

Senior Community Services' (SCS) Mission: To promote independent and meaningful living for older adults through direct services and programs in the home and community.

# SCS Connection

**SCS**  
SENIOR  
COMMUNITY  
SERVICES

## Finding Gratitude in Positive Family Caregiving

By Barry J. Jacobs, Psy.D.  
Guest Contributor



The 60-year-old woman caring for her 82-year-old father with dementia in her home sounded like many I'd met. She complained about her overall exhaustion and frustration whenever her father repeated himself. But when I began suggesting ways for her to change what she was doing so that she'd feel less burdened, she immediately stiffened. She didn't want to stop providing care for her father or even cut back on her responsibilities; she took pride in fulfilling her commitment to him. She also didn't want to be told that she was somehow providing care in the wrong way; that just felt like criticism.

Instead, I quit giving advice and asked her why she was doing all that she did for him. She told me at length about what a good father he'd been when she was young and how important it was for her to give back to him now. She also told me that she had strong faith and that caring for him made her feel like she was doing God's work in this world. Sharing these thoughts about her deep sense of caregiving mission—and feeling that I understood and appreciated her—seemed to have an uplifting effect. She left my office bolstered in the conviction that she was doing the right thing.

In my two-and-a-half decades as a clinical psychologist in medical settings, that's what I've strived for with all the family caregivers I've seen—to help them reap caregiving's potential rewards without making believe that it still isn't hard and wearying work. Those rewards may include personal and spiritual growth, an enhanced sense of purpose, and the feeling of gratification for having kept the family together through tough times. Some caregivers are able to benefit from these positive effects; others do not.

**Caregiving for a Loved One Over 60?**

**The Caregiver Support Program provides emotional support for caregivers. Care managers address each individual need and provide ongoing support groups; help to reduce some caregiving expenses including certain caregiving supplies and services; provide education through Caregiver Academy and other resources.**

To qualify for the program caregivers must provide daily hands-on-help and/or supervision with personal care (bathing, dressing, grooming, etc.). Also, caregivers will not be compensated for their time. Reimbursement is only for household items that can be documented with receipts or for services that directly benefit the care receiver like adult day care or respite. For more information please contact Program Manager Deborah Templeton at 484-540-0372 or [dtempleton@scs-delco.org](mailto:dtempleton@scs-delco.org).

**Caregiver Support Groups:**

**Chester Senior Center:**     **The first Tuesday of each month at 3 p.m.**  
**Schoolhouse Center:**     **The first Wednesday of each month at 9:30 a.m.**  
**Friendship Circle:**       **The fourth Wednesday of each month at 1 p.m.**

**Fourth Annual Caregiver Academy to be Held at Good Neighbor**

The fourth annual Caregiver Academy will be held this spring at Good Neighbor Senior Center. Six sessions, held every other week, will provide resources, information and support to caregivers. Simultaneous programming will be offered for care receivers at the same location. This program is free to caregivers.  
 More information about topics and dates will be available soon.

My wife, Julia L. Mayer, Psy.D., and I are also trying to foster positive caregiving with our new book, *AARP Meditations for Caregivers—Practical, Emotional and Spiritual Support for You and Your Family* (Da Capo Lifelong Books, 2016). In it, we have included 152 short stories of real-life family caregivers who struggled with feelings of anger, guilt, and grief but also found their way toward gratitude, forgiveness, and compassion. The book also contains specific psychological advice, instructions on mindfulness practices, and an extensive resources section.

People have asked us about some of the main take-aways from the

book. Here are a few of them:

**Define your mission:** Like the 60-year-old woman above, it helps sustain caregivers through some of caregiving's difficult times when they are able to identify their complex personal and spiritual reasons for making sacrifices on someone else's behalf. Those reasons may include giving back, compensating for past sins, upholding moral values, or simply making

*continued on page 5*

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600 Swarthmore Avenue  
Folsom, PA 19033

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Broomall, PA 19008

# SCS Awarded Generous Grant for Leadership Development and Succession Planning

By SCS Connection Staff

Senior Community Services received a \$37,000 grant from the Oscar H. and E. Ida Iucker Memorial Fund of The Philadelphia Foundation for Leadership Development and Succession Planning. Announcement of the grant was made by Pedro A. Ramos, president and CEO of the Foundation.

Senior Community Services Executive Director Arthur Weisfeld has led the small non-profit since its inception, more than 40 years ago. While SCS continues to grow and take on new challenges, Weisfeld said that he wants to ensure that the agency is ready and able to continue well into the future.

“This grant will help us to create a positive process for leadership development and succession planning,” Weisfeld said. “This generous grant will enable the agency to facilitate smooth transitions in leadership, and allow us to continue to meet the changing needs of the population we serve.”

Weisfeld said that the grant will help the agency fill a position that has been vacant for half a decade, groom younger staff for future leadership positions, develop a restructuring plan, recruit board members, and provide overall leadership training for the organization.

“This grant will be integral to the agency’s ability to grow and adapt as we move forward,” Weisfeld said.

One of America’s oldest community foundations (founded in 1918), The Philadelphia Foundation (TPF) is committed to improving the quality of life in the Pennsylvania counties of Greater Philadelphia (Bucks, Chester, Delaware, Montgomery, and Philadelphia). A foundation and a public charity, TPF connects philanthropic resources to societal needs. TPF manages assets of approximately \$370 million and more than 900 charitable funds established by its fund holders. It distributes about \$25 million annually to nearly 1,000 nonprofits as grants and scholarships, and promotes greater philanthropy and stronger nonprofits in service to community needs. To learn more, visit [www.philafound.org](http://www.philafound.org).



Aging at Home coordinated numerous yardwork services with various volunteer groups in both the Greater Lansdowne and Ridley areas. For more information about Aging at Home please call 484-534-2207.

## APPRISE Presentations Offered Throughout the Year

APPRISE offers four types of educational presentations to community, social, and medical organizations throughout the year. All are one hour sessions.

