Laughter and Innovation Among Offerings this Spring at SCS

By Heather Dale

Senior Community Services has something for everyone this spring, offering everything from smartphone tutorials to laughing yoga as well as informational sessions for caregivers and a range of art classes at its four senior centers and several satellite locations.

With an influx of active Baby Boomers in Delaware County, SCS is ready to meet their needs with an impressive array of program offerings.

“Our mission has always been to support active aging and the Center for Lifelong Learning certainly accomplishes that,” said SCS Executive Director Arthur Weisfeld. “I am very proud of the innovative and unique programming that our centers and programs offer. Each year the list grows and changes.”

For the past 23 years, Senior Community Services has offered the Center for Life Long Learning (CLLL) which is the umbrella name for adult education classes held at agency’s four centers and up to six other sites in the county from YMCAs to libraries to municipal buildings. Courses range in duration and subject manner. In fiscal year 2013/2014, CLLL sponsored 489 courses involving 2,367 class.

The interests and needs of the seniors who SCS serves are certainly reflected in the course offerings. At the Chester Senior Center there has been a concerted effort to offer more and more preventative health services and presentations. Chester is also offering a host of computer classes and technology presentations from computer basics to using bill pay online and even a tutorial on smartphones.

“I am amazed to see so many people with iPads, tablets, and smartphones eager to learn all they can. We continue to get requests for Power Point, online banking and even website development classes,” said Chester Senior Center Director Jamee Nowell Smith. “This says to me that technology is for everyone, there is no age barrier and older adults are learning the latest technology and the senior center is playing a huge role.”

Each senior center and many of the satellite locations offer fitness programs ranging from dance classes, like jazzy tap at Friendship Circle, to gospel aerobics at Chester, and sit down Zumba at Good Neighbor, but Schoolhouse is offering a course with a twist this upcoming semester – Laughter Yoga.

“The premise is that the body heals with play and the mind heals with laughter,” said Center Director Kim McDaniel. "We had a demo here and we actually had one participant call us after she got home and let us know she was still smiling from that program!”

Center Without Walls, which serves active older adults in Brookhaven, Concord, Aston, is expanding its offerings in Springfield, which is a location that was just added in the fall.

“The response has been very positive,” said Community Outreach Coordinator Farah Esfahani. “We are so pleased to add Springfield to our list of locations and are equally as happy to continue to add new programs.”

In addition to offering recreation and fitness as an option for seniors, the programs offered by SCS also aim to provide support and information. Each of the locations will offer presentations by Apprise Program representatives. Apprise is a state-funded program that offers free health insurance counseling and information to Medicare beneficiaries.

Friendship Circle will host a series of presentations for caregivers, helping them through the caregiving process, which can be both rewarding and challenging. The programming is unique in that caregivers can bring the loved one they care for to the center. While the caregivers participate in their presentation, recreational activities will be provided for the care receiver, helping to break one of the major barriers for caregivers – respite.

“The Caregiver Academy will offer, not only important information, but also provide the tools and resources necessary to help caregivers successfully care for their loved ones while alleviating some of the stressors caregivers can face,” said Friendship Circle Senior Center Director Barbara Caso. “Caregivers will have peace of mind that their loved ones will be right down the hall engaging in fun, creative activities designed to keep them socially stimulated and active.”

Many of the courses begin in March and continue throughout the spring.

Continued on page 12
Looking Forward to Spring

By Arthur Weisfeld

Recently, we attended a family wedding in New Hampshire… in February. Hopefully, by the time this column is published, all of the bad weather will be behind us, but as the date of the wedding approached, we were still very much in the midst. In Delaware County, we’ve had reason enough to grumble, but in New England, they had reason to despair. Foot after foot of snow had left them pretty much immobilized, and as we headed toward our wedding destination, more snow was expected. As we left the comforts of our home, we nervously wondered how we would fare.

Our trip, as it turned out, was a story of mishaps. When we arrived at the train station, Virginia turned to me and said, “You have the tickets, don’t you?” and I responded “I thought you…” You know the rest. And, as it turned out, it wasn’t a matter of replacing our tickets. Our tickets were special because they involved taking first a train to Boston, and then a bus to Portsmouth. So, there, on the spot, we had to buy new tickets. Once the train ride began, we thought we had made it – we could just sit back and enjoy the view, have a little lunch, and do some reading. And, in fact, that’s what we did until we arrived somewhere in the environs of New London, Connecticut. At that point, the train stopped in the middle of nowhere, and we sat, and sat, and sat. Our conductor eventually said that the train in front of us had broken down. Our train would be electronically transferred to another set of tracks. But, again, minute after minute passed and no departure occurred. Finally, once again, an announcement was made that the accumulation of ice on the cross tracks prevented the train’s transfer, and we must now wait until the ice was physically removed. Workers were sent out to hack away, as we wondered if the train had enough provisions to last us the night. But we did leave, eventually.

Our transportation perils did not end there; we missed our bus to Portsmouth, but were able to catch another. We were able to get a cab and finally arrived at our hotel. Wonderful. And we were lucky enough to be served some dinner at 10:30 that evening. From our restaurant window, we looked out on the six foot high mounds of snow that made most ordinary activities virtually impossible.

The wedding was lovely. The bride, our niece Elise, could not have been lovelier. The couple radiated happiness, from which and to which we all drank … a fitting activity for a wedding held in a winery.

