

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

## Jamee Nowell Smith: Senior Center Professional of the Year

It was 21 years ago when Jamee Nowell (no “Smith” yet) walked into the Chester Senior Center conference room for her interview for the Center Director position. On paper, she was “too young” and inexperienced for this key leadership post - just out of college and not yet 23 years old. However, her resume, although brief, indicated an interest in aging services, including an internship with Crozer’s Elder Med Program where we gained some familiarity with her. And she was a Chester resident with knowledge of the community, always a plus. The interview went well; Jamee impressed the entire search committee with her genuine interest in working with the elderly and her inherent talent as a manager and leader. Going with our “gut,” we offered Jamee the position, passing over several more experienced candidates. And, as the expression goes, the rest is history.



Jamee Nowell Smith receives the Pennsylvania Association of Senior Centers' Senior Center Professional of the Year award from PA Secretary of Aging Theresa Osborne.

Over the past two decades, Jamee Nowell Smith has emerged not only as an exceptional Center Director, but as a leader within Senior Community Services. Under her leadership, the Chester Senior Center has evolved into a true community focal point for the elderly of the greater Chester area, highly regarded by its members and the community. Chester’s monthly calendar consistently reflects a broad range of pro-

grams and activities – spiced with special events – appealing to the diverse interests and needs of today’s clientele. Most importantly, Jamee has created a welcoming and supportive environment for both members and staff. Jamee welcomes new members with a wide smile and is always available to help solve a problem or simply be a compassionate listener. The members of the Chester Senior Center both respect and adore her. Jamee’s staff love working with her and being part of the center team. In the SCS administrative office, Jamee is appreciated for always having her reports in on time and done correctly.

Jamee possesses a “can do” attitude in all aspects of her work. “We’ll get it done” is the usual response when presented with a task, even if it is outside the scope of her regular responsibilities. In fact, with the continued vacancy of the Director of Community Services position due to budget issues, Jamee has taken on key functions of this senior management role. She manages the agency’s adult education program, the Center for Life Long Learning, and has coordinated the national Senior Center Accreditation process, a major endeavor. When a new Center Director was hired for Good Neighbor, Jamee responded to the call to mentor the new director with characteristic generosity, making sure this new team member received proper training and support.

Jamee Nowell Smith is the consummate Senior Center professional. Guided by genuine caring for her center members and concern for her community, she is a gifted manager, creative activity planner and natural leader. SCS is proud of Jamee Nowell Smith and congratulates her on this well-deserved award.

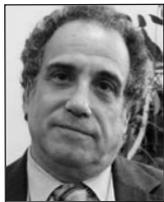
Pennsylvania Association of Senior Centers “Senior Center Professional for 2017” – at SCS, every year.

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Folsom, PA 19033

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## Gratitude

By Arthur Weisfeld



We are currently in a season of celebration. The holidays are approaching and we are also celebrating the 40th anniversary of Senior Community Services. During this time, I find that one word pops up in my mind over and over and it is “gratitude.” My gratitude over what has occurred during these past 40 years is both deep and far-reaching. In this short essay, I can’t truly do justice to it. Even so, I don’t want to shrink from trying to express my appreciation of those groups of individuals whose efforts over time have made SCS the vibrant organization that it is.

I feel gratitude to the employees of SCS. These individuals work tirelessly to help the organization reach its over-arching goal of serving the multi-faceted needs of the elderly of Delaware County. At times, I’ve pointed out special efforts made by particular staff members. For example, I’ve talked about the staff who come out on weekend days to share a special event, even though their time on that date will be compensated only by hugs and smiles. I’ve mentioned staff members who have arisen at the crack of dawn on days of extreme inclement weather to make decisions about whether or not to open the centers. I might not have mentioned, but I’ve certainly noted, staff members who have gone out of their way to express caring for a center participant or an in-home services client who is in crisis. SCS staff give to the elderly of Delaware County with admirable generosity, and whether I express it or not, I appreciate it daily.

I feel gratitude to the many individuals who have served on the SCS Board of Directors over the years. These individuals give freely of their “time, talent, and treasure” because they believe in the mission of SCS. Our board members have been the source of many of the ideas that have carried SCS forward. Just this past September, we had a new fund-raising event, a Friendship Circle race and walk, that was the brainchild of our board president, Asher Kemp. Asher worked ceaselessly to ensure the success of this event. For example, he scoured the community to secure contributions and vendors. Turnout was great, participants were delighted, and a new annual event was born. I am grateful to each and every board member—past and present—who has responded positively to SCS’ invitation to serve.

I am grateful to our volunteers, and try to show this gratitude through our Annual Volunteer Luncheon. Our volunteers are many—individuals of all ages—and their efforts are unstinting. We have had volunteers go out in inclement weather to deliver meals. We have had volunteers spending a morning each week at one of our senior centers, serving as one of our receptionists. Our APPRISE Counselors help consumers navigate the complex market of Medicare and health insurance. Aging at Home volunteers address barriers which prevent older people from remaining in their own homes, performing home repairs and providing transportation for medical appointments and grocery shopping. We’ve had volunteers contribute their gardening talents in beautifying our facilities. My hope is that the joy our volunteers have derived from this involvement comes close to matching the good they have done.

Finally, I am grateful to all of our participants and clients. You make an act of trust in permitting us to enter your lives and serve your needs. You don’t merely receive from us, but give back to us and the organization at large through your feedback and your good will.

Mental health professionals tell us that people who experience gratitude frequently enjoy a sense of well-being. I think that must be true, because as I look back on the last forty years, I feel pretty good.

With gratitude,  
Arthur

# Happy 40th Anniversary, SCS!

## No Waiting List

By Trindy Grundy, LMSW, Director, Long Term Care



Believe it or not ... Delaware County Office of Services for the Aging (COSA) has once again released consumers from the waiting list for services.

If you were seen by a care manager for an annual or every three-to-six months assessment, you will be receiving needed services. The release of consumers from the waiting list does not mean immediate service provision, though. It takes care coordination with home care providers, documentation of up-to-date financial information, and a care manager’s visit (as needed) to make sure all service needs are being met at the time of the release.

Services under the OPTIONS Program are not an entitlement program, like the Waiver program. When a care manager performs the required assessments, consumers or family members often ask, “What can I get?” Since it is not an entitlement, it is more about what your needs are today, what other resources are available to you from family and community, and whether the services you are requesting are payable under Medicare or another payer.

Please note, the OPTIONS Program has a cost-share, which means based upon your income (minus 30% for deductions), you may have to share in the cost of the services authorized.

Care managers look forward to times when there is no waiting list, although it requires additional follow-up to make sure services can begin in a timely manner and, once in place, continue consistently.

With the release of over 250 consumers from the waiting list, currently there is no waiting list for NEW consumers referred to the OPTIONS program from COSA.

If you are currently on the waiting list for services, your care manager will be in touch to get updated financial information, the name of the chosen provider (if you have made a choice), and any changes from the last re-assessment. If you are not in the OPTIONS program and need services to remain in your home, please call us at (484) 534-2050 for additional information.

We are beginning a season of giving thanks and celebrations not only in November and December, but right now in the OPTIONS Long Term Care Department. Let us know if you or a friend, neighbor, or co-worker is in need of in-home services. We can help.

