

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

Home Delivered Meal Program Keeps Seniors Safe and Healthy at Home

By Heather Dale

Home delivered meal programs have recently enjoyed some time in the national spotlight, with news that budget cuts could impact programs across the nation. The programs, which rely heavily on volunteers provide fresh meals to homebound seniors living in the community. These programs offer a pivotal service to seniors. For many, receiving a hot meal is the difference between remaining in the community, or being placed in a long-term care facility.

In Delaware County, Senior Community Services (SCS) and its affiliated Senior Services Management Group has been the largest provider of meals to homebound seniors for the last 40 years.

As the original home-delivered provider in the county, SCS has watched the program grow over the years, highlighting the increased need to support vulnerable seniors remain in the community. In 2010 SCS provided 91,330 meals to seniors and in this last fiscal year the organization provided nearly 175,000 to seniors enrolled in the Waiver and OPTIONS Programs.

“There is a great need to help some of the most vulnerable members of our community,” said SCS Executive Director Arthur Weisfeld. “The home delivered meal program is a core element of our service scope and it really goes far to helping seniors remain in their homes. In addition, we are addressing their basic nutritional needs, which is vital.”

The program supports seniors who are at-risk for food insecurity, providing freshly prepared meals daily by a locally-based licensed and vetted caterer (BTC Foods). The meals are USDA approved and designed to fit the nutritional needs of older adults.

Meals are heated, packaged, and delivered by volunteers from SCS's four senior centers and one satellite location. The delivery of the meals on weekdays provide vital social contacts for homebound seniors who are susceptible to becoming social isolated and depressed. The delivery also allows for daily safety check-ins on these individuals, whom are often frail.

In addition to the social component of the program, the meals are prepared with fresh, quality ingredients with a varied monthly menu available. In coming months seniors will have the ability to choose their meals with the introduction of a weekly “choice menu.”

The meal program was recently recognized by the Enterprise Rent-A-Car Foundation, which awarded SCS with a six-year \$25,000 grant to help combat food insecurity. The grant is part of Enterprise's \$60 million global initiative to fight hunger.



Senior Suppers are delivered daily by caring community volunteers. The meals are made with fresh, quality ingredients and are served hot to homebound seniors.

“This grant will help to keep seniors in the community and living independently,” said Weisfeld.

If you would like more information on how to volunteer your time with Senior Community Services and assist with the home delivered meal program, please contact Michele O'Brien at 484-496-2149 or mobrien@scs-delco.org. If you would like information about receiving home delivered meals or other in-home services, please contact Trindy Grundy, Director of Long Term Care Services at (484) 534-2050 or tgrundy@scs-delco.org.

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Folsom, PA 19033

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

Going Against the Grain

By Arthur Weisfeld



I recently ran into an old friend while I was jogging and asked him if he was enjoying the great weather. He said, "I know I'm an outlier but this is my least favorite season. Unfortunately, I have allergies and they make me miserable at this time of year. But you go ahead and enjoy the flowers." On what remained of my jog, his comment made me think about how we are all outliers sometimes. That is, we feel a way that is different from how many others are feeling. For me, this happens during the December holidays. I dislike that the stores are so busy and that Baltimore Pike is impossible to navigate. I prefer January when life settles down. Going against the grain can also occur in relation to interests of family and friends. For example, you might discover that while you detest gambling, fishing, or cards, those around you enjoy it thoroughly. I'll bet everyone reading this column can identify one time or situation in which you find yourself going against the grain, unable to share in the positive feelings others are enjoying. I also believe that rarely are we alone as we think we are. For example, I think many others share my experience of the December holidays being overwhelming.

We can have different responses to our perception of ourselves as going against the grain. We can keep it to ourselves, pretend as though we are like everyone else. My friend could have said to me, "Yes, it's a lovely spring day." I suppose it is tempting to do so because when we reveal our distinctive reaction, people might judge us for having a differing view. However, silence or feigned agreement carries its own risk (for example, they might say, "What's wrong with you that you don't like the winter holidays?"). Another response is to aggressively assert your own interest or lack thereof ("I don't see how you can possibly enjoy... [fill in the blank]," but to do so is likely to alienate those around you, leading you to feel even more alone. Still another response is to do what my friend did—acknowledge the difference while recognizing that we both are entitled to our own reaction.

We are all individuals. Sometimes we go against the grain and other times our tastes and pleasures align with those of others. With our differences or similarities, we can all take satisfaction that we are joined in our humanity.

Happy spring—allergies notwithstanding—to all!

Arthur

Delaware County APPRISE Volunteer 2017 Spotlight

By Glenda A. Radical, APPRISE Program Manager



In early April, the Pennsylvania State Health Insurance Program (APPRISE Program) held their annual conference in State College where the Delaware County APPRISE Program was awarded with the 2017 "PERFORMANCE AWARD" from the Pennsylvania Department of Aging Secretary Theresa Osborne.

As program manager of the Delaware County APPRISE Program I have to say that this award could not have been achieved without the help, assistance, and participation of the Delaware County APPRISE volunteers. In 2012 I began my work with Senior Community Services with seven volunteers. Now, in 2017, the APPRISE Program has 22 volunteers who provide Medicare beneficiaries in Delaware County with an invaluable services including Medicare counseling, education, and information.

I honor the dedicated volunteers who make the APPRISE Program in our county so successful. Below are the names and the years of service provided by these irreplaceable individuals. I am grateful to have such wonderful, caring, and committed volunteers. In addition, I am blessed to have a hands-on Program Director Trindy Grundy who is very supportive and appreciative of the APPRISE Program and its volunteers. Congratulations, Delaware County APPRISE Program. YOU DESERVE THE 2017 DELAWARE COUNTY APPRISE PROGRAM PERFORMANCE AWARD! Thank you for your dedicated work!