When the wedding ended, the snow had begun to fall, and continued to fall until noon the next day. Planes were grounded. Buses were cancelled. Life in New England was on hold, and we needed to get back. The MOTB (mother of the bride) graciously agreed to drive us to South Station in Boston. Fortunately for us, the roads we traveled were major ones and had been cleared, more or less. Throngs of weary travelers awaited their trains along with us at South Station. The few that were still running were late by many hours. However, once we boarded our train, we were quite sure our troubles were at an end. We would be going home. Things went well enough on our trip back arriving at 4 in the morning at 30th Street Station. We had left our car in the parking garage and went confidently to retrieve it with the knowledge that we had taken care to remember the location. But not so fast. The parking garage was a maze and where we both thought it would be, it wasn’t. After walking around aimlessly for fifteen minutes in the bone-chilling cold we finally spied it. What a joyful moment! I drove to the exit and inserted our parking receipt in the machine. It jammed and no one was around! We were able to call for help and after some time, our rescuer was on the scene to free us from the garage.

Now, you may be wondering what lesson should be learned from our unfortunate travels. Is the lesson that we shouldn’t go to family weddings when the weather is bad? No, we wouldn’t have missed the wedding for the world. Is it that you shouldn’t take the train in the winter? No, a car or a plane would have posed greater difficulties. Is it that good things can sometimes come with a lot of difficulties? Yes, but you knew that already. Perhaps the best lesson is to remember that when you travel, you should pack a lot of snacks, be careful what you do with your parking ticket, and to know that when you are faced with the worst of winter’s weather, spring is not very far away.

Looking forward to spring,
Arthur

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APPRISE

Apprise Program Partners with Legislative Offices in Delaware County

By Glenda A. Radical, APPRISE Program Manager

The Delaware County Apprise Program is happy to announce that partnerships have been established with several Delaware County state legislative officials. Through these partnerships, the Apprise Program can provide Medicare information and health insurance counseling on site at the legislative offices.

Each legislative office will provide Apprise Program Medicare information and individual counseling sessions on a monthly basis. There will be four one-hour appointment slots for Delaware County residents. Delaware County residents must have a scheduled appointment for a Medicare individual counseling session. Appointments can be made by directly contacting the legislative office or contacting Apprise at 484-494-3769.

In addition, some legislative offices may host Medicare presentations at their locations. Presentations may include topics like Medicare 101 which explains the basics of Medicare. The Extra Help and Medicare Saving Program presentations explain the Medicare costs sharing programs that can help to pay for Medicare Part B and Part D premiums, co-pays, and deductibles.

To schedule an appointment at one of the partnering Delaware County locations, please contact:

State Senator Anthony Williams’ Office
419 Church Lane, Yeadon
Contact: Ronda Liggins, 610-284-7335
Third Tuesday of each month
10 a.m. to 1 p.m.

State Rep. Nick Miccarelli’s Office
605 East Chester Pike, Ridley Park
Contact: Derek Staccone, 610-534-1002
Third Wednesday of each month
10 a.m. to 1 p.m.

State Rep. Stephen Barrar’s Office
One Beaver Valley Road, Chadds Ford
Contact: Ann Iacono, 610-358-5925
Fourth Wednesday of each month – 10 a.m. to 1 p.m.

To schedule an appointment with any of the three legislative offices or become a legislative office partner, please contact me at 484-494-3769.
Ron Arno

By Frannie Schmerling, Senior Center at Home Program Manager

Ron Arno was born in Philadelphia and then moved to Broomall with his parents in 1951. He enjoyed hunting in the forest right across the way and recalls how people rode horses right in the street in those days. While living there Ron has had several dogs as pets and his father even raised beagles. Ron was in the Marine Corps as well as in the Coast Guard. He has been on 6 continents including 8 trips to Africa. Ron joined SCAH’s PAWS program in December 2014 and enjoys bi-weekly visits with volunteers Anne Thompson (owner of Barker Lounge in Folsom) and Sydney (her rescued Husky-mix who is certified for visiting).

What hobbies have you enjoyed over the years?

I’ve gone on hunting trips to Africa from 1993 until 2005. I’ve also been a small arms collector. I was in the Opera Philadelphia Chorus for 10 years. I even received a compliment from Pavarotti. I always really enjoyed watching movies from my large collection.

How do you currently stay occupied in the home?

I’m not occupied enough. Every now and then I take care of a neighbor’s dog or volunteer as a gun instructor. In the winter I spend a lot of time in the basement either in the workout room or music room. I have a putting range in the game room. But it gets lonely.

What activities do you, Anne, and Syd enjoy together during your SCAH visits?

I taught Anne how to play card games like Casino and Double Solitaire. In nicer weather we walk Sydney down the block but since my vision is deteriorating we spend more time in my back-yard where I have a large fenced-in yard and tons of tennis balls. Syd loves the special treats I give him: Chinese noodles! Anne and I also talk about life experiences including our travels to Africa since she has been there several times too. We hope to watch some animal-themed movies like The Call of the Wild.

Do you recommend Senior Center at Home’s PAWS program to other seniors in Delaware County?

Absolutely, in a heartbeat. I got lucky; I got a good girl and a good dog!

To find out more about Senior Center at Home or specifically the PAWS program please contact Program Coordinator Frannie Schmerling at 484-540-0381 or fschmerling@scs-delco.org.
Volunteers Enrich CSP and Community

By Dorothy Darragh, Cognitive Stimulation Program Manager

The Cognitive Stimulation Program (CSP) offers over 130 themed kits as a tool to encourage conversation and social interaction among older adults. This brain fitness activity is ideal for any level of cognitive ability. Our system operates much like a library. Kits are checked in and out weekly, bi-weekly and monthly. When kits return, they are inventoried for contents; repairs are made and then prepared for redistribution. This is a time-intensive process and to accomplish this, the program relies on volunteers. I would like to acknowledge two very delightful and competent young people who have volunteered during the past three and a half years.

The summer before entering his junior year at Strath Haven High School, Eugene C. was looking for something to do and decided volunteering was the way he wanted to go. Once school started, Eugene continued to come in one afternoon a week for both his junior and senior years. During the summer, he was employed by our summer student program. Today, Eugene is a freshman at New York University and keeps in touch with the program.