- **Medicare 101 Presentations** – Medicare 101 Presentations explains the basics of Medicare A, B, C, and D. It explains Medicare terminology such as copays, coinsurance, deductibles, enrollment periods, penalties, Medigap, and supplemental plans.
- **Medicare Cost Sharing Presentations** – This presentation shares information concerning saving Medicare beneficiaries money on their Part B (medical) and Part D (prescriptions) premiums. The programs discussed are Medicare Savings and Extra Help programs, and PACE/PACENET programs.
- **Medigap Basics** – This presentation shares fundamental information about supplemental plan terminology, selection, cost, and how the Apprise Program can assist the Medicare beneficiary concerning supplemental plans.
- **Medicare Annual Enrollment Update Presentations** – Medicare Annual Enrollment presentations, which are scheduled from October 15th to December 7th, are classroom style presentations that explain new and updated information for the forthcoming Medicare year. These presentations provide information on the upcoming year’s original Medicare premiums, deductibles, copays, and new plans.

For more information or to schedule appointments for any of the Apprise Program services you may contact the Delaware County APPRISE Program Manager Glenda A. Radical at 484 494-3769 or [gradical@scs-delco.org](mailto:gradical@scs-delco.org).

### SCS Management Staff

Executive Director: Arthur Weisfeld  
Associate 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  
CSP Program Manager: Debbie Templeton  
Director of Advancement: Lydia Messinger  
Director of Volunteers: Michele O’Brien  
Fiscal Officer: Robyn Cashwell  
Hearing Discovery Coordinator: Donna Schumacher

### In This Issue...

|                                  |     |
|----------------------------------|-----|
| Hearing Discovery Center         | 3   |
| Volunteer Services               | 3   |
| Aging at Home                    | 4   |
| Cognitive Stimulation Program    | 4   |
| Center Without Walls             | 4   |
| APPRISE                          | 5   |
| Senior Center Program Highlights | 6-7 |
| Chester Senior Center            | 8   |
| Friendship Circle Senior Center  | 9   |
| Good Neighbor Senior Center      | 10  |
| Schoolhouse Senior Center        | 11  |

## Tips for Enjoying the Holidays and Family Gatherings if You Have a Hearing Loss

(With thanks to Tami Klank of the Hearing Loss Association of America)

By Donna Schumacher, HDC Coordinator



It's that time of year again – family gatherings, office parties, getting together with friends. For a person with hearing loss, this can be a big problem, especially if the people around you have no idea what it's like to live with hearing loss. Here are some tips on how to better advocate for your needs in social situations.

- **Be up front with those around you about what you can and cannot hear.** Hearing loss is not visible so unless you are with people who know you well, be frank.
- **Just when you think someone 'gets it,' you realize that you have a lot more educating to do.** A little education goes a long way. If you explain your hearing loss, also explain that it does not detract from your intelligence or mental capabilities. You just need a little assistance hearing.
- **Give yourself a break!** It requires a lot of concentration – and tenseness – to listen in group situations. When you feel you just cannot "hear" another thing – go to a quiet place and relax. Then go back in refreshed to participate again.
- **When all else fails, and you are not doing a good job at keeping up with the conversation, have a signal for the person that you are with to let them know that you are totally lost.** If you haven't gone to the party with someone, see if you can enlist the help of someone there.
- **Don't miss the punch line – have a punch line of your own.** Holiday and family gatherings are great places to hear new stories and jokes. Have a few of your own to share.
- **Enjoy the season.** Take advantage of the gatherings. Sure, it's easier to stay home, but then you will miss out on a lot of fun. And besides, how will you find out what Aunt Edna is up to if you don't go to the party?

On a sad note, longtime volunteer and founder of the Hearing Discover Center passed away a few weeks ago. Bill McConeghey was a great advocate for the hard of hearing. His humor was legendary. His memorial service is on November 21st at Riddle Village. Bill taught me much and I owe my passion for advocacy to him. He will be missed.

## Volunteer Vows to "Use it While I Have it"

By Michele O'Brien

Upon meeting Friendship Circle's Liz Spraggins, you immediately feel her energy and enthusiasm for life. Liz is one of the cornerstones in the kitchen at Friendship Circle Senior Center, and you can easily see why things run smoothly when Liz is around.

Once Liz retired from her 30-year career at the United States Postal Service, she wanted something to do. Initially Liz started going to Friendship for the exercise classes. She participated in Healthy Steps, Sit and Fit, and Yoga. Once she was comfortable, she started hanging around and noticed that the kitchen was short-handed.

"I got up and started helping and discovered that I really liked it. I like helping people and making friends," she said. "I like the elderly-I put myself in their place. I have so much respect for these people that I even call some of them mom."

As part of her volunteer responsibilities, Liz helps with set up, serving, and clean-up. When the meal supervisor is out, Liz is one of the volunteers who run the kitchen. She likes that her work in the kitchen keeps her busy. Liz also serves as the backup Bingo caller.

During the school year, you can find Liz in

the Friendship Circle kitchen on Mondays and Fridays. The other days, Liz is a reading and math tutor in the Philadelphia School District. This is a position that she truly loves. Liz smiles when she talks about making connections with the kids!



In her free time, Liz is very active with her church. A member there for 45 years, Liz has served as an usher. She also enjoys spending time with friends and occasionally going to the casino to play slots.

When asked about encouraging people to volunteer, Liz offers this advice: "Sometime you have to start small and put your whole self into it. Good things may come. Try something, it gets you out of the house. The mind is a terrible thing to waste."

Liz also talks about "being useful."

"I have a lot of youth in me and I am going to use it while I have it," she said.

If you are interested in learning more about volunteer opportunities at Senior Community Services, please contact me at 484-496-2149 or [MOBrien@scs-delco.org](mailto:MOBrien@scs-delco.org).

