

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

Caregiver Academy Offers Support and Education at Friendship Circle

By Heather Dale

Friendship Circle Senior Center and the Family Caregiver Support Program are teaming up this spring to offer targeted programming to assist caregivers and also provide recreational activities for their loved ones at the center.

The six-week program, which began in April, provides educational classes to caregivers while their loved ones participate in meaningful activities. Each week caregivers will receive education and guidance by an expert who will discuss these various topics: communication strategies, relaxation techniques, good nutrition, hoarding, and more. Caregivers are invited to bring their loved one to engage in stimulating cognitive activities provided by a Certified Recreational Therapist.

Not only is this programming unique, it represents a bit of a departure for the Family Caregiver Support Program (FCSP) which focuses on serving the nearly 200 families in the program through care management. FCSP is a state and federally-funded program that is managed by Senior Community Services in Delaware County. The program aims to ease the stress of caregivers while providing emotional support, access to community resources, as well as financial reimbursement for caregiving supplies. FCSP piloted this program last year at the Schoolhouse Center in Folsom and it was a success with nearly 50 caregivers in attendance. The series of programs allowed FCSP to cast a wider net, serving caregivers who were not already receiving assistance by FCSP care managers.

FCSP Program Manager Debbie Templeton is hoping to build off of last year's momentum and reach even more caregivers from Delaware County and beyond who are in need of support, resources, and information.

"We are very passionate about caregivers and I am excited to be able to offer this program again thanks to the sponsorship of Delaware County LINK to Aging and Disability Services," Templeton said. "It was a huge success last year and I am thrilled to be able to bring this unique program to caregivers who so often reach out and say they just wish they could get the information they need."

Templeton said that the response from caregivers interested in attending has been strong and those who have signed up have indicated that they want to participate not just for their own benefit, but for the loved one they provide care to.

"I am looking for additional resources and support to help make this a wonderful time for [my mother], even if she doesn't remember it tomorrow and to help me keep a positive, loving, and pleasant manner in

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SCS Promotes Active Aging with Creative Wellness Programs

By Heather Dale

When Arthur Weisfeld founded Senior Community Services nearly four decades ago, his goal was to create an agency that promoted and supported active aging for Delaware County seniors.

SCS has met that goal and continues to exceed Weisfeld's expectations, offering a wealth of health and wellness programming from Zumba to chair yoga, tutorials on how to cook with herbs to workshops on how to manage diabetes. Seniors, more than ever before, come to SCS to dance, stretch, grow, and learn and the agency continues to meet their needs with new and innovative programming each semester.

"If someone told me that seniors would be doing yoga and gospel aerobics at our centers nearly 40 years ago, I would not have believed them," Weisfeld said. "The seniors who come to our centers are more active than ever before and our center staff does a wonderful job of creating fun and exciting programs to help keep our participants active and engaged."



As agencies and organizations gear up to celebrate Older Americans Month this May, SCS continues to offer a variety of classes for seniors enabling them to age actively and meet their growing needs and interests. No matter the month, SCS celebrates older adults each day, and for the past 23 years, SCS has offered the Center for Life Long Learning (CLLL) which is the umbrella name for adult education classes held at agency's four centers and up to six other sites in the county from YMCAs to libraries to municipal buildings. Courses range in duration and subject matter. In fiscal year 2013/2014, CLLL sponsored 489

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Senior Community Services
600 Swarthmore Avenue
Folsom, PA 19033

Nonprofit Organization
US Postage
PAID
Permit No. 57
Upper Darby, PA 19082

Conquering Stress with Community Support

By Arthur Weisfeld



We've had some difficult weeks. On the bright side, the weather has markedly improved. It's a relief not to have to tread the sidewalk looking out for patches of ice. It's a pleasure to go home from work and know that a few hours of light are left in the day. These things make a big difference for all of us.

On the other hand, we've been struggling with the fact that several weeks ago our daughter Gabi broke her hand. What an ordeal. But many of you know that already, having dealt with a host of medical challenges yourselves. For us, it was daunting to have the three-hour surgery and the recovery take place in a way that

would not unduly disrupt Gabi's semester. Gabi was a trooper and bore the pain and the inconveniences with fortitude. We're particularly amazed that she is getting through her sculpture class with her right hand in a medical wrap (she is right-handed!) We've told her, "No more accidents for awhile."

During this time, my father was hospitalized for a physical problem requiring a surgical procedure, and the distance between us creates more anxiety for both of us. Fortunately, my stalwart sister Judy (I've written about her in the past) interacted with medical staff, and made sure my dad moved forward physically while remaining as comfortable as possible. Following his hospitalization he went into rehab and then was extremely pleased to be home. He seems to be doing well.

And just this week, we went to file our taxes

and found that someone had already filed them for us. This was not a kindness; it was identity theft. We are now going through the hoops of taking any protective measure available to us, as well as interacting with legal authorities to ensure that justice is done. But it drains anyone's time and energy.

Am I just complaining? Possibly. But I also want to make the broader point that sometimes in life, troubles just cluster. Each problem would be enough on its own. When they co-occur, it pushes us to the limits of our stress tolerance. That's natural. However, what we should not add to it is a sense of isolation, an impression that we are being singled out for a special load of misery. Some good things come together and sometimes, bad things do. When the latter happens, we should just look around and recognize the supportive communities in which we reside. That's what I'm doing right now.

Active Aging, continued from page 1

courses involving 2,367 class sessions. Flipping through the course catalog, the health and wellness section for each center is lengthy and diverse. Each location offers host of fitness, wellness, health presentations, and healthy eating cooking demonstrations each semester.

At the Chester Senior Center there has been a concerted effort to offer more and more preventative health services and presentations. On Thursdays from 10 a.m. to 1 p.m., the center offers a wellness center where a nurse practitioner who provides individual counseling, health screenings, support groups, assistance with medications, and contacts physicians on behalf of seniors.

"People say they love their physicians, but they don't always understand what they are supposed to do once they get home," said Chester Senior Center Director Jamee Nowell-Smith. "The nurse practitioner is here to make it a little easier to understand. Sometimes you just need someone to help you navigate the system."

Center Without Walls, which serves active older adults in Brookhaven, Concord, Aston, and now, Springfield, offers health presentations on a variety of topics, fitness classes, and each spring offers a Senior Health and Wellness event at the Brookhaven Municipal Building. The free event will be held this year on May 14 from 11 a.m. to 1 p.m. and will feature health information presented by the Crozer Keystone Health System as well as many other resources and organizations from Delaware County.