Kevin M. started volunteering in the summer of 2011 and arrives weekly with a big smile and lots of enthusiasm. Kevin is 22 years old and was diagnosed with autism at an early age. His work here is invaluable as he is efficient, accurate and shows great enthusiasm.

“The opportunity to work at the senior center has given Kevin the chance to make new friends and establish some independence from his family,” his parents said. “It gives him a sense of belonging and gives a purpose to his days. His involvement in the community gives others the chance to see that although Kevin is disabled in some ways, he has a lot to offer.” Kevin continues to provide a valuable service for the program and delights us when he is on-site.

CSP continues to offer volunteer opportunities to those who would like to contribute their time and effort. In appreciation, I thank Tiffany Schaff for her tireless work to facilitate the volunteer program at Senior Community Services. If you are interested in volunteering with CSP or SCS please contact Tiffany at 484-496-2149 or tschaff@scs-delco.org.

Aging at Home Volunteers Are Valuable to Local Seniors

By Christine Helmandollar, Director

Aging at Home volunteers are worth their weight in gold. Our handymen are particularly helpful, saving homeowners on home improvement projects. These men have hung blinds, caulked around homes, shaved doors down, and replaced window latches, just to name a few projects.

But the helpful projects do not stop there. We are excited to announce several future projects that will utilize the skills of our wonderful Aging at Home volunteers.

Passport to Health is a five-week interactive program that involves three dining out experiences in the Greater Lansdowne area and two presentations at Friendship Circle from expert dieticians discussing healthy options at restaurants. Dates for the program are March 26, April 2, 9, 16, and 30. Registration is being accepted through Friendship Center Senior Center and the Aging at Home office.

To kick off Older Americans Month in May, Aging at Home will host a volunteer project to help local older adults age well at home. We invite you to join us on May 1 from 10 a.m. to 1 p.m. to sort, pack and distribute care packages to older adults participating in our program. Packages include everyday items seniors can use. Lunch will be provided to volunteers. An additional group of volunteers will be identified to distribute the bags.

Aging at Home is becoming popular for its volunteer yard work days to help beautify individual properties in the boroughs of Aldan, Colwyn, Darby, East Lansdowne, Lansdowne, and Yeadon. The next days, weather permitting, are March 30 and April 1 to have general landscaping support at your home. This volunteer work is supported by our wonderful partners at the Delaware County Probationary Office.

We all know the value of volunteers from the camaraderie of sharing good conversation over a meal to getting a basket of gifts to having helping hands save homeowners money. Aging at Home – A Community Network values its volunteers and knows how much their time is worth. Call us at 484-534-2201 to volunteer or to inquire about our many services.

A Healthy Purpose

By Stacey Babiak, Care Manager

Happy New Year 2015! With the beginning of another year, I find myself again thinking of new year resolutions. Resolutions can be very beneficial. A fresh start in a new year, with a new outlook and goals provides us with a purpose throughout the year to come. This newfound inspiration can often lead to a positive and clear outlook on life. All of these things together lead to an emotionally (and sometimes physically) healthier you. As caregivers, you often find yourself with resolutions, goals, and dreams for the loved one(s) you care for, but sometimes forget about yourselves. However, this is very important too!

I was recently reading an article from a monthly publication that I receive on Dana.org. The article is entitled: “A Purposeful Life is a Healthier Life.” The article discussed that a healthy diet, good sleeping pattern, and regular physical and mental exercise contribute to overall brain health, but that it is also now believed that having purpose in one’s life can do the same.

The article describes that purpose in life is when an individual can describe specific goals and objectives that give them a sense of directedness and meaning. Studies found that greater purpose in life was associated with lower chances of developing Alzheimer’s disease, reduced risk of mild cognitive impairment, and a slower rate of normal age-related decline in cognitive function.

The article also notes that purpose in life is motivational since an individual who is purposeful is more motivated to reach his or her goal. After reading the article, it appeared that there is quite a significant amount of evidence that supports the idea that having purpose can lead to a healthier life. So with the new year not far behind us, let us think hard about our resolutions, goals, and dreams for 2015 and find purpose and (hopefully) good health in working to achieve them not just for our loved ones, but also for ourselves.
Are You Looking for Dental Health Resources?
By Trindy Grundy, Associate Director for Long Term Care

Senior Community Services Long Term Care Department has a team of 14 care managers who have experience and knowledge about the needs of older adults.

The role of care management does not end with the initial assessment and follow-up calls and visits. We are advocates and a front line resource to assist seniors with getting needed services and also with completing applications. For example, with one application, Benefits Checkup, we can identify state, federal and local programs and resources you may be eligible to receive. If you are part of the Options Program, care managers also contact providers on your behalf to make sure you are getting the needed services identified in your care plan.

To better serve you and the 1,000 plus consumers in Delaware County, we are providing bi-monthly tidbits of information to help you identify and access support and services.

Donated Dental Services (DDS)

DDS helps people with disabilities and those who are elderly or medically fragile and cannot afford needed dental care. The program is operated by Dental Lifeline Network (DLN).

Those individuals who need comprehensive dental treatment are urged to apply. The eligibility criteria are simple. People with permanent disabilities, compromising medical conditions or who are elderly can apply. Applicants must be without financial resources and ineligible for public aid to pay for dental care. To apply or learn about eligibility contact Tammy Shumaker at 844-489-9446 or visit www.DentalLifeline.org

Dental Clinic @ Harcum College

The Abraham and Goldie Dental Center is a clinical educational facility. Complete dental services health services are provided to adults aged 55 and over for only $10. These services include a full oral exam, full dental cleaning, x-rays (if needed), blood pressure screening and cleaning of any appliances in the mouth – such as partial or full dentures and removable bridges. Please call ahead to make an appointment for dental hygiene services. (610-526-6113 or email dentalclinic@harcum.edu)

Spring Brings New Course Offerings to CWW
By Farah Esfahani, CWW Coordinator

After a cold and harsh winter, we can certainly welcome and appreciate the awakening of spring. Our spring semester includes art, fitness, nutrition, health, AARP driver education classes, and a number of very informative and valuable presentations held at our four locations. Art and fitness classes will start in March. I am happy to announce that a new watercolor class has been added. This class has been developed to expand the appreciation of art among older adults and to meet the increasing interest of our participants in watercolor painting. Agnes Bakow, will teach this class at Concord.

