

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

Seniors Turn to Apprise During Open Enrollment for Assistance

By Heather Dale

During the Medicare Open Enrollment Period the goal of the Apprise Program is to assist as many Medicare beneficiaries as possible – answering their questions about plans, providing side-by-side comparisons of prescription drug plans and making presentations in the community to ensure that the word gets out.

Just a week into open enrollment it seems word has indeed gotten out.

“You mean the 200 phone calls?” said Glenda Radical, the Apprise Program manager, with a laugh. “It is very crazy.”

The majority of those calling are looking to change their Medicare Part D prescription plans. Radical said many of the part D plans are ending this year causing Medicare beneficiaries to scramble to find a new, cost effective plan.

During this period of time that stretches from October 15 to December 7, Medicare recipients have the opportunity to change Medicare (A and B) and Part D prescriptions plans. The job of the Apprise volunteers, put simply, is to help seniors.

Apprise is a free, state-funded health insurance counseling program designed to help older Pennsylvanians with Medicare. Last year during Open Enrollment the Apprise Program provided counseling to 185,544 seniors statewide and nearly 1,300 seniors in Delaware County. In Delaware County, Senior Community Services manages the program as a subcontractor for the County Office of Services for the Aging (COSA). Apprise volunteer counselors are extensively trained by the state and ensure that the plans a Medicare recipient is enrolled in, meets their needs – be it by finding the lowest premiums or a plan that fits their unique situation.

The Apprise office is staffed with Radical and 18 volunteers. In addition to answering the calls that come into the office, they will also be out in the community holding informational presentations on Medicare and Part D prescription plans as well as conducting one-on-one counseling sessions that can include side-by-side plan comparisons.

“The Apprise Program offers seniors unbiased and critical information to assist them in making the best decision possible when it comes to their health care,” said Trindy Grundy, associate director of long term care at Senior Community Services. “Our care managers and staff often look to Apprise for guidance. We are so fortunate to have them under the SCS and COSA umbrella.”

Last year the Open Enrollment period was notable due to addition of several preventative health benefits covered by Medicare under the Affordable Care Act. This year, the biggest headline seems to be that the cost of all plans continues to rise.

“All of them have gone up,” Radical said. But did say that there are



Apprise Program volunteers counseled nearly 1,300 seniors last year in Delaware County and are on pace to meet or exceed that figure again this year.

some new low-cost and even zero premium plans that are now available in Delaware County.

And for those beneficiaries who are considered low-income, there are plans available to provide some financial assistance with premiums for Medicare Part B and D plans.

Those individuals who are single and earn a monthly income of less than \$1,459 and have resources that are less than \$13,440 or those individuals who are marrieds and have a monthly income of less than \$1,966 and resources under \$26,860 are urged to apply for the Extra Help and Medicare Savings Programs. Extra Help pays for the Part D premium and lowers co-pays. The Medicare Savings Program pays for the Medicare Part B premium each month.

If you have any questions or would like to attend a presentation or schedule a one-on-one counseling session, contact the Apprise Program or Glenda Radical at: 484 494-3769. If you would like to become a volunteer please contact Tiffany Schaff at: 610-237-8100.

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The Resilience to Move Forward

By Arthur Weisfeld



For those of you who read my last column, you know that my mother died at the end of July. Since that time, I have followed closely my father's process of coping with the challenges of everyday life after 71 years of marriage. Yes, 71. My parents had a wonderful relationship, and time only deepened their love and expanded their common interests—family, friends, golf, cards, dining out, and so on. Unsurprisingly, her passage was earth-shattering for him. I realize that many of you reading this column have been in the same position. And perhaps your loved ones were worried, as I was about him, how you would fare.

What I want to share with you is my admiration of my dad's resilience. I realize that he misses my mother greatly; I bet he always will. But, what I also see is that my dad, 93 years of age, is having a life that remains vibrant and joyful despite everything. It's led me to ponder how he accomplished this most difficult-of-all transition. There are a few things I noticed. First, my dad kept up with his routines. Those sources of order and comfort in his life, some of which did not involve my mother, he maintained. Here is just one example: Every morning, my father had breakfast with several of his cronies at Dunkin' Donuts. For a number of years, it's been his chance to "kibbutz" about current events, sports, and Florida weather. My dad has been unflagging in adhering to this morning ritual, and I think it has been a great comfort to him. He also has his regular card games with friends. Second, dad has stayed close to family. We talk to each other several times a week and he shows a keen interest in all of the developments of in our lives and of course, those of the grandkids. And lucky for us, my sister, Judy, lives close by and dad is a regular at her dinner table. Third, and this factor is crucial, he's been willing to make forays into new territories, those that had been uniquely my mother's provinces. When the cleaning lady resigned, dad showed gumption in interviewing new candidates. Instead of relying upon prepared foods for his sustenance, Dad has shown moxie in making his own expeditions into the kitchen. Recently, he had a hankering for salmon salad and rather than concluding that it was something in his past, he called Judy, got the recipe, and brought his own salmon creation into being.

