea salt to complete the project will be provided.

and more!

Cost: Members: \$460 (Double) pp / Non-members: \$490 (Double) pp

### Columbus Flea Market, June 7

Shop at Delaware Valley's oldest and largest flea market for new, used, and vintage items. Many food vendors and restaurants available. Includes transportation and driver tip.

Cost: Members: \$40 / Non-members: \$50

### Ocean City, MD, August 27-31

Oceanfront accommodations, 4 breakfasts, 4 dinners (including Bonfire and Phillips Seafood), Ocean Downs Casino, tour and tasting at Nassau Valley Winery, shopping in Rehoboth and more!

Cost: Members: \$645 (Double) pp / Non-members: \$675 (Double) pp

## Friendship Facts

### Staying Green

By Christine Helmandollar

Green seems to be a more popular color in our area since the Philadelphia Eagles won Super Bowl LII. Speaking of green, Friendship Circle commonly associates with the color because of our environmentally savvy status. The center is proud of being a “Go Green” center with a beautiful vegetable garden on the front steps of its property. Bragging rights have always been a thing at the center, from managing a vegetable garden and holding an annual vegetable sale that funds the garden, to potting herbs in buckets and beautifying the porch with flowers and hanging baskets.

As this time approaches, I always get jumpy about garden preparations. If you are

an avid gardener and grow some vegetables on your home property, you know that it’s easy to feel overwhelmed with garden plans. On the other hand, we know it is a simple process and need to follow the basics when growing vegetables. A successful garden requires good soil, sun, and water, but we all know it takes so much more. It takes man/woman power. Last year, the volunteer power behind the garden was Gloria Brown-Wade, Marjorie Calhoun, Carol McHugh, and Larry Reavis. These four volunteers donated over fifty hours, lending their green thumbs to keeping the garden attractive and weed free.

This spring season, we are hoping to double the volunteer efforts, so I write this to do “the ask” for help. One gardener shared these

inspiring words, “From seed to a sprout and then a plant about 6 inches tall, there is great joy in watching the plant grow and produce a delicious vegetable.” Do these words inspire you? Join us on these dates:

**March 1 – April 10: Garden fundraiser**

**March 19: Introduction and garden tips, 9 a.m., Friendship lobby**

**April 16: Garden design, 9 a.m., Friendship lobby**

**May 14: Planting day**

The positives of continuing a garden outweigh the only negative – hard work. So, let’s get together to form a great team of garden volunteers to continue the tradition of being green.



Carol McHugh and Marjorie Calhoun show off a zucchini from the Friendship Circle garden.



Even the rain won't keep Carol McHugh and Marjorie Calhoun from their gardening duties.



Larry Reavis put great effort into the planting and tending of the Friendship Circle garden.

## Upcoming at Friendship Circle

### Total Body Fitness

Using light weights and bands, work your muscles from head to toe.

Tuesdays, through March 20

11 a.m.-12 p.m.

\$2 per class

### Zumba

This fitness program fuses Latin dances like Salsa, Cumbia, Merengue, Flamenco, Tango, and even belly dancing with aerobic exercise.

Instructor: Nikki Smith

Tuesdays, 10-11 a.m.

\$2 per class

### Stroke Support Group

Have you had a stroke? Would you like to learn more about how to prevent a future stroke? Please join our group and have your questions answered.

Tuesdays, March 13, April 10, May 8, June 12, 1 p.m.

No Cost

### E-Books

Collaborating with the Delaware County Library System. Bring your device to learn how to download e-books and use library resources online.

Tuesday, April 17, 10:30 a.m.

No Cost

### Flower Sale - Pick Up Your Order Form

Purchase your own 4” and 6” vegetable and flower plants to grow your own garden while supporting the Friendship vegetable garden. Forms available through Friendship.

### Friendship Travelers

Friendship Travelers invite you to join them Saturday, June 30th for an Elvis Presley Tribute Concert at the Dutch Apple Dinner Theater in Lancaster.

Cost: \$85 includes buffet, transportation, taxes and gratuities. \$45 non-refundable deposit due by March 14.

## Joanne's Journal

### Sharon Barnett: Giving Back Through Volunteering

Good Neighbor's greatest assets are those who give back to the center in meaningful ways, and Sharon Sears Barnett is a great example. She joined five years ago, and soon became known as someone who genuinely enjoys caring for others. From the time she arrives until the time she leaves, Sharon can be seen assisting people in various ways, from providing support for their social interactions to patiently teaching those who struggle with the latest technology to use their smartphones or tablets. Sharon is also a great organizer. When going on trips, she helps members with packing, touring, food selections, and following safety precautions. In previous years, Sharon organized members' artwork for SCS's annual art exhibit.