NAME	MEDICARE SERVICES PROVIDED			VOLUNTEER YEARS
Bette Ferrilli	Presentations	Health Fairs		19 Years
Carl Clauss	Counseling	Presentations		14 Years
Ed Baum	Counseling	Presentations	Tele Center	11 Years
Helen Lynn	Tele Center			10 Years
Frank Colgan	Counseling	Presentations	Tele Center	9 Years
Dolores Shavney	Counseling	Presentations	Health Fairs Tele Center	9 Years
Linda Matz	Counseling	Presentations	Tele Center	6 Years
Marty Spiegel	Counseling	Presentations	Tele Center	6 Years
Nancy Ahrendtsen	Counseling	Presentations	Tele Center	5 Years
Evelyn Williams	Data Entry	Health Fairs		4 Years
Gayle Harmer	Counseling	Tele Center		4 Years
Sherry Biggs	Counseling	Presentations	Health Fairs Tele Center	3 Years
Donald Soslow	Counseling	Presentations		2 Years
Bill Lavery	Counseling	Presentations	Outreach Events Tele Center	
Marilyn Jones	Counseling	Presentations		2 Years
Kathleen Tomlinson	Counseling	Presentations	Health Fairs	2 Years
Deborah Brennan	Counseling	Outreach Events	Tele Center	1 Year
Barbara Brown	Data Entry	Clerical Work		1 Year
Wendy Weller	Pursuing APPRISE Program Training – April 2017			4 Months
Virginia Maroun	Pursuing APPRISE Program Training – April 2017			1 Month
Myra D. Hochman	Pursuing APPRISE Program Training – April 2017			1 Month
Willa Shell	Pursuing APPRISE Program Training – April 2017			1 Month

SCS Management Staff

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

Aging at Home Director: Christine Helmandollar
 APPRISE Program Manager: Glenda A. Radical
 Center Without Walls Coordinator: Farah Esfahani
 Cognitive Stimulation Program Manager: Dorothy Darragh
 Director of Advancement: Lydia Messinger
 FCSP Program Manager: Debbie Templeton
 Fiscal Officer: Robyn Cashwell
 Hearing Discovery Coordinator: Donna Schumacher

25 Years Working with Caregivers – What I Have Learned

By Herb Jenkin, Caregiver Support Care Manager

One thing I have learned is that caregiving has transformed over the years due to changing demographics. Care receivers are living longer with more physical and mental challenges. Caregivers are more diverse in age from frail spouses to children, and grandchildren with their own responsibilities for family and work. Caregivers are often at more of a distance from their loved ones than previous generations. The stress on both caregivers and care receivers caused by a complex medical system is greater than ever.

Despite these changes, there are many aspects of caregiving that remain unchanged. The following are a few things that I have found to be consistently important to caregivers, whether they know it or not.

What Do Caregivers Need?

To feel valued and appreciated – expressing thanks for the daily assistance being provided is validation of the caregiver’s role. The support of other family and friends is important so caregivers do not feel isolated.

Get Connected – Caregiving can be a lonely job and caregivers need to remain (or become) connected to their families, friends, and community where they will find support.

Resources and Guidance – There is a wealth of information available from local and national sources. Your care manager can provide you with a list of resources, from the obvious – COSA, AARP, housing options, and programs that offer assistance – to the less obvious like legal and financial guidance, veterans issues and nutrition.

Education and Training – Caregivers need to know about their loved one’s illnesses and behaviors in order to address the problems they present. Sit in on your loved one’s doctor visits. Read about difficult subjects like dementia and incontinence. Attend any of the many community educational meetings sponsored by local hospitals and aging organizations that address issues you are dealing with.

To Have Feelings Normalized – Sometimes caregivers wonder: “Am I the only one doing this? What happened to my life?” These questions bring up one of the core feelings caregivers often struggle with; How do I set my priorities regarding the care my loved one needs and my own self-care. If these issues become overwhelming, counseling or support groups can help.

Dealing with Negative Emotions – Many caregivers struggle with guilt and depression, two emotions that drag us down. Guilt can be self-induced, like feeling you are never doing enough for your loved one – or can be inflicted by others who might criticize the caregiver’s way of doing things. Both should be dealt with by realizing you are doing the best you can and that actual help from others is better than criticism. Depression is an illness that can be treated. Talk with your family doctor about your feelings and see if you can get treatment.

Time Out for Pleasure – Caregivers need to be encouraged to take time for themselves. Whether it’s an afternoon walk or a weekend away, time away from caregiving can recharge the emotional batteries. Enlist family and friends in the cause and see if they can enable you to get some time off to do something good for yourself.

Avoid Burnout – The cliché is that caregiving is a marathon, not a sprint. I have seen caregiving relationships that have lasted ten years or more. Caregivers need to pace themselves and get regular breaks in order to avoid burnout. They must avoid isolation and address negative emotions that arise. They should meet with other family members to discuss what changes are happening and how to address them. Be willing to let someone else take over and consider hiring help even if it feels strange at first.

Caregivers play a vital role that contributes in an immeasurable way to our society.

Hearing Discovery Center Offers Information and Access to Captioned Telephones



By Donna Schumacher,
HDC Coordinator

According to the Hearing Loss Association of America, about 20 percent of Americans have some level of hearing loss. At age 65, one in three people have hearing loss. Help is made possible by Title IV of the Americans with Disabilities Act, which established the Telecommunications Relay Service. All Internet and telephone companies in the United States must pay a fraction of their fees into a fund. You may have noticed something called a Universal Service Fee on your phone bill. It’s been there since the 1990s. This fee provides funding to help people with hearing loss access the phone system. There is never any upfront cost to you and never any monthly charge for the service and equipment we provide.

A captioned telephone is a regular phone where you speak like you would normally speak, and you hear the best you can but if you miss something you get a text of what the other person says on the phone’s display. The conversation is captioned just as you would see on TV. The phone has both a handset and a speakerphone, so you can use whatever works best with your hearing. The audio is designed for people with hearing difficulties and works with or without hearing aids. The phone has large text and buttons, along with an answering machine that will caption the message, and is very easy to use. This phone is available at no cost to individuals who have hearing loss. In order to qualify all you have to have is hearing loss, a land line connection, and (depending on the phone manufacturer), the Internet.

In March, the Hearing Discovery Center at Friendship hosted a program by CapTel phones and Hamilton Relay that introduced their particular phone. In May, at our Health and Information Resource Fair, ClearCaptions – another company offering captioned telephones – will be one of our vendors providing information and a demonstration of their phone.

