

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

## Finding a Silver Lining After Loss

By Heather Dale

The Gattis shared everything for 67 years. She was the light in his eye. Even at 92 years old, he still remembers that first dance they shared and the smell of her perfume and hair. And when she died, his heart ached. His love for his wife was so deep and pure that those around him feared the man who always seemed to find a silver lining might lose his zeal for life.

Enrico Gatti mourned for his wife and missed her deeply. Barbara Mendenhall, his care manager, could tell that he was lonely. In an effort to help, Mendenhall made a referral to Senior Center at Home (SCAH).

"Mr. Gatti is so articulate ... he just missed that interaction. And he wasn't able to get out and around as much as he would like to, so I thought a referral to SCAH was appropriate," said Mendenhall who works in the Option Program at Senior Community Services.

SCAH is a program that assists homebound seniors, bringing them the recreational activities of a senior center, into their home. Staff or volunteers visit every other week for an hour and a half, assisting participants with a wide range of activities, from arts and crafts, to baking or reading and sometimes just reminiscing about the past.

Frannie Schmerling, a therapeutic recreation assistant was assigned to visit Mr. Gatti. When Schmerling first visited, Mr. Gatti's daughter suggested that the former equipment engineer at Boeing learn how to use a computer. Schmerling brought her laptop and gave it a try, but after a few visits Mr. Gatti was no longer interested. He told Schmerling that she did not have to visit anymore.

But Schmerling persisted, telling him that the program is designed to do what interests him. What Schmerling did not realize, was just how many interests Mr. Gatti would prove to have.

Two years later, the pair has an undeniable affinity for each other and both look forward to the visits.

"He has so many passions. So many people will say, 'It's so hard getting old, it's so tough.' But he is so positive. He is trying to make the best



Frannie Schmerling, a therapeutic recreation assistant from the Senior Center at Home program has been visiting Enrico Gatti for nearly two years and the two have developed a strong bond.



of the time that he has."

Mr. Gatti showed Schmerling his vast collection of watercolor paintings. He described each painting and what had inspired him – a place, a postcard, a dream, in detail. He even took on the role of instructor and showed Schmerling how to paint with watercolors.

Their relationship has developed and covered a lot of activities and topics. Mr. Gatti certainly has not lost his zeal for life, but almost seems to have a renewed love for it.

"I told myself that I would try and love everyone that I meet in my life and hope that they love me," he said. "And in doing so, I hope to be rewarded and be reunited with my wife."

Schmerling said Mr. Gatti is always reading "about eight books at a time" and is working on writing an autobiography. Despite severe hearing loss, he loves music and has been known to use pots and pans – and one of his canes – to make music in the kitchen. Schmerling confessed that she often discusses her visits with colleagues and friends and endearingly refers to him as "my Ricky."

"My Ricky is just such a good person," Schmerling said with a laugh.



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Embracing Spring and a Change of Pace

By Arthur Weisfeld



With everything in blossom finally, early March seems like a long time ago. In that first full week of March, we were shocked to hear that still another snowstorm was on its way. Although I participated in the collective shudder upon receiving that news, I had my own special reason for bemoaning the weather report. I was going to Florida and I didn't want anything interfering with my flight. This trip—planned some eight months ago—was to attend spring training with the Elizabethtown College Blue Jays.

Gabi is a freshman at E-Town and it was her good fortune to become part of the 2013-14 softball team. Like so many other teams, the softball team travels to warmer climes to gear up for the upcoming season—in their case, Clermont, Florida. I knew I would savor the relief from the snow and ice, but only if one thing occurred—only if I actually was able to leave Philadelphia and get to Florida.

Fortune smiled. This time, the snowstorm was just a little more than a dusting and I made my flight. Usually, I'm not so thrilled to get on a plane but this time, I was delighted. After a serene flight, I landed in Tampa and immediately enjoyed the new warmer, palm-tree-laden environment. But my journey was not over. I met up with Virginia who was already in Florida on a business trip; we rented a car; and we enjoyed a leisurely drive to Clermont. Fast forward to the next day when we drove to an immense softball complex with gaggles of girls from schools all over the country—some schools, well known to us, and others, quite unfamiliar (have you heard of Trine University)? The level of passion and excitement all of the girls, including our own Blue Jays, bring to their sport was palpable and contagious. E-town didn't win all of its games, but the enthusiasm never waned. Why should it? They always had tomorrow's game and their friendships with one another. My enthusiasm never waned either. Why should it? I had the thrill of seeing my beautiful daughter playing on a Division 3 team (even if, most of her time was spent sitting on the bench). I saw her steal a few bases and I was a proud papa.

Gabi's spring training would have been enough enjoyment, but we had an additional treat. The coach of the E-Town team organized a trip to Clearwater to see the Philadelphia Phillies at their spring training complex. We traveled in a bus—all of us—parents, coaches, and kids. When we arrived in Clearwater, we learned that a tornado was passing through, so naturally, we stayed on the bus. I feared the outing would be no more than a bus ride to and fro. But no, once the tornado passed through, we were good to go. It wasn't long before the tarp was removed and the Phillies began their quest to beat the Yankees. They didn't, but it really didn't matter—seeing Ryan Howard, Jimmy Rollins, and Chase Utley in their snowbird home was excitement enough.

Following our softball/baseball stint, I proceeded onto the Fort Lauderdale area to visit with my parents, sister and brother-in-law, and celebrate my Dad's 93rd birthday. Despite a few aches and pains here and there, my parents derive tremendous enjoyment from life, a fact I find so heartening!

Family, sports, temperate weather, and good food—what a splendid vacation we had. The vacation reminded me of how refreshing it is to have time away, particularly with those you love. It invigorates us to tackle more creatively those life challenges that await us upon return to home. I'm wishing you a change of pace, a change of scenery, and an especially delightful spring.