Sharon is often referred to as Good Neighbor's photographer. She takes pictures of the center's many events and activities, then creates and displays beautiful tri-fold boards for all to see. Sharon is proud to know that pictures she

took were used in the SCS Connection newsletter and sent to sponsors to thank them for their support. Sharon also takes random photos of members, frames them, and gives them away, making members feel special.

Last year, Sharon began conducting "Tuesday Trivia," a challenging brainteaser game. Members look forward to this activity and contribute to the process by suggesting topics to be covered. Sharon then spends hours researching and developing tricky multiple-choice questions. The results are cognitively stimulating questions that test participants' memories as they strive to become that week's winner. No matter which member wins, Sharon Barnett is always a winner because she derives as much joy from giving as do those who are privileged to receive from her.

Sharon continues to keep herself current by attending language, art, writing, and photogra-

phy classes at Temple University's Osher Lifelong Learning Institute. She understands that retirement tends to lessen one's social interaction and for her, the center is a place to fill that gap. Sharon values the health benefits too. "Many of the health professionals that present here have made me aware of living a much healthier lifestyle along with the Silver & Fit exercise classes," she says. She also looks forward to the yearly trips to places she's often dreamed of visiting. And being a member of Good Neighbor gives her a feeling of family. "Thursday's Southern Grill and Bingo rounds out the warmth of belonging to Good Neighbor. I treasure my time at the center where I feel loved and safe and for all that I receive, I truly enjoy giving back through volunteering."



#### PRESENTATIONS

##### Fraud Prevention

Thursday, March 1, 10-11 a.m.

Presenter: Chelsey Price, Director of Senior Victim Services, Delaware County Office of the District Attorney. Learn how to protect yourself from fraudulent acts, and about advocacy, assistance, and safety resources.

##### AARP Driving Course

Full course, two 4-hour sessions, Monday, March 12 and Tuesday, March 13, 10 a.m.-2 p.m.

AARP members: \$15 / Non-AARP members \$20

##### Ask the Pharmacist

Thursday, March 8, 10 a.m.

Join us for an informative session about when and how to take your medications properly. Learn some questions you should ask your personal pharmacist when picking up your medications.

##### APPRISE: Individual Counseling Sessions

Thursdays, March 22, April 26, 9 a.m.-1 p.m.

##### Kitchen Table Stories

Wednesdays, March 7 and April 4, 10:30 a.m.

##### Property Tax/Rent Rebate Clinic

Mondays, March 5 and 12, 9-11 a.m.

Have your annual property tax or rent rebate completed on-onsite. Property owners bring all tax forms. First time applicants bring

all tax information and proof of identity. Renters bring rent receipt completed by realtor.

##### NAACP Lunch and Presentation

Thursday, March 22, 10 a.m.

##### Widener University School of Nursing—Free Blood Pressure Screenings

Thursdays, March 1, 29 and April 5, 9 a.m.-2 p.m.

##### Free Diabetic Shoes & Inserts

Thursday, April 19, 10:30 a.m.

##### Healthy Steps Senior Health & Wellness Fair

Thursday, April 26, 10 a.m.

Services include:

\*Diabetes Screens \*Foot Exam & Nail Clip-pings \*Blood Pressure Screens \*Hearing Test \*Ultrasound check of Aortic & Carotid Arteries (Bring health insurance info and prescriptions)

##### SEPTA Resource Day

Friday, April 29, 11 a.m.-2 p.m.

Learn about the new SEPTA Key Card System and receive a valid state issued photo I.D. when you provide proof that you have reached your 65th birthday by the date of the event.

#### SPECIAL EVENTS & ACTIVITIES

##### 8th Annual Legacy Banquet

Saturday, April 7, 1 p.m.

##### Income Tax Preparation

Friday, March 9, 10 a.m.-2 p.m., by appoint-

ment only. Free service provided at Good Neighbor by Bernice Clark Dickerson. Call Carole for appointment.

##### Intergenerational Fun: Game Night, Potluck and Karaoke

Friday, May 4, 6 -10:00 p.m.

##### Monthly Birthday Party

Fridays, March 23 and April 27, 11:30 a.m.