## Hearing Better Strategies and Tips for the Holidays

By Donna Schumacher, HDC Coordinator



Here is my yearly gift to those with a hearing loss. It can be very difficult for folks with hearing loss to enjoy family functions. Large social groups (Thanksgiving dinners, office parties, center events, etc.) are difficult environments for those with hearing loss. Here are a few tips to help you enjoy these activities:

1. **It's easier to talk with people one-on-one.**  
Find a favorite friend or relative and move to a quiet room; play a game or read a story to a child; help out with meal prep or just hang out in the kitchen – there are usually fewer people.
2. **At the dinner table:**
  - Choose a seat good for you. If you have a “better side,” seat yourself so that most people are on that side.
  - Sit next to folks you usually have the least difficulty hearing.
  - Sit next to someone who will not grow impatient if you ask them to “clue” you in or explain the punch line of jokes.
  - Don't sit in front of a window; the glare could make it difficult to see people's faces and to lip-read.
  - Ask for the background music to be turned off, the football game to be turned down or put on mute. They can still watch the game!
  - Be assertive about these requests, but pleasant and polite.
3. **Conversation tips:**
  - Content yourself with speaking with

people on either side not across or down the table or sofa.

- Start the conversation yourself – then you will know what the topic is.
- If you do miss something, ask for the part you missed. Saying “what” leads to a little irritation.
- As far as joking – you know you're going to miss something so – stay calm.
  - Ask the person next to you what was so funny.
  - Ask the person next to you to remember what was so funny so that you can be told later and not miss out on the rest of the conversation.
  - Simply say “excuse me” and ask for the joke to be repeated so you can get it too.
  - Above all, do this with a pleasant, jovial attitude. Being a whiner or having “martyr” syndrome seldom encourages people to help out.
- 4. **After dinner strategies:**
  - Volunteer to help out in the kitchen to get away from all the noise and conversation so you can “rest” your ears and relax. It takes a lot of energy to concentrate on hearing.
  - No dishwashing! Your back will be to everyone and you won't be able to lip-read.
  - Dry dishes, put food away, or just keep everyone company.

Most of all, enjoy the holidays and being with family and friends. I know I will.

## Role Reversal

By Diana Twisler, Care Manager, Caregiver Support Program

I have been working in the Caregiver Support Program for 13 years. As care managers, we see and hear many different things that impact the caregiving relationship. Some are positive experiences, while others may add to the stress that caregivers often have. Many caregivers have shared with me over the years that one of the most difficult things they deal with is the role reversal that often occurs in the caregiving relationship. Role reversal is when the consumer, for any number of reasons, can no longer make decisions for themselves, and their children and/or caregiver have to take over some decision-making. As a result, the children often feel like the parent, and the parent in turn feels like the child being told “what to do.” This can be very difficult for the consumer to accept, especially if the person was very independent and controlled their own lives for many years. This struggle with the new role often causes additional stress for the caregiver, who is already juggling other aspects of their own lives, whether it's their own family, career, health, or all of the above.

Experience has shown that the best way to handle this change is to try to find a way to include the consumer in the decision-making process. This helps them feel like they still have some control and say in matters that affect their lives. Keep in mind that this is easier said than done. Past family dynamics can also make it more difficult to manage this new relationship. If the caregiver recently became more active in the consumer's daily life, they may not understand how that change is affecting the consumer. Many times, the consumer will argue over decisions that need to be made, creating more tension. The caregiver has to realize that they can only do their best and cannot force the consumer to listen to them. However, including them in the process may go a long way toward smoothing the road.

### In This Issue...

From the Executive Director	2
Long Term Care	2
Caregiver Support Program	3
Hearing Discovery Center	3
Aging at Home	4
Center Without Walls	4
Cognitive Stimulation Program	5
Volunteer Services and Outreach	5
Senior Center Program Highlights	6-7
Chester Senior Center	8
Friendship Circle Senior Center	9
Good Neighbor Senior Center	10
Schoolhouse Center	11

### SCS Management Staff

Executive Director: Arthur Weisfeld  
 Board President: Asher Kemp, Jr.  
 Director Long Term Care: Trindy Grundy

Aging at Home Director: Christine Helmandollar  
 APPRISE Program Manager: Glenda A. Radical  
 Caregiver Support Program Manager: Debbie Templeton  
 Center Without Walls Program Manager: Farah Esfahani  
 Chester Senior Center Director: Jamee Nowell Smith  
 Cognitive Stimulation Program Manager: Dorothy Darragh  
 Director of Advancement: Lydia Messinger  
 Director of Volunteers: Michele O'Brien  
 Fiscal Officer: Robyn Cashwell  
 Friendship Circle Senior Center Director: Christine Helmandollar  
 Good Neighbor Senior Center Director: Joanne Graham  
 Hearing Discovery Center Coordinator: Donna Schumacher  
 Schoolhouse Center Director: Kim McDaniel

**Don't Forget to Vote!**  
**Tuesday, Nov. 7**

## Driving

By Christine Helmandollar, Director



In 2015, there were more than 40 million licensed drivers aged 65 or older in the United States. Driving helps older adults stay mobile and independent. However, as you age, muscles weaken, reaction times get slower, joints may get stiff, and you take medications. These changes can make it harder to turn your head to look back, turn the steering wheel quickly, or brake safely. Driving becomes a difficult task for many older adults, especially those diagnosed with Parkinson's disease or who have had a stroke and suffer with limitations. Driving is no longer a safe option.

I am very familiar with Parkinson's disease as my father was diagnosed with it more than 10 years ago. Shaking coffee cups, twitching hands, and dragging feet are a few common things that I witness daily. Every day I question his driving ability and ask my mother if driving should still be a thing in my father's life. When my mother shares this constant worry with the Parkinson's specialist, the doctor usually responds by presenting a question to my dad: "Are you able to drive?" Of course, he responds "Yes." Then the doctor offers recommendations to continue safe driving practices, and a few restrictions like no music while driving and time limitations.

As the daughter, I get heated with the specialist because he is able to see so many setbacks in my father's life and he could just deny driving rights very easily. Then, I listen to my professional voice and I tend to agree with the doctor because I don't want my father to decay more, or to experience how miserable he will be if he loses his driving rights.

I apologize for the "Dear Abby" column but I am sharing with you that we all have serious aging issues to address daily and they can be difficult ones. The only comfort that I present to you is that the Aging at Home program has a transportation service that helps so many older adults get to where they need to be. I invite you to learn more about this great volunteer program that serves a great purpose, driving. To learn more, call the Aging at Home office at 484-534-2201.

## Medicare Open Enrollment Counseling

By Glenda A. Radical, APPRISE Program Manager



Are the costs of your medications increasing?

Are your prescriptions and co-pays becoming impossible to afford?

Do you question whether your current Prescription Plan is the best plan for you?

Medicare Annual Enrollment runs October 15 through December 7, 2017. If you answered "yes" to any of the above questions you may want to meet with an APPRISE Program Counselor to have a Part D Prescription Plan Drug Comparison completed. Call and schedule an appointment at one of seven Delaware County locations, or contact Glenda A. Radical, APPRISE Program Manager at (484) 494-3767.