At Schoolhouse Center in Folsom, wellness is an important component of programming, but doesn't always have to be serious.

Schoolhouse started offering a program called Laughter Yoga that promotes body, mind and spiritual healing through laughter. The center also developed a series of seated fitness classes, like chair yoga and chair Zumba, which have become extremely popular.

"You get the same benefit of the old fashioned yoga without having to worry about getting off the floor," said Sayre Dixon, program coordinator at Schoolhouse. "Once I get down there, it's tough and embarrass-

ing to get up. These classes offer the same benefits, without the worry."

In addition to fitness classes, the centers also offer wellness programs of a different sort. Good Neighbor Senior Center located in Darby Township offers a monthly reminiscence group called Kitchen Table Stories that allows participants to discuss their own personal histories and share life stories in a fun and supportive manner. The program is made possible with funding from the Delaware County Office of Services for the Aging (COSA) and is facilitated by NHS Human Services Senior Center Behavioral Health Program.

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

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

For more information about these programs and others offered by Senior Community Services please contact the following senior centers or log on to www.scs-delco.org for more information.

Chester Senior Center: 610-497-3550

Good Neighbor Senior Center: 610-586-8170

Friendship Circle Senior Center: 610-237-6222

Schoolhouse Senior Center: 610-237-8100

SCS Programs in Aston, Brookhaven, Concord, and Springfield: 484-496-2143

Lorraine Kasprzak

By Frannie Schmerling, Senior Center at Home Program Manager

Lorraine Kasprzak was born in Philadelphia in 1953. She has worked for Weight Watchers, in real estate, as a crossing guard, and most recently as a middle school science and math teacher. During her Senior Center at Home visits, Lorraine enjoys reminiscing about past travels, discussing her collections, and especially doing crafts.

Can you tell me a bit about the unique and beautiful collections around your apartment?

My aunt used to give me wind up toys as gifts. Once though she gave one I really liked to my sister. I was upset so I ripped off the balloon telling my sister that was the best part so she should keep it. I felt bad for years that I did that. I kept the wind up part for myself. Years later I traveled to Cape May and saw that exact toy at a store there. I bought it for her birthday.

I also love collecting and displaying other items too like PEZ dispensers, old cameras, and artwork from friends.

You mentioned traveling, where else have you been?

I've done a lot of road trips, especially with my sister. Our parents let us take their brand new Chevy Nova on a trip up through Vermont toward Maine. We even made it to Nova Scotia and rode the ferry back. A few years later we drove across the country with two other girls. When I was first married I lived out in Colorado.

What other activities have you enjoyed over the years?

I used to sew outfits for myself every week



for church and also for dances at The Manor. I even earned \$50 for a dress I made for a friend.

I was a good artist as a child and am proud that my kids became artistic too. Later I became more interested in photography and was excited to go to the Antonelli Institute.

How have you been spending your leisure time lately?

It has been harder to do things, [due to physical limitations from Ataxia] but I still try to keep busy. I go to the movies with my mother, shopping with my daughter or spend time with my son when he comes for a visit. He's a great cook! This winter was rough though. It was hard to get out. It was nice to have Senior Center at Home. I'm thankful [my Care Manager] Jenaya referred me last year.

What activities have you been enjoying participating in during our visits?

My favorite is the patriotic clothespin wreath we did last summer. I also can't wait to hang up the Christmas/Valentine collages! I love decorating my apartment for each season so doing these activities has been really great.

We live in such a noisy world. What? Can't hear you.

*By Donna Schumacher
HDC Coordinator*



I often write about the dangers of loud music. I bring ear plugs with me to gym classes and have even boycotted a favorite cycling class because the music is just too loud – dangerously loud. It is so loud, going from a 90db to over 140db, that even my ear plugs can't drown out the noise.

I'd like to pass on some information from an article I read on the Hearing Loss Association web site on the subject:

According to the International Federation of Hard of Hearing People (IFHOH), more than 360 million people have a hearing loss, representing five percent of the world's population. Among adults, 15 percent have a hearing loss. These are staggering numbers. Especially concerning is that for some people, the hearing loss could be prevented by the safe use of personal audio devices such as smartphones and MP3 players and monitoring exposure to damaging levels of sound in entertainment venues.

In 2015, the theme for International Ear Care Day is 'Make Listening Safe,' raising awareness of the increasing problem of noise-induced hearing loss. This should serve as a serious warning to the millions of teenagers and young adults who are at risk of hearing loss due to the unsafe use of personal audio devices and exposure to damaging levels of sound at noisy nightclubs, bars, and sporting events. It highlights that such recreational hearing loss has potentially devastating consequences for physical and mental health, education, and employment.

So like me, preach this to your children, your grandchildren, your gym instructors or to anyone who could use a bit of hearing education. I know I will continue to pass out my ear plugs and wear them proudly in my exercise classes and at the theater.

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People Coming Together to Help Seniors



By Christine Helmandollar, Director

For a community to be “age friendly,” it needs to: be safe and secure, offer a sense of community, enrich people who are 60 plus years of age, have an affordable economy, volunteer opportunities, offer public transportation, and offer excellent healthcare. Thanks to the United Way of Greater Philadelphia and Southern New Jersey, Aging at Home addresses these issues to provide senior support in the Greater Lansdowne area.