**SCS Management Staff**

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

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

Managing Caregiver Guilt

By Diana Twisler, FCSP Care Manager

Guilt is a common feeling that comes with caregiving. Guilt can help you become a good caregiver or it can stop you from being the best caregiver possible. Guilt guides your actions and can improve your health. Many caregivers feel guilty when they address their own needs because they feel that their needs are not as significant as the needs of the loved ones they are caring for. There are ways to manage guilt so that it can help you. Here are some tips to managing guilt:

- Recognize the feeling of guilt
- Identify other feelings. Often there are other feelings under the feeling of guilt ( i.e. resentment).
- Be compassionate with yourself. It is okay to have good and bad days.
- Look for the cause of guilt. Do you have an unmet need?
- Take action. Meet your needs, if you need some time alone then have someone come to stay with your loved one so you can meet that need.
- Ask for help. Have a family meeting or call a friend who will listen to what you are going through and be supportive.
- Revisit and reinvent the “ideal you.” You made the best choices based on your knowledge and resources at that time. Look to the future and think of what legacy you want to leave and what values you hold dear.

Guilt is a part of caregiving. You can be a better caregiver when you care for yourself first and trying to manage the guilt so it works for you not against you.

Source: *Caregiver.com*

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## Shannon Drais, Care Manager

By Barbara Caso, Program Manager, Senior Center at Home



When Shannon Drais attended Shippensburg University to become an elementary education teacher, she was homesick and decided to attend Delaware County Community College instead. Shannon says that she fell in love with wanting to be a social worker when she attended a class called Introduction to Human Services. A light bulb clicked on inside of her head and when she looks back at journals she has kept since second grade, she is reminded how much she has always wanted

to be in a position to help others. Shannon obtained her BSW from Widener and joined SCS' dedicated team of care managers this past October. Her job at SCS allows her to connect her consumers with various resources in the community, including Senior Center at Home (SCAH). Shannon gets to witness firsthand how SCAH positively impacts homebound seniors not just through the consumers on her caseload but also as the granddaughter of one of SCAH's participants, Jeanne Cimabue (featured in the October 2013 edition of the *SCS Connection*).

**Did you work with seniors prior to coming to SCS?** While I attended Widener, I had to complete a one year internship that included over 400 hours of social work/clinical hours. I initially worked with the Ombudsman at COSA and when I asked to have more ongoing contact with the seniors in the county, I was able to intern at Chester Senior Center as well. I was with the Ombudsman one day per week and at the center one day per week. At the center I helped with different activities including exercises, crafts, and planting. My goal was to create activities that would connect the center members.

**What brought you to SCS?** My grandmom was being interviewed for the "Senior Spotlight" section of the *SCS Connection* when my mom

mentioned that I was looking for a job in social work. My interview was on September 27 and I was excited to be hired at the interview. That day was the anniversary of my dad's passing. When I got home, I told my mom that I knew my dad was there by my side. My first official day of work as a care manager was October 7.

**What did you know about SCAH before you became a care manager?** I found out about SCAH when Frannie [SCAH's TRA] began to visit my grandmom. She lives with us and she worked at the rectory cooking food for many years. Recently, when she had to stop working there, she kind of lost her identity. I saw Frannie but I was coming in and out of the house since I was still in school. I couldn't get as involved as I would have liked to so I really didn't know what SCAH visits were all about.

**What have you learned about SCAH since your employment at SCS?** It is a great program and it needs to continue to provide visits to our homebound seniors like my grandmom. As a care manager, I am able to see my consumers become proud of the work they accomplish during SCAH visits. I have one consumer who shows me all of the scrapbooks and homemade greeting cards she makes with her visitor. She always has them ready to share and is so happy to show me. With my grandmom, I've seen an increase in her activity level throughout the days Frannie is unable to visit. It's like she is making sure she has something to show Frannie when she comes to see her again. My grandmom always says that she doesn't want anyone to take Frannie away from her.

**How have SCAH visits impacted your family's interactions with your grandmom?** Since we work all day, it has been great to know that my grandmom has some social interaction during SCAH visits and is able to engage in activities she enjoys. Frannie taught my grandmom a word game that has become an after dinner routine between her and my mom. They choose a letter of the alphabet and go back and forth naming words that start with that letter. It's a great way to get us all involved with my grandmom.

## Join SCS in Promoting in Active Aging

Celebrate active aging with Senior Community Services at the agency's fourth annual walk. The event is a great opportunity to encourage and promote the active lives older adults lead in Delaware County.

The walk will be held on Friday, May 23 at the John Heinz National Refuge at Tinicum. Registration will begin at 9:30 a.m. with the walk to commence at 10 a.m. Participants are invited to walk one of three trails (approximately 1, 2, and 3.3 mile trails) at the refuge. Light refreshments and a brief presentation will be held after the walk.

Please call Elizabeth Kocsi at 484-534-2031 to register or for more information.

We hope to see you there!



Over 60 people participated in last year's SCS Walk at the John Heinz Wildlife Refuge. Walkers of all ages enjoyed the lush surroundings as they celebrated active aging.

*Silver Lining, continued from page 1*

“Whenever I leave my cheeks are frozen in a smile. I cannot stop smiling.”

Mr. Gatti’s story is certainly one of success for him as individual, but also for the program, highlighting what SCAH is designed to do for people.

“He was living alone after losing his wife and this program was able to give him companionship after that major loss in his life,” said Barbara Caso, program manager of SCAH.

Caso points out that even though visitors from SCAH are professionals coming from an agency, friendships develop. In the case of Mr. Gatti, he and Schmerling share interests. He has taught her about watercolor painting and his other interests and in turn has meant something to someone again.

“His mourning, his grief, nothing has stopped him. He cries, but he keeps going, he just keeps going,” Caso said. “He is like the father or husband that you would want in your life. He is just an amazing, compassionate, caring, smart person. I just adore him.”

SCAH is funded in part by The Pew Charitable Trusts, the County Office of Services for the Aging (COSA), The Slenn Family Fund, Eleanor Roth Charitable Trust and private donations.

If you would like to volunteer with SCAH, become a participant in the program or have any questions, please contact Program Manager Barbara Caso at: 484-540-0382 or [bcaso@scs-delco.org](mailto:bcaso@scs-delco.org).