When attending your Part D Prescription Drug Comparison appointment, you will need to bring the following:

1. A complete list of the prescription drugs you are presently taking.
  - a. Make sure to include the MILLIGRAMS of each prescription.
  - b. Make sure to include how often you purchase the drug from the pharmacy or mail order.
2. The name, phone number, and complete address of your pharmacy.
3. Your red, white and blue Medicare card, along with your Medicare insurance card from your Medicare Advantage Plan if you are enrolled in an Advantage Plan (Advantira, Aetna, Cigna Healthspring, Gateway, Humana, or Keystone 65).

Your APPRISE counselor will ask for your name, address, birth date, and phone number.

If you know that you have the Extra Help Program (LIS) (Help with payment for "Part D" premiums) or the Medicare Saving Program (MSP) (Help with payment for "Part B" premiums), please let your APPRISE counselor know.

Be mindful of others. Please be on time for your appointment.

APPRISE is here to help you!

Please see page 12 for a full list of Delaware County locations for Medicare Open Enrollment counseling.

## Fall Activities are in Full Swing

By Farah Esfahani, CWW Program Manager



Dear Friends,

The beautiful month of November is finally here. I hope you are enjoying the beauty of nature and the exquisite scenery of the fall season.

This month is filled with special celebrations and events: National Caregivers Appreciation Month, National Diabetes Awareness Month, U.S. General Election Day, Veterans Day, the Great American Smokeout, and, of course, Thanksgiving. The Thanksgiving holiday reminds us to take time to reflect on life's blessings, to express gratitude, and to offer thanks. It is a time of tradition, family gathering, holiday meals, and celebrations.

Fall semester art and fitness classes will continue in our six Center Without Walls (CWW) locations until the middle of December. In addition, the following programs are being offered in November.

"How to Title Your Assets" is a presentation offered by Robert and Dana Breslin, Esq. on Thursday, November 9 at Brookhaven Municipal Building. In this seminar, you will learn the best way to title your assets, and whether you should hold everything jointly with your spouse or your adult children.

Many older adults are overwhelmed by Medicare and Supplemental Health Insurance issues. Medicare Individual Counseling sessions will be held at Aston Community Center on November 16 and at Springfield Township Building on November 29. Our highly trained APPRISE counselors will assist consumers by providing objective information about Medicare, Medicare Supplemental Insurance, and Medicare prescription plans.

We frequently receive positive feedback from participants in APPRISE counseling sessions. I would like to take the opportunity to thank Glenda Radical, APPRISE Program Manager, and the devoted APPRISE counselors for their outstanding service to Medicare recipients and potential Medicare beneficiaries.

The Book Club discussion group is scheduled for November 15 at Aston Community Center. The book to be discussed is *The Elegance of the Hedgehog*, by Muriel Barbery.

I wish you a happy Thanksgiving with family and friends and a happy holiday season. Please contact me at (484) 496-2143 or fesfahani@scs-delco.org if you have any questions or suggestions about CWW programs.

## Why Brain Fitness?

By Dorothy Darragh, Cognitive Stimulation Program Manager

Just as our muscles can weaken without exercise, the brain will atrophy without strong stimulation. Dr. John Morley, MD suggests the following steps to exercise and sharpen your mental skills:

- 1) Test your recall: Make a list of grocery items, things to do, or anything else that comes to mind and memorize it. An hour or so later, see how much of the list you can recall.
- 2) Music: Learn to play a musical instrument or join a musical group. Studies show that learning something new and complex over a longer period of time is ideal for the aging mind.
- 3) Do math in your head: Figure out problems without the aid of pencil, paper, or computer; you can make this more difficult and athletic by walking at the same time.
- 4) Take a cooking class: Learn how to cook a new cuisine. Cooking uses a number of senses: smell, touch, sight, and taste; all of which involve different parts of the brain.
- 5) Learn a foreign language: The listening and hearing involved stimulates the brain. What's more, a rich vocabulary has been linked to a reduced risk for cognitive decline.
- 6) Create word pictures: Visualize the spelling of a word in your head, then try and think of other words that begin (or end) with the same two letters.
- 7) Draw a map from memory: After returning home from visiting a new place, try to draw a map of the area. Repeat this exercise each time you visit a new location.
- 8) Challenge your taste buds: When eating, try to identify individual ingredients in your meal, including subtle herbs and spices.
- 9) Refine your hand-eye abilities: Take up a new hobby that involves fine-motor skills, such as knitting, drawing, painting, assembling a puzzle, etc.
- 10) Learn a new sport: Start doing an athletic exercise that utilizes both mind and body, such as yoga, golf, or tennis.

SCS offers many of the suggested activities – give them a try. Brain fitness keeps us happy and young, I see it in our members all the time. Keep it up!

The Cognitive Stimulation Program (CSP) challenges the brain through reminiscing, using memory kits covering 137 topics. CSP provides 67-70 kits to 35-40 sites, serving 1470 individuals per month. For information on cost, programs, and availability contact Dot Darragh, Program Manager at (484) 496-2144.

## A Conversation With Board President Asher Kemp, Jr.

By Michele O'Brien, Director of Volunteers



Asher Kemp, Jr. is a well-known and committed community leader, volunteer board member and currently, Senior Community Services' Board President. If you have the pleasure of knowing Asher, you know how fortunate we are to have him so deeply involved in SCS.

What you may not know about Asher is that his relationship with SCS began when he was a child. Asher's first encounter with SCS, specifically Friendship Circle, was shortly after his grandfather had a stroke. While his grandfather was recovering, Asher moved in with his grandparents to provide help. As part of the recovery process, Asher's grandmother decided to look for a place where her husband could feel connected and have a purpose; where he would feel a welcoming sense of community. She found the perfect place for him – Friendship Circle.

Becoming a member at Friendship Circle gave Asher's grandfather a sense of "social well-being" and the pleasure of being among peers with similar interests. Asher's grandfather gained a sense of pride and independence in his involvement. Especially beneficial was the transportation, arranged through Friendship Circle, which Asher's grandfather could take to the center. It helped him feel more in control of this part of his life and less reliant on his family for everything. Asher vividly recalled a day when his grandfather was in the shower before his aunt, who was trying to get out the door. Asher's grandfather said to her, "Well I've got somewhere important to go, too!"

As a senior at Penn Wood High School, Asher wasn't sure what career path interested him. He knew that he liked social services and electrical engineering. It was during this time that he started volunteering at Friendship. Asher became involved with the recreation program, helping with Bingo and arts and crafts classes. He remembers his early days at the center fondly, and remarked that the seniors felt a sense of "common ground" when they were at the center.

Asher graduated from college with a degree in recreational therapy, obtained a Masters in Social Work, and an M.B.A. Later, he became involved in local government as a member, and then President, of the Yeadon Borough Council. It was during this time that he began to realize how many people truly relied on the center.

Asher states that even as a busy dad with a full time job, he continues to volunteer because he wants to make sure that seniors in our community get the support and services they need. Asher continually looks at how we, as an organization, can continue to offer "cutting edge programs."