I am pleased to report that we will be offering a chair yoga class with certified yoga instructor Don Simpson at our new location, the Springfield Township Building. The popular Gold Zumba class will start on March 24 with instructor Heidi Barnett. Orphan Train by Christine Baker is the first book to be discussed at the first book club meeting on March 18 with facilitator, Dianne Caggiano.

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

Pennsylvania changes in power of attorney law on April 9 – this workshop by Robert and Dana Breslin, Esq. will review the changes, the power of attorney form, and the options so that your power of attorney is crafted to meet your specific needs.

Board certified cardiologists Dr. Aymen Alrez and Dr. Samuel Ruby from the Crozer Keystone Health System will offer a workshop on heart health on April 30. Various types of heart disease as well as the risk factors, causes, and prevention strategies will be discussed. The Eating Smart Series by Penn State University will be held on March 24 and April 26.

The above programs will be held at Brookhaven Municipal Building.

Medicare 101 presentation by Apprise Program Manager Glenda Radical will be held on April 15 at the Aston Community Center.

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

Farewell But Not Goodbye
By Tiffany Schaff
Director of Volunteers and Outreach

In February, I was offered a full time position at a nonprofit I have volunteered with for quite some time. It is a position I found impossible to refuse and although leaving SCS will be difficult, I am excited to continue my journey in the nonprofit sector. I will be around for a couple more months – my last day is April 23, the Volunteer Recognition Luncheon.

To say that I’ve enjoyed the past three years at SCS would be an understatement. My coworkers are the kindest, most generous, and competent individuals I have met. I came to Delaware County unaware of my surroundings and was immediately welcomed into the community. Our executive director, senior center directors, program managers and support staff have all been wonderful mentors who have taught me so much about being a nonprofit professional.

The volunteers have been the highlight of my tenure here. They inspire me, drive me to dream bigger, and keep me in constant awe of their selflessness. I have enjoyed getting to know each one of them. I’ve been working with volunteers in different capacities for nearly a decade and SCS volunteers are among the highest caliber. The dedication and genuine care for their community astounds me.

Related to volunteers, the Volunteer Recognition Luncheon is my favorite day of the year at SCS – I have the opportunity to celebrate what I love most: volunteerism. I’ve said it many times – the numbers don’t tell the entire story, but last year, volunteers contributed over 48,000 hours of service to SCS. This was a massive jump from last year and the year before. I am proud to be a part of the wonderful work we do for the community and for each other.

I will miss you all dearly – remember that I’m still here part time until the end of April. Stop in, say hi!

VOLUNTEER SERVICES AND OUTREACH

Are You Looking for Dental Health Resources?
By Trindy Grundy, Associate Director for Long Term Care

Donated Dental Services (DDS)

Dental Clinic @ Harcum College

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**ARTS AND CRAFTS**

**Pencil Drawing and Watercolor Painting**

Mondays from 12:30-2 p.m.

**Cost:** $5

**Chester**

All are invited to come and learn the basics of pencil and watercolor arts. Enhance your artistic abilities with various form of the media.

**Watercolor Painting**

Wedsdays beginning March 4 from 1:45-3:45 p.m.

**Cost:** $50 for 10 sessions

**Schoolhouse**

Beginner through advanced artists welcomed. Helen Baur will focus on individual needs as she teaches approaches and techniques to highlight your art.

**Oil & Acrylic Painting**

Fridays beginning March 6 from 12-2 p.m.

**Cost:** $50 for 10 sessions

**Schoolhouse**

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

**Candle Making Fun**

Thursday, March 5, 12, 17, and 26 at 10:30 a.m.

**Cost:** $15 per class

**Chester**

Come and be creative learning how to work with candle wax and create beautiful candles for your home, office or a special gift.

**Art Therapy**

Wednesdays, March 11 to April 29 at 12:30 p.m.

**Chester**

Enjoy this art program that focuses on engaging discussion, memories, and the healing and connecting power of the arts! Simple fun, and creative art projects will be completed in each session. This class is facilitated by art therapists with Northwestern Human Services.

**Card Making and Stamping**

March 19 and 24 at 11 a.m.

**Chester**

Let your creativity shine through by making your own greeting cards, treat bags, gift holders and more. Each class will present a different theme and you will leave the class with three special handmade cards, one gift card holder, and one treat bag.

**Pencil Drawing**

Mondays beginning March 23 at 10 a.m.

**Good Neighbor**

**Instructor:** Faye Richardson

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

**Friendship Crafters**

Monday, March 30, April 27, May 18, and June 22 at 1 p.m.

**Cost:** members: $3 per class/non-members: $5 per class

**Schoolhouse**

Art teacher Angela Urso will introduce a new craft project to take home that can be completed in just one hour. Our first project will be a terrarium-a blast from the past! All materials included in the cost of the class.

**Doll Making**

Thursdays starting April 2 from 11:15 a.m. - 12:45 p.m.

**Cost:** members: $5/non-members: $8

**Chester**

Join instructor Lynette Poole and learn the history of dolls and create authentic, one-of-a-kind handmade dolls from materials you would not believe – buttons, string, paper, scraps of material, and more!

**Woodcarvers**

Mondays at noon

**Schoolhouse**

Members create extraordinary art from wood.