### LIHEAP Opens November 1!

**LIHEAP is the Low-Income Home Energy Assistance Program. This program helps low-income families (income guidelines apply) pay their heating bills.**

#### To receive help:

- \*You don't need to receive public benefits (County Assistance Office)**
- \*You don't need to have an unpaid heating bill (your heat can still be on)**
- \*You can either rent or own your home/apartment**

**LIHEAP is taking (new) applications for its cash, weatherization, and crisis grants beginning November 1. Applications for LIHEAP will not be accepted after March 31, 2017. Note, if you received LIHEAP last year you must reapply this year!**

**To apply for a cash or crisis grant, go to the Delaware County Assistance Office (CAO), 701 Crosby Street in Chester or apply online at [www.compass.state.pa.us](http://www.compass.state.pa.us).**

**For more information and to download LIHEAP applications (starting 11/1/16) in English and Spanish, go to: <http://www.dhs.state.pa.us/foradults/heatingassistanceliheap/index.htm>.**

## Murder, Vegas Style – a Fundraising Event for Aging at Home

By Christine Helmandollar, Director



Nearly every nonprofit has held one of these fundraisers: silent auction, Coach bingo, or a fashion show. Thanks to the Aging at Home special committee that has an enormous amount of experience with party planning, a terrific event will be held on Saturday, April 1 (April Fool's Day) from 6 to 10 p.m. at Lazaretto Ballroom in Essington. **Murder, Vegas Style!** will be a fun-filled entertainment event that will include dinner, murder, and mayhem with the cast of *Without a Cue Productions*. This exciting event may boggle your mind as you try to figure out who committed the murder.

The show is set at The Parrot Casino and Hotel which is undergoing changes. First thing is first ... the actors will fight it out to determine who will get the ultimate spot of a casino draw! The audience votes on who stays and who goes. Audience members may even get a chance to audition for a role in the show. In addition to a riveting story and murderous plot, the audience will also be entertained by an Elvis impersonator, magician, and Rat Pack crooner. Come and see! Remember: "What happens in Vegas, stays in Vegas!"

Currently, the committee is working hard identifying sponsors, creating an atmosphere similar to the 50's era to set the stage for the show, securing donations, and getting people excited about the event. Lending hands are always appreciated so please feel free to contact the Aging at Home office at 484-534-2207. Tickets go on sale Thursday, December 1 and are \$60 each and \$50 each for members of Senior Community Services. A ticket to this exciting event would make a great holiday gift for someone (a night out and supporting a wonderful program as it expands into the Ridley area) and make a tremendous impact on the Aging at Home program. Please mark your calendar and join us!

## Cognitive Stimulation Kits – Did You Know?

By Dorothy Darragh, Cognitive Stimulation Program Manager

The cognitive stimulation experience is aerobics for the brain. According to the Alzheimer's Research and Prevention Foundation, "*Challenging the brain with new or different tasks improves brain function. In order for an activity to be considered brain aerobics, three conditions must be met. It needs to engage your attention, involve more than one of the senses, and must break a routine activity in an unexpected way.*"

The SCS Cognitive Stimulation Kits are a real multi-sensory experience:

➤ **Olfactory:** Unexpectedly getting the strong and startling whiff of the sharp scent of Vicks VapoRub in the "Home Remedies" kit or the pungent spicy curry powder in the "India" kit.

➤ **Auditory:** Hearing a recording of Apollo astronauts landing on the moon from the "Celebrating the Century" kit or actually clutching and playing a flute from the "Music, Music, Music" kit.

➤ **Sensory:** Rubbing fingers along the smooth brilliantly colored turquoise and aqua peacock feather in the "Wonders of Nature" kit or touching a delicate worn-with-age lace doily in the "Attic Treasures" kit.

On a monthly basis the Cognitive Stimulation Program proudly offers its resources to 25+ sites in 4 states. Each month 64+ kits are sent out and 1260+ people receive the benefits of the kits.

If you would like more information on the program, please contact Dot Darragh at 484-496-2144 or [ddarragh@scs-delco.org](mailto:ddarragh@scs-delco.org).

## SCS Offers Quality Programming this Fall Season

By Farah Esfahani, CWW Coordinator



Dear Friends,

I hope you are taking time to enjoy the spectacular fall colors and the startling beauty of the season. Center Without Walls (CWW) fall semester art and fitness classes in our five locations will continue until the middle of December.

Following are highlights of some of the programs scheduled for this month. A *Medicare Annual Enrollment Update* presentation on November 10 and *Medicare Individual Counseling* on November 30 will be held at the Springfield Township building. The *Book Club* discussion group is scheduled for November 16 at Aston Community Center.

*Eating Smart Series* classes by Penn State on November 15 and December 20 and *Update in the Law and Hot Topics Affecting Seniors* seminar by Robert and Dana Breslin, Esq. will be held on Thursday, November 3 at the Brookhaven Municipal Building.

From its inception in 2003, CWW has been committed to offering participants an array of educational presentations at no cost. These programs encompass a wide range of topics relevant to the needs of older adults. Each semester, hundreds of consumers are provided with valuable information and expert guidance in the issues that can have a major impact on their lives.

I would like to take this opportunity to acknowledge Robert and Dana Breslin, Esq. who have been providing our consumers with the highest quality legal advice each semester at our different locations. They have been educating older adults about many challenging and complicated issues including estate planning, power of attorney, health and long-term planning, guardianship, long-term insurance, reverse mortgage, nursing home issues, advance medical directives, and changes in the law. I would like to share and express my sincere appreciation to the Breslins for their dedication and efforts in making a difference in the lives of older adults.

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

## 2017 Medicare Annual Enrollment Season

By Glenda A. Radical, APPRISE Program Manager



The Medicare Annual Enrollment season begins October 15 and continues until December 7. This is the season to take a look at your Medicare health insurance or Part D Prescription Plan to see if there are new health plans available that will allow you to pay less for the same insurance benefits or if there is a plan available that better fits your needs. An APPRISE Program counselor can help you find a plan that provides more coverage for prescription drugs or other health service coverage benefits like diabetic supplies, mental health care, skilled nursing and/or rehabilitative services.

The Delaware County APPRISE Program has set aside individual Medicare counseling appointments, Medicare Health Plan/Part D Prescription comparison sessions, and 2017 Medicare update presentations throughout Delaware County. You can call and schedule an appointment for any of these events and you will be able to meet personally with an experienced Apprise Program Medicare counselor to discuss your Medicare needs.