"For me, seniors helped me to accomplish the things that I have in my life and make me the person that I am today. I was brought up in a village where people took time and interest in me. I am compelled to be their advocate and to help them get the resources that they need. They have done the heavy lifting and the hard work and now it is our turn."

As Asher continues his volunteer work with SCS, he is determined to continue to tell our story and be an ambassador in the community. He is proud to be a part of the SCS volunteer board, among a team of dedicated board members, and remarks that they all share the common passion of putting seniors first.

### LIHEAP Opens November 1, 2017!

LIHEAP, the Low-Income Home Energy Assistance Program, helps low-income families pay their heating bills. To receive help, you don't need to be on welfare or have an unpaid heating bill (your heat can still be on). You can either rent or own your home/apartment.

LIHEAP is taking applications for its cash, weatherization, and crisis grants beginning November 1, 2017. No applications accepted after

March 31, 2018.

Note: if you received LIHEAP last year you must reapply this year! To apply, go to the Delaware County Assistance Office, 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 11/1/17) in English and Spanish, go to: <http://www.dhs.pa.gov/citizens/heatingassistanceliheap/index.htm>

# 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

### Ceramics

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

Ceramic pieces are available, but participants may bring their own.

### Sewing

Fridays from 10 a.m.-2 p.m., Chester

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

Beginners through advanced sewers.

### Scrapbooking

Mondays at 10 a.m., Chester

Supplies provided, but feel free to bring in your own to create mementos from photos, postcards, letters, etc.!

### Card Making Class

2nd and 4th Tuesdays at 12 p.m., Chester

Cost: \$5 per class (supplies included)

Make your own greeting cards, gift bags, gift holders, and more. Instructor: Janis Thomas

### Jewelry Making

Tuesdays at 2 p.m., Schoolhouse

Bring your own supplies; no fee. Supplies included: \$3 per class

Tuesdays from 10 a.m.-12 p.m.

2nd and 4th Tuesday from 5:30-7:30 p.m.

Chester

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

Mondays from 1:30-3 p.m.

Friendship Circle

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

Design and create your own earrings, necklaces, and bracelets. Supplies included, but you may bring your own beads and tools as well.

### Woodcarvers

Mondays at 12 p.m., Schoolhouse

### Adult Coloring

Wednesdays at 10 a.m., Good Neighbor

### Crochet Class

Wednesdays at 11 a.m., Good Neighbor

Cost: \$3 per session

### Pencil Drawing

Mondays at 10 a.m., Good Neighbor

### No Knot Knitters

Tuesdays at 12:30 p.m., Schoolhouse

New knitters or experienced, join us to make

special gifts for special needs. Those who crochet are welcome too.

### Basic Drawing

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

Schoolhouse

Cost: \$5 per session. Pay the instructor.

Thursdays, October 26-December 21 from 11 a.m.-1 p.m.

Friendship Circle

Members: \$4 per session / Non-members: \$5 per session

Learn to draw with pencil and charcoal. .

### Pencil Drawing and Watercolor Painting

Mondays from 12:30-2 p.m.

Chester

Cost: \$5

Learn the basics of pencil and watercolor.

### Watercolor Painting

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

Schoolhouse

Cost: \$53.50/10-week session.

Beginner through advanced artists are welcome.

### Oil & Acrylic Painting

Fridays from 12-2 p.m., Schoolhouse

Cost: \$53.50/10-week session

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

### Mosaic Workshops

Thursdays, November 2, 16, 30 (Completes 5-week session)

December 7-28, January 4, 2018 (Next 5-week session)

Beginner course is from 2-5 p.m.

Intermediate/Advanced is from 6-9 p.m.

Schoolhouse

Members: \$84 / Non-members: \$89

\$30 for materials

Instructor Carol Shelkin, will introduce all mosaic styles for indoors and outdoors.

## ➤ DISCUSSION GROUPS

### 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.

### Book Club

Wednesdays, November 15 and December

20 from 12:30-2 p.m., Chester

Fridays at 1 p.m., Good Neighbor

Do you love to read? Enjoy reading and discussing the book for the month.

### Red Hat Society

3rd Tuesday of each month at 12:30 p.m.

Chester

Join the group for outings, fellowship, and special events. Facilitator: Queen Gerry Corbitt

### Kitchen Table Stories

4th Thursdays at 10 a.m., Schoolhouse

Tell your favorite stories from all stages of your life.

1st Tuesdays from 11 a.m.-12 p.m., Chester

"The Pleasures of the Table"- share stories of our traditions and the marriage between food and songs. Facilitator: Tracsi Loper

### Creating Our Story

1st Thursdays at 11 a.m., Chester

We all have stories to tell, good and bad. Let's use our life experiences and imagination to develop "Our Story." Facilitator: Viveca Holmes

## ➤ FINANCIAL HEALTH

### Financial Coaching

Tuesday, November 21 at 11 a.m.

Chester

Learn how a financial coach can help you find ways to reduce or eliminate debt, build credit, pay bills on time, or save money. Facilitator: Santino "Tino" Mangine

### Clarifi Financial Series: Tying Up Loose Ends

Tuesday, November 7 at 1 p.m.

Friendship Circle

Leave a clear financial path for loved ones.

Tuesday, December 5 at 1 p.m.: Safety tips

for banking and purchasing on-line

Friendship Circle

### Identity (ID) Theft

Tuesday, December 5 at 11 a.m., Chester

Explains what identity theft is and its potential impact on you. Learn how to prevent identity theft, how to obtain and use a credit report, and steps to recover from being victimized.

### Advanced Care Planning

Monday, November 13 at 6 p.m.

Friendship Circle

Tools for advanced care planning from living wills to PA Orders for Life Sustaining Treatment (POLST). Presented by the Delaware County Care Coalition (DC3).

## ...More Highlights

### ➤ FITNESS

#### Reiki

Friday, November 3, and December 1, 15  
from 9 a.m. - 12 p.m., Good Neighbor

#### Healthy Steps

Tuesdays, Thursdays and Fridays at 10 a.m.  
Schoolhouse

A peaceful warm up, light aerobic conditioning and a relaxing cool down. Instructor Mary Lytle. Class is on the 2nd floor.

#### Square Dance Class

Wednesdays from 7-9 p.m., Schoolhouse  
Cost: \$5 per session, first class is FREE

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

#### Silver & Fit

Tuesdays at 11 a.m.

Cost: \$2 per person, Good Neighbor

#### Walking Club

Monday-Friday at 9 a.m., Good Neighbor

#### Mall Walking

Monday-Thursday from 9-10 a.m.

Meet Bonnie or Jill inside the Target (lower level) entrance at the Springfield Mall.

#### Sit and Get Fit

Mondays, Tuesdays and Thursdays at  
10 a.m., Schoolhouse

Tuesdays and Thursdays from  
10:30-11:15 a.m., Chester

Strengthen muscles, burn calories, and improve movement and flexibility. Use light weights and bands.

#### Tap Dancing

Wednesdays at 11 a.m., Chester

Tap shoes recommended but not required.

#### Zumba

Saturdays at 10 a.m., Friendship Circle

Members: \$3 / Non-members: \$4

#### Gospel Aerobics

November 1, 15, 29, and December 7, 13,  
and 20 at 10 a.m., Chester

Improve your physical and spiritual health through low-impact exercises (seated and standing) that fill your body with energy and spirit!