## SENIOR CENTER AT HOME

### Boosting Memory Through Conversation

By Barbara Caso, SCAH Program Manager



Part of taking care of our bodies physically means strengthening our muscles. It’s important to recognize that we have “mental muscles” that we must exercise as well. Reasoning, imagination, and memory are all things we should strive to maintain because as the old adage goes, “If we don’t use it, we will lose it.”

A recent study conducted by scientists at the Weizmann Institute of Science in Israel discussed the importance of staying active. They believe that the brain can indeed continue to renew itself, especially the hippocampus area that affects memory. We can continue to strengthen our brains through mental activities and memory exercises. There are several important types of activities to emphasize which include exercise and physical activity, maintaining healthy nutritional habits, and engaging in memory exercises as simple as a conversation between friends. All three have the potential to reduce stress associated with the aging process. Stress isn’t just about feelings as it can physically harm the brain and memory with an over production of cortisol, the “stress hormone.”

In a University of Michigan study, psychologist Oscar Ybarra at the U-Michigan Institute for Social Research found that just 10 minutes of conversation with a friend worked just as well as activities involving brain games such as crossword puzzles to strengthen memory. He says, “In our study, socializing was just as effective as more traditional kinds of mental exercise in boosting memory and intellectual performance.” In addition to strengthening memory, social stimulation can also reduce issues associated with depression and loneliness.

Here are a few fun ways to engage seniors in meaningful conversation:

- **Record Memories** – Assist with validating their life story by recording their personal experiences associated with their career, raising their family, places they have been, neighborhoods they have resided in, and so much more.
- **Current Events** – Discuss current events on TV and in the newspaper, keeping it light and positive. Keeping up with what’s going on in the world helps seniors stay mentally involved.
- **Photographs** – Look through old photos and talk to your loved one about their past. Encourage them to share family stories.
- **Book Club** – Pick a book you are both interested in reading and get together once a week to discuss what you have read and what you think may happen next as the plot thickens.

SCAH volunteers, for more creative ways to engage your homebound participant, please contact me at [bcaso@scs-delco.org](mailto:bcaso@scs-delco.org) or 484-540-0382.

*(Adapted from [www.elder-one-stop.com](http://www.elder-one-stop.com))*

## Sincere Thanks From SCAH

We were so thrilled to receive an anonymous donation of \$100 recently. Senior Center at Home is grant-funded and relies on these donations to help stock supplies needed for recreational activities and to purchase equipment. These donations help to keep the program going and are greatly appreciated. If you would like to donate to Senior Center at Home please send a check to:

Senior Community Services  
1515 Lansdowne Avenue, Second Floor  
Darby, PA 19023  
Att: Barbara Caso

If you have any questions about the program please contact Program Manager Barbara Caso at: 484-540-0382 or [bcaso@scs-delco.org](mailto:bcaso@scs-delco.org).

## APPRISE

**Do you need help paying for your Medicare Part B insurance premium or prescription costs?**

**You may qualify for assistance through the Medicare Savings Program and /or the Extra Help Program.**

**These programs are offered to all Delaware County Medicare Beneficiaries who qualify. Glenolden and Upper Darby Residents are especially encouraged to apply.**

**For more information please call the Delaware County Apprise Program at 484-494-3769.**

## And the Winners Are...

By Trindy Grundy

Associate Director for Long Term Care Supports & Services



The care management staff at Senior Community Services is very creative. The Events Committee came up with an excellent way to honor and celebrate everyone in the Long Term Care Department.

We were all invited to a luncheon, hosted by Care Manager Chanel Joynes, which consisted of interactive games such as “Care Manager Feud” and role playing. Staff members also enjoyed pizza, salad and cupcakes for dessert.

The staff was then divided into teams and asked to identify behaviors experienced in the field and “how to” complete case closing for example. As you can image, there was lots of fun and laughter. And there were awards and gifts given to everyone. Just look below and see what award your care manager or colleague received:

*Lisa Deihl – Most Compassionate Care Manager*

*Herb Edmiston - Thriftiest Care Manager*

*Kia Farrow – Wittiest Care Manager*

*Violetta Feshchenko – Quietest Care Manager*

*Yardley Georges – Funniest Care Manager*

*Barbara Mendenhall – Bravest Care Manager*

*Jenaya Parker – Most Positive Care Manager*

*Gwen Smith – Nicest Care Manager*

*Ann Swayngim – Smartest Care Manager*

*Craig Williams – Most Personable Care Manager*

*Brittany Moore – Youngest Care Manager*

*Shannon Drais – Happiest Care Manager*

*Stacey Babiak – Most Prepared Care Manager*

*Herb Jenkin – Most Seasoned Care Manager*

*Diana Twisler – Calmest Care Manager*

*Chanel Joynes – Most Creative Care Manager*

*Kelia Ellis –Tillery – Most Stylish Care Manager*

*Christine Coulston – Most likely to drink*

*unsweetened tea in the afternoon!*

*Mara Hyde – Most likely to find whatever you need in one of the piles on her desk!*

*Debbie Templeton – Most likely to steal your puppy!*

*Trindy Grundy – Flyest Associate Director*

*Terri Larentowicz – SCS’ Best Executive Assistant*

*Theresa Smith – SCS’ Best Office Manager*

*Glenda Radical – SCS’ Best Apprise Program Manager*

*Barbara Caso – SCS’ Best SCAH Program Manager*

*Frannie Schmerling – SCS Best SCAH Therapeutic Recreation Assistant*

## Tinnitus: Is There a Cure in Sight?

By Donna Schumacher,

HDC Coordinator



The American Tinnitus Association (ATA) estimates that 40 to 50 million Americans suffer from this syndrome. Perhaps the best known sufferer was Beethoven who began losing his hearing in his late 20s. He often referred to thoughts of suicide in a number of letters and he was not – and is not alone.

There are plentiful pills and “cures” available including hundreds of drugs, herbs and chemicals. In addition people seeking relief have also tried everything from ear candling to nasal saline irrigation but, most professionals and tinnitus specialist agree that the only way to alleviate tinnitus is through management of the stress, anguish and learning to live with the sound in y our ears.