**Ceramics**

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

**Chester**

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

**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.

**Mosaics for Beginners**

Thursdays from 2 to 5 p.m.

**Intermediate to Advanced**

Thursdays from 6 to 9 p.m.

**Schoolhouse**

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

**DISCUSSION GROUPS**

**Book Club**

Wednesday, March 18 and April 15 at 12:30 p.m.

**Chester**

Positive Aging Book Group

Second Thursday at 9:30 a.m.

**Schoolhouse**

Explore a new book each month.

**Kitchen Table Stories**

Thursdays from March 26 to April 23 at 10 a.m.

**Schoolhouse**

Every third Tuesday at 11 a.m.

**Good Neighbor**

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 life stories in a supportive and fun manner.

**Money Matters**

Saturday, March 21 from 10:30 a.m. to 12 p.m.

**Schoolhouse**

**Cost:** members: $10/non-members: $15

**Friendship Circle**

Second and Fourth Wednesdays from 9:30-11:30 a.m.

**Cost:** $5/per class

**Schoolhouse**

Learn to draw with pencil and charcoal. Payment can be given to the instructor Mary Ash at class.

**SOK (Share our Knowledge) Club**

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

**Schoolhouse**

Members share their insights on everything from autos to zinc.

**What’s New(s)**

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

**Schoolhouse**

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

Caregiver Support Group
Tuesday, March 3 and April 7 at 2 p.m.
Chester
Join this group to receive support from professionals and other caregivers. Share experiences, resources, and information to help one other through the caregiving process. Stay tuned for special guest speakers and other surprises!

Caregiver Program
Fourth Wednesday of each month at 12:30 p.m.
Good Neighbor
Maximize the independence, well-being, and health of older adults, people with disabilities across the lifespan, and their families and caregivers.

FITNESS

Aqua Easy NEW!!
Wednesdays from February 26 to April 8 from 1:15-1:45 p.m.
Cost: $45/YMCA membership is not required
Schoolhouse at Ridley YMCA (900 South Avenue, Secane)
An easy to follow, low impact exercise that takes place in the shallow end of the Ridley YMCA pool.

Aqua Zumba NEW!!
Mondays and Fridays from February 23 to April 12 from 1 to 1:45 p.m.
Cost: $45/YMCA membership is not required
Schoolhouse at Ridley YMCA, (900 South Avenue, Secane)
A fun and lively class fuses Latin rhythms with easy to follow moves for a dynamic fitness program. The class takes place in the shallow end of the Ridley YMCA pool.

Healthy Steps Tuesdays and Thursdays 10 a.m.
Schoolhouse
Begin with a peaceful warm up followed by light aerobic conditioning and closing with a relaxing cool down.

Laughter Yoga NEW!!
Thursdays (twice a month for 6-weeks) begins March 26 at 12:30 p.m.
Schoolhouse
The body heals with play, the mind heals with laughter, and the spirit heals with joy! That’s laughter yoga. Experience it! Registration requested.

Cardio and 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. Private personal training and fitness sessions are available after each class for a nominal fee.

Sit and Get Fit Tuesdays and Thursdays from 10:30-11 a.m.
Chester
Schoolhouse
Strengthen muscles, burn calories, and improve movement and flexibility. Use light weights and bands for safe and gentle exercise, toning and stretching.

Personal Trainer Sessions
Tuesdays by appointment from 6-8 p.m.
Chester
Enjoy one-on-one fitness sessions with a certified personal trainer. The trainer will work on your problem areas and design an individual workout plan to fit your needs.

Tap Dancing Wednesdays at 11 a.m.
Chester
Learn this legendary dance form in a fun atmosphere and get fit all at the same time! Tap shoes are recommended but not required.

Line Dance Classes
Wednesdays at 6 p.m. and Thursdays at 1 p.m.
Chester
Schoolhouse
Come and learn the latest line dances while having fun and exercising.

Mall Walking NEW!!
Monday-Thursday at 9 a.m.
Schoolhouse
Get the health and social benefits of walking without worrying about the weather or finding a walking buddy. Meet Bonnie or Jill inside the Target (lower level) entrance at the Springfield Mall.

Healthy Steps in Motions
Monday, March 2 and 9 from 9:30 -11 a.m.
Chester
Improve your balance and health with these simple exercise routines!

HEALTH AND WELLNESS

Diabetic Education Series
Tuesdays, March 17 to April 7 from 4:45-6 p.m.
Chester
Join this lively discussion in a friendly atmosphere. Learn about diabetes, what to expect, management techniques, treatment options and coping mechanisms. Share stories and experiences with others through the use of conversation maps! Enjoy light refreshments and give-a-ways.

Eating Smart Talk
March Topic: Making Smart Drink Choices
April Topic: Choosing More Fruits & Vegetables
Chester: Wednesday, March 4 and April 1 at 11:15 a.m.
Good Neighbor: March 3 and April 7 at 12:30 pm
Schoolhouse: March 3 at 11 a.m.

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Chester Chatter

The Chester Senior Center is a place to come to have fun, to relax, to laugh, to give and share, and to learn! The center is also a place to receive support and assistance when needed. We are pleased to offer these two very valuable programs for all the community to participate in and get the information and help that is needed! Join us and please spread the word:

Listening Session with the City of Chester
Wednesday, March 4 from 12:30 to 2:30 p.m.

This is your opportunity to share your concerns, fears, thoughts, suggestions, and comments with city officials in an open forum. This respectful exchange will hopefully continue to build better community relations between government and city residents. Come to listen, come to share, come to be a part of the solution and change in our city!

Community Resource & Law Day
Wednesday, March 25 from 10 a.m. to 2 p.m.