#### Cardio & Strength Training Exercise

Tuesdays at 5 p.m., Chester

A moderate-level exercise class that helps to improve strength, flexibility and endurance. Mats, weights, and other equipment are used.

#### Line Dance Class

Tuesdays at 2 p.m. (Beginners)

Tuesdays at 2:30 p.m. (All levels)

Schoolhouse

Cost: \$1 per session

Tuesdays at 6 p.m., Thursdays at 1 p.m.

Chester

Cost: \$4

#### Yoga Flow

Saturdays at 11 a.m.

Friendship Circle

Members: \$3 / Non-members: \$4

#### Chair Yoga

Wednesdays at 2:30 p.m., Schoolhouse

Wednesdays at 11 a.m., Chester

Thursdays at 1:15 p.m., Friendship Circle,

Members: \$1 / Non-members: \$2

Enjoy the benefits of yoga without the difficulty of getting up from the floor.

#### T'ai Chi Chih

Thursdays through November 16 at 9 a.m.

Friendship Circle

Members: \$3 / Non-members: \$5

### ➤ GAMES

#### Mah Jongg

Tuesdays at 12:30 p.m., Schoolhouse

#### Tuesday Trivia

Tuesdays at 12:30 p.m., Good Neighbor

#### Free Bingo!

Thursdays, November 2, 9, 16 and  
December 7, 14, Good Neighbor

#### Breakfast Bingo

Fridays, November 10 and December 8 from  
9 a.m.-12 p.m.

Good Neighbor, Cost: \$5

#### Big Bingo

Thursdays, November 9 and 30, December  
14 and 28 at 1 p.m., Chester

Try to win a sizeable amount of money. \$1 per board. Play as many as you can afford and handle.

#### Holiday Bingo

Tuesday, November 14 at 1 p.m.

Friendship Circle

Members: No fee / Non-members: \$1

Satisfy your Bingo hunger and win dinner fixins prizes, including a turkey!

#### Table Games

Monday-Friday at 10 a.m., Good Neighbor

#### Pokeno

Mondays and Wednesdays at 12 p.m.

Good Neighbor

#### Pinochle

Mondays at 12 p.m.; Wednesdays and

Fridays at 8:30 a.m., Schoolhouse

Monday-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 does not take long before a spot opens up.

#### Pinochle Tournament

Monday, November 20 at 12:15 p.m.

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

Cost: \$5 entry fee

#### Play Pool

Monday-Friday from 9 a.m.-4 p.m.

Good Neighbor

### ➤ HEALTH AND WELLNESS

#### Caregiver Support Group

1st Tuesdays from 3-4 p.m.

Chester

Get support from professionals and other caregivers. Share experiences, resources, and information.

#### Chiropractor Services

Tuesdays and Thursdays from 9:30 a.m.-  
12:30 p.m., Chester

Cost covered through personal insurance or out of pocket. Meet with Dr. Cara about pain management, alignment, balance, or other issues.

#### Presentation on Knee Pain Relief

Wednesday, November 1 at 11 a.m.

Schoolhouse

#### Vision Care: Iris Bombe

Thursday, November 9 at 11 a.m.

Chester

Learn about this condition that causes the iris to balloon forward.

#### Managing Holiday Blues

Monday, November 13 at 9:30 a.m.

Friendship Circle

Get tips on handling holiday emotions and stress.

#### HIV/AIDS Education

Tuesday, November 14 at 12:30 p.m., Chester

Learn about transmission, effects on the aging population, treatment, and more. Includes prizes and resources. Facilitator: Emma Herman

#### Stroke Awareness & Education

Thursday, November 16 at 12 p.m.

Friendship Circle

Recognize the symptoms of a stroke and get tips on prevention.

*Highlights continue on page 12*

## Chester Chatter



Last year, we held our first “out of the center” Christmas Party at Lazaretto Ballroom with a live band, DJ, dancing, door prizes, and candy buffet. Oh, what a time was had by all! Well, it’s the holiday season again and YES, we will celebrate the Christmas season in the same fashion again this year! Celebrate with the Chester Senior Center family as we enjoy “Best Kept Soul Band,” oldies but goodies with DJ John Tarves, and a delicious meal that will not be forgotten! Put on your best and don’t forget your dancing shoes! Thank you to our partnering sponsor Aetna Health for their generous support.

Friday, December 8, 11:30 a.m. – 3:00 p.m.

Lazaretto Ballroom

99 Wanamaker Ave., Essington, PA

Cost: Members: \$40 / Non-members: \$50

### Open Enrollment 2018!

Medicare Open Enrollment 2018 runs from November 1 to December 15, 2017. Carl Clauss, an experienced APPRISE counselor, will meet with people one-on-one at the Chester Senior Center on Thursdays, 9 a.m.-12 p.m. Make an appointment by calling the senior center at (610) 497-3550.

### Thank You to:

- Anthony “Cool” Freeman for the donation of fresh fruits and vegetables for all to share!
- Donna Battisto for hosting the diabetic shoe fitting.
- All who contributed to the 2017-2018 Membership Drive to date!
- All who contributed to the hurricane relief efforts on behalf of Chester Senior Center.
- Lorenzo “Rennie” Harris and Wardell Sherman for keeping the pool team and pool tournaments going strong!
- All of our partners, instructors, volunteers, and supporters for a great 2017!
- The Chester and Episcopal Place staff—Vicky, Doris, Justine, Albert, Ola, Denise, Vanessa, and Debbie, Henry, Leroy, Elwyn Family, Margaret, Alma, Robert, Mr. Mitchell and David for your efforts!

## November and December Highlights

### Tune Up Your Brain, Sharpen Your Mind

Did you ever forget where you put your keys and become convinced that you were “losing your mind?” This course will explore memory, attention, mood, and thought processes. Learn what similar behaviors enable individuals, into their 90’s, to remain vital, contributing members of their society. Identify activities you can do to support your own brain health! Join us Mondays, November 6 and 13 at 1 p.m. to “Tune up Your Brain.” Pre-registration is required. This course is run in partnership with Widener University Osher Lifelong Learning Institute.

### The Power of Forgiveness and Gratitude

Let’s talk about the very powerful life tools of forgiveness and gratitude! Learn how to address unresolved issues, about communicating when it is difficult, letting go, moving on, and most importantly, being grateful on November 1 at 12:45 p.m. Led by Thomas McCluskey.

### Thanksgiving Luncheon

Enjoy a home cooked early Thanksgiving meal of turkey with trimmings, live entertainment, and the spirit of fellowship on Thursday, November 16 at 11 a.m. There is no cost for members, non-members are \$5. Please sign up at the front desk.

### Holiday Wreath Making

Make wreaths for the center and to take

home. Mondays, November 27 and December 4 from 10:30 a.m.–12 p.m. Members: no fee / Non-members: \$5. Please sign up at the front desk.

### Dining With Diabetes

Gain valuable information and tools to better manage diabetes. Learn cooking techniques and participate in food tasting, self-management education, and peer support. Get blood pressure and A1C screenings to truly understand your individual status, and tips on how to maintain or improve them. Sign up to join the class on Wednesdays, November 29, December 6, 13, 20 at 12:30 p.m. The cost is \$5 per person for ALL four sessions.