If you have any questions or would like more information, please feel free to call me at 484-534-2033 or email me at dschumacher@scs-delco.org.

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Key Recipe for a Great Program and Event

By Christine Helmandollar, Director



Expanding Aging at Home to the Ridley area is a good decision that will help seniors age in place. From handyman services to connecting with local businesses, volunteer yardwork days, and personal door thru door services, the Aging at Home Program is providing the peace of mind so needed for seniors to stay right at home. Considered a priority program, there are many ways that Senior Community Services addresses financially supporting the program so that it can not only remain in both the Ridley and Lansdowne areas, but possibly expand. Recently, Aging at Home hosted an event called “Murder Vegas Style” to raise money for this growing program. The event was a great success!

Events help grow and maintain relationships with seniors and local businesses and also promote the program and its purpose. A committee was formed six months ago and met bi-weekly up until the event. The committee paid attention to event details and made sure the energy stayed high throughout the evening. There were key ingredients that contributed to the success:

- A hardworking, creative chair: Wendy Petkus-Mazeika
- A great committee – Thanks to a great team that worked daily during the last two months to make the event a success: Arthur, Lydia, Wendy, Joanne, Sandi, MJ, Judith, and Lorraine
- The right venue and set-up
- Countless donors – There were more than 25 raffle baskets filled with treasured items.
- A great audience – Thanks to those who attended the event.

These five ingredients are key to raising dollars. With everyone’s generous effort and help we were able to reach our goal to help sustain the program. Thank you!

Now it is time to put another great event to bed and look forward to digging into Aging at Home program services. With the springtime weather, it seems that everyone wants to improve their individual properties. We invite you to sign up for yardwork services on Thursday, May 11. Please feel free to call the office at 484-534-2201 to take advantage of some helping hands to help you beautify your property.

Get Your House in Order

By Trindy Grundy, Director, Long Term Care



To help get your personal, financial, and spiritual matters organized, please take a look at the following factors that you will need to address.

Did you know...

Many parents refuse help through the Medicaid program because they want to keep their homes from estate recovery when they die.

There are specific criteria for estate recovery and exclusions (www.dhs.pa.gov).

Note: If a parent/spouse goes into a nursing home, similar rules apply regarding estate recovery, just as if they were cared for at home.

Did you know...

- There is a Caregiver Support Program managed by SCS which supports caregivers who are caring for a loved one/family or friend, provides financial reimbursement, caregiver support and education from state and federal funding.
- The APPRISE Health Insurance Program provides one-on-one counseling throughout the county to assist with Medicare/insurance related problems, including appeals.
Call APPRISE at 484-494-3769 or the state hotline for assistance 1-866-286-3636.
The SHIP/APPRISE program is currently on President Trump’s chopping block.
- The state Waiver (Medicaid) Program is no longer handled by COSA, but through an Independent Enrollment Broker (IEB Maximus), which means additional family/community support is needed to navigate the enrollment for help for vulnerable family members.

Numbers to Know...

- Legal Aide of Southeastern Delco (610) 874-8421
- APPRISE Health Insurance Counseling (484) 494-3769
- Caregiver Support Program (610) 237-6222 x 79
- Independent Enrollment Broker (Maximus) (1-877) 757-5042

Did you know...

To keep these programs in your community, see more info. on page 12.

Spring Semester is Blooming with Opportunities to Get Involved

By Farah Esfahani, CWW Coordinator



Dear Friends,

I hope you are enjoying the glorious month of May with its unlimited beauty. The month of May gives us the opportunity to explore the beauty of the season and to commemorate numerous occasions and honor special people. Some of the occasions we celebrate this month are: Memorial Day, Mother’s Day, May Day, National Nurses Day, National Teachers Day, and Older Americans Month. The theme for Older Americans Month this year is “Age Out Loud.”

Following are highlights of some of the free educational presentations we have scheduled for May and June. “Legal Jeopardy” by Robert and Dana Breslin, Esq. will be held on May 4. Older adults and their children are invited to come and ask any questions regarding Elder Law. Center Without Walls (CWW) will hold its Fifth Annual Senior Health and Wellness Event on May 11. Providers from various organizations such as Crozer Keystone Health System, Riddle Hospital, Penn State University-Delaware County Extension, Visiting Angels, Angel Companions, SCS APPRISE Program and many more will be in attendance. Annemarie Casey-Glatts, RN, MSN, from Riddle Hospital will provide a presentation on Shingles on May 25. You will learn how this disease can impact your life and negatively alter your lifestyle. Eating Smart Series classes are scheduled for May 16 and June 20. The above programs will be held at Brookhaven Municipal Center.

The Book Club meeting is scheduled for May 17 at Aston. The Medicare Individual Counseling sessions will be held on May 31 and June 28 at Springfield Township. We are in the process of arranging this valuable service which is offered by APPRISE counselors at Aston Community Center.

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

Travel Through Time with the Cognitive Stimulation Program

By Dorothy Darragh, Cognitive Stimulation Program Manager

Let's travel and reminisce about past visits and/or origins:

We can start with A WALK ACROSS AMERICA. From New York City's Statue of Liberty, Niagara Falls in upstate New York, to the Indianapolis 500 Race, to the west with cowboys and back to FLORIDA and much more in-between around this beautiful country. Once we are finished walking, we can go on separate trips to ALASKA, PENNSYLVANIA, and HAWAII via kits dedicated exclusively to those states.

Next adventure, CANADA. There we will learn of the provinces, Alberta, Saskatchewan, Manitoba, etc. We will see the influence of a colder climate, how native Indians used nature to exist and see pictures of beautiful scenery.

Now let's head south of the border to MEXICO, PERU, and COSTA RICA. Through each of these kits, we will come to know the traditions, customs, and beauty of each country.

Now it's time, to hit the skies or ocean. We can choose to travel to Europe. There we can choose to visit ENGLAND, FRANCE, GERMANY, GREECE, IRELAND, ITALY, THE NETHERLANDS, SCOTLAND and SWITZERLAND.

We aren't done! There is still RUSSIA, AFRICA, INDIA, CHINA, JAPAN, AUSTRALIA, and ISRAEL.