Become aware of all the available benefits and services for older adults such as LIHEAP, weatherization, renter’s rights, food assistance, housing, financial assistance and more! Also take the opportunity to meet with lawyers from Delaware County Legal Aid who will meet privately with individuals to discuss matters related to power of attorney, wills, debt collection, delinquent property taxes, government benefits, bankruptcy, and more. The lawyers will give advice and begin the process to complete necessary documents on site as well. Don’t miss out and it’s all FREE! See you there!

Thank You to:
• All who made Love Month special: Widener University students, Keystone VIP Choice, DJ Ali Hackett, and Chester Charter School.
• Dr. Amanda Kemp & Company for sharing the wonderful performance of INSPIRA!
• Leah Jarrett for sharing donations for all to enjoy!
• Chester Fine Arts Center for continued support of Chester Senior Center programs!
• The Pennsylvania Humanities Council for including the Chester Senior Center family in the story gathering and project to rebuild the arts in the City of Chester!

Spring is in the air and there are wonderful, enlightening, and fun spring activities for all to enjoy! Don’t miss:

Women’s History Celebration
Thursday, March 19 at 1 p.m.

Share in a riveting live reenactment performed by Dr. Daisy Century, of Phyllis Wheatley, the first female black poet in America to publish a book.

Memory Screenings
Thursday, March 19 at 11 a.m.

Do you feel that you are getting more forgetful or have trouble recalling information, and details? Come and take a short, but valuable, memory screening conducted by health professionals. You will also learn about possible causes of memory loss, activities to improve memory, helpful resources and results to share with your primary care physician.

Spring Paint and Sip
Friday, March 20 from 6 to 8 p.m.

Join us for an artful experience that will draw out the artist in everyone! Enjoy light fare and cocktails while creating your own masterpiece for just $5. Supplies are included!

Other Program Highlights …

Foot Care Clinic
Please call the center for dates and times

Dr. Michael DiFrancesca will be available for foot exams, consultations, and foot care. Registration is required and insurance information must be presented at the visit.

Computer Classes

Basic Computer Class, Session I
March 10, 12, 17, and 19 at 10 a.m.
Cost: $25 members/$30 non-members

Basic Computer Class, Session II
April 7, 9, 14, and 16 at 1 p.m.
Cost: $25 members/$30 non-members

Beyond Basic Computer Class
March 24, 26, 31, and April 2 at 10 a.m.
Cost: $25 members/$30 non-members

Intro to Word
March 2, 9, 16, 23, and 30 at 11 a.m.
Cost: $10 members/$15 non-members

Exploring the iPad, Nook and Other Tablets
March 4 at 1 p.m.
No fee

Online Learning
March 25 at 1 p.m.
No fee

Smartphone Smarties
April 1 at 1 p.m.
No fee

Power Point
April 6, 13, 20, and 27 at 11 a.m.
Cost: $10 members/$15 non-members

Online Bill Pay
April 8 at 1 p.m.
No fee

Get Well Wishes: Corine Hatcher, James Fitzgerald, Frances Patrick
**Program Highlights**

**Storm and Water Management/Songs for the Earth**

Wednesday, April 22 at 1 p.m.

Donation to Support our Earth

Jan and John Haigias, who are involved with the Darby Creek Valley Association, will get you thinking about the importance of keeping our environment safe and clean. They will do this with a variety of skits and “water shed” bingo. Join in on this fun way to celebrate Earth Day!

**Cat Chat**

Wednesday, March 25 at 11:30 a.m.

Instructors: Nancy Harrold, Purrfect Paws Cat Rescue and John Sperduto, Friends of Animals

Cat health, eating habits, resources for food banks, and reduced or free health care for your cat will be discussed. Tips on how to choose a new pet companion will also be provided.

**Genealogy**

Wednesdays, from March 11 to April 15 at 10 a.m.

Cost: members: $10/non-members: $12

Join the search for your ancestors with guidance from instructor Jerry Sanders. Participants will research the documented history of their family. Access federal and state census records, marriage records, and more. Fee includes loose leaf binder and printing of documents.

**Spiritual Gifts**

Fridays in March at 9:30 a.m.

No fee

Spiritual gifts: What are they? Who has them and what is their purpose? Yolanda Hughes, Esq., will lead this discussion that will help us learn and grow...spiritually.

**Money Matters**

Saturday, March 21 from 10:30 a.m. to 12 p.m.

Cost: members: $10/non-members: $15

Explore websites that offer financial advice or tools. Whether you are retired or looking to save some money, instructor Beth White will show you some safe sites to start or continue your financial planning.

**Friendship Crafters**

Monday, March 30, April 27, May 18, and June 22 at 1 p.m.

Cost: members: $3 per class/non-members: $5 per class

Art teacher Angela Urso will introduce a new craft project to take home that can be completed in just one hour. Our first project will be a terrarium—a blast from the past! All materials included in the cost of the class.

Friendship Circle is teaming up with the Family Caregiver Support Program to offer programming targeted to assist caregivers and also provide recreational activities for their loved ones at the center. Below is a schedule for the upcoming series.

**April 8:** Communication Strategies for Managing Difficult Behaviors - Dr. Barry Jacobs, Psy.D

Your loved one will participate in a creative arts project: mosaics

**April 22:** I Never Saw This Coming- Grief and Loss in My Life as a Caregiver - Sharon White, MSS, LCSW.

Your loved one will explore “Out West” while participating in a Cognitive Stimulation activity.

**May 6:** Hoarding and Helping Older Adults Reduce Clutter - Servicemaster by ARTeC

Your loved one will participate in a creative arts project: watercolor painting

**May 20:** Non-Traditional Caregivers: You Can Do It! - Dr. Barry Jacobs, Psy.D

Your loved one will participate in the art of storytelling.

**June 3:** What Does Good Nutrition Look Like? Feeding Yourself and Your Loved One - Melissa Barry, RD

Your loved one will learn about “home remedies” while participating in a Cognitive Stimulation activity.