### Sowing Good Seeds ~ The Butterfly Effect

Meet with our new partners and learn about the wonderful projects that will take place during spring 2018. Hear about and participate in a mini workshop on indoor seed planting, canning foods, healthy eating from the soil, herbal tea tasting and more! December 21 at 11 a.m.

### New Year’s Party

Ring in 2018 on December 29, 11 a.m.–2 p.m. The party is free, but lunch is \$2.00 per person unless you are a member whose birthday is in December. Come join the fun!

### Chester Travelers

#### Midway – Harrington Casino

November 29 at 9 a.m.

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

Cost: \$25

#### Cheyney University Grille

November 8 at 11 a.m.

Enjoy five-star service and a five-course meal with education all prepared by the Culinary Department at Cheyney University. Please inquire about the additional cost of transportation if needed.

Cost: \$12 per person

#### Lights Out: Nat “King” Cole featuring Broadway and Hollywood actor Dulé Hill November 10, 2017

Enjoy this live performance at People’s Light which explores the soul of an American icon. The show includes hits such as *It’s a Good Day, Joy to the World*, and, of course, *Unforgettable*.”

Trip includes show, transportation, and dinner at the Desmond Hotel in Malvern.

Cost: Members: \$120/ Non-members: \$130

#### Sight & Sound’s JESUS

April 5, 2018

Enjoy the fabulous new show at Sight & Sound - the story of Jesus! The trip includes the show, lunch at Shady Maple restaurant, motor coach transportation, and driver gratuity.

Cost: Members: \$120 / Non-members: \$130

#### Southeast Coast & Bahamas Cruise

April 26 – May 5, 2018

Cruise to the Bahamas and beyond aboard Royal Caribbean’s Grandeur of the Seas! Visit Charleston, South Carolina; Port Canaveral and Miami, Florida; Coco Cay Bahamas; Nassau and more! Cruising from the Baltimore Pier with transportation included. A valid passport is required for travel. Prices range from \$914 - \$1,582 based on cabin choice and category.

## Friendship Facts

### The Members

By Christine Helmandollar

Friendship Circle is so much more than a place to hang out with other older adults! As a Friendship Circle member, you are able to enjoy a healthy and fresh lunch prepared by the chefs over at Mercy Fitzgerald Hospital, shoot pool with fellow members and enjoy the team camaradery, exercise, explore a talent by enrolling in a Center for Life Long Learning class, or just keep up with senior resources that support independent living. Also, the center hosts several special events for its members, like the spaghetti dinner, the annual Christmas party at the Columbus Club, the holiday bazaar, and the new 5K Run within the serving boroughs. Friendship Circle is sometimes referred to as a "Green Center." Each year, members plant and maintain a large fresh vegetable garden in the front yard of the center. In the wintertime, the center advisory board and members run a poinsettia sale to raise money to purchase and hand deliver a poinsettia plant to each homebound member in its community. See below to support the poinsettia drive.

These are all beautiful reasons to join Friendship Circle as a member. But as I focus on achieving the membership goal, I know that the real reason to join the center is the members themselves. They sell Friendship Circle! The members are the heart and soul of giving, helping, and sharing friendship. When I first drafted this column, I created a list of great members. I realized that I didn't have enough space to include everyone. But I can tell you one thing, as the director, I am privileged to be in the good company of fellow members. They have enriched my life and truly have made me a better person. I hope that encourages you to spend time at the center and join it. It is a great place to be!

## Friendship Circle Annual Christmas Bazaar

COME ONE! Come all! Get into the holiday spirit at Friendship on Saturday, November 18. In addition to handmade crafts, representatives from Avon, Tupperware, Mary Kay, and Usborne Books will be on hand to start off your holiday shopping season. Bring the kids (and the kids at heart) to visit Santa and have their faces painted. Top it all off with a hot dog, some chips (maybe a little sip of wine), and some delicious cakes and cookies for dessert. Bazaar hours are 12-4 p.m. See you there!



A young visitor shares a "fist-bump" with Santa.

### Painting Party



MJ McDaniel with her painting.

Friendship Circle hosted a Painting Party on Friday, October 13. The members created a beautiful picture of flowers from beginning to end in a 2-hour session taught by our art class instructor, Marie Gilligan. We plan to have another party on Saturday, December 2 at 10 a.m. The cost is \$20/person. This will

be an intergenerational party, so bring the kids or the grandkids to share a memory (minimum age 10 years.)



Marie Gilligan, Anita Yates, Viola Yates, Sandy Clancy, Martha Yates and Kimberly Graham show the pictures they painted at Friendship Circle's Painting Party.

### Friendship Circle Poinsettia Drive

4 ¼" pot	\$3
(Homebound donation)	
6" pot	\$8
6 ½" pot	\$10
7" pot	\$15
8" pot	\$25

**Order Deadline:** 12/4  
**Delivery Date:** 12/12

Return order to Friendship Circle or email:  
[chelmandollar@scs-delco.org](mailto:chelmandollar@scs-delco.org)

### Honoring Our Veterans

**Monday, November 6 at 10:30 a.m.**

We welcome all veterans to join us for a continental breakfast and a presentation by Ken Delmar, Commander of Post 3460 on veterans' issues.

Veterans: free; All others: \$2

### Scams and Careful Shopping

**Monday, December 4 at 1 p.m.**

From telemarketing phone calls to mail solicitations, scammers are out to make a quick buck – yours. Presented by the PA State Attorney General's Office.



Earlene Adams and Toni Jennings display handmade crocheted items and jewelry at last year's bazaar.



Members take a break from shopping.

## Joanne's Journal

### Through Forty Years She's Seen it All!

For Anna Garvin, the phrase "Happy 40th Anniversary Senior Community Services" resonates a little more deeply than it does with most. You see, this longtime Sharon Hill resident has been a member of Good Neighbor practically since the doors opened in 1977. "Miss Anna," as she is affectionately known, smiles as she reminisces about the countless Thanksgiving and Christmas celebrations and the many other meaningful events she's experienced at the center over the years. She delights in sharing her wonderful memories and telling why SCS' 40th anniversary is such a special time for her:

*I was born in a little town called Rockingham, North Carolina, in 1925. That's where I spent my earlier years and where I was married. My late husband, William, and I moved to Sharon Hill in the mid 1940's. This is where we raised our five daughters and son, and where we called home ever since.*



*were probably my favorite things to do. I really liked the music and dancing. I can't get up and do all the moves the way I used to, but I still enjoy the line dancing and exercising. Mostly, I like to sit in my seat and enjoy the music and exercise that way. It's a blessing to be able to have a place like Good Neighbor to visit every day. We receive lots of information and have plenty to do. It's here for us to enjoy, and I do! I have enjoyed it every bit for all these years!*

*I joined Good Neighbor shortly after the center opened on Sharon Avenue in the late 70's. Over the years, I've gotten to know all the directors and staff. Many members have come and gone and some good friends have passed on. In all the years I've been a member, what I've enjoyed most is the fellowship. I enjoy coming here every day. Sometimes I go from table to table to talk with the members. That's the best part for me. I tell my daughter in the mornings "let's go down and see who is new at the center today."*



*I'm happy that we're celebrating our 40th anniversary this year. I had no idea I would be around this long to see all that has happened over the years. I really enjoyed the new flower garden this year. It was beautiful! I loved the vegetable garden and the garden club activities too! It was nice to eat things from the garden, and to have peppermint tea—from our own garden! I can't imagine anything that would make my daily experience here any better.*



*I enjoyed the many trips and the games and activities over the years. Arts and crafts*

## PRESENTATIONS

### AARP Driving Course:

Thursday and Friday, November 9 and 10, 10 a.m.