For an appointment, you may call the Delaware County Apprise Program locations directly or you can log on to [www.aging.pa.gov](http://www.aging.pa.gov) (Click on the “Aging Services” link and look for “Insurance”) to find where one of these events is scheduled in your neighborhood.

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

|   |              |              |
|---|--------------|--------------|
| Surrey Services for Seniors at Broomall       | Broomall     | 215-307-7158 |
| SCS Chester Senior Center                     | Chester      | 610-497-3550 |
| State Representative Leanne Krueger-Braneky   | Folsom       | 610-534-6880 |
| SCS School House Senior Center                | Folsom       | 484-496-2132 |
| Surrey Services for Seniors at Havertown      | Havertown    | 610-446-2070 |
| Maris Grove Retirement Community              | Glen Mills   | 484-494-3769 |
| SCS Friendship Circle Senior Center           | Lansdowne    | 484-534-2033 |
| Surrey Services for Seniors at Hometown       | Media        | 610-566-0505 |
| Surrey Services for Seniors at Radnor/Devon   | Radnor/Devon | 484-321-6102 |
| State Representative Nick Miccarelli's Office | Ridley Park  | 610-534-1002 |
| SCS Good Neighbor Senior Center               | Sharon Hill  | 610-586-8170 |
| SCS Springfield-Center Without Walls          | Springfield  | 484-496-2143 |
| SCS Upper Darby Senior Center                 | Upper Darby  | 610-734-7652 |
| Upper Darby Sellers Library                   | Upper Darby  | 610-789-4440 |
| Wayne Senior Center                           | Wayne        | 610-688-6246 |
| State Senator Anthony H. Williams Office      | Yeadon       | 610-284-7335 |

## Family Caregiving, continued from page 1

a significant difference in the well-being of their family members.

**Take perspective:** When caregivers can imagine how they will look back on themselves and their caregiving efforts 5 years from now, then they are often able to shift their perspective from the daily grind to the life of their family through the trajectory of time. What seems like sheer drudgery today may look like noble work tomorrow.

**Be flexible and creative:** The most able caregivers are the ones who revise the caregiving plan continually to keep up with changing circumstances. They gain a sense of mastery over caregiving's many details and revel in their own creativity and competence.

Perhaps the most important take-away from our book is that we all have caregiving stories that can benefit others. Whether we realize it or not, we are learning important lessons through our caregiving work. When we share those to help others, we make positive meaning of our caregiving years.

> Barry J. Jacobs, Psy.D. is a clinical psychologist and the Director of Behavioral Sciences of the Crozer-Keystone Family Medicine Residency Program in Springfield, PA. A monthly blogger on family caregiving for AARP.org and the *Huffington Post*, he is the co-author of *AARP Meditations for Caregivers* (2016) and the author of *The Emotional Survival Guide for Caregivers* (2006).

# Senior Center Highlights...

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

## ➤ ARTS AND CRAFTS

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

**Chester**  
**\$5**

Come and learn the basics of pencil and watercolor arts. Enhance your artistic abilities through various forms of the media.

### **Pencil Drawing** **Mondays at 11 a.m.** **Good Neighbor**

### **Basic Drawing** **Wednesdays from 9:30-11:30 a.m.** **Schoolhouse**

**Cost: \$5/class – Please 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.

### **Woodcarvers** **Mondays at noon** **Schoolhouse**

Members create extraordinary art from wood.

### **Crafting with Mary T.** **Wednesday, December 14 at 1:30 p.m.** **Friendship Circle**

Create velvet choker necklaces for Christmas. Use black, red and green velvet ribbons to make Christmas jewelry. There is no fee, but donations are appreciated.

### **Ceramics** **Thursdays from 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 from 10 a.m. – 1 p.m.** **Chester**

Learn to create your own beautiful works! Sewers of all skill levels are welcome in this group.

### **Scrapbooking** **1st & 3rd Thursday at 11:15 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, postcards, letters, and other memorable items!

### **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 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 10 weeks.

### **Card Making Class** **Tuesdays, November 8, 22 & December 13 at 11:15 a.m.** **Chester** **Cost: \$5**

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

### **Jewelry Making Workshop** **Tuesdays at 2 p.m.** **Schoolhouse**

Select the gems, the stones, the project and let your creative self roar! If you supply your material, there is no cost, otherwise \$3/per class.

## ➤ DISCUSSION GROUPS

### **Caregiver Support Group** **Tuesday, November 1 & December 6 at 3 p.m.** **Chester**

Share among peers and professionals as you get support, encouragement and advice. Learn about valuable resources to assist in the caregiver journey!

### **SOK (Share our Knowledge)** **Wednesdays at 10:15 a.m.** **Schoolhouse**

Members share experience/knowledge. Join in and expand your horizon.

## **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.

### **Ladies Discussion Group** **November 7 & December 5 at 10 a.m.** **Chester**

Connect with other women and discuss life issues and challenges in a supportive, encouraging, and fun environment. Topics may include family relationships, "letting go," grief, loss, positive aging, and more. Leader: Toni Jackson

### **Men's Group** **Mondays at 11 a.m.** **Good Neighbor**

### **Book Club** **Wednesday, November 16 & December 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.

### **Kitchen Table Stories** **Fourth Thursdays at 10 a.m.** **Schoolhouse**

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

## ➤ DRIVER SAFETY

### **Smart Driver** **Full Class (must attend both days to receive certificate)** **December 13 & 14 from 9 a.m. to 1 p.m.** **Friendship Circle** **Cost: \$15 AARP Members/\$20 Non-AARP Members**

AARP Smart Driver Safety Program is intended to help older drivers improve their skills while teaching how to avoid accidents and traffic violations. Insurance discounts available upon completion.