Each kit contains memorabilia, pictures and stories that will undoubtedly spark our memories and imagination. So, let's get going!

Kits are available to be used at the Senior Community Services Senior Centers, nursing homes, residential communities, one-on-one with homebound clients, just to name a few options. For more information, contact me at 484-496-2144 or at ddarragh@scs-delco.org.

Volunteers are the Glue that Holds SCS Together

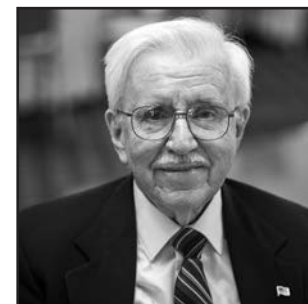
Congratulations To Our Presidential Volunteer Service Award Winners

Gold Award (500+ Hours)

Betty Alves
Beverly Benn
Joanna Campbell
Laurence Campbell
Shirley Carroll
Dina Dallam
Joseph Gilligan
Edward Guzik
Judi Haines
Comfort Jolaoso -
Jones
Thomas McKelvey
Marie McLaughlin
Bertie Ritchie
Dianne Roberts-
Gibbs
Liz Spragganes
Jeanne Tribuiani
Betty Whitehead
Ruth Whitsett
Joan Wilhelm
Simsy Wilson
Lois Ann Yost

Silver Award (250+ Hours)

Ellen Abramson
Earlene Adams
Lorine Adams
Nancy Ahrendtsen
Philip Atwood
Jean Barraclough
Ed Baum
Grace Brown Johnson
Haliburton Bullock
Mary Lou Burns
Mary Caple
Beverly Carroll
Sandra Clancy
Patricia Copper
Thomas Diemidio
Pat Dougherty
Charles Dunn
Philip Falcone
Shirley Fidelibus
Carole Fisher
John Girolami
Lucy Harrison
Robert Healey
Patrick Janney
Antonia Jennings
Mary Kopay
Dorothy Lawson
Gladys Lee
Sheila Marcy
Elizabeth McElroy
Jean Meserole
Rita Moore
Maureen Paravecchia
Dianne Peterson
Mary Schmucker
Delores Shavney
Nellie Smith
Alyce Weaver
Evelyn Williams



Senior Center Highlights...

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

➤ ARTS AND CRAFTS

Card Making Class

Tuesdays, May 9, 23, June 13, and 27 at 12 p.m.

Chester

Cost: \$5

Create classy and sophisticated greeting cards, gift boxes, tags, candy holders and so much more! Supplies are included.

Adult Coloring

Wednesdays at 10 a.m.

Good Neighbor

Crochet Class

Wednesdays at 11 a.m.

Good Neighbor

Cost: \$3.00 per person

Woodcarvers

Mondays at 12 p.m.

Schoolhouse

Create extraordinary art from wood.

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.

Ceramics

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

Chester

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

Sewing

Fridays at 10 a.m. – 2 p.m.

Chester

No fee for members/Non-members: \$5

Learn to create your own beautiful works! Beginners to advanced sewers are welcome in this group.

Busy Bee Crafts ~ Wine Glass Painting

May 16 at 11 a.m.

Chester

Members: \$2/Non-members: \$3

Create your own beautifully painted wine glass or follow step-by-step instruction! The best part will be enjoying a glass of wine in your own personalized glass!

Scrapbooking

Mondays at 10 a.m.

Chester

Join the scrapbooking group to learn and share together! Supplies will be provided, but feel free to bring in your own as we create beautiful mementos from photos, post cards, letters, and other memorable items!

Jewelry Making

2nd & 4th Tuesdays from 10 a.m.-12 p.m.

Chester

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

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

Basic Drawing

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

Schoolhouse

Cost: \$5/class – Pay the instructor Mary Ash.

Learn to draw with pencil and charcoal. Drawing is basic to all art. Take this class to build your skills.

Pencil Drawing and Watercolor Arts

Mondays at 12:30-2 p.m.

Chester

Cost: \$5

Mondays at 10 a.m.

Good Neighbor

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

Watercolor Painting

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

Schoolhouse

Cost: \$53.50 for a 10-week session

Beginner through advanced welcomed. The instructor will focus on individual needs as she teaches different approaches and techniques.

Oil & Acrylic Painting

Fridays from 12-2 p.m.

Schoolhouse

Cost: \$53.50 for a 10-week session.

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

Jewelry Making Workshop

Tuesdays at 2 p.m.

Schoolhouse

Select the gems, the stones, the project and let your creative self roar! Supply your material it's no cost; otherwise \$3 per class.

➤ DISCUSSION GROUPS

Book Club

Wednesday, May 17 & June 21 at 12:30 p.m.

Chester

Do you love to read? Come and discuss and enjoy reading the book for the month. Books are on loan from the J. Lewis Crozer Library.

Caregiver Burnout

Wednesday, June 7 at 1 p.m.

Chester

Let's share and learn about ways to get through the caregiving process. Whether caring for an adult loved one or a grandchild, caregiver stress is real!

Book Worm Club

2nd Thursday at 10 a.m.

Schoolhouse

Rochelle leads as we recount the style, the story, and the book.

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

Fourth Thursdays at 10 a.m.

Schoolhouse

Wednesday, May 10 and Wednesday, June 7 at 11 a.m.

Good Neighbor

This fun, ongoing program encourages you to tell your favorites stories from all stages of your life. Suzanne Baram facilitates.

Men's Group

Mondays at 11 a.m.

Good Neighbor

➤ FITNESS

Sit & Get Fit

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

Chester

Strengthen muscles, burn calories, and improve movement and flexibility. Use light weights and bands for safe and gentle exercise, toning, and stretching.

...More Highlights

Chair Zumba!

Tuesdays, May 2, 16, 30, June 6, 20 at 11:15 a.m.

Chester

This lively exercise class fuses Latin dances like Salsa, Cumbia, Merengue, Flamenco, Tango, and even some belly dancing with aerobic exercise!

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.

Gospel Aerobics

May 3, 17, 31, June 7, 15, and 21 at 10 a.m.

Chester

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

Chair Yoga

Wednesdays at 11 a.m.