To celebrate Older Americans Month this May, volunteers stuffed and distributed 100 reusable bags full of household items like bath mats, nightlights, playing cards, Soduko books, toiletries, and even battery-operated carbon monoxide detectors. The items were collected and then distributed to Aging at Home members in Aldan, Darby, Colwyn, East Lansdowne, Lansdowne, and Yeadon. The combined efforts of members, students, Kimberly Clark employees, and town groups were amazing. I am so

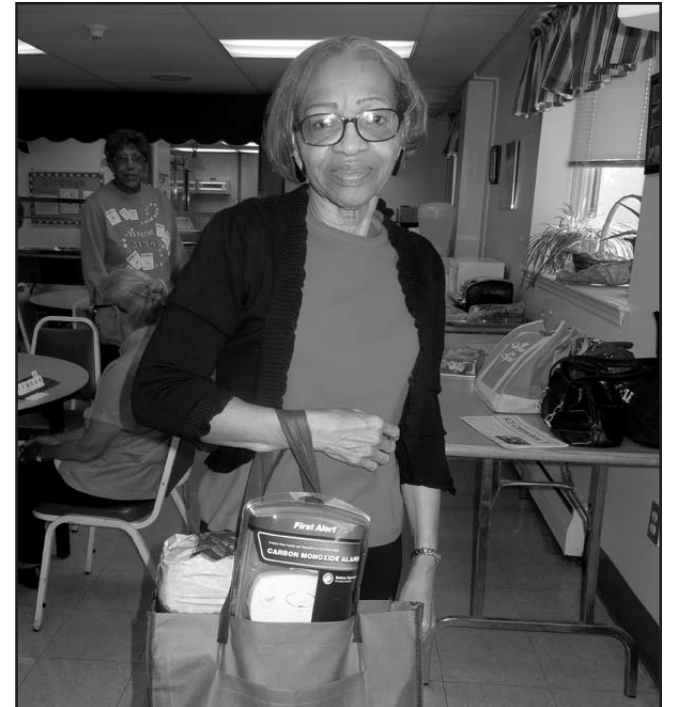
pleased with how diligently everyone worked together. Everyone’s hard work paid off as each member who received a bag was so appreciative.

Mike Mooney, an Aging at Home member and recipient of a bag said that receiving the gift was exciting in itself but after opening the bag, he realized that it contained items that he could really use. He particularly enjoyed the bath mat, house battery, and note cards. The staff continues to receive positive feedback from members about their bags, so thank you for coming together to make the project work. The Depends Project was a perfect example of bringing people together to support our seniors.

The gift bags are only one way seniors are getting a sense of community support. Let’s face it, everyone loves to receive gifts but the underlying reality is that seniors in the Greater Lansdowne area are feeling safe, connected and cared about. It is because of Aging at Home that area seniors feel supported. From rides to medical appointments to volunteers helping caulk a window, the Aging at Home program is making strides in serving seniors. I, and the entire Aging at Home team, invite you to get involved

whether to volunteer or benefit from the program, you will definitely understand its value.

If you have any questions about the program or would like to volunteer your time and talent, please contact me at 484-534-2201 or agingathome@scs-delco.org.



Joyce Henderson enjoys the reusable shopping bag she received from Aging at Home. It is filled with useful household items.

CARE MANAGEMENT

Aging in America 2015 - NOW Is the Moment?



By Trindy Grundy, Associate Director for Long Term Care

May is the national Older Americans Month and what better time to remind our consumers, providers and staff that NOW is the moment to be prepared. Are YOU prepared to live another 20-40 years? Questions to help guide you are:

- Do you have Power of Attorney (POA), Advance Directives and Living Will?
- Do you know who will provide care if you became incapacitated today?
- Does that person know your wishes regarding where you want to live, etc.?
- Do you have enough money to remain in your home paying taxes, utilities and home maintenance?

To help you prepare, join Robert and Dana Breslin on May 6 for a free presentation on practical legal steps to take after the death of a spouse. The presentation will be held at the Aston Community Center located at 3270 Con-

cord Road at 1 p.m. Christopher Murphy, Esq. will host a free presentation on May 5 about new changes to the Powers of Attorney law that went into effect on January 1. This presentation will be held at the Springfield Township Building located at 50 Powell Road at 2 p.m.

The many faces of aging in America are right here in Delaware County. Statistical reports from the Centers for Medicare and Medicaid Services (CMS) indicate that there are over 101,000 Medicare beneficiaries living in Delaware County. However, the number of services utilized by older adults is miniscule. Of those receiving Medicare benefits, there are 24,051 beneficiaries eligible for the Medicare Savings subsidy, but only 721 are being served.

The Apprise Program can help Medicare beneficiaries access savings programs and also provide free one-on-one counseling to help seniors find the best health insurance plans to meet their individual needs. Please contact Apprise Program Manager Glenda Radical at 484-494-3769 or gradical@scs-delco.org for more information.

Aging in America is no joke! You must be

prepared! Use the month of May to assess your situation and discuss matters with your loved ones. The SCS Long Term Care Department is here to help you be prepared. Visit www.scs-delco.org or call 484-534-2050 and ask to speak with me, Trindy Grundy. You can also stop in at the SCS and Apprise booths at the Senior Expo on May 8 at Harrah’s Philadelphia in Chester.

Medicare Individual Counseling Sessions Presented by Apprise Program
May 20, June 3, July 29, August 19 and September 23 from 10 a.m. 2 p.m. at Good Neighbor

Individual counseling sessions are one-on-one sessions scheduled in 45 minute blocks to assist Medicare recipients with Medicare questions, concerns, and enrollment into Medicare Advantage Plans, Part D Prescription Plans, Medicare Cost-Savings Programs, and Medigap Plans.

Apprise Program Assists Seniors Throughout Delaware County

By Glenda A. Radical, APPRISE Program Manager



The Apprise Health Insurance Counseling Program is a free, state-sponsored health insurance counseling program designed to help older Pennsylvanians with Medicare education and information. The program is run mainly by volunteer counselors who are extensively trained by the state. The volunteers help ensure that a Medicare recipient finds a health insurance plan that meets their needs either by finding a lower premium plan or a plan that fits their unique medical situation.

The Apprise Program is in more locations than ever before. Here are some of the ways that you can access assistance from Apprise.

Delaware County Apprise Program Locations

Would you like to save money on your Medical Part B premiums and Medicare prescriptions cost? Delco Apprise Program can provide these services and more at no cost to you:

- Free Medicare information and counseling
- Free Supplemental Plan information and counseling
- Free Medicare Plan and Part D enrollment
- Free assistance with enrollment into Medicare's cost sharing programs
- Free Medicare presentations and workshops

The Delaware County Office of Services for the Aging and the Apprise Program Volunteer State Health Insurance Program counselors can provide free assistance to Delaware County Medicare beneficiaries year round and during the Medicare Annual Open Enrollment season, October 15 through to December 7 annually. For more information, visit the Pennsylvania State Health Insurance website: pda-apprise.org/meetings, Senior Community Service website: www.scs-delco.org, or call the Delaware County Apprise Program office at 484-494-3769.