**June 17:** Relaxation Techniques: The Keys to Stress Free Living - Dr. Cheryl Macklin, Ph.D.

Your loved one will participate in a fitness activity.

All of the activities for the care receivers will be facilitated by a certified recreational therapist. Please RSVP to Donna Schumacher at dschumacher@scs-delco.org or 484-534-2033. If you have questions about any program, please contact Debbie Templeton at 484-540-0372 or dtempleton@scs-delco.org.
Dear Good Neighbors,

Spring is a time for a new beginning, a fresh start. Some may use this time to lose weight, start a new career, while others may use this time to fix up their home, and gardeners will start planting seeds. The same is true for Good Neighbor; we are making changes too. We will be changing the Southern Grill to Homestyle Thursdays with the same excellent cooking with more varieties. Center for Life Long Learning classes will begin in March starting with basic jewelry design, pencil drawing, sit down Zumba, and more. Our ambassadors will be here to welcome you and help you sign up for classes.

Deepest Sympathy: Our prayers go out to the Izzard and Young families. Please accept our most heartfelt sympathies for the loss of your husband. Our thoughts are with you and your family during this difficult time.

Special Thank You: Thanks to everyone who has stepped up to make the center continue running.

Get Well Wishes: To all the Good Neighbor family... He won’t abandon you now. I will not abandon you. I hope you are better soon!

Ruby Red Hatters

Meets fourth Thursday of the month at 1 p.m.

Come and join our social club for outings, fellowship and special events. We are a network of mothers, daughters and grandmothers who are over 50.

Welcome Staff Members

Please help welcome to the team: Ms. Marva Banks, Ms. Charday Bullock, Ms. Towanda Chamberlain and Mr. Morton Jones.

Carmen’s Corner

Dear Good Neighbors,

March and April Birthday Party
Friday March 27 and April 24 at 11 a.m.

Widener University School of Nursing
Every Thursday from 9:30 a.m. to 12:30 p.m.
Instructor: Professor Lori Kokoszka

Every Thursday, nursing students will join us at the center to do blood pressure screening and make health presentations.

Men Only Discussion Group
Every Monday until May 4 at 10 a.m.

Good Neighbor and Widener University request the honor of your presence at a men only discussion group.

Apprise Program
Medicare Individual Counseling Sessions
March 18 and May 20 from 10 a.m. to 2 p.m.

These 45-minute individual counseling sessions assist Medicare recipients with Medicare questions, concerns and enrollment in Medicare Advantage Plans, Part D prescription plans, Medicare Cost-Savings Programs, and Medigap plans. These sessions should be scheduled in advance by contacting the center.

Medicare 101
April 29 at 10 a.m.

This presentation explains the basics of Medicare A, B, C, and D. It also explains terminology such as copays, coinsurance, deductibles, enrollment periods, and penalties. Medigap and supplemental plans are also discussed during this presentation.

History
Every day at lunch at 11:30 a.m.

We will focus on the following topics each month: March – Women’s History Month; April – Confederate History Month; May – Older Americans Month; June – Caribbean American Heritage Month

Language
Every day at lunch at 11:30 a.m.

Everyone who knows a language other than English is encouraged to teach us a few words and greetings and everyday phrases.

Writing
Everyone is encouraged to participate in writing memoirs about interesting events in their lives to share with each other. This will happen once a month. This activity is to encourage togetherness. The best memoir for each month will be featured in the SCS Connection.

Planting and Tips
Friday, March 20 at 10 a.m.
Cost: $2

Watch your plants and flowers grow before your eyes! Learn tips on how to care for them and create your garden at home. Seeds and dirt will be provided, or you can bring your own plants and seeds.

PECO Energy (Smart Ideas)
March 12 and April 30 at 11 a.m.

Having the most energy-efficient products can save you money in the long run. Use less water, electricity, and heat and help your monthly bills along with the environment. PECO’s Smart Idea program will inform you on the best appliances to use to keep your payments at a minimum. There will be FREE giveaways as well.

Free Tax Preparation
March 4 from 9 a.m. to 2 p.m.
Provided by Bernice Clark-Dickerson

Free tax preparation for federal and state taxes and rent rebates. Please bring in all forms such as W-2s, receipts, etc. Appointment only, please call to schedule a specific time.

Community Outreach

Fourth Friday of every month
Host: State Senator Anthony H. Williams’ Office

Everyone is welcome and encouraged to attend this outreach event that will help residents stay on top of neighborhood issues.

Bullying: Not Just for Kids
Thursday, April 23 at 11 a.m.
Presenter: Karen Chenoweth of CARIE

This presentation explores the social phenomenon of bullying as it relates to older adults. Tools and interventions to help foster a bully-free culture will be discussed.

New Members Social
Friday, March 6 from 11 a.m. to 2 p.m.

We are welcoming all the new members with a special celebration with music and dancing and a one of a kind lunch. Please sign up at the front desk. Current members are encouraged to join us in helping new members feel at home.

Delmar Pharmacy
Tuesday, April 14 and May 26 @ 11:30 a.m.
Facilitator: Brian Walker R.Ph.

Join us for a session about when and how to take your medications properly. We will also discuss what questions you should ask your personal pharmacist when picking up your medication.

Our fundraisers have started and tickets are now available at the center for both events.

5th Annual Legacy of Service Banquet:
Saturday, April 4 at 1 p.m.
First African Church in Darby Township
Cost: $40 per person/$350 table of 10

Join us to honor those who have provided exceptional support to the Good Neighbor community. All proceeds from the banquet go toward Good Neighbor Senior Center.

Flapjack Breakfast at Applebee’s
Saturday, May 23
Cost: $5 per person

Please support us so we can continue to have excellent programs.
Kim’s Korner

Dear Friends,

I always enjoy writing the March letter. I look forward to the new classes. We have some great ones starting up. I hope you check out a few – you won’t be sorry! I can’t wait to go to “Laughter Yoga myself!