Chester

Chair Yoga classes include breathing exercises, stretching, balance, physical components, and conclude with meditation or relaxation. Most parts of the body are addressed head to toe! If you have constraints and/or limitations the class is still doable.

Healthy Steps

Tuesdays & Thursdays at 10 a.m.

Schoolhouse

Begin with a peaceful warm up, followed by light aerobic conditioning and close with a relaxing cool down. Instructor: Betty Schumucker. Class is located on the 2nd floor.

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

Sit Down Zumba

Tuesdays at 11:15 a.m.

Good Neighbor

Cost: \$1.50 per person

Line Dance Classes

Tuesday Evenings at 6 p.m. (\$4 per class)

Thursdays at 1 p.m.

Chester

Tuesday, May 2, 16, June 6, and 20 from 1-2 p.m.

Good Neighbor

Tuesdays at 2 p.m. for beginners/Class for all skill levels at 2:30 p.m.

Schoolhouse

Cost: \$1 per session

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

Square Dance Class

Wednesdays from 7-9 p.m.

Schoolhouse

Cost: \$5 per session, the first class is FREE

Club Sashay, the oldest square and round dance club in the Delaware Valley, offers beginner's classes for modern Western square dancing.

Walking Club

Monday – Friday at 9 a.m.

Good Neighbor

Movie Monday

Mondays at 10 a.m.

Good Neighbor

Free movie and refreshments.

Mall Walking

Monday-Thursday from 9-10 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.

Sit and Get Fit

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

Schoolhouse

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

Yoga (Mat Yoga)

Tuesdays at 9 a.m.

Schoolhouse

Cost: \$43 for a 10-week session

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

➤ GAMES

Tuesday Trivia

Every Tuesday at 12:30 a.m.

Good Neighbor

Free Bingo!

Thursdays at 12:30 p.m.

Good Neighbor

Mah Jongg

Tuesdays at 12:30p.m.

Schoolhouse

A Chinese tile game, where four players try for the right combinations that lead to one winner.

Table Games

Monday – Friday at 10 a.m.

Good Neighbor

Pinochle

Mondays (12 p.m.), Wednesdays and Fridays at 8:30 a.m.

Schoolhouse

Monday – Friday at 1 p.m.

Good Neighbor

There's a place at the table for you in this spirited play.

Pokeno

Mondays & Wednesdays at 12 p.m.

Good Neighbor

Pinochle Tournament

Monday, May 21 at 12:15 p.m.

Monday, June 18 at 12:15 p.m.

Schoolhouse

Cost: \$5 entry fee

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

➤ NUTRITION

Devine Source—

Healthy Eating Demonstration

Thursday, May 11 & Thursday, June 15 at 10 a.m.

Good Neighbor

Just Say Yes—Healthy Eating

Wednesday, May 24 & June 28 at 12:30 p.m.

Chester

May Topic: "Fiber, Fresh Fruits & Veggies/Spinach & Orange Salad"

June Topic: "Tasty Healthy Snacks/Blueberry Sauce over Yogurt"

Nutrition Talk w/Cooking Demo

Fourth Tuesdays at 12:15 p.m.

Schoolhouse

continued on page 12

Chester Chatter



SCS Celebrates 40 Years of Service to the Community!

What a milestone is upon us! Senior Community Services has provided extraordinary service in its 40-year tenure from managing senior centers, care management, cognitive stimulation, volunteer opportunities, home delivered meals, Center Without Walls, Center for Lifelong Learning, caregiver programs, and the newest venture Aging at Home! So much has been accomplished by Executive Director Arthur Weisfeld, SCS staff, volunteers and the Board of Directors. I am truly proud to be a part of the history and the marking of 40 years. Stay tuned for many 40th anniversary events in the works.

Celebrate with the Chester family at **Chester Senior Centers' Annual Art Show & Family Day on Saturday, May 20 from 1-5 p.m.** View the work of talented Chester Senior Center artists in watercolor, pencil, ceramic, jewelry, and card stamping arts. You won't be disappointed! Enjoy light fare and wine among family and friends as we celebrate 40 years of service to the community!

Continuing in service,
Jamee

Chester Travelers

**Midway – Harrington Casino
June 28 at 9 a.m.**

Includes transportation, \$7 for luncheon buffet, and \$15 coin bonus! Cost: \$25

Underground Railroad Experience in Lancaster County, PA, May 3

Guided tour of Underground Railroad sites in Lancaster and live re-enactments from railroad conductors, a visit to Magic Lantern Theater, Jacob's Choice, and sweet complimentary treats at an Amish-Mennonite bakery! Lunch at Shady Maple Smorgasbord

Cost: \$115 members/\$125 non-members.

Windsor, Ontario, Canada, June 19-24

Cost: \$700 members/\$725 non-members

Green Dragon Flea Market Trip, July 7

Cost: \$40 for members / \$50 for non-members

Wildwood, NJ, Family Fun Day, August 7

Stay tuned for full details.

Ocean City, Maryland, Aug. 28 – Sept. 1

Cost: \$625 members/\$650 non-members

Charleston, SC & Savannah Georgia

October 15 -21

Cost: \$949.95 per person/double occupancy

May and June Special Events!

**Mother's Day Luncheon Co-Sponsored by TNT Racing Club and Keystone VIP Choice
May 4 from 10 a.m. – 2 p.m.**

Celebrate the greatness of women at the annual Mother's Day Affair! The day will include a book reading and signing by Kanita Washington, author of "Prophetic Triumphs," a live historical reenactment of Harriet Tubman by Dr. Daisy Century, special recognition and honors. We wrap up with a delicious luncheon. The event is free for Chester Senior Center members and \$5 for non-members. Registration is required.

Older Americans Luncheon

May is Older Americans Month and all are welcome to join the party at the annual Older Americans Month Luncheon on Saturday, May 6 from 12:00 – 3:00 p.m. Sponsored by Phi Delta Kappa Sorority, the day includes entertainment and a delicious home-cooked lunch! All are welcome. Registration is required.