Individual one-on-one counseling appointments are available at the following locations in Delaware County:

Chester Senior Center	Chester	610-497-3550
Friendship Circle Senior Center	Lansdowne	484-534-2033
Good Neighbor Senior Center	Sharon Hill	610-586-8170
Schoolhouse Senior Center	Folsom	484-496-2132
State Senator Anthony H. Williams Office	Yeadon	610-284-7335
State Representative Nick Miccarelli's Office	Ridley Park	610-534-1002
Surrey Services for Seniors at Broomall	Broomall	215-307-7158
Surrey Services for Seniors at Devon	Devon	484-321-6102
Surrey Services for Seniors at Havertown	Havertown	610-446-2070
Surrey Services for Seniors at Hometown	Media	610-566-0505
Upper Darby Senior Center	Upper Darby	610-732-7652
Upper Darby Sellers Library	Upper Darby	610-789-4440
Wayne Senior Center	Wayne	610-688-6246

If you are interested in scheduling an appointment with any of the legislative offices or becoming a legislative office partner with the Delaware County Apprise Program please contact me at 484-494-3769.

CWW Helps Active Adults "Get into the Act"

By Farah Esfahani, CWW Coordinator



Finally the charming month of May has arrived with its majestic beauty. May is truly a perfect time to celebrate many special occasions such as May Day, National Teacher Day, Memorial Day, Mother's Day, and of course, Older Americans Month. Since its inception, Older Americans Month has been a time we honor and pay tribute to older Americans for their legacies and extraordinary contribution to our nation. The theme for this year is "Getting into the Act."

Following are the highlights of some of the educational programs we are offering during this special month:

Center Without Walls (CWW) will hold its third Senior Health and Wellness Fair at the Brookhaven Municipal Building on May 14. This event will provide important health and wellness information. Health providers from various organizations such as Crozer Keystone Health System Community Health Education, Keystone First, Keystone VIP Choice, Riddle Hospital Stroke Program (providing blood pressure screening and stroke risk assessments), and Tobacco Dependency Treatment Program, Senior Community Services Apprise Program (providing Medicare 101 information) and many more will be in attendance.

At Aston Community Center, Robert and Dana Breslin, Esq. will offer a presentation on "Practical Legal Steps to Take after the Death of a Spouse or a Family Member" on May 6. The book club at Aston this month is on May 20. "The Aviator's Wife" by Melanie Benjamin, is the book to be discussed.

At our new location, the Springfield Township Building, the following workshops will be held: "Pennsylvania Changes in Power of Attorney" by Christopher Murphy, Esq. on May 5 and "Medicare Supplemental Plans" by Glenda Radical, Apprise Program coordinator on May 7.

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

➤ ARTS AND CRAFTS

Doll Making

Instructor Lynette Poole

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

Members: \$5 /Non-members: \$8

Chester

Come and learn the history of dolls and create authentic and one of a kind handmade dolls from materials you would not believe!

Painting Ceramics

Wednesdays beginning May 27 to June 17 from 10 a.m. to 12 p.m.

Cost: \$3

Good Neighbor

Come join this “artful experience” even if you are artistically challenged!

Woodcarvers

Mondays at noon

Schoolhouse

Members create extraordinary art from wood.

No Knot Knitters

Tuesdays at 12:30 p.m.

Schoolhouse

If you are a new or experienced knitter, join us as we make special gifts for special needs.

Ceramics

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

Chester

Create beautiful ceramics using various stains, glazes and firings.

Sewing

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

Chester

Cost: \$5 for non-members

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

Basic Drawing

Every Monday in May at 10 a.m.

Good Neighbor

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

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

New artists will learn drawing basics such as form, composition and proportion. Advanced artists will be challenged with new techniques

in different media such as charcoal, pen, ink, and pastel.

Pencil Drawing and Watercolor

Mondays from 12:30-2 p.m.

Cost: \$5

Chester

All are invited to come and learn the basics of pencil and watercolor arts or enhance their artistic skill in these media.

Watercolor Painting

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

The next session begins May 20/Cost:

\$50/10 weeks

Schoolhouse

Beginner through advanced painters welcomed.

Oil & Acrylic Painting

Fridays from 12-2 p.m.

The next session begins May 8

Cost: \$50 for 10 weeks

Schoolhouse

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

➤ DISCUSSION GROUPS

SOK (Share our Knowledge) Club

First and Third Wednesdays at 10 a.m.

Schoolhouse

Members share their insights on everything from autos to zinc.

What's New(s)

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

Schoolhouse

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

Kitchen Table Stories

Fourth Thursday at 10 a.m. at Schoolhouse

Every Third Tuesday at 11 a.m. at

Good Neighbor

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

Good and Welfare Group

Second and Fourth Thursdays of each month at 12:45 p.m.

Good Neighbor

This group covers many different topics and has discussions about issues facing seniors.

Caregiver Support Group

Tuesday, May 5 and June 2 from 2 - 3 p.m.

Chester

Fourth Wednesday of each month at 1 p.m.

Friendship Circle

Join this group to receive support from professionals and other caregivers as we share experiences, resources, and information to help each other with the caregiving process.

Hot Tea/Books

Last Tuesday of each month at 10:30 a.m.

Friendship Circle

What are the top 4 to 5 books flying off the shelves at the library each month? You might be surprised at some of the topics. Join the lively discussion while enjoying a cup of tea.

Divine Sources: “Take Back Your Health”
Tuesdays May 12 and May 19 at 10:30 a.m.

Presenter: Rev. Michael Loan

Good Neighbor

Experience this lively program that will highlight sight, sound, taste, touch and smell and include nutrition demos, food sampling, healthy eating and exercise tips, free samples of coffee, tea, giveaways, games and fun!

Book Club

Wednesday, May 20 and June 17 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.

Positive Aging Book Group

Second Thursday at 9:30 a.m.

Schoolhouse

Explore a new book each month.

➤ FITNESS

Dance Party Fitness

Tuesdays beginning April 28 at 10:45 a.m.

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

Good Neighbor

Are you ready to dance the calories away? Then kick it with Janet Ford. This 45-60 minute workout feels like a party, but it will get your heart rate up, work your abs, and make your legs burn in the best possible way.

Seniorcize

Last Tuesday of each month at 10 a.m.

Cost: Members: no fee/Non-members: \$1

Friendship Circle

An exercise and balance program that will

...More Highlights

include a talk on a related health topic.

Gospel Aerobics

Wednesday, May 6, 20 and 27 at 10 a.m.