### Alzheimer's Disease – Care & Prevention:

Thursday, November 30, 10 a.m.

### APPRISE:

#### Medicare Annual Enrollment:

Thursday, November 2, 10:30–11:30 a.m.

#### Medicare Advantage Part D:

Thursday, November 9, 9:30 a.m.–12:30 p.m.

#### Medicare Individual Counseling:

Thursday, November 16, 10 a.m.–2 p.m.

### Cigna Healthspring Presentation:

Tuesday, November 28, 10 a.m.

**Divine Source:** Tuesday, December 5, 10:30 a.m.

### Family Legacy Solutions:

**Presented by Vince & Signe Spragins**

Thursdays, November 16 and December 14, 10:30 a.m.

### Kitchen Table Stories:

Wednesdays, November 1 and December 6, 10:30 a.m.

### Nutrition Talk & Cooking Demonstration:

Wednesdays, November 1 and December 6, 12:30 p.m.

### Vision Care: Presentation by Candy Bantum, Center for the Blind

Thursday, December 7, 10 a.m.

## SPECIAL EVENTS AND ACTIVITIES

### Intergenerational Fun: Game Night, Potluck and Karaoke:

Friday, December 1, 9 a.m.

### Holiday Waffle Brunch:

Friday, December 15, 9 a.m.

### Monthly Birthday Party:

Fridays, November 17 and December 29, 11:30 a.m.

### Good Neighbor's Christmas Party:

**Lazaretto Ballroom**

Friday, December 22, 12-4 p.m.

### Christmas Outlet Shopping:

Friday, December 1, 9 a.m.

### Red Hatters:

Visit Manor Care, Thursday, December 21, 2 p.m.

### Red Hatters:

Holiday Lunch at Miller's, Thursday, December 28, 12 p.m.

## TRIPS AND OUTINGS

### Casino Trips:

Wednesdays, November 8 and December 13, 10 a.m.-7 p.m.

For more information, contact Dianne Roberts-Gibbs or Dianne Peterson at (610) 586-8170.

### Thanksgiving Luncheon:

First African Baptist Church

Tuesday, November 21, 11 a.m.–1 p.m.

### Thrift Store Hop:

Friday, November 3, 9 a.m.-2 p.m.

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

**Cow Town:** Tuesday, November 14, 9 a.m.

## Kim's Korner



Dear Friends,

During these past months, I've almost been afraid to pick up a newspaper. There is much to be concerned about in our world – endless debates and changes. Debates about protecting our environment, the beauty of the American landscape, what it means to be patriotic, whether drilling will be allowed in our national parks ... Every night there is something new and disturbing on the news.

We do need to be concerned. But, we also need to be reminded of why our country is so special. I am thinking about how November is an American month: a month when we honor our veterans and the service they have provided to our country. It's also a month when we commemorate the first American Thanksgiving, rejoicing in the successful harvest and the collaborative effort to survive. It was the Pilgrims and Native Americans who had the first celebration of diversity.

We will be celebrating both. I am grateful we are a family, a family that reaches out to others, a family that honors our veterans. A family that cares.

Enjoy what has been provided to you, be a caregiver of the earth, thank veterans for their service. Be thankful for family and friends. Whatever your faith, may you be blessed and may you be a blessing to others. Happy holidays!

Love,  
Kim

## Membership

It's that time of year. If you have not yet paid your membership, I encourage you to do so. We have to raise \$19,000 in memberships! To make this work we need everyone to get involved. Remember, SCS (Schoolhouse) is a private, non-profit center, not a government agency. Let's make our goal before the holidays.

## Sunshine Wishes to:

Paul LaFrance, Clair Hagen, Kate Di Pietro, Linda Zappocosto, Betty Lawson, Betty Schmucker

## Condolences to:

The friends and family of Frank Arzt, Frank Alcaro, Mildred Johnson, Paul Jeffries, Pauline Collier

## Veterans Breakfast

Veterans are invited for a free breakfast on Wednesday, November 8. Everyone is invited. The cost for non-veterans is \$3. Veterans' RSVPs and ticket purchases must be made by November 3. Breakfast will be served from 8:30 – 10:15 a.m. At 10:30 a.m. the 928 V.F.W. will lead a service to honor our veterans.

## 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. To review your choices with our APPRISE counselor, make an appointment with Sayre, ASAP. Open Enrollment ends in December!

## Wellness

There are a lot of illnesses this time of year. If you haven't gotten your flu shot, do so. Flu shots will be available at Schoolhouse on November 1 at 9:30 a.m. If you are sick or have a cough, please stay at home and take care of yourself. If you need help, call Kim. Wash your

## Special Events and Schedule Changes for the Holidays

Trip to Sight & Sound's *Miracle of Christmas*, Tuesday, November 14

### Schoolhouse Thanksgiving

Tuesday, November 21, 11:30 a.m.

### Happy Thanksgiving!

Wednesday, November 22: possible early closing. Center closed Thursday, November 23 and Friday, November 24

### Holiday Party at Springhaven

Friday, December 1, 11 a.m.-3 p.m. Get your tickets early! We are expecting a sell out!

**Advent Hymn Program**, Thursday, December 7, 12:30 – 1:30 p.m. With Ron and Joan Giles

### Crazy Rhythm and Fancy Feet

Thursday, December 14, 12:30 p.m.  
Sponsored by Kevin Lyons

**Merry Christmas! Center Closed**  
Monday, December 25

**New Year's Eve Party at Schoolhouse**  
Friday, December 29

Where 12:00 p.m. is celebrated as 12:00 a.m.!

**Happy New Year! Center Closed**  
Monday, January 1, 2018

hands frequently, especially before you eat or touch your face. If you must cough, do so on the inside of your elbow.

## Aging at Home, A No Brainer

The Aging at Home program provides fix-it help, transportation, help with yard work, referrals to professionals (plumbers, carpenters, roofers ...) who have been vetted to be senior friendly. All this and more for \$35 a year or \$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!

## Joshua Bell

If you are interested in hearing one of the world's most amazing violinists, join Kim on a trip to the Kimmel Center to hear Joshua Bell. Call Kim for details!