Progressive Tinnitus Management (PTM) is a 5-step program developed by Dr. James Henry a research scientist at the National Center for Rehabilitative Auditory Research.

Level 1 – Guidelines intended for health care providers are provided to determine when to refer patients to an audiologist.

Level 2 – Correction of hearing loss with hearing aids as this often accompanies tinnitus. If there is no hearing loss, a “sound generator” is provided.

Level 3 – Group therapy sessions with an audiologist who shows the patient how to use sound to combat the tinnitus and a psychologist for behavioral therapy to help the patient replace negative thoughts with more positive ones about tinnitus.

Level 4 – A multi-disciplinary evaluation that includes one-on-one management therapy and one-on-one meetings with the psychologist.

Level 5 – More intense usage of level 4.

While not yet a cure and still in the research states, it appears that PTM that includes counseling does make a difference. For more information on Dr. Henry’s research and other information on tinnitus, please visit the American Tinnitus Association web site at [www.ata.org](http://www.ata.org).

## Programs in Beautiful May

By Farah Esfahani,

CWW Coordinator



Dear Friends,

I hope all of you are taking time to enjoy the dazzling beauty of the season and to breathe the fragrance of spring. The month of May, with its unlimited beauty, is filled with special commemorations and observances. Some of the occasions we celebrate include: Memorial Day, May Day, Mother’s Day, Teacher Appreciation Day, Nurses Week, and Older Americans Month. The national theme for Older Americans Month celebration this year is “Safe Today, Healthy Tomorrow.”

Center Without Walls will hold its second Senior Health and Wellness Fair at the Brookhaven Municipal Building on May 15 from 10 a.m. until 1 p.m. This event will provide important health and wellness information for older adults and their families. Healthcare providers from various organizations such as Crozer Keystone Health System (CKHS) Medical Imaging (providing osteoporosis heel scans), CKHS Cancer Programs, Crozer Chester Medical Center Asthma Management Program, Aetna Better Health, Holcomb Behavioral Health, the Apprise Program (providing Medicare information) and many more organizations will be on hand.

The following programs will also be held this month at Brookhaven. Robert and Dana Breslin Esq. will offer a seminar on “How to Title Your Assets?” on May 8. Mary Anne Leonard, MSN, CRNP, will offer a presentation on Diabetes 101 on May 1. Diabetes is predicted to affect 1 in 3 adults in the future. In this lecture, you will learn about ways you might prevent diabetes and self-management if you already have diabetes. The topic of the Eating Smart Series this month on May 13 is “Shop for Value.” Jessica Richardson from the Community Food Project will hold a workshop on growing and cooking with herbs on May 6.

Please contact me at 484-496-2143 or [fesfahani@scs-delco.org](mailto:fesfahani@scs-delco.org) if you have any questions about CWW classes or have suggestions for future programs.

# Senior Center Highlights...

Below is a calendar of events at each of our four senior centers. For details and more information on any event, please contact your center director or visit [www.scs-delco.org](http://www.scs-delco.org)

## ➤ ARTS AND CRAFTS

**Woodcarving**  
Mondays at noon  
Schoolhouse

Members create extraordinary art from wood.

**Sewing**  
Fridays from 10 a.m. to 1 p.m.  
Chester

Learn to create your own beautiful works! Novice and advanced sewers are welcome.

**No Knot Knitters**  
Tuesdays at 12:30 p.m.  
Schoolhouse

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

**Scrapbooking & Card Making**  
Thursdays at 10:30 a.m.  
Chester

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

**Watercolor Paining**  
New Session Begins Wednesday, May 8 at 1:45 p.m.  
Schoolhouse  
Cost: \$50/10 sessions

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

**Pencil Drawing and Watercolor**  
Mondays from 12:30-2 p.m.  
Chester

All are invited to come and learn the basics of pencil and watercolor arts or to enhance their artistic abilities through various forms of the medium.

**Pencil Drawing**  
Every Friday at 10 a.m.  
Good Neighbor

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

**Oil & Acrylic Painting**  
Fridays at 12 p.m.  
Schoolhouse  
Cost: \$50/10 weeks

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

**Ceramics**  
Thursdays from 11:15 a.m. to 1 p.m.  
Chester

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

**Mosaic Workshop**  
Thursdays at 6 p.m.  
Schoolhouse  
Cost: \$84/5 sessions

Suitable for beginners and experienced artists, this course will introduce all styles of mosaics for indoor and outdoor use. Materials are an additional \$25.

## ➤ DISCUSSION GROUPS

**Caregiver Support Group**  
Tuesday, May 6 at 3 p.m. at Chester  
Wednesday, May 7 at 9:30 a.m. at Schoolhouse  
Wednesday, May 28 at 1 p.m. at Friendship Circle

Join this group to receive support from professionals and other caregivers as we share experiences, resources, and information to help each other through the caregiving process. Stay tuned for special guest speakers and other surprises!

**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.

**Kitchen Table Stories**  
4th Thursday at 10 a.m.  
Schoolhouse  
Facilitator: Marian Mullahy  
Every third Tuesday of the Month at 11 a.m.  
Good Neighbor  
Facilitators: Rev. Alyce Weaver and Miriam Buchanan

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

**Good and Welfare Group**  
2nd and 4th Thursday at 12:45 p.m.  
Good Neighbor

This group covers a range of topics impacting seniors.

**Your Feelings About Your Mom During the Month of May**  
May 12 at 1 p.m.  
Friendship Circle

This group, presented by Bayada, offers you the opportunity to share your feelings about your mom.

**Respect – American Red Cross**  
Wednesday, May 15, 22 and 29  
Chester

Older adults are at a higher risk of being affected by disaster than the general population. The RESPECT Program (Reaching Elders and Seniors with Preparedness Education Concepts and Tools) will provide detailed, hands-on education to help older adults effectively prepare themselves and their loved ones for any emergency.

**Book Club**  
Wednesday, May 21 at 12:30 p.m.  
Chester

Do you have a love for reading? Discuss the book of the month with our group. Books are on loan from the J. Lewis Crozer Library.