Wednesday, June 3, 12, and 30 at 10 a.m.

Chester

Join this fun spiritual exercise program! Improve your physical and spiritual health through low impact exercise seated and standing that will fill you with energy in your body.

Chair Yoga

RETURNING!

Wednesdays at 3:15 p.m.

Schoolhouse

Get the full benefits of yoga (strength & flexibility) without the difficulty of reclining or returning from the floor. Session ending June 10.

Chair Zumba

NEW!

Thursdays at 3:30 p.m. (ongoing)

Cost: \$5 per session – pay as you go

Schoolhouse

Tuesday, May 12 and 26 at 11 a.m.

Tuesday, June 9 and 23 at 11 a.m.

Chester

Enjoy this popular, lively form of fitness and exercise. Lively music allows for generous body movement. Improve flexibility, strength, tone, and overall fitness.

Healthy Steps

Tuesdays and Thursdays at 10 a.m.

Schoolhouse

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

Cardio and Strength Training Exercise

Tuesdays at 5 p.m., Chester

This is a moderate-level exercise class that helps to improve strength, flexibility and endurance.

Line Dance Classes

Tuesdays from 6 - 7:15 p.m. and Thursdays at 1 p.m.

Cost: Tuesdays, \$4/Thursdays, \$1 at Chester

Tuesdays at 2:30 p.m.

Cost: \$1 per session at Schoolhouse

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

Walking Club

Monday-Friday from 9:30-10:30 a.m.

Good Neighbor

Join the Walking Club and burn calories! Walking locations will vary.

Mall Walking

NEW!

Monday-Thursday from 9 to 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.

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.

Sit and Get Fit

Monday, Tuesday and Thursday at 10 a.m.

Schoolhouse

Tuesdays and Thursdays from 10:30-11 a.m. Chester

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

Yoga

Tuesdays at 9 a.m.

Cost: 10 weeks/\$40

Schoolhouse

Yoga promotes strength, flexibility, balance and focus.

➤ HEALTH AND WELLNESS

Foot Care Clinic

Wednesday, June 3 from 9 a.m. – 12 p.m.

Chester

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

Vision Care

Thursday, May 7 at 10:30 a.m.

Learn about “Norie’s Syndrome,” a congenital anomaly resulting in blindness at birth.

Thursday, June 28 at 10:30 a.m.

Learn about “ocular histoplasmosis,” a disease characterized by fluid leakage and scarring of the macula.

Chester

Memory Screenings

Thursday, June 18 at 11 a.m., Chester

Do you feel that you’re getting more forgetful? Trouble recalling information, details, etc.? Come and take a short but valuable memory screening conducted by health professionals.

Art Therapy

Wednesdays, May 6 and 13 at 12:30 p.m.

Chester

Enjoy this art program that focuses on en-

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

➤ NUTRITION

Eating Smart Talk

Tuesday, May 5 at 11 a.m.

Schoolhouse

Tuesday, May 5 and June at 12:30 p.m.

Good Neighbor

Wednesday, May 6 and June 3 at 11:15 a.m.

Chester

May Topic: “Senior Snacks”

June Topic: “Know What’s for Dinner”

Healthy Cooking Demo

May 21 and June 18 at 12:30 p.m.

Good Neighbor

Tuesday, May 26 at 11 a.m.

Schoolhouse

Wednesday, May 27 and June 24 at 12:30 p.m.

Chester

May: Pineapple Salsa

June: Chicken Fruit Salad

➤ RELIGION

Bible Study

Tuesdays from 6-7:30 p.m. at Chester

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

Good Neighbor

Share in the knowledge and life in the word of God.

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.

➤ 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.

Exploring Your Laptop

Tuesday, June 2 and 9 at 1 p.m.

Cost: Members: \$10/Non-members: \$15

Friendship Circle

There may be some hidden features or shortcuts of which you are unaware. Instructor Michael Yurcaba will help you become more proficient with your laptop and utilize it to your advantage.

Chester Chatter



Have you heard the news? Chester Senior Center has added another valuable service. We are proud to welcome and introduce chiropractor Dr. Cara Cartwright of McCarrin Chiropractic! Dr. Cartwright comes with years of education and experience and she has the desire and proven commitment to exceptional patient care. Dr. Cartwright, a graduate of New York Chiropractic College, has practiced in Pennsylvania since 2008. For those having problems with pain, balance, alignment, back issues and more, Dr. Cartwright is available to help and is taking appointments for Tuesday and Thursday mornings in the Chester Senior Center Wellness Center. Most insurance is accepted as well as private pay. For an appointment call 610-566-7424.



Welcome Dr. Cara Cartwright!
(SCS and Chester Senior Center are not affiliated with McCarrin Chiropractic.)

Chester Travelers

Midway—Harrington Casino

May 27 and June 24 at 9 a.m. at 9 a.m.

Includes transportation, free luncheon buffet, and \$10 coin bonus! Cost: \$25

Pocono Bazaar Flea Market Trip

May 30 at 7 a.m.

Enjoy indoor and outdoor shopping for great bargains on jewelry, clothing, shoes, cosmetics, house wares and so much more. Dinner on your own at Golden Corral. Cost: \$35 Members/\$45 Non-members

Montreal and Quebec City, Canada

June 7-13

Cost: \$791 members/\$821 non-members

Sight & Sound Theatre's "Joseph"

June 24

Enjoy the live performance of the biblical story of Joseph and a delicious meal at Shady Maple! Cost: \$120 Members/\$130 Non-members

Choptank River Crab Feast

June 30

Cost: \$110 members/\$125 non-members

May & June Special Highlights

Pre-Mother's Day Celebration

Calling all mothers, sisters, daughters, aunts, and friends! Start the day off on Thursday, May 7 by enjoying a deluxe continental breakfast sponsored by the Chester Red Hatters, followed by a complimentary body massage, Mary Kay beauty treatments, Mother's day treats, entertainment and so much more. The events begin at 10 a.m. The program is open to all but please sign up at the front desk.

Annual Health Fair

Join us on Wednesday, May 21 from 10 a.m.-2 p.m. for the Annual Health and Wellness Fair for loads of health information, health screenings led by Health Steps medical technicians; talk with health professionals face-to-face, pick up your give a-ways, enjoy refreshments and have some fun! Stop by to participate in a fun Zumba class, "What a Crock" crock pot cooking demo, line dancing, and more!