## Artist Film Series, Fridays at 10 a.m.

November 3: Van Gogh; November 10: Monet; November 17: Mary Cassatt; December 8: Andrew Wyeth; December 15: Michelangelo *The Agony and the Ecstasy*

## Thank You To:

- **Schoolhouse friends and loved ones** who purchased memorial plants
- **Garden club members** who wrapped each plant in gold foil and tied them with a ribbon to present at a memorial service and planted the flowers on a very warm and humid day.
- **Brenda Troutman** for purchasing the plants. The purchased plants should help Schoolhouse meet the requirements for pollinator certification!
- **The Schoolhouse Advisory Council** who sponsored the memorial service by having the name plates purchased and engraved.
- **Ron Parra, Shirley Jones, Jeannie Meserole, Judi Haines, JoAnna Campbell, Maureen Paravecchia, and Joe Gilligan** who worked the Progressive Dinner. Schoolhouse was transformed into "Paris at Night" and served amazing desserts with coffee to 100 people.
- **The Schoolhouse Advisory Council** for providing additional funds to give "Paris" an extra special finish for the Progressive Dinner.
- **All the staff and volunteers** who worked the Italian Night. Special thanks to Ron Parra and the kitchen volunteers who made a scrumptious meal!
- **The Advisory Council** for sponsoring Heidi Starr who sang lovely Italian arias and the old standard Italian love songs for the Italian Night.
- **Susan Gould** who taught us a few phrases in Italian.

## Medicare Open Enrollment Counseling

Highlights continued from page 7

10-18-17	WEDNESDAY	4 p.m.-6 p.m.	MT. PLEASANT BAPTIST CHURCH 101 WASHINGTON AVENUE ASTON 19014	HEALTH PLAN AND PART D COMP	TRINDY GRUNDY (484) 534-2050  GLENDA RADICAL (484) 494-3769
10-18-17	WEDNESDAY	1 p.m.-4 p.m.	GLEN MILLS SENIOR LIVING 242 BALTIMORE PIKE GLEN MILLS, PA 19342	HEALTH PLAN AND PART D COMP	LAURA J. KASAL (610) 358-4900
10-24-17	TUESDAY	8 a.m.-3 p.m.	RIDDLE VILLAGE 1048 W. BALTIMORE PIKE MEDIA 19063	HEALTH PLAN AND PART D COMP	LORETTA SCOTT (610) 891-3858
11-8-17	WEDNESDAY	2 p.m.-5 p.m.	NEWTOWN SQUARE PUBLIC LIBRARY 201 BISHOP HOLLOW RD. NEWTOWN SQUARE 19073	HEALTH PLAN AND PART D COMP	ARLENE CARUSO (610) 353-1022
11-9-17	THURSDAY	9 a.m.-12 p.m.	WAYNE SENIOR CENTER 108 STATION ROAD WAYNE 19087	HEALTH PLAN AND PART D COMP	KATIE REDMOND (610) 688-6246
11-15-17	WEDNESDAY	12 p.m.-3 p.m.	CROZER-KEYSTONE - BROOMALL CONSULTANTS IN MEDICAL ONCOLOGY & HEMATOLOGY 30 LAWRENCE ROAD. SUITE 201 BROOMALL 19008	HEALTH PLAN AND PART D COMP	KATHY QUAILE (610) 492-5865
11-15-17	WEDNESDAY	1 p.m.-4 p.m.	GLEN MILLS SENIOR LIVING 242 BALTIMORE PIKE GLEN MILLS, PA 19342	HEALTH PLAN AND PART D COMP	LAURA J. KASAL (610) 358-4900
11-21-17	THURSDAY	10:30 a.m.-2:30 p.m.	ALICIAN SENIOR APARTMENTS 140 HAMPDEN ROAD UPPER DARBY	HEALTH PLAN AND PART D COMP	M.C. PALLADINO (610) 517-5901
11-28-17	TUESDAY	9:30 a.m.-12:30 p.m.	MAINLINE HEALTH @ CONCORDVILLE 1020 BALTIMORE PIKE GLEN MILLS 19342	HEALTH PLAN AND PART D COMP	PHYLLIS HEPPARD (484) 227-3589
11-29-17	WEDNESDAY	9:30 a.m.-12:30 p.m.	RIDDLE HOSPITAL 1068 W. BALTIMORE PIKE MEDIA 19063	HEALTH PLAN AND PART D COMP	PHYLLIS HEPPARD (484) 227-3589
11-29-17	WEDNESDAY	9:30 a.m.-12:30 p.m.	UPPER DARBY SELLERS LIBRARY 76 S. STATE ROAD UPPER DARBY 19082	HEALTH PLAN AND PART D COMP	MARIA POLYMENAKOS (610) 789-4440
12-4-17	MONDAY	9 a.m.-12 p.m.	GLEN MILLS SENIOR LIVING 242 BALTIMORE PIKE GLEN MILLS, PA 19342	HEALTH PLAN AND PART D COMP	LAURA J. KASAL (610) 358-4900
12-5-17	THURSDAY	9:30 a.m.-3:30 p.m.	ALICIAN SENIOR APARTMENTS 140 HAMPDEN ROAD UPPER DARBY	HEALTH PLAN AND PART D COMP	M.C. PALLADINO (610) 517-5901

### Spa Day

**Mondays, November 13, 27, December 11 from 9:30 a.m.-2 p.m., Chester**  
**Cost: based on services received.**

Manicures, facials, hair care, beard trims, etc. Please sign up at the front desk.

### Basic First Aid

**Monday, December 11 at 1 p.m.**

### Friendship Circle

When to call 911 and what you do while waiting.

### Hepatitis C 101

**Tuesday, December 19 at 11 a.m., Chester**

Learn about transmission, effects on the Baby Boomer population, treatment, and more. Win prizes and gain valuable information.

## ➤ RELIGION & SPIRITUALITY

### Bible Study

**Tuesdays from 5-6 p.m., Chester**

**Tuesdays at 9:30 a.m., Good Neighbor**

### Praise & Worship

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

**Good Neighbor**

## ➤ TECHNOLOGY

### Smart Phone Photography

**Thursday, November 2 at 2 p.m.**

**Schoolhouse**

### Electronic Club

**Tuesdays, Wednesdays, and Thursdays from 10:30 a.m.-2 p.m., Chester**

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

### Individual Computer Instruction

**Thursdays from 9-10 a.m., Chester**

Get answers to your questions, learn short cuts to make your computer experience easier. Registration is required.

### Buying & Selling On-Line

**Thursday, November 7 from 11:30 a.m.-1 p.m.**

**Friendship Circle**

**Members: \$7 / Non-members: \$9**

Topics include Craigslist and eBay. Get important safety tips.

### 2017 WALK TO END ALZHEIMER'S

Saturday, November 11  
Citizens Bank Park  
1 Citizens Bank Way  
Philadelphia, PA 19148

Contact: The DVC Walk Team | 215-561-2919 | [delvalwalk@alz.org](mailto:delvalwalk@alz.org) to register

**Register with our team:**  
Delco United Walkers  
**Team Captain:**  
Trindy Grundy  
Office: (484) 534 - 2050  
Ext. 65  
Cell: (484) 614 - 5134

**Groups Involved:**  
First African Baptist Church  
Alzheimer's Group  
Senior Community Services  
Mount Pleasant Baptist Church  
Support Group

★ **OUR GOAL:** ★  
**\$2,000** ★

Take the first step to a world without Alzheimer's.

**WALK TO END ALZHEIMER'S**  
alzheimer's association