#### TRIPS AND OUTINGS

##### Susan G. Komen: Strength & Survival Breast Health Empowerment Event

Saturday, March 3, 10 a.m.-1 p.m.

Original concert by Philly POPS with featured vocalists. Free round-trip transportation.

##### Casino Trips

Wednesdays, March 14 and April 11, 10 a.m.-7 p.m. For more information, contact Dianne Roberts-Gibbs or Dianne Peterson at (610) 586-8170.

##### Red Hatters

Meeting: Thursday, March 22, 1 p.m.

The Red Hatters are off on their annual trip to LaDore Lodge! April 23-27.

##### Theater Group

Join our Theater Group on a visit to the Hedgerow Theater to see the thriller *Wait Until Dark*, on a Saturday evening in March. Contact Katherine Hill for exact date and time.

## Kim's Korner



Dear Friends,

It is always a pleasure to write the March/April letter. It means that spring is around the corner. The buds are popping and the early flowers welcome the more temperate sunny and longer days. My snowdrops are making an appearance. Here's hoping that we're done with all the blasted snow and the vicious bugs and can get out to enjoy ourselves!

The big news for this newsletter is that we have been accredited for the third time by the National Institute of Senior Centers! For those of you who were here during the site visit, you know what a crazy busy day that was. I have been asked why accreditation is important. In a nutshell, accreditation holds us to a standard of excellence. It says an outside agency looked at every nook and corner of our operation, our involvement in the community, our governance, programming, finances, buildings, and our plans for the future. They confirmed that we are in compliance and gave us their stamp of approval for all that we do!

It is important to put accreditation on our grant applications so that potential funders

know that we were found to be a quality center, worthy of their support!

This upcoming year is going to be a challenging one. The United Way is no longer a major funder of our senior centers, leaving a big gap in funding. In this time of financial austerity, it is important for all of us to chip in.

Here are just a few things you can do to make a difference:

1. Pay your membership. Consider a higher level of giving if you can afford it.
2. If a family member gives to the United Way, ask them to designate Senior Community Services. We can still get donations that way.
3. One of our members just had a birthday and the family chose to give the center a gift to honor her as her birthday present. If you don't need any more sweaters or items that will end up cluttering your home, this is an option!
4. Consider putting SCS in your will. If you designate 3%, your family still gets 97%.
5. Recruit new members.

It takes a village to make a difference. Thanks for being part of our village!

Love,  
Kim

## Advisory Council

Welcome new members Pat Dougherty, Phil Falcone, Loraine Healey and Ginny Valonis. Janet Hammet will finish Paul LaFrance's term.

## Condolences

Our heartfelt sympathy to Joe Schmucker and the family and friends of Betty Schmucker.

## Films That Have You Talking

Thursdays, 4 p.m.

**March 4th:** *The Darkest Hour* – At the precipice of WWII, Churchill has tough choices dealing with a skeptical king, his own plotting party and difficult military decisions. Nominated for 6 Academy Awards.

**March 29th:** *Victoria & Abdul* – A young clerk travels from India to participate in the Queen's Golden Jubilee and is surprised to find favor with the queen herself (played by Judi Dench).

**April 12th:** *The Greatest Showman* – A new musical tells the story of the visionary who created a spectacle that became a worldwide sensation. Hugh Jackman stars as P.T. Barnum.

## Sunshine Wishes to:

Marie Finocchio, Marge McKnight, Jeannie Tribuiani, Pat Gaffney, Paul Murray, Paul LaFrance, Betty Lawson, Betty McElroy, Bob Boyle, Susan Kershaw, Betty Smithson, Nancy Manko, Kate DiPietro, Lynn Ryan, and all of those recovering from the flu!

## Trips

*Joey Vincent, Live at Sugarhouse Casino*, Monday, March 5th 10:15 a.m. \$46

*Wait Until Dark*, Hedgerow Theatre, Wednesday, March 7th, 2 p.m. \$18. Own trans.

*Always Patsy Cline*, Media Theatre, Sunday, March 18th, 3 p.m. \$35. Own trans.

*The Glen Campbell Xperience*, Caesar's Casino Tuesday, April 24th. \$48. (\$20 slot play)

**St. Patrick's Day:** We'll celebrate with a party on Thursday, March 15th at 11:30. Joe Stafferi will do his best Irish around noon.



Schoolhouse members hold a pep rally before the Eagles' Super Bowl victory.

## Mid-Winter Mardi Gras Party

This winter, despite the weather and illness, Schoolhouse managed to have a good time. Check out some fun pictures from our mid-winter party "Mardi Gras."