LAW DAY for Older Adults

On Wednesday, May 21 from 10 a.m. to 1 p.m. take the opportunity to meet with lawyers from Delaware County Legal Aid who will meet privately with individuals to discuss matters related to power of attorney, wills, debt collection, delinquent property taxes, government benefits, bankruptcy and more. The lawyers will give advice and begin the process to complete necessary documents on site as well. Don't miss out and it's all FREE! Registration is required!

Annual Memorial Service

Celebrate the lives and memories of loved ones at the annual Memorial Service on Friday, May 22 at 11 a.m.

Chester Senior Center Art Show 2015

Come celebrate the artistic talents of the Chester Senior Center artists in media such as pencil, watercolor, oil, and ceramics. Take in the beauty of hand-made African dolls and other

creative arts! Enjoy light refreshments, cocktails and fellowship. The event will be held on Saturday, May 23 from 1-4 p.m.

Chester Senior Center Antique Road Show

The Chester Senior Center will host an Antique Appraisal on Tuesday, May 26 at 5:30 p.m. Bring in your treasures and have them appraised by appraiser John H. Thompson. Decide if you will keep or sell the treasure on-site. Registration is required. Participants are limited to three pieces each and the cost is just \$5.

Vouchers 2015

Stay tuned for Voucher Program information. Voucher distribution will begin and farmer's markets will open in June!

May & June Birthday Celebrations

Fridays, May 29 and June 26 at 11 a.m.

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

FUNDRAISERS!

Show Your Center Pride!

Show your center pride by purchasing and wearing an embroidered short sleeve polo shirt or an embroidered long sleeve tee shirt! Sample shirts are on display in the center lobby. There are small to extended sizes available and nine different color choices. Please pick up an order form at the front desk and place your order soon! The cost is \$20 (\$22 for sizes 2X and larger). This is an Advisory Council fundraiser and the chairperson is Cyrise Dixon.

4th Annual Flapjack Fundraiser

Join us to raise money for Chester Senior Center programs at the all-you-can-eat Flapjack Breakfast at Applebee's Restaurant, 320 MacDade Blvd., Folsom on Saturday, July 11 from 8-10 a.m. Tickets are \$10 and \$5 for children 12 and under.

Chester Travelers, continued

Phillips Seafood/Crab Feast ~ Baltimore, MD

August 10

Cost: \$100 members/\$115 non-members

Ocean City, Maryland

August 31-September 4

Cost: \$630 members/\$660 non-members

Pine Grove Dude Ranch

October 4-9

Cost: \$430 members/\$460 non-members

New Orleans

October 24-November 1

Cost: \$1,012 members/\$1,042 non-members

Get Well Wishes to Hubbard Buggs, Corine Hatcher, Wilma Plummer, Elsie Robinson

Friendship Facts



Friendship Circle is comprised of many members, volunteers, instructors, and presenters that participate in numerous classes, programs, and events.

Each member, each group, and each class takes pride in the activities they participate in when they walk through our doors. Our name, Friendship Circle, represents exactly who and what we are. We are a solid group of friends coming together for a common goal: to remain active and involved and to make our center the best it can be.

The Merriam-Webster dictionary defines a friend as a person who helps or supports someone or something such as a cause or charity. Let me go a step further and share that synonyms for friendship include: brotherhood, benevolence, fellowship, and goodwill.

Recently, I had the opportunity to witness a group of our members come together to advocate enhancing our center with a pool room makeover. In mid-March, a conversation with Friendship's Advisory Council ensued with suggestions to paint the pool room with more inviting colors. The members who use the pool

room generously offered to donate their time and labor to make this happen. Their efforts far exceeded any expectations that I had in my mind of how this makeover would look when all was said and done. Through their benevolence, fellowship and goodwill, they worked together to support this cause.

Amazingly, this painting project was completed within just two weeks. While a beautiful new coat of paint was the initial goal, it didn't stop there. They added window valances complimenting the paint, framed movie posters, hand-made shelving, and even included a handy coat rack. All of these additions along with the new paint have created a gorgeous, bright space that is inviting to all who come to the center. I am truly impressed with the camaraderie, generosity, and pride that I observed throughout this makeover. These members worked hard as a team to accomplish a common goal which ultimately created a space for all to enjoy.

On behalf of Friendship Circle, I would like to thank all of the men and women that made this project a great success. Your valuable time, energy, skills, and talents are greatly appreciated.

Friendship Outings

Live Casino at Arundel Mills (Maryland)
Thursday, June 18

Maryland Live! Casino offers non-stop casino action 24 hours a day, 7 days a week, 365 days a year with thousands of the latest state-of-the-art slot machines and electronic table games.

Cost: \$40 non-refundable fee (\$15 in slot play, tax, tip, snacks and driver gratuity included)

Deadline: May 18

Vermont

Monday-Thursday, September 21-24

Enjoy a tour of Ben and Jerry's, the Vermont Teddy Bear Factory, and Sugarbush Cheese and Maple Farm. Visit the local orchard and cider mill, Woodstock, and Hildene home of Robert Todd Lincoln. You'll have a great view of Quechee Gorge Village (Vermont's Little Grand Canyon). This trip includes a round trip motor coach, 3 breakfasts and 3 dinners.

Cost: \$475 (double occupancy)

Deadline: \$240 non-refundable deposit due by July 7

Upcoming Events

Rummikub Tournament

Friday, May 29 from 11 a.m. to 2 p.m.

Cost: \$5 (lunch included)

Health Information Fair

A variety of vendors will offer information on various health care issues, nutrition, and other topics of interest. Zumba and Jazzy Tap demonstrations are exciting additions to this spring's fair.

Friday, May 15 from 10 a.m. to 1 p.m.

No fee

Sunshine Wishes

Evans Gary, Illinoir Goldsby, Vi DeAngelis, Florence Bright, Jacqlyn Alberts, Allen Christman

Deepest Sympathy

Our thoughts and prayers go out to Pam Adams and her family. Please accept our most heartfelt sympathies for the loss of your husband, Bob. He is greatly missed.



Friendship Circle pool group.

**Friendship Circle is
Open Saturdays!**

10 a.m. – 12 p.m. - Shoot Pool

**10 a.m. - Zumba
(\$3 members/\$5 non-members)**

**11 a.m. - Yoga
(\$3 members/\$5 non-members)**

Program Highlights

American Red Cross

R.E.S.P.E.C.T.