**Positive Aging Book Group**  
2nd Thursday at 9:30 a.m.  
Schoolhouse

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

## ➤ FITNESS

**Healthy Steps**  
Tuesdays & Thursdays at 10 a.m.  
Schoolhouse

Begin with a peaceful warm up, followed by light aerobic conditioning and closing with a relaxing cool down.

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

This is a moderate-level exercise class that helps to improve strength, flexibility and endurance. This class involves the use of mats,

## ...More Highlights

weights, and other equipment. Private personal training and fitness sessions are available after each class for a nominal fee.

### Tap Dancing

**Wednesdays 10:30 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.

### Jazz Dance

**Wednesdays at 11:30 a.m.**  
**Chester**

Try this stylish dance style! Learn basic movements such as simple leg lifts, twirls and stances that will come together for a beautiful dance!

### Line Dance

**Tuesdays at 2:30 p.m. at Schoolhouse**  
**Tuesdays at 6 p.m. and Thursdays at 1 p.m. at Chester**

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

### Sit and Get Fit

**Monday, Tuesday and Thursday at 10 a.m. at Schoolhouse**

**Tuesdays and Thursdays at 10:30 a.m. at Chester**

**Every Wednesday at 10 a.m. at Good Neighbor**

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

### Silver Sneakers Fitness

**Tuesdays, May 6 to May 27 at 10:30 a.m.**  
**Good Neighbor**  
**Fee: \$3 per class**

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

### Tai Chi

**Mondays at 10 a.m.**  
**Schoolhouse**  
**Cost: \$40/6 weeks**

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

### Gospel Aerobics

**Wednesday, May 7, 13 and 21 at 10 a.m.**  
**Chester**

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

### Yoga

**Tuesdays at 9 a.m.**

### Schoolhouse

**Cost: \$40/10 weeks**

Promotes strength, flexibility, balance and focus.

## > GAMES

### Mah Jongg

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

### Schoolhouse

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

## > HEALTH AND WELLNESS

### Depression

**May 19 at 12:30 p.m.**

### Friendship Circle

Let's talk about it. This presentation will be facilitated by Dr. Hati.

### Living with Diabetes

**Every 4th Wednesday at 11 a.m.**

### Good Neighbor

Learn how to manage your diabetes, what treatments are available, how to prevent diabetes as well as information on eye health.

## > NUTRITION

### Nutrition Talk: Shop for Value

**May 6 at 11 a.m. at Schoolhouse**

**Tuesday, May 13 at 11:15 a.m. at Chester**

**Tuesday, May 13 at 12:30 p.m. at Good Neighbor**

### Good Neighbor

Shop for Value – learn how to get the most nutritious foods for the best value!

### Cooking Demo: Easy Lasagna

**May 27 at 11 a.m. at Schoolhouse**

**Wednesday, May 28 at 12:30 p.m. at Chester**

**Thursday, May 15 at 11:15 a.m. at Good Neighbor**

### Good Neighbor

Learn how to make easy lasagna! Sample this delicious dish.

## > RELIGION

### Praise with Song

**Every Thursday at 10:30 a.m.**

### Good Neighbor

Come out to praise the Lord while singing along to your favorite gospel tunes.

### Bible Study

**Every Tuesday and Thursday at 9:30 a.m.,**

### Good Neighbor

**Tuesdays from 6-7:30 p.m., Chester**

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

## > 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. There's room for every level of experience so bring your pad, pencil and expertise. Free Wi-Fi available.

### Google and its Apps

**Thursday, May 8 at 7 p.m.**

### Schoolhouse

**Cost: \$15**

We'll tackle the innumerable tricks hidden within Google, and applications that allow us to do more than search.

### Working with Email

**Wednesday, May 14 at 10 a.m.**

### Schoolhouse

**Cost: \$15**

This class is for anyone who wants to know more about using email. Bring a loved one's e-mail address with you.

### Beyond Basics Computer Class

**May 20-22 from 9 a.m. – 12 p.m.**

### Good Neighbor

**Fee: \$30 Members/\$35 Non-members**

This three-session course is designed for students with some computer knowledge. Topics to be covered are Windows, how to utilize the control panel, Internet surfing and more.

### Windows 7

**Wednesday, May 28 at 10 a.m.**

### Schoolhouse

**Cost: \$15**

This class will show you how to work on your desktop, create shortcuts, take advantage of the snipping tool, and others.

## Chester Chatter



### Bingo Fundraiser!

Everybody loves BINGO, right? So, come out and try your luck at winning some cash or other prizes (designer handbags, jewelry, and more) and support the Chester Senior Center! Tickets are \$20 and include 8 Bingo cards, a meal deal and 1 door prize ticket. Food and Bingo supplies will also be sold. Join us on Saturday, June 28 from 2 – 6 p.m. Proceeds from the fundraiser will support all Chester programs and services! For tickets or more information please call the center.

*Jamee*

### In Sympathy

We extend our deepest sympathy to the family of George Majors on his recent passing. Our thoughts and prayers are with you always.

### Get Well Wishes

Caroline Craig, Corine Hatcher, Doretha Loper, Jennie Travers, Wilma Plummer and Helen Williams

**Thank You to:** all who contributed to the Spring Training for Diabetes event including: Neumann University; Dr. Mary Powell; Dr. Michael DiFrancesca, DPM; Ellen Williams; Chester Water Authority; Kyle Lanier, personal trainer; Dr. Kristin Motley, Pharm. D. and Tosin Ibejoy.

## Chester Travelers

**Midway—Harrington Casino**

**May 28 at 9 a.m. Cost: \$25**

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

**Wildwood, NJ, June 16-19**

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

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

**Red Roost Crab Feast in Ocean City, MD**

**July 14; Cost: \$111 per person**

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

### Greetings from Vicky!

We made it through the winter and we now look forward to spring and summer, waiting for flowers to bloom. Just as our surroundings have come alive, things are picking up at the center, too. There is so much going on!

Please join us for the Annual Flapjack Fundraiser on Saturday, June 14 at Applebee's at 320 MacDade Blvd. in Folsom from 8 to 10 a.m. Tickets: \$10 for adults and \$5 for children 12 and under for all-you-can-eat flapjacks. Mmm!