\*\*Registration is required and checks or money orders made payable to AARP the day of class\*\*

## ➤ FITNESS

### **Line Dance Classes** **Thursdays at 1 p.m.** **Chester** **November 1 and 15, December 6 and 20 from 1-2 p.m.** **Good Neighbor**

## ...More Highlights

**Tuesdays at 2:30 p.m.**

**Schoolhouse**

**Cost: \$1 per session**

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

**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.

**Walking Club**

**Monday – Friday at 9 a.m.**

**Good Neighbor**

**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.

**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 10:30-11:15 a.m.**

**Chester**

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

**Gospel Aerobics**

**November 2, 16, 30 & December 7, 13, 22 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, these exercises will 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. If

you have constraints and/or limitations the class is still doable.

**Sit Down Zumba:**

**Tuesdays at 11:15 a.m.**

**Good Neighbor**

**Cost: \$1.50**

**\*Yoga (Mat Yoga)**

**Tuesdays at 9 a.m.**

**Schoolhouse**

**Cost: \$43 for a 10-week session**

Yoga promotes strength, flexibility, balance and focus.

### ➤ GAMES

**Breakfast Bingo**

**Friday, November 11 and Friday December 2 from 9 a.m. – 12 p.m.**

**Cost: \$5 per person**

**Good Neighbor**

**Mah Jongg at Schoolhouse**

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

A Chinese tile game. Four players try for the right combinations to win.

**Pokeno**

**Mondays & Wednesday at 12 p.m.**

**Good Neighbor**

**Table Games**

**Mondays – Friday at 10 a.m.**

**Good Neighbor**

**Pinochle**

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

**Schoolhouse**

**Mondays – Friday at 12 p.m.**

**Good Neighbor**

There's a place at the table for you in this spirited play. Even if all the tables are full when you arrive, it's not long before a spot opens up.

**Pinochle Tournament**

**Monday, November 21, 2016 – 12:15 p.m.**

**Monday, December 19, 2016 – 12:15 p.m.**

**Schoolhouse**

**Cost: \$5 Entry fee**

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

### ➤ JUST FOR FUN

**Movie Afternoon**

**Last Friday of each month at 12 p.m.**

**Friendship Circle**

Enjoy your lunch while watching our movie of the month.

**Movie Monday: Free Movie & Refreshments**

**Mondays at 10 a.m.**

**Good Neighbor**

**Enjoy life. Drink Tea. Celebrate Often.**

**Tuesday, November 29 at 1:30 p.m.**

**Friendship Circle**

**Cost: \$5 \*\*Reservations Required\*\***

**Instructor: Joy Hepkins, RN BSN OCN, Oncology Nurse Navigator/Coordinator**

Joy, a connoisseur of teas, shares with us tea's special properties that relieve stress, fight diabetes, help with vision, and reduce blood pressure. Join us for a freshly brewed cup of tea, a light dessert, wonderful conversation, and a "wee" bit of healthy and helpful information.

**Wii Bowling Group**

**Thursdays at 1 p.m.**

**Friendship Circle**

Stay active in this fun, friendly competition.

### ➤ NUTRITION

**Eating Smart: Nutrition Talk & Cooking Demo**  
**Fourth Tuesday at 12:15 p.m.**

**Schoolhouse**

**3rd Tuesday of each month at 9 a.m.**

**Friendship Circle**

This is a combination cooking demonstration and education information program on good nutrition, food choices, and healthy eating tips provided by Penn State Extension.

**Just Say Yes—Healthy Eating**

**Wednesday, November 30 at 12:30 p.m.**

**Chester**

**November Topic: "Fast & Healthy Meals"/Beets with Orange Sauce**

### ➤ RELIGION AND SPIRITUALITY

**Praise & Worship**

**Thursdays at 9:30 a.m.**

**Good Neighbor**

**Bible Study**

**2nd & 4th Tuesday from 6-7:30 p.m.**

**Chester**

**Tuesdays at 9:30 a.m.**

**Good Neighbor**

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

### ➤ TECHNOLOGY

**Electronic Club**

**Tuesday, Wednesday, Thursday, 10:30 a.m. – 2 p.m.**

**Chester**

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

## Chester Chatter



The Chester Senior Center staff wishes all a blessed, bountiful, healthy, family, love, and joy filled holiday season! Looking to great things in 2017!

With all our love....

Jamee, Doris, Vicky, Anna, Denise, Vanessa, Polly, Emma, Ola, Albert, Tony, Henry, and Leroy

## Holiday Dates to Keep

### Thanksgiving Luncheon

November 17 at 11 a.m.

Let us be thankful together as we share in a festive, delicious meal with center family. Please sign up for the luncheon at the front desk.

### Holiday Decorating Party

December 1-8 from 10 a.m. - 2p.m.

All hands on deck to deck the halls of the Chester Senior Center! Bring your creative ideas and cheerful holiday spirit!

### A Comic Christmas Carol

December 8 at 1:30 p.m. \$10

Neumann University Fred P. Meagher Theatre  
Enjoy your favorite Christmas tale with a comic twist. Tiny Tim retells the story of his Uncle Scrooge's redemption from greed and misanthropy. Audience members participate playing all three Christmas spirits! Note: Transportation is not provided.

### Christmas Celebration

Friday, December 9 from 11 a.m.-3 p.m.

Members: \$40 per person / Non-members: \$50 per person

Celebrate the Christmas holiday with the Chester Senior Center family at Lazaretto Ballroom! Enjoy a fabulous luncheon, live entertainment, Christmas shopping with business vendors, and the joy of the season! All are welcome to attend!

### New Year's Celebration

December 30, 11 a.m. – 1 p.m.

Ring in 2017 just a little early with music, dancing, food, noise makers, a champagne toast and of course, singing Auld Lang Syne!

## November & December Special Events!

### Fall Gardening & Clean Up

Help to maintain our center garden by clearing the summers' harvest and preparing for fall clean up and planting. Join in as the Master Gardeners teach us about vegetable and flower gardening, plant selection, composting and soil health, controlling pests safely, pollinator gardening, pruning, and more.

Center Gardening Days: Monday-Thursday from 10 a.m.—1 p.m. (Leader: Ola Cannon)

### Gardening Workshops:

(Penn State Master Gardeners)

Stay tuned for dates and times.