Reaching Elders and Seniors with Preparedness is a 3-session program that's designed to help seniors prepare for all types of emergencies. Presenter, LaToya Crump will teach you to identify the essential steps toward being prepared and develop your own plan. At the end of the last session, participants will be given an entire supply kit of essential emergency supplies.

Tuesdays: May 5, 12, and 26 at 1:15 p.m.

No Fee

Historic Preservation

Darby Borough, nestled in the hills overlooking Philadelphia International Airport and between two creeks, combines strategic location and an excellent transportation network with superlative history. Through song and skits, John and Jan Haigis will take us on a tour of "old" Darby and transport us to present day restoration efforts.

Friday, May 8 at 1 p.m.

Donation

Carmen's Corner



Dear Good Neighbors,

Nothing can ever take the place of real love and family togetherness. It would be my pleasure to see everyone communicating and participating in our activities. Togetherness enhances the joys of life and living. Remember, "Love Lives Here" at the Good Neighbor Senior Center.

Please take advantage of the opportunities that are available and become more involved. Take time to look at our bulletin board and the event book, located on the receptionist desk, that is full of events, classes and helpful information.

Despite high attendance at the center, attendance is low in classes and the instructors look forward to your participation. It is beneficial and healthy for seniors to bond and share their stories and words of wisdom. Doing something different can be nurturing and bring excitement to your mind, body and soul. Also, if you are aware of members who are not coming to the center, please encourage them to come out and join us.

Our fundraiser has started and tickets are now available at the center for both events:

- Dinner theatre "Featuring Mother Knows Best" (Saturday, May 9)
- A flapjack breakfast at Applebee's (Saturday, May 23)

Please come out and support us so we can continue to have excellent programs.

A **SPECIAL THANK YOU** to everyone who came out and supported the Good Neighbor 5th Annual Legacy of Service Banquet on April 4. Thank you to the First African Baptist Church in Darby Township for hosting this event. Our very own Mildred Jenkins, Arthur Chatten and Rondabay Liggins were honored as well as others. I greatly appreciate everyone who helped to make this event a great success, especially the Advisory Committee.

Suggestion Box Answers: As much as I would like to do all of the things suggested, I cannot do them due to budget constraints. One suggestion was to purchase a TV for the dining room area and I apologize but it is not feasible at this time. A CD player will be purchased for your listening pleasure in the very near future.

Center Happenings

Tablet and Mini Notebook Class

May 26, 27, 28, 9:00 a.m. – 12:00 p.m.

\$25 Members/\$30 Non-Members

Instructor: Chelal Murray

Everything you need to know about tablets and how to use them. Whether you're using your tablet for business or leisure, you can find out all you need to know in this class.

Applebee's Flapjack Breakfast

Saturday, May 23 from 8 to 10 a.m.

Applebee's - 320 MacDade Boulevard, Folsom

Cost: \$10 per person \$5 for kids under 12

You are invited to a delicious breakfast in support of the Good Neighbor Senior Center. Contact the front desk: Carole Badgett or Carmen Olive 610-586-8170 for tickets.

Good Neighbor Summer Picnic – Community Day – Friday, June 19

Come join Good Neighbor as we kick off the summer with a bang! Enjoy a beautiful day in the sun, feast on a good meal, relax, play and enjoy friends and neighbors.

Senior Center "Talk Back" Corner

By Ida Flander

There is much love shared at the Good Neighbor Senior Center each day and I believe when we are apart from one another, we remember each other in prayer. We did not wait for Valentine's Day to show our love. When Sister Mildred Jenkins makes the announcements over top of our grumbling, she is showing love; when Sister Saundra Brown checks us in at the front desk with a smile that is love; when Sister Shacoy Walker and Sister Lorraine Gans cook those delicious meals, they are sharing their love; when Reverend Queenie Bennett says a prayer over our food, we feel her love; when we visit our sick and take care of them when they are among us, that is love; when all things work together for our good, we must thank those people behind the scenes: Sister Carmen Olive, Sister Carole Badgett and many others for sharing their love. And above all, we must thank God for such a fellowship.

Remember, love bears all things, believes all things, hopes all things (and) endures all things. As the season changes to spring, let brotherly love continue. Share your talents and gifts with us. Become a volunteer to make the center a better place to be. If you are already volunteering, may God bless you for sharing.

TRAVEL

Casino Trips

Second Wednesday of Every Month

Depart the center at 10 a.m. \$25.00 slot /play package. Questions or comments please contact Sylvia at (610) 586-8170. Sorry no refunds.

A Tribute to "The Classic Groups of Soul and R& B"

Monday, July 13

The Tropicana Casino in Atlantic City

Cost: \$75 per person

Depart Good Neighbor at 9:15 a.m.

A \$25 deposit is due upon signing up, with final payment due on May 26.

Sorry there are no refunds.

Chicago

7 days, 6 nights (Sun.- Sat.)

June 21-27

Cost: \$599*

\$75 due upon signing. *Price per person, based on double occupancy. Add \$180 for single occupancy. For information and reservations contact Carmen Olive or Carol Badgett at (610) 586-8170.

Las Vegas

The LINQ (Activities on your own)

5 days, 4 nights

September 19-27

Cost: \$890

Deposit at signup: \$150. FINAL PAYMENT DUE AUGUST 10.

For information and reservations contact:

- Sylvia Wilson: 610-586-3833
- Janie Strong: 610-955-3238
- Marlene Clark: 610-586-3929 or 215-317-9638
- Clarence Clark: 610-291-1803
- Email: bmcglone@scs-delco.org

Deepest sympathy is extended to Ethel Clarke who lost her son Jemone Clarke. She is forever in our prayers for God to comfort her and her family at this difficult time.

Get well wishes to Queenie Bennett. May God's healing hands be upon you today and always. We are praying for a speedy recovery and return to the center.

GOLDEN RULE: Do unto others as you will have them do unto you and remember: Love Lives Here.

Kim's Korner



Dear Friends,

Finally May and June are upon us and many of us will be traveling and taking advantage of the warmer weather. This spring (early June), I will be fulfilling one of my life goals or scratching off an item from my bucket list. Jim and I will be traveling to Switzerland to visit my sister and brother-in-law who are living there temporarily. We hope to see the sights and have a great visit.