### Older Americans Month Luncheon

**Saturday, May 3 at 12 p.m.**

Enjoy a delicious lunch and entertainment sponsored by Phi Delta Kappa Sorority in honor of the wisdom of our elders.

### Spa Treatments

**Every 1st and 2nd Monday at 9:30 a.m.**

Enjoy a relaxing manicure, pedicure or complimentary facial by a seasoned cosmetologist. You won't be disappointed; there is a nominal fee for the manicures and pedicures.

### Annual Health & Wellness Fair

**Friday, May 16 from 10 a.m. – 2 p.m.**

Taking care of our health is an ongoing task! Come and get valuable information, resources, and health screens, speak with health care professionals and more. Free goodies for all who attend.

### Gateway Health Awareness Series

**H.A.S. Program: Step in the Right Direction (Foot Care)**

**Wednesday, May 21 at 1 p.m.**

The Health Awareness Series (H.A.S.) provides health education on topics that touch us all.

### Annual Memorial Service

**Friday, May 23 at 11 a.m.**

Join us as we remember and celebrate the lives and legacies of our loved ones and friends who have passed on in this moving spiritual tribute. Enjoy celebration in song.

### Red Hatters

**Tuesday, May 27 at 12:30 p.m.**

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

### May Birthday Celebration

**Friday, May 30 at 11 a.m.**

Celebrate May birthdays with live entertainment, a delicious lunch and fun among friends! Members who have birthdays in May will receive a complimentary meal and the cost for other guests is \$2. Please sign up at the front desk.

### Chester Art Show

**Saturday, May 31 from 2 – 5 p.m.**

Celebrate the awesome work of the Chester Senior Center artists! Enjoy fabulous works in pencil, oil, watercolor, and ceramic arts created by our own members. The event will include jazz music, refreshments and wine. Some art pieces will be available for purchase.

**Family Fun Day in Wildwood, NJ, August 4**

**Cost: \$32 adults/ \$20 children 12 and under**

Includes transportation and snacks! Enjoy a fun day on your own on the beach or boardwalk!

**Ocean City, MD, August 25-29**

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

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

**San Francisco, California by Train**

**September 17-28; Cost: \$2,569 per person (certain amenities are extra)**

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

**Stompin' at the Savoy Show in New York!**

**October 18**

**Cost: \$110 members/\$115 non-members**

Travel to New York for a fabulous live show featuring Barbara D. Mills, and a variety show of great performers including tap dancers, jazz and gospel entertainers, a battle of the horns, other great Broadway performers! Dinner included at Dallas BBQ.

**Tour Vermont & New Hampshire by Train**

**October 14-17**

**Cost: \$569 per person for members/\$595 per person for non-members (double occupancy)**

Enjoy a beautiful motor coach bus ride to Vermont and New Hampshire and enjoy the beautiful fall foliage! Accommodations are at Fireside Inn & Suites and include 3 breakfasts, 3 dinners, a dinner train, tour the Castle in the Clouds, visit famous area attractions, time for shopping. The tour will include several train rides through the New England area!



## Friendship Facts



### “Don’t be Judging”

This month we have a lot to celebrate: Older Americans Month, Mother’s Day, and Memorial Day. At the center, we will be celebrating these occasions and I invite you to celebrate along with us.

But, I feel compelled to talk about the slang phrase I hear Millennials use so often: “Don’t be Judging.” These young folks use the phrase as a defense when they are called out as being different.

This phrase reminded me of what I see in the center daily. Our center is special because we are so unique; we are all so different and learn from one another. It is enlightening to learn the different lifestyles that our members have had and how they have grown into such wonderful mature adults. I invite you to share your experiences and talents. I also invite you to participate in new activities. What better time than in May as we celebrate Older Adult month!

*Christine*

## Friendship Outings

### Senior Expo

Thursday, May 2 from 10 a.m. – 2 p.m.

This exposition at Harrah’s in Chester is sponsored by COSA and will promote senior services and information.

### St. Francis Health Fair

May 3 from 9 a.m. – noon

### Painted Tea Cup (Drexel Hill, PA)

Tuesday, May 6 at 1:00 p.m.

Enjoy fancy tea sandwiches, pastries and a variety of teas. Transportation is on your own. Cost: \$28 (includes fee and gratuity)

### Downtown Abbey Costume Exhibit at Winterthur – Wednesday, May 21

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

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

### SCS Walk

Friday, May 23

Walking is a wonderful way for mature adults to lead active lives. SCS is proud to sponsor a walk to celebrate Older Americans Month with the theme “Safe Today, Healthy Tomorrow.” The walk begins promptly at 10 a.m. and includes a short (.6 mile), medium (1.5 miles), and long (3.3 mile) walk through

the refuge. The wildflowers and animal life are so unique! This is a win-win event where you can exercise and sight see at the same time. A ceremony will follow the walk with light refreshments.

### Lansdowne’s 1st Summer Farmers Market May 24

### Tours of QVC and American Treasures (West Chester)

Friday, June 27

Cost: \$85

The cost includes roundtrip transportation, admission and guided tour of the QVC studio and buffet lunch at American Treasures. A non-refundable deposit of \$50 is due by May 23 and the balance is due by June 20.

### Evangel Cathedral Christmas Celebration (Upper Marlboro, MD)

Saturday, December 6

Cost: \$180

A cast of over 200 live animals, a laser light show, amazing special effects and brand new scenes makes this an unforgettable experience. Cost includes meal and snacks en route. A non-refundable deposit of \$75 is due by May 30. A payment plan is available.

To register, make a deposit or if you have any questions about these trips, please contact Program Coordinator Donna Schumacher at: 484-534-2033.

## Friendship Garden

There are a number of ways that Friendship Circle is caring for the environment and beautifying our community. **Thanks to everyone who supported our Friendship flower sale.** Our planting day is set for Thursday, May 1. However, if the forecast calls for uncooperative weather, we will select an alternate day when Mother Nature does decide to cooperate.