### BINGO MARATHON!!

November 21 & December 19

Try your luck at winning some BIG cash prizes at the monthly Bingo Marathon. Bingo is played from 10 a.m. to 4 p.m. (with a short break for lunch) 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.

### Healthy You Programs

#### Rite Aid Home Care Services: Chat and Chew

Get introduced to one of our community sponsors, Right Aide Home Care, its services and how they can benefit you on November 3 at 12 p.m.

#### Healthy Harvest Tea

Take the chill off and enjoy a cup of traditional or flavored teas. Learn the many health benefits of drinking herbal teas such as black, white, or Chai tea, or fresh basil tea with basil from the center garden! The Tea Party will be held on November 10 at 12:30 p.m. Tea specialist: Viveca Holmes

#### Hospice vs. Palliative Care

This in-service is intended to help the community understand the differences between and benefits of palliative care and hospice care. Join us on November 10 at 11 a.m.

#### Memory Loss –What's Normal

Presented by Always Best Care Home Services, this workshop will discuss the signs of normal versus more serious memory loss, tips to improve memory and valuable resources. Learn all you can on November 17 at 11 a.m.

### Advance Directives

This in-service on November 22 at 11 a.m. will educate the community on what advance directives are and why they are important.

### Heart Disease

Receive the latest on the signs and symptoms of heart disease and ways to prevent it. This talk will be held on December 6 at 11 a.m.

### Vision Care - Glaucoma

Glaucoma is an eye disease that tunnels one's vision and can appear as if one is looking through a funnel. It can cause total blindness. Join this discussion and share your questions with vision professionals. This program will take place on December 15 at 11 a.m.

### Computers & Technology

#### Exploring the iPad and other Tablets

November 3 at 12:30 p.m.

Members \$10/ Non-Members \$15

Learn the tricks of using the popular iPad and other tablets for fun, business and general use. Bring in your device, connect to Wi-Fi and become a pro.

### Smart Phone Smarties

November 8 & 15 at 1 p.m.

Become Smart Phone Smarties after taking this class! Learn how to quickly find phone numbers, set up favorites, use the voice command, download apps, and use the calendar and more! Bring your Smart Phone to class!

### Social Media Fun

November 10 at 1 p.m.

Review the hype about Facebook, Instagram, Periscope, Twitter and more! Just have some fun with social media!

### Open Enrollment 2017!

Medicare allows people who are eligible for benefits to take part in a period of Medicare open enrollment between October 15 and December 7. The APPRISE Program can help you make a decision concerning available plans. Make an appointment to see the APPRISE insurance counselor at the Chester Senior Center on Thursdays, between 9 a.m. and 12 p.m. Call the senior center at 610-497-3550.

### November & December Birthday Celebrations: November 17 & December 30 at 11 a.m.

Celebrate November & December birthdays with live entertainment, a delicious lunch and fun with friends! Members with November and December birthdays will receive a complementary meal for that month's party. The cost for other guests is \$2. Please sign up at the front desk.

## Friendship Facts



Friendship Circle Family, Membership kick-off has arrived for 2016-17! Thank you to those who have already paid their membership. One hundred percent involvement is greatly appreciated so that we can reach our goal of \$9,000! Thirty dollars a year provides you with countless opportunities to engage in all kinds of activities that keep your mind and body active and you will receive a great education on a variety of topics all throughout the year.

Your support through membership and engagement in our classes means the world to us. Family and friends are welcome at the center any time. We encourage you to invite them to come in for a tour and share with them the wonderful opportunities our members are provided through our extensive course offerings. Let's spread the word together about the benefits of joining our Friendship Circle Family.

There's no better time than the holiday season to spread cheer throughout the center with your loved ones. Invite them to attend not only our classes but our upcoming holiday celebrations. The more the merrier!

Thank YOU for your continued support!

### FREE Classes and Educational Programs

- **Bible Study**  
Thursdays at 10-11 a.m.
- **Brain Health**  
Mondays at 9:30 a.m.
- **Coloring Corner**  
Fridays at 11 a.m.
- **Current Events Discussion Group**  
First Wednesday of each month, 9:30 a.m.
- **Individual Medicare Comparison Sessions** – Tuesday, November 15 from 1-3 p.m. (must call to schedule a time)
- **Clari-Fi Financial Literacy Series:**  
**Understanding Your Credit Report**  
Monday, November 7th at 1:15 p.m.  
**Budgeting for the Rest of Us**  
Monday, November 14th at 1:15 p.m.  
**Understanding Reverse Mortgages**  
Monday, November 28th at 1:15 p.m.  
**Are You Ready**  
Monday, December 5th at 1:15 p.m.

## Holiday Fair

23 vendors are joining us on Saturday, November 12, 12-4 p.m. to help Friendship kick off the holiday season

What a great way to support the center while getting a head start on holiday shopping for friends and family!

## Christmas Party Tickets on Sale Now

You are invited to Friendship Circle's Annual Christmas Party at the Columbus Club  
Friday, December 9  
12-3:30 p.m.

Choice of Prime Rib or Stuffed Flounder  
Door Prizes, Raffles, & Live Entertainment  
Tickets: \$25/members  
\$30/guests

\*See Margie to purchase tickets\*

## PINOCHLE TOURNAMENT

Saturday, November 19  
11 a.m. - 4 p.m.

Doors open at 10 a.m.

Cost: \$12 (includes lunch and trophies)

Registration Deadline:

Friday, November 11

\*You must bring a partner to play\*

Contact Donna Schumacher at  
484-534-2033 for more information.



Eloise and family enjoying our End of Summer BBQ on August 26th.

## Thank You

Friendship's Fall Health & Resource Fair was a great success! Thank you to all of our wonderful vendors and sponsors for supporting the center by offering invaluable information, resources, and providing free health screenings to our members. We look forward to seeing you at our next fair in the spring.

Thank you to the Delaware County Probation Office for their assistance in opening, maintaining, and closing our garden. The kids who helped all throughout the summer did a great job in helping us have a successful, prosperous garden. We look forward to seeing you in the spring to kick off the 2017 planting season.