You have some great opportunities to travel as well. We have some great trips coming up: Rocking Horse in September as well as Savannah and Charleston in October. And there are wonderful day trips every month of the year!

Take the time to be outside, take an evening walk, watch a sunset, catch a fire bug, invite a few friends for a pot luck picnic and watch the clouds blow by.

Love,
Kim

For People Approaching 65

Did you know that we have welcome to Medicare packets for those who are just approaching signing up for Medicare? This information is very helpful. If you know someone who is turning 65 – suggest they stop in and pick one up.

Get Your Butt Together

(Kristin Motley, Health Care Solutions)

This month, we recognize colorectal cancer. Many people do not realize that it is one of the most treatable forms of cancer. If detected early, most people beat it! So, why do 50,000 Americans die of colon cancer each year? It is partly because they do not get screened for colon cancer. The colon cancer screening is called a colonoscopy. If you have health insurance, a colon cancer screening is 100 percent covered (no co-pay, no co-insurance, no deductible) because it is considered a “preventative” procedure. If you do not have health insurance, there are state programs and other community-based services that will allow you to be screened for free or at little cost.

Please Pay Closer Attention

Please remember to not wear fragrances to the center (strong-smelling hairspray, aftershave, powder, and deodorant are as harmful to those with lung diseases as perfume and cologne.) If you have worn a garment that has a lot of fragrance on it from a previous wear, please do not wear it to the center until it has been washed or cleaned. Look for unscented hairspray and lotions at the store. Your friends, church members and others will be grateful.

Don't Wait Until the Last Second

Most people do not realize that registration or deposits need to happen months in advance of a trip. If we don't have sufficient interest, we will be forced to cancel trips, speakers, or classes. We will have to cancel if there is an insufficient number of RSVPs prior the event. Even if it's free, we need RSVPs. Too many times we have had to cancel something due to lack of registrations and then people show up, only to be upset when they hear the program was cancelled. If you are interested in a trip, put a deposit in – if you get sick, we do have cancellation policies.

Our sympathy to our members who have experienced a death in the family: Ann Wilkins, Mary Tanner, Phil Falcone.

Our condolences to the friends and family of John Conboy, Tom Ennis, Dino Paci, Jim Watkins, Joan Johnson, Margaret Termini.

Congratulations to Gladys Lee, who is celebrating a new granddaughter and to Sharon Troko for her graduation from DCCC.

Get well wishes to Jeannie Tribuani, Joris Brinkerhoff, Jim Rudolph, Bud Watkins, Betty Lawson, Rosalie Morgan, Sandy Shanahan, Betty Schmucker, Evelyn McElwee.

A Special Thank You to:

- Kristy Dumonth and her 7th grade class at Notre Dame de Lourdes for making Irish potatoes for our homebound.
- The pool players for purchasing a second pool table. Thank you to the Advisory Council for contributing to these costs. A special thank you to Harry Mirra for spearheading this project.
- Cassandra Homm, our student intern from Eastern University who did a wonderful job this past spring. We will miss her.

Welcome New NHS Peer Counselor Patrick Francher

Pat Francher is a recently retired business and social service professional who will be at Schoolhouse on Tuesdays and Thursdays from 9:30 a.m. to 1:30 p.m. for individual and group support. He can offer a listening ear or help with resources, grief, adjustment issues, personal issues, or anything else. He will be in the role that Dr. Lou and Diann had.

A long-time Eagles fan and lover of baseball, Patrick is looking forward to meeting you. Please feel free to introduce yourself or just say hello!

Gardening Club


Monday, May 11 beginning at 9 a.m. and hands-on at 10 a.m.

Monday, June 8 beginning at 9 a.m. and hands-on at 10 a.m.

Open to anyone who likes plants and gardens. Come to learn, get answers, to share. Master Gardeners Thom and Beverly will present the first hour.



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Caregiver Academy, continued from page 1

how I handle everything with her," said Joan Peters, of Clifton Heights, one of the first caregivers to register. "She is worth the effort."

The sessions will be held on Wednesday, April 8 and 22, May 6 and 20, and June 3 from 4:15 to 5:45 p.m. and Wednesday, June 17 from 4:15 to 6 p.m. Classes are free of charge, thanks to the generous support of the Delaware County LINK to Aging and Disability Resources.



Dr. Barry Jacobs, Psy.D helped caregivers manage difficult behaviors by offering communications strategies during the first Caregiver Academy session held in April at Friendship Circle. Care receivers simultaneously worked on a mosaic art project. Sessions will continue throughout the spring.



If you are interested in attending any or all of the six sessions being offered this spring for caregivers and their loved ones, please contact Donna Schumacher at dschumacher@scs-delco.org or 484-534-2033 to register. If you have questions about any of the programs please contact Debbie Templeton at 484-540-0372 or dtempleton@scs-delco.org.

Friendship Circle Senior Center is located at 1515 Lansdowne Avenue in Yeadon on the campus of Mercy Fitzgerald Hospital.

Below is a brief description of the topics and activities that will be covered at the sessions.

CAREGIVER ACADEMY TOPICS AND ACTIVITIES

May 6: Hoarding and Helping Older Adults Reduce Clutter: Servicemaster by ARTec
Care receivers will participate in a creative arts project-watercolor painting.

May 20: Non-Traditional Caregivers: You Can Do It! Dr. Barry Jacobs, Psy.D
Care receivers will participate in the art of storytelling.

June 3: What Does Good Nutrition Look Like? Feeding yourself and your loved one: Melissa Barry, RD
Care receivers will learn about "Home Remedies" while participating in a cognitive stimulation activity.

June 17: Relaxation Techniques: The Keys to Stress Free Living: Dr. Cheryl Macklin, Ph.D.
Care receivers will participate in a fitness activity.

In addition to the Caregiver Academy, the Family Caregiver Support Program also offers monthly caregiver support groups at several locations:

Schoolhouse Center located 600 Swarthmore Avenue in Folsom

The first Wednesday of each month at 9:30 a.m.

Friendship Circle Senior Center located at 1515 Lansdowne Avenue in Yeadon

The fourth Wednesday of each month at 1 p.m.

Chester Senior Center located at 721 Hayes Street in Chester

The first Tuesday of each month at 2 p.m.

If you have any questions or are interested in attending please contact Program Manager Debbie Templeton at 484-540-0372.