Like most of you, I too look forward to the changes that come with the spring weather. Somehow it feels as if writing this letter makes spring come earlier. I was perusing the paper this morning and found an article about which planets can be found in the night sky. I noted that in February you could see Venus, Mars, Jupiter, and Saturn. When was the last time you took an evening walk just to look at the stars or planets? I know I haven’t done it at all this winter. I am reminded of a quote by Frank Lloyd Wright, “If you ignore beauty you will soon find yourself without it… But if you invest in beauty, it will remain with you all the days of your life.”

Let’s get outside before the light changes and see those stars and planets, enjoy those early spring blooms and the return of the song birds.

Let spring fill your spirit with beauty.

Love,
Kim

What about those No Knot Knitters?

Did you know that the No Knot Knitters is a volunteer group of knitters and crocheters that makes items for charity? Here is list of what they accomplished in 2014:

- Delaware County Hospital - 112 baby hats, 16 preemie hats, 12 washcloths, and 24 comfort squares
- Fitzgerald Mercy Hospital – 36 comfort squares, 94 chemo hats, and 24 wash clothes
- Veterans Hospital Nursing Facility- 84 lap robes
- Delco Sheriff’s Department – 36 scarves and 40 hats
- St. Johns Lutheran Church Warming Tree– 27 hats, 10 hat and scarf sets, 6 sets of mittens, and 15 scarves
- RSVP – dressed 3 teddy bears
- Seamen’s Church Institute – 2 watch hats
- Donation to craft group at SH for sales – 6 hat and scarf sets, and 6 baby sets

Congratulations to:

Phil Falcone is very proud of his grandson, James Clark, who will be singing with the Philly Pops. As a high school student, he is the youngest member of the group.

Congratulations to two of our mosaic artists, Roberta Cooks and Rise Skobeloff. They both have pieces hanging in a Mosaic Society Art Show in Philadelphia’s City Hall.

Condolesnces

Our sincere sympathy to the friends and family of: Ruth Raimo, Jack Griffith, Mary DeCurnou, Margurite Glavis, Joyce Boyle, James Hurley, Nancy Hamm, and Nick Mergiano (100 years old)

Our condolences to Larry and Joanna Campbell and Suh Fu Chung who lost family members.

A special thank you to the family of Ruth Raimo, whose family requested that memorial donations go to Schoolhouse. Ruth started our fine arts program, was a dedicated volunteer, Advisory Council member and an amazing artist. Several of her pieces still hang in the center.

Sunshine Wishes to:

Jeannie Tribuani, Joris Brinckerhoff, Bud Watkins, Chris Wilhelm, Part Carroll, and Sue Palluchi

Springtime

I’m very happy that spring is finally here… It is the best time of the year…
The birds are chirping…
The grass is green…
They’re happy folks out Walking, enjoying the scene…
They’re smiles on our faces…
As we don our spring clothes…
No slipping, no sliding, no falling on ice…
We’ve shed our mittens and gloves and boy is it nice…
Welcome sweet springtime.

– Dorothy Fortson, 2014

Schoolhouse Center would like to acknowledge the generous support from these business and community sponsors.
Healthy Cooking Demo
March: Fruit Smoothies
April: Sautéed Parsnips and Carrots
Chester: Wednesday, March 25 and April 22 at 12:30 p.m.
Good Neighbor: Thursday, March 19 and April 16 at 12:30 p.m.
Schoolhouse: Tuesday, March 24 at 11 a.m.

OTHER PROGRAMS

Genealogy
Wednesdays, from March 11 to April 15 at 10 a.m.
Cost: members: $10/non-members: $12
Friendship Circle
Join the search for your ancestors with guidance from instructor Jerry Sanders. Participants will research the documented history of their family. Access federal and state census records, marriage records, and more. Fee includes loose leaf binder and printing of documents.

Gardening Club
Monday, March 23 and April 13 at 9 a.m.
Schoolhouse
Welcome to anyone who likes plants and gardens. Come to learn, get answers, to share. Master Gardeners Thom and Beverly will present the first hour.

AARP Smart Driving Course
Initial course: April 13 and 15 from 10 a.m. – 2 p.m.
Refresher Course: April 27 from 10 a.m. – 2 p.m.
Cost: $15 for members and $20 for non-members
The AARP Driver Safety Program is intended to help older drivers improve skills while avoiding accidents and violations. No tests. You will get a certificate at the completion of the course to give your insurance company. Registration secured with a check (make check payable to AARP and put class dates on check).

TECHNOLOGY

Computer Tech Talk Group
First Wednesday of 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. Free Wi-Fi available. Rich Conti facilitates.

Basic Computer Class
March 31, April 1 and 2 from 9 a.m. – 12 p.m.
Cost: $30 member/$35 non-member
Good Neighbor
Join instructor Chelal Murray for this 3-session course designed for students who are fairly new to using a computer. The class will cover Windows, how to save and find files, using the Internet, email, and more.

FOR MORE INFORMATION please contact the following senior centers or log on to www.scs-delco.org for more information.
Chester Senior Center:
610-497-3550
Good Neighbor Senior Center:
610-586-8170
Friendship Circle Senior Center:
610-237-6222
Schoolhouse Senior Center:
610-237-8100
SCS Programs in Aston, Brookhaven, Concord and Springfield:
484-496-2143

Each year, Schoolhouse Center hosts a mid-winter party to lift the spirits of members. This year the center held a Chinese New Year celebration. Local businesswoman and restaurateur Margaret Kuo came to the event and discussed Chinese New Year traditions and important elements of the celebration. The event was complete with festive and delicious food, thanks to some donated items from Kuo.