We would also like to thank the students from Widener University's nursing department for their hard work and dedication in providing weekly blood pressure readings throughout their fall semester.



Congratulations to our Rummikub Tournament Winners: Marilyn Williams, Robert Jackson, and Sarah Evans

## WEATHER ALERT!

As the cooler air approaches, it's a reminder that inclement weather will be quick to follow. You can find center closings and delayed openings posted on our Facebook page:  
**Friendship Circle**  
(Senior Community Services)

## Sunshine Wishes

Doris Taraba, Esther Booker, Rosemarie, and John Gantz

## Joanne's Journal

### Make Good Health Non-negotiable

The truth is, I wasn't thrilled about the idea of attending this year's Pennsylvania Association of Senior Centers (PASC) annual conference at Penn State. As I pulled out of my driveway at 4:30 a.m. to make the 200-mile drive to State College, my mind raced over the tasks that needed my immediate attention. Chief among them was the mountain of work on my desk that I felt my time would be much better spent attending to. Nevertheless, by the time I reached Penn State and checked into the beautiful Nittany Lion Inn, I'd reasoned with myself that there would always be a mountain of work to tackle. Besides, I was intrigued by the title on the conference brochure, *Take This Job and LOVE It!*

The first session of the day, *Key Ingredients to Loving Your Job*, began at 8:45 a.m. I approached the session with great expectation and the presenter, Santo D. Marabella, did not disappoint. He spun M.A.G.I.C. (*Meaning, Autonomy, Growth, Impact, Connection*—the five keys to employee engagement), fueled our emotional intelligence, and encouraged us to become "Chief Spirit Champions" of our agencies. I was inspired.

In the next session, the amazingly energetic Lori Gravish presented *Safe and Effective Ways to Keep Elders Active*. By the end of her presentation, I felt that I had indeed learned so much. Following lunch, musician Jim Donovan, best known as the former drummer and one of the founding members of the band Rusted Root, began his session on *Strategies for Anxiety Reduction, Social Connection, and Creative Expression Using Simple Rhythmic Music Making for the Non-Musician*. The session opened up with Donovan rhythmically pounding symbols and beating drums and encouraging everyone else to pick from his assortment of instruments and do the same. This process continued for several minutes, and interestingly, after vigorously

beating the instruments for some time, instead of feeling depleted, I felt relaxed. Several minutes later, we participated in a guided breathing exercise. Incredibly, after beating the instruments and repeating the breathing exercise, I felt calm, almost to the point of napping.

Then Donovan shared how, several years ago, a frightening medical emergency compelled him to make a life altering decision. After being rushed to the hospital for what he thought was a heart attack, he learned that he'd actually experienced a panic attack. At that moment, Donovan believed he'd been given a second chance at life and decided to make good health non-negotiable. He changed his life completely—how he ate, how he exercised, even how he worked. In addition to eliminating unhealthy habits, he began breathing exercises and using music to reduce anxiety and help him get to sleep at night. He also began teaching others to do the same. At the end of his presentation, I thanked Donovan for sharing his experience.

Donovan's presentation struck a major chord with me and I left the conference feeling good about having attended. I also felt committed to making good health non-negotiable too, and not just for me—but for every member of Good Neighbor Senior Center. Thus, as 2016 draws to an end, I look forward to a new year filled with increased opportunities to provide health promoting activities and resources for all members. If you're ready to make good health non-negotiable, join us on a daily walk, experience a healthy food demonstration, learn from various health experts. Most importantly, maintain regular medical appointments and follow your doctor's advice. And, when you're feeling stressed or find it difficult to get to sleep, don't forget to breathe! As Donovan recommends: Breathe in for 4 seconds. Hold for 4 seconds. Exhale for 4 seconds. Wait without breathing for 4 seconds, and repeat till calm.

### Special Events, Presentations and Trips

#### STD and HIV Impacts In People Over 50:

Thursday, November 3 at 10:30 a.m.

#### Enhancing Our Minds to Slow Dementia:

Thursday, November 3 at 1 p.m.

#### Mature Driver Program:

Tuesday, November 8 at 1 p.m.

#### National Museum of African American History & Culture—Washington, D.C.:

Wednesday, November 9 at 6:45 a.m.

#### Monthly Birthday Party:

Friday, November 18 and Friday, December 6 at 11:30 a.m.

#### Annual Senior Luncheon at First African Baptist Church, 901 Clifton Avenue, Sharon Hill:

Tuesday, November 22, at 11:30 a.m.

#### Good Neighbor's Annual Christmas Party:

Friday, December 9 at 12 p.m.

#### Senior Dinner at Good Neighbor Hosted by Shadow Riders of Darby Township:

Saturday, December 17 at 3 p.m.

#### Anderson Elder Law Presentation:

Thursday, December 1 at 10 a.m.

#### Dispelling the Myths About Hospice and Palliative Care:

Thursday, December 1 at 1:30 p.m.

#### Good Neighbor's Quarterly Information Meeting:

Friday, December 16 at 12:30 p.m.

#### Red Hatters Monthly Meeting:

(No meeting will be held in November)

Thursday, December 22 at 1 p.m.

#### Devine Source Healthy Eating Demonstration:

Tuesday, November 29 at 9:30 a.m.

### What's New???

#### Creative Writing and Public Speaking

(\$5 per person) Wednesdays at 9:30 a.m.

#### Arts & Crafts with Lois (\$3 per person)

Wednesdays at 11 a.m.

Enjoy a fun-filled day of thrift store shopping. Wear walking shoes and comfortable clothing!

**Casino Trips:** Thank you for joining us on our casino trips this year. Your continued support of Good Neighbor Senior Center is greatly appreciated. Due to the holidays, casino trips are cancelled for November and December and will resume in January. For more information, contact Dianne Roberts - Gibbs or Dianne Peterson at (610) 586-8170.

### Featured Activities and Outings

#### Nutrition Talk & Cooking Demonstration

Wednesday, November 2 and December 7 at 12:30 p.m.