LAW Day

On May 11 at 10:30 a.m. meet with local lawyers from Delaware County Legal Aid doing pro bono work concerning wills or living wills, power of attorney, help with debt collection, assistance with bankruptcy, help with delinquent property taxes, SSI under/over payments, government benefits, and other civil matters. Get the help you need for free! Please sign up for an appointment by May 9.

Annual Health & Fun Fair

Celebrate being healthy at the annual health fair filled with health information, health screenings including blood pressure, vision, and glucose screening, healthy eating and cooking demos, fitness and dance demos, free captioned telephones for the hard of hearing, give-a-ways and more. Join us on Thursday, May 18 from 10 a.m. to 1 p.m. All are welcome to enjoy the fun!

Memorial Service

Honoring our loved ones who have passed on is a tradition at the Chester Center and will continue on May 26 at 11 a.m. We will pay tribute in song, in reflection and in the memorial candle lighting ceremony. Feel free to light a candle in honor of a loved one or friend.

BINGO MARATHON!

May 22 & June 26

BINGO it is! Try your luck at winning some BIG cash prizes over \$300 at the monthly Bingo Marathon. Bingo games are played from 10 a.m.

to 3 p.m. (with a short break for lunch) and the prize pot will grow larger as the day goes on. Tickets are \$10 in advance and \$15 at the door and include 8 Bingo cards and a snack bag. Additional cards and special games can be purchased for an additional \$1 each. To join the fun, sign up at the front desk.

Chester Tapper Recital at Neumann University

Our very own Chester Tappers will perform at the annual Dance Fusion Dance Recital on June 16 at 7:30 p.m. and June 17 at 2 p.m. Let's show some love by purchasing a ticket and attending one of the shows. For ticket information please see any of the Chester Tappers!



Voucher Program 2017

The annual Fruit & Vegetable Voucher program will begin in June. Eligible recipients are those 60 and older who reside in Delaware County. They can receive \$20 to purchase fresh fruits, vegetables, and herbs from designated farmer's markets in the area. A photo ID is required to receive a voucher. For further information please call the Chester Senior Center at 610-497-3550. Please take note of the distribution schedule:

Wednesday, June 14 from 11 a.m. – 2 p.m.
– Chester Senior Center Members Only

Every Wednesday starting June 28 from
1- 3 p.m. – non-members

Saturday BINGO FUNDRAISER!!

June 10 from 1-4 p.m. – Stay tuned for details!

May & June Birthday Celebrations

May 19 & June 30 at 11 a.m.

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

Friendship Facts

The Friendship Hall is Leaving Lasting Impressions

By Christine Helmandollar

Over 20 Friendship members annually participate in Senior Community Services' Art Show that displays the wonderful art created in both the fall and spring semester Center for Life Long Learning (CLLL) classes. The show always receives great reviews from attendees from all participating SCS centers and is a wonderful opportunity for senior art students to show off their talents. This year, among the many activities celebrating SCS's 40th anniversary, Friendship Circle is decorating the hall with new pieces of art that have been created this semester.

The original idea from Friendship staff was to share the creativity of the art work and encourage fellow members and the community to enroll in future Friendship art classes. But what we uncovered is not just about the art work; it is the feelings generated from class participants.

"I thought about it and I felt proud that people would look at my work and may want to try to take a class. I find it enjoyable to participate and a way to express myself in a special way, through art," said Sandy Dell'Arciprete.

Like Sandy, class participant Pat Gallagher said, "Hanging the art on the center walls is a good way to have people know what the art class is doing. Members even wander into the class to watch and comment on the working progress. Hopefully, this encourages more individuals to join the weekly classes."

Thanks to mentor and art instructor Marie Gilligan who deserves all the credit for encouraging her students to explore their talents in the world of art and creating an atmosphere that makes seniors comfortable expressing themselves through art.

Decorating the halls with this wonderful work is proving to be a step in the right direction of improving the décor around the center for the next 40 years. Thank you artists!



Marie Gilligan, Art Instructor is seen hanging a piece of her art work in the hallway.

**Semi-Annual Health and Information Resource Fair Friday, May 19th, 10 a.m.-1 p.m.

Free health screenings including hearing and foot screenings. Home care agencies, insurance, and financial information.

New this year:

** ClearCaptions will be on hand to provide information about phones and services available to those with hearing loss at no cost to those who qualify. Representatives will be on hand to demonstrate the phone.

**Flower and Vegetable Sale – Friendship staff will have a table selling several varieties of flowers, plants, vegetables, herbs. Pay and go – no orders. All proceeds go to our garden club.

National Health & Fitness Day Wednesday, May 31, 8 a.m. – 2 p.m.

Walking Clinic, Walking Club kick-off, free Zumba, Healthy Steps exercise class and line dancing. Mercy Health Physical Therapy will offer a program on watching your step when walking and Dr. Dana Waters will talk about keeping your feet healthy for walking. Call to register for walking clinic and walk.

Pinochle Tournament Saturday, May 13

Cost: \$12 (includes lunch, snacks and trophies)

MUST BRING YOUR OWN PARTNER

Doors open at 10 a.m., tournament starts at 11 a.m., prizes awarded at 4 p.m.

Deadline for payment is Friday, May 5.

Ace in the Hole Dinner Theater – The Drifters Thursday, July 13

Leave center promptly at 9 a.m.

Depart theater at 3:30 p.m.

- Motor coach transportation
- Delicious family-style luncheon
- 2 complimentary drinks
- All taxes and tips including driver
- Cost: \$95
- \$50 non-refundable deposit due immediately; full payment due June 13.

Spirit of Baltimore Luncheon Cruise Friday, September 15

Leave center promptly at 9 a.m.

Depart casino at 6:30 p.m.

- Roundtrip motor coach transportation
- Luncheon cruise aboard the Spirit of Baltimore
- Free time for shopping in Baltimore's Inner Harbor
- Taxes and tips (including driver)
- Cost: \$100
- Non-refundable deposit of \$50 due by July 15; full payment due by August 15.