The room and tables are decorated in true Mardi Gras style.



Members are treated to Mardi Gras themed food at the mid-winter party.

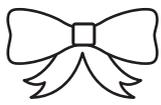
## A Special Thank You to:

- Those of you who helped with the mid-winter party:  
In the kitchen, working with Ron and Morton, Jeanie Meserole, Judi Haines, JoAnna Campbell, Bob Healey, Lorraine Healey, Mary Kopay, Maureen Paravecchia, Roz Benton. For decorating, Gus and Tony from the pool room, Jean Hamilton, Joe Gilligan, Su Chung, who also assisted Kim and Sayre with the decorations.  
Roz Benton for donating some of the decorations.  
Our Advisory Council for being a sponsor of the mid-winter party.
- A big thank you to Joe Schmucker and the Schmucker family for designating that Schoolhouse receive memorial donations in place of flowers.

## Membership

As I write this, we are \$1000 short of our annual membership goal of \$19,000. If you haven't paid your membership, please do so. We are counting on everyone to step up.

This year Shirley Carroll joined the ranks of lifetime members with her donation of \$1,000. Thank you, Shirley!



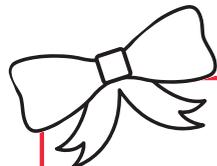
## Give the gift of an Aging at Home membership!

Just \$35 can put a senior in the Greater Lansdowne and Ridley areas in touch with dedicated staff who can provide access to **handyman services, transportation services, vetted home contractors, yard work, and more.**



Provide a 1-year gift of membership to someone special in your life or donate a membership to a senior in need in the Greater Lansdowne and Ridley areas.

*Great idea for birthdays, Mother's Day, Father's Day!*



### HOW TO BUY OR DONATE:

Coordinated by local non-profit Senior Community Services, Aging at Home brings peace of mind to seniors, helping them to live safely in the comfort of their own homes.

Each membership is \$35.  
**ONLINE:** <http://www.scsdelco.org/programs/aging-home.shtml>  
**CALL:** 484.534.2201  
**EMAIL:** [AgingatHome@scs-delco.org](mailto:AgingatHome@scs-delco.org)  
**STOP BY or MAIL:** Friendship Circle Senior Center  
 1515 Lansdowne Ave., Darby, PA 19023  
 (East campus of Mercy Fitzgerald Hospital)  
 Schoolhouse Center  
 600 Swarthmore Avenue, Folsom, PA 19033

Highlights continued from page 7

and other spiritual readings. Enhance your morale and emotional and spiritual well-being. Lead by Rev. Belinda E. Boyer.

### ➤ TECHNOLOGY

#### Computer Basics

Tuesdays, March 6, 13 from 10-11:30 a.m.  
 Schoolhouse  
 Members: \$25 / Non-members: \$30

#### Beyond the Basics

Tuesday, March 27 from 1-2:30 p.m.  
 Schoolhouse  
 Members: \$15 / Non-members: \$20

#### Using Smartphones/iPhones

Monday, March 19 from 11 a.m.-1 p.m.  
 Schoolhouse  
 Members: \$20 / Non-members: \$25

#### Tablets & iPads

Friday, April 6 from 10 a.m.-12 p.m.  
 Schoolhouse  
 Members: \$20 / Non-members: \$25

#### Listening to Music on Your Device

Monday, April 16 from 11 a.m.-12 p.m.  
 Schoolhouse  
 Members: \$10 / Non-members: \$15

#### Social Media

Friday, April 20 from 1-3 p.m.  
 Schoolhouse  
 Members: \$20 / Non-members: \$25

#### Eliminating Errands

Tuesday, April 30 from 11 a.m.-1 p.m.  
 Schoolhouse  
 Members: \$10 / Non-members: \$15

We'll look at borrowing library books, shopping, using post office services, and more.

#### Electronic Club

Tuesdays, Wednesdays, and Thursdays from 10:30 a.m.-2 p.m.  
 Chester

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

#### Individual Computer Instruction

Tuesdays 2-4 p.m.  
 Thursdays 1 a.m.-1 p.m.  
 Fridays 11 a.m.-1 p.m.  
 Chester

Get answers to your questions, learn short cuts to make your computer experience easier. Registration is required.



At left, children at a Christmas party at the Esther Heart Ministries in El Salvador hold gifts crafted and donated by the Schoolhouse Crafters.