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

Thursday, November 3 and 10, 10:30 a.m. – 1 p.m.

#### Booth Corner

Friday, November 4 from 9 a.m. to 2 p.m.

#### Kitchen Table Stories

Wednesday, November 9 and Wednesday, December 14 at 11 a.m.

#### Legal Aid: Friday, November 11 at 12 p.m.

#### Apprise (Individual Counseling)

Thursday, November 17, from 10 a.m. – 2 p.m. and Thursday, December 15, from 10 a.m. – 2 p.m.

#### \*Cow Town:

Tuesday, December 13 from 9 a.m. to 3 p.m.

## Kim's Korner



Dear Friends,

The last two months have quite remarkable for me. It was exciting that our center won two awards. And, our second oldest member, Fran Doyle (99) got married to Mary Walz in October. It is great to see this gentle and wonderful couple seize the time they have for love and happiness.

Jim and I flew to Maine. We always choose aisle seats opposite from each other. I have had some interesting seat mates in my time: Billie Jean King (tennis pro), and Harry Houdini's niece, Marie Blood. This time I got a lesson that I needed reminding of, two weeks before turning 60. I sat next to Kathy, a 78-year-old lady trucker, who in her spare time rides her Harley around the country. I am reaffirmed in my belief that age is just a number, where there is life, positive attitude and positive action, amazing things can happen. Give thanks for all that is good in your life and focus on that than rather than what has become difficult.

Blessings to all of you for a happy season of Thanksgiving and love.

Love,  
Kim

## Congratulations to the Schoolhouse Gardening Committee...

...for winning 2nd place in the community garden category for the Penn State Extension, Master Gardener's Community Garden Contest. Accepting the award was Suh Chung, Ruth Feeley, and Joanne Murray. Many thanks to the committee for attending the ceremony at the Fall Fest in Smedley Park and receiving the award. Also, many, many thanks to Thom Myrsak, Brenda Meahl, and Barbara Miller, our Master Gardeners who advise, teach, and help.



## Thank You to:

- Judy Haines, Sandy Clancy, Betty Schmucker and Shirley Carroll who worked the Norwood and Glenolden community fairs for the center.
- An extra special thank you to Thom Myrsak for the years of working with our gardeners. Thanks to Thom for all his help and guidance.
- Bob and Lorraine Healy for going to Penn State in State College to receive our "Senior Center of the Year Award," presented by the Pennsylvania Association of Senior Centers. We won this award for our involvement in the community (Vest a Cop, Little League, Police, Fire Company.)



- All the volunteers and staff who worked tirelessly while I was out on vacation and during my recent surgery.
- Larry and Joanna Campbell for their hard work with the Wii team. Schoolhouse has 7 teams in the National Wii Championship. Chester and Friendship also are participating. All three SCS centers are in the playoffs!

**Schoolhouse Thanksgiving Dinner**  
is Nov. 22 at 11:00.  
Please join us for our  
**Center Family Thanksgiving!**  
Advance tickets \$4.00.

## News About the Tax and Rent Rebate and Help with Food!

Did you know that Pennsylvania removed the asset requirement for the SNAP program? You could now be getting help with the cost of food. Call Pathways (info on the bulletin board).

Did you know that the Tax and Rent Rebate deadline has been extended until Dec. 31st? Ask Kim if you need more info.

## Medicare Annual Enrollment

Don't miss out on your APPRISE check-up. You change, your meds change, maybe your health insurance needs to change too or maybe you are fine as you are. If you want to review your choices with our APPRISE counselor, make an appointment with Sayre, ASAP!

## Aging at Home is HERE!

The Aging at Home Program provides fix-it help, transportation, help with yard work, referrals to professionals (plumbers, carpenters, roofers ...) that have been vetted and are senior friendly. All this and more for \$35 a year and \$30 a year if you are a center member. We have forms to apply at the front desk. Use it once and it's paid for itself!

## Condolences to:

Our sincere sympathy to John Bettcher and the friends and family of Barbara Percival. Barb started volunteering at Schoolhouse delivering meals. It didn't take long for this go-getter to expand her role as the center tour director and Advisory Council member. She sold RSVP lottery calendars and of course was their top seller. Barbara was a woman with vision and a passion for new experiences. Barb was dedicated to the growth of the center, the people she served and the robust trip program she developed.

## Sunshine Wishes to:

Joan Lynn, Dickrane Aznavorian, Paul LaFrance, Jane Renshaw, Dee Trexler, JoAnna Fiscaro, and Bob Kolb

**CARE MANAGEMENT**

**Use it or Lose it**

*By Trindy Grundy, Program Manager*



How often have we heard the adage “Use It or Lose It?”

The saying may not mean much during early adulthood, but as we begin to age and develop health conditions (arthritis, diabetes, high blood pressure, cognitive impairment, or mobility issues) we pay more attention to it. We reflect on our own health and how we may no longer be able to do things we did just a few years ago. Below you will find an opportunity to reflect on the changes which occur during the fall season and also give you an active exercise to keep the plaques and tangles in your brain charging.

I hope you will enjoy! The answers will be provided in the next issue. Happy Fall!

**ACROSS**

- 1 Coat made of material that repels water
- 5 Garden tool used for gathering leaves
- 7 Edible nut with prickly shell produced by a tree of the beech family
- 9 Horn of plenty
- 11 Green flat parts of a plant or tree
- 14 North American shrub bearing a tart, red fruit
- 15 Indian corn
- 16 banquet
- 17 Dried grass stored for animal food
- 18 Bed covering with multiple layers

**DOWN**

- 2 Firm round fruit with white flesh and red, green or yellow skin
- 3 Game played by two opposing teams using an oval shaped ball
- 4 Edible kernel encased in a hard shell
- 6 Fruit of the oak tree
- 8 Large gourdlike orange fruit
- 10 Thread spun by spiders to trap prey
- 12 Juice pressed out of apples
- 13 Gathering of ripe crops
- 14 Cold
- 16 Autumn

**FALL**

By Evelyn Johnson -www.qets.com