Joanne's Journal

Reflecting on 40 Years of Serving Seniors

This year, Good Neighbor Senior Center turns 40 years old. That's 40 years of providing services to seniors, a population that is growing three times faster than the rest of the American population. As life expectancy has increased by 30 years in the past century, so have attitudes and behaviors of today's seniors. A recent study by the MacArthur Foundation found that, "rather than being a time of despair and crisis, the new old are self-confident, in good health, and personally productive." Indeed, they are more active, have more positive outlooks, and many are in much better health than their parents and grandparents a few generations removed. The new and emerging generations of older adults therefore present new challenges to those who serve them. Many of Good Neighbor's members have traveled extensively since becoming seniors and look to the center to continue to provide new, exciting and affordable travel options. They are creative and want to be introduced to new experiences that challenge their creativity. And some have even discovered that great secret of life that it is far more rewarding to serve others than to be served. These members can often be counted on to give their time, talents and resources to promote the mission of Senior Community Services while at the same time having the time of their lives.

Janie Strong, former director of Good Neighbor Senior Center, who retired after serving 18 years in that position, and who remains an active member and serves on the center's Advisory Council, speaks from a wealth of experience: "The services we provide to the seniors need to reflect a hands-on approach. Good Neighbor's first Center Director, Catherine Groves, was family-oriented and was related to just about everyone out here. During that time

I worked with the youth but did a lot of volunteering at Good Neighbor. When Catherine was about to retire I was asked to consider taking the position. When I became director, we did a lot of traveling. During my tenure, we also had a real strong volunteer base. We had a lot of volunteers from the community and the churches in the area. Some deacons from the churches even volunteered to do the meal delivery. We took trips to Harrisburg to advocate on behalf of senior issues, and our Gone But Not Forgotten program brought back family members from a distance to remember their loved ones. Moving from the sons of Sharon lodge to the new center in 2003 helped us to expand programs even more."

When asked her opinion about how Good Neighbor can continue to engage the expanding interest of today's seniors, Janie reemphasized the importance of member and community participation and involvement as well as the need for increased volunteerism.

"Participate in the programs that are being offered. Do rather than watch, enjoy everything that is provided for you. Sign up and do your part to make the center all that you would have it be."

As Good Neighbor looks to the next 40 years of supporting older adults, many of whom feel that their best days are still ahead of them, we'll do well to create more opportunities that challenge their curiosity and fuel their interest in fun, excitement, learning and volunteerism. Travel and culturally enriching activities as well as experiences that fulfill their need to discover life anew appeal to an increasing number of our members who range in age from their early 50's to their 90's. Members at both ends of this spectrum challenge us daily to offer programs unlike those that captured and satisfied the interest of older adults of yesterday. We're looking forward to meeting the challenge.

Special Events, Presentations and Trips

Good Neighbor's Annual Flea Market
Saturday, May 6, 9 a.m. – 4 p.m.

Good Neighbor's 40th Anniversary Black & White Oldies Gala
Saturday, May 20, 7 – 11 p.m.

Mother's Day Luncheon & Tea
Sunday, May 14, noon

Eye Care: Session by Candy Bantum
Thursday, May 25 at 10 a.m. & Thursday, June 29 at 11 a.m.

Monthly Birthday Party:
Friday, May 26, and Friday, June 23 at 11:30 a.m.

Produce Voucher Distribution:
Beginning on Monday, June 5 from 9 a.m. – 1 p.m. and continuing on Mondays through September

Thrift Store Hop:
Friday, May 19, 9 a.m. to 2 p.m.

Legal Aid: Fridays, May 12 and June 9 at noon

Apprise (Individual Counseling)
Thursdays, May 18 and June 15 from 10 a.m. – 2 p.m.

Cow Town:
Tuesday, May 23, 9 a.m. to 3 p.m.
Enjoy a fun-filled day of thrift store shopping. Wear walking shoes and comfortable clothing!

Casino Trips:
May 10 and June 14, 9 a.m. – 7p.m.
For more information, contact Dianne Roberts - Gibbs or Dianne Peterson at (610) 586-8170.

Good Neighbor's Annual Picnic:
Friday, June 16 from 11 a.m. – 3 p.m.
Good Neighbor welcomes members, families and friends to join us for a day of food, fun, and celebration as we celebrate our 40th anniversary!

Red Hatters Monthly Meeting: Thursday, May 25 and Thursday June 22, 1 – 3:30 p.m.

Breakfast Bingo (\$5 per person) Friday, May 12 and Friday June 9, 9 a.m. – 12 p.m.

Reiki: Friday, May 5 & 19 and Friday June 2 & 16 from 9 a.m. – 12 p.m.

Caregiver Academy – Upcoming Sessions

All sessions are held at Good Neighbor Senior Center and run from 4 to 5:30 p.m. Good Neighbor is located at 1085 Hook Road in Sharon Hill. To register or if you have questions about the sessions, please call 610-924-7920.

Session 3: Addressing the Misconceptions: Hospice and Palliative Care, Thursday, May 4

Session 4: Finding Gratitude and Positive Meaning in Family Caregiving, Thursday May 18

Session 5: Balancing Career and Caregiving, Thursday, June 1

Session 6: Caring for Yourself: Empowering the Caregiver, Thursday June 15

Kim's Korner



Dear Friends,

Many of you may not realize that this year is the 40th anniversary of Senior Community Services and Schoolhouse! We opened our doors in the latter part of 1977. Our agency has grown and expanded to include many innovative programs, all designed to help aging adults stay healthy and independent. This year we will have several special events to celebrate the 40th Anniversary. We start with our Spring Fling which will not only be our annual party, but will celebrate this special anniversary.

Our accreditation binders finally went to the National Institute of Senior Centers to be reviewed for reaccreditation. On the day when the reviewer comes out, we will celebrate with a center pride day. We ask everyone to wear their Schoolhouse shirts that day (if you have one). If you want one, they can be purchased at Clothes Quarters in Folsom.

There is much to be thankful for and much to celebrate.

Happy 40th Anniversary, Happy Mother's Day, Happy Older American's Month!