### A Brunch to Honor Our Women – May 17

Friendship Circle plans to honor the mothers and women of the center with a beautiful tea on Saturday, May 17 from 11 a.m. to 1 p.m. Guests of members are welcome at a small fee of \$5 to help cover expenses. The event will include a light brunch, tea, and entertainment provided by our Friendship family members who are willing to share their talents.

### Memorial Celebration at Friendship Circle

Friendship Circle will host a Memorial Program on Friday, May 30 at 11 a.m. in the Friendship Circle Dining Room. The program is an opportunity to remember members who passed away and show our respect for the veterans who lost their lives fighting for our freedom. We will conclude our ceremony with some patriotic and spiritual songs.

## A special thanks during Older Americans Month, for these exciting accomplishments:

- Healthy Steps in Motion classes are completely full. This success is attributed to our volunteer instructors: Karen Graves and Joyce Henderson.
- Monthly book clubs have the most interesting discussions. A shout out to attendees.
- Volunteer receptionists for their ability to multi-task.
- Sixteen individuals are using e-readers for leisurely reading.
- Fifteen individuals strengthened their cognitive skills playing spelling games.
- Four drivers and 4 runners are delivering 61-75 meals daily.
- The number of card players at the center continues to grow.



Walgreen’s Pharmacy is a new community sponsor of Bingo at Friendship Circle. Pictured: Back: Kevin Kopaczynski (Walgreen’s Community Leader); left to right front: Pat Hall, Martha Coppins, Bob Adams, Pat DeTora, Art Ayala (Glenolden Walgreen’s manager) and Chris Capone (Darby Walgreen’s Manager).

Get Well Wishes to Darlene Philaposian, Ed Glavin, Ed Neary

## Carmen's Corner



Dear Friends of Good Neighbor,  
The month of May brings May flowers; it also reminds us of our mothers. My mother, injured after a fall, was hospitalized for a month. She is currently staying with me, until she recovers and can go home. I am reminded of how blessed those of us are who still have our mothers with us. I feel fortunate to have the time to say thanks for the love my mother has given me throughout my life and continues to provide now that I am an adult. Remember your mothers on Mother's Day. Bring them flowers, fix a great dinner, clean-up the yard, the house, and give them thanks because they give us life.

Remember to love and respect each other. Invite someone new to join in an activity they don't usually participate in and don't forget to do the same. Let us continue to be the good neighbor our center is known for. Happy Mother's Day to all mothers; have a great day! See you at the center.

Carmen

## Thank You...

For a successful month of April! The center held its annual fundraiser that came together against all odds. I would also love to thank all the honorees, their families and friends for making this fundraiser a success. Thank you to B.W. Watkins and the First African Baptist Church allowing us to use their facilities.

## Legacy of Service Banquet

Every year Good Neighbor Senior Center honors individuals who have made an impact on the neighborhood surrounding the center and the greater community. The 4th Annual Legacy of Service Banquet was held on April 12 and honored the following individuals for their service: Reverend Queenie Bennett, Claude J. Edney, Jr., Theresa Harris - Johnson, Linda Miller, Denise V. Stewart, Thomas F. Thorpe, Representative Ronald G. Waters, Mother Ernestine Watson, Exhorter Sylvia Wilson.

*Top Photo at Right: COSA Director and Legacy Honoree Denise Stewart poses for a photo with her husband, Julian, and SCS Executive Director Arthur Weisfeld at the banquet.*

*Bottom Photo at Right: Picture from left to right: Reverend Queenie Bennett, Claude J. Edney, Jr., Theresa Harris-Johnson, Denise V. Stewart, Exhorter Sylvia Wilson, Representative Ronald G. Watson*



## Center Happenings

### Mother's Day Tea Party

Wednesday, May 7 from 10 a.m. – 1 p.m.

Fee: \$5

We will hold a celebration of all the mothers or any other special women in your life that you call mom. Show up to show out, with your Sunday best, hats and gloves included. Enjoy assorted teas, brunch, and entertainment. Vendors will also be on site.

### May Birthday Party; Friday, May 25 at 11 a.m.

If your birthday is in the month of May, come out and join your peers in a birthday bash! Even if your birthday isn't in May, join us in the celebration!

### Senior Center Wellness Expo

Friday, May 16 from 10 a.m. – 1:30 p.m.

Good Neighbor is having a Senior Wellness Expo! Come gather information from different health providers on how to maximize your health and wellness. There will be lots of give-aways, door prizes, as well as a drawing for a gift card. To reserve a spot as a vendor, please call the center.

### Red Hatters

Fourth Thursday of each month at 1 p.m.

Join the group for outings, fellowship and special events.

## Trips

### Thrift Store Hop

Friday, May 2 from 9:30 a.m. - 1:30 p.m.

Cost: \$8

Come join us for fun bargain hunting and shopping. We will try a new location! Please register at the front desk.

### Out to Lunch, May 5

Cost: \$5 (transportation)

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

### Casino Trip: Mt. Airy Casino

Wednesday, May 14

Cost: \$30 per person includes \$25 slot play, buffet and coffee at a café!

The bus departs at 9 a.m. and will return to the center at 5:15 p.m. To sign up, speak with Ms. Sylvia or Ms. Tillie Jones. Come try your luck with us.

### Tunica Casino and Memphis

June 21-29 (9 days/8 nights)

Cost: \$650

Join us for this trip to the Casino Capital of the south and the home of the blues in Memphis. Trip includes motor coach transportation, 14 meals (6 dinners and 8 breakfasts) as well as a guided tour of Memphis including the National Civil Rights Museum and the Tunica Museum.

### Caribbean Cruise: Norwegian Cruise Line on the Norwegian Gem

November 24-December 3, 2014

(10 days, 9 nights)

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

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

### Panama Canal Cruise 2015

Princess Cruises on the Coral Princess

13 days/12 nights

March 20-April 1, 2015

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

## Get Well Wishes

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

## Kim's Korner



Dear Friends,

This month, there is much to celebrate. We celebrate the women in our lives who are mothers, and we celebrate the older adults in our lives as May is Older Americans Month. We honor the service of the soldiers who have fallen on Memorial Day and we celebrate the beginning of the summer season.

In March I had the honor of attending the National Conference on Aging in San Diego. It was great to get away and learn some new things. I enjoyed each session I attended. I will confess that in between sessions, I ran outside and soaked up the sun for 10 minutes. It was wonderful. I got some great new ideas and also learned new ways of thinking about old problems.

One lesson that I learned was to be more honest in how we see and act on old problems. For example, when we actively participate in a group like a club, a church or even a senior center and sometimes there is someone who feels the need to take control, to bully people, to make them feel embarrassed or bad. We excuse them or ignore the behavior, perhaps, because this is the way they have always been, or perhaps we fear retribution. What I learned is what the elementary children learn every day: Stand up to bullies or the behavior will just increase. They don't just make you feel bad but if you ask, their behavior affects the whole group. Verbally and in a controlled manner stand up for yourself, or find others who feel as you do and stand together. Don't believe "that you can't teach old dog new tricks." As long as the brain is intact – we all have the ability to create new paths, even with bullies.

Enjoy this special month!

Kim

## Memorial Day Observance

Our Advisory Council will be treating ALL VETERANS to A FREE LUNCH after the Memorial Day ceremony. All are welcome. Please sign up in advance. The cost of lunch for non-veterans is \$3.

## In Sympathy

Our condolences to the friends and family of Pat Perino.

## Trip News

### Tropicana Casino/Motown the Musical

Monday, May 5; Cost: \$69

Price includes show, buffet, tour bus and all gratuities and taxes.

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

Cost: \$160

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

### Resorts Casino – "The Clusters"

Monday, June 9; Cost: \$53

Prince includes cost of bus transportation, show music of the 50s and 60s and buffet. Leave Schoolhouse at 9:00 a.m.; return at 6 p.m.

### Rocking Horse Resort

September 8-12

Cost: \$619 for double occupancy room

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

## Pace and Pacenet Eligibility

As of February 2014, Medicare Part B premiums will no longer be counted as income. So, if you were just a little bit over, you may want to reapply.

- Eligibility is based upon all income in the prior calendar year.
- Assets are not taken into account in determining eligibility.
- The income threshold for PACE must be \$14,500 or less a year for a single person or \$17,700 or less for a married couple.
- For PACENET, a single person's total income can range from \$14,500 to \$23,500. A married couple's combined income may range from \$17,700 to \$31,500 to be eligible.

## Sunshine Wishes to:

Mike Pellegrino, Larry Galvin, Ethel and Marv Galloway, Ginny Schembs, Joan Lynn, Agnes Brennan, Caroline Markun, Tony Perlingi.

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

October 3-6

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

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

## American Queen Steamboat Civil War Cruise October 31-November 8 (9 Days, 8 Nights)

Travel down the Tennessee River where each port of call played a part in the conflict that tore our nation apart. Depart from Chattanooga and travel to Alabama, Kentucky, Missouri and Disembark in Memphis. Prices range from \$3,469 and include air and ground transportation.

## Cirque de Soleil & the Philadelphia Orchestra Sunday, January 4, 2015

Cost: \$86

Leave Schoolhouse at 12:45 p.m. and return by 4:45 p.m. Price includes orchestra tier tickets, bus and gratuity.

## The St. Matthews Passion By Bach Performed by the Philadelphia Orchestra

April 1, 2015

Cost: \$86

The cost includes orchestra tier tickets, bus and gratuity.

## AARP Driving Class (New Students)

May 7 and 14 at 12 p.m.

Complete this class and receive up to 5 percent auto insurance discount.

## AARP Driving Class Refresher

May 29 at 12 p.m.

Improve your safety behind the wheel and qualify for a discount on your auto insurance. This 4-hour class is for students who have completed the 8-hour class within the past 3 years.

## Caregiver/Care Receiver Program

Wednesday, May 14 from 4:15 to 5:30 p.m.

Programs provided concurrently: Compassion and self care for the caregiver and creative arts for the care receiver.

## Quote of the Month

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." – Leo Buscaglia

# Classes for Caregivers and the People They Care For!

SCS' Family Caregiver Support Program and Schoolhouse Center is offering, at no charge, an opportunity for caregivers to attend informative programs that will help you in your role as a family caregiver. Bring the loved one(s) you care for to enjoy a class of their own which will meet concurrently. (Caregivers must be in attendance if the person you care for is to participate.) You, of course, may attend solo. At the end of each session, you will see how your loved one spent the hour and learn how to bring

meaningful activity into your home. Caregivers who attend all six sessions will have an opportunity to win a fabulous prize. The loved one you care for may be an adult of any age, but must be able to participate in activities below. Supervision and assistance will be provided. Please let us know of any special needs at time of registration.

This program is provided through the generous funding of the Aging and Disabilities Resource Center.



## Caregivers and Your Loved Ones: Classes for Both of You

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

**May 14**

**Forgiveness and Gratitude:**

You deserve to live life to the fullest! Use these important tools to feel better.

**Animals!:** Your loved one can hold, touch, hear and watch rabbits, guinea pigs, and a canine friend.

**June 4**

**Safety Tips from an Occupational Therapist:**

Creative ways to make life easier for you and safer for your loved one.

**Brain Fitness Sensory Kits:**

Use senses of touch, smell, hearing, vision, and taste for conversation and reminisce.

**June 25**

**Family Relationships:**

It's not easy keeping everyone happy! Tips for peaceful living with siblings and family.

**Horticulture Activity:**

Your loved one will decorate a terracotta pot and leave with a plant to nurture.

Caregivers must be present for their loved one to participate. RSVP required. Classes are free of charge thanks to our sponsor Delaware County LINK to Aging and Disability Resources

*(Top left) Members of the Mosaic Society helped care receivers make their own mosaic tile in the first session held this spring at Schoolhouse Center. In the second session, Carol Carpenter, a music and harp therapist led care receivers in a lively session filled with music.*

*(Pictured on left) Cheryl Macklin, Ph.D. and certified personal development coach led caregivers through techniques for meditation, heart-breathing, mindfulness, and other self-care and self-compassion exercises in March.*