Love,
Kim

URGENT – Advocacy Needed

The governor is proposing consolidating the Department of Aging with three other departments. This could compromise funding for aging services (and senior centers). Please call or send a letter to your state senator and representative, opposing this consolidation. Here is a sample letter:

Dear Senator/Representative _____,

The Governor recently proposed a consolidation of four state departments including the Department of Aging. This action would totally dismantle the Department along with its powers and duties to represent the aging population. This would also jeopardize the lottery fund, which provides the majority of the funding supporting older adult programs and services. As an older adult and voter, I encourage you to take a position against this consolidation to insure that older adults continue to have a voice in the State of PA and that services will continue to be accessible and available to those in need.

Sincerely,

Name with your phone and address

Don't Be a Victim of Scams!

A few helpful rules:

1. Never give your information over the phone. If you have callerID, if you don't recognize the phone number, don't answer it.
2. Don't agree to purchases or donations over the phone. Insist on written information, which gives you the time to check them out.
3. If it sounds too good to be true, it is.
4. Check your credit card statements carefully each month. If there are charges that you did not initiate, report it to the credit card company.
5. If you are a victim of a scam, report it! Don't fall into feeling embarrassed and not reporting it. That's what scammers count on!

REPORT IDENTITY THEFT ASAP!

- Contact your bank about lost/stolen ATM cards/checks, or compromised passwords
- Contact your local police department to file a report
- PA Attorney General, Bureau of Consumer Protection 1.800.441.2555
- Federal Trade Commission 1.877.438.4338
- Report fraudulent use of your social security card at 1.800.269.0271
- Notify the US Postal Inspection of mail crimes 1.877.876.2455
- Monitor your credit by calling AnnualCreditReport.com at 1.877.322.8228

Thank You To:

- **The No Knot Knitters** - In the last year the No Knot Knitters made and donated 1,186 items to various organizations around Delaware County: 300 hats, scarves, and mittens went to the Sheriff's Office of Delaware County, 130 baby hats and 112 chemo caps to Riddle Memorial Hospital, 75 chemo caps and 75 Comfort Squares to Mercy Fitzgerald Hospital, 26 lap robes to St. Johns Hospice, 200 wash clothes to the Salvation Army, 80 hats and scarves to Loaves and Fishes, 36 hats to St Gabriel's Church, 30 lap robes to the VA Medical Center, 36 hats and scarves to St. John's Lutheran Church, 24 hats to Seamen's Church, and 12 hats and scarves to Lansdowne Presbyterian Church.
- **COSA** – for the grant to buy new living room chairs.
- **The search committee** headed by Phil Falcone and John Girolami who found the right chairs for us to purchase.
- **Michele O'Brien**, our Volunteer Coordinator for putting together a wonderful Volunteer Luncheon.
- **Judi Haines** for manning the Ridley Health Day for Schoolhouse.
- **The Schoolhouse Staff and volunteers** for very busy fall-spring seasons. We did 5 major events, many trips, and maintained a full schedule. All this took a tremendous amount of energy and teamwork. You are appreciated!
- **Everyone who supported the Aging at Home fundraiser.** Aging at Home has become very important to the Schoolhouse area, providing wonderful services.

Condolences to:

The friends and family of Marjorie Flanagan, Jane Renshaw, Penny Marinakis, George Brough, Dick Schwenke, Norma Langley, Marge Flanagan, and Jane Renshaw.

Best Wishes Bonnie!

Bonnie McCall is that quiet, gentle person who has been working with Sayre and Jill. She was everywhere, helping everyone. AARP, her training program, moved her to another site to continue her job readiness. We are so sad to lose her, but thank her and wish her well.

Sunshine Wishes to:

Bernie Prince, Linda Zappacosta, JoAnna Fiscaro, Sally Tesauo, Dick Schwenke, Chuck Becker, Norma Langley, and Betty McElroy.

Older American Month Activities

May 6:

COSA Expo at Harrah's

May 9:

American Watercolor Exhibit

*May 11:

Film: *Hacksaw Ridge*. *Hacksaw Ridge* is an excellent film with a wonderful story and excellent acting. As the wartime violence is excessively explicit, we will offer to view another excellent film *Hidden Figures*. *Hacksaw Ridge* will be available to borrow to view at home.

May 12:

40th Anniversary Spring Fling

May 26:

Memorial Day Program at 10:30 a.m. All veterans are welcome to come and enjoy a complementary lunch, pre-registration is essential.

Save the Dates

Sunday, June 11 from 1-4 p.m.

40th Anniversary Open House and Art Exhibit

Wednesday, July 1

reception for the SCS Art Show at Delaware County Community College



Highlights, continued from page 7

**Wednesday May 3 & June 7 at 12:30 p.m.
Good Neighbor**

A fun, interactive, delicious way to learn how to make smart eating choices. Sponsored by Penn State Extension.

➤ **RELIGION & SPIRITUALITY**

**Bible Study
Tuesdays at 5-6 p.m.
Chester**

Share in the knowledge and life in the word of God. Join Pastor Allen Jones in this inspirational study group!

**Bible Study
Tuesdays at 9:30 a.m.
Good Neighbor**

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

➤ **TECHNOLOGY**

**Electronic Club
Chester
Tuesday, Wednesday, Thursday from
10:30 a.m. – 2 p.m.**

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

Care Management, continued from page 4

President Trump's proposed federal budget is of great concern to older adults because it plans to eliminate or reduce funding of the following programs:

- Low Income Energy Assistance (LIHEAP)
- Senior Community Employment Program (SCSEP) the only program that employs low income adults.
- Legal Services Corporation, which provides legal assistance to low income people including older adults.

**Please contact: Patrick Meehan,
US Representative, District 7,
(610) 690-7323 / fax # (610) 690-7329
940 W. Sproul Rd., Springfield, PA 19064
and let him know that we oppose the
mean-spirited budget because it targets
our neediest people, including
older adults, for elimination.**

**SAY NO to the Trump
budget. IT'S NOT OK!**

The Aging at Home Program held a fundraiser, "Murder, Vegas Style," at the Lazaretta Ballroom in Essington in April. Nearly 200 people attended the event and over \$9,000 was raised. Pictured in the top photo is the chair of the event Wendy Pekus-Mazeika with her husband, Jerry. In the middle photo are event committee members Lorraine and Bob Healey, president of Schoolhouse Center's Advisory Board, along with their family. Pictured in the bottom photo are Mr. and Mrs. Spragins.