For him, life is hardly perfect. Whose life is? He misses the company of some of his friends who went before. He has aches and pains that are sometimes hard to ignore. And, of course, he misses my mother. Still, he forges ahead, and because he does, I am so proud of him.



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SCS Management Staff

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 Fiscal Officer: Robyn Cashwell
 Hearing Discovery Coordinator: Donna Schumacher
 SCAH Program Coordinator: Frannie Schmerling
 Director of Volunteers and Outreach: Tiffany Schaff

Using the Internet

Monday, November 3, 10:30 a.m. to 12 p.m.

Schoolhouse

Cost: \$12

Beth White will teach you how to use Google to search for information, and get tips and tricks to make searching easy.

Beyond Basic Computer Session II

November 4, 6, 11, and 13 at 1 p.m.

Cost: \$25 members/\$30 non-members

Chester

Beyond Basics & Smartphone Computer

November 11, 12, and 13, 9 a.m. to 12 p.m.

Cost: \$30 for members/\$35 for non-members

Good Neighbor

This three-session course will go into depth and detail about surfing the Internet and sending and receiving email along with the basics of using the computer. Topics include Windows and utilizing the control panel. Bring in your cell phones, tablets and laptops.

Intro to Computers

Monday, November 17 and 24, 1 to 2:30 p.m.

Schoolhouse

Cost: \$20

Beth White will teach basic computing skills so that you're familiar with key terms and with using the Internet.

The Most Useful Websites

Monday, November 17, 10:30 a.m. to noon

Schoolhouse

Cost: \$12

Not all websites are created equal. Instructor Beth White will help you find the most useful sites and how to avoid the duds.

Using E-mail

Friday, December 5 and 12, 10 a.m. to noon

Schoolhouse

Cost: \$25

This class is for anyone who wants to know more about using e-mail. If you don't have an e-mail account, instructor Beth White will set one up for you. We will practice sending and receiving messages and adding contacts. If possible, bring a loved one's e-mail address.

Computer Tech Talk Group

First Wednesday of each month at 2:30 p.m.

Schoolhouse

This is your chance to get your computer questions or problems resolved. There's room for every level of experience. Free Wi-Fi available. Rich Conti facilitates.

Congratulations on Your New Position: Barbara Caso

By Frannie Schmerling, Senior Center at Home Program Manager

Barbara Caso, a Delco native, majored in Communicative Disorders at West Chester University. After graduating with a BA in 2000 she provided early intervention speech therapy in homes of children ages 0-3. Barbara believes those visits helped build a foundation for her 10 years working as Program Manager of Senior Center at Home [SCAH]. She took some of the play therapy, games, and painting activities and re-molded them into age-appropriate leisure activities for seniors. Barbara is looking forward to starting a new chapter in her life but remaining at Senior Community Services as the Friendship Circle Senior Center Director.

What were some thoughts/expectations you had when you started as Program Manager?

I was excited because I felt like I could advocate for the leisure needs of the participants. I wanted to motivate them and provide opportunities for them to participate in activities that were interesting for them in order to assist them in becoming more active.

Can you please share some highlights of your time at SCAH?

My participant, Sue, was a pain-stricken woman who spent all day sitting in a chair watching TV. Neither of us had experience making jewelry but with supplies provided by SCAH we started beading together. She eventually made a craft studio out of one of her bedrooms. She even accomplished being accepted into a craft show to sell her jewelry. It was amazing to watch her transformation as I visited her through SCAH!

Another highlight for me was when I assisted one of my participants in making three scrapbooks for her grandchildren. She had never made any before! It was a great way for her to build a meaningful connection with her family.



Additionally, I brought my (now 11 yr old) daughter, Mia, on some home visits. It provided really great intergenerational opportunities for my participants. They especially enjoyed watching her grow and keeping up with her life events because unfortunately a lot of them are not close with or don't have grandchildren of their own.

Were there any positive surprises/realizations along the way?

Yes. I made a very personal connection with my participants. It was more than just doing activities. The socialization piece was so strong because of how alone they were. It was great to hear how meaningful my participants felt the home visits were for themselves!

After the success of the beading activity I started introducing that activity to more people and even utilized my new skill in my personal life for presents for friends and family. It was amazing how SCAH opened up my own activity repertoire because I could then share with participants.

What are you looking forward to as the new Friendship Circle Senior Center Director?

I'm excited to transition from working one-on-one to serving a group population. I will strive to be present for the members and provide activities that will be tailored according to their interests.

Strategies and Tips for Hearing Better During the Holidays


By Donna Schumacher
HDC Coordinator




Our final meeting for the year is Saturday, November 15 at 10 a.m. We will talk about the purchase and use of assistive devices. But, those devices alone may not be enough to help you through the holiday season. 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.

- 1. It's easier to talk with people one-on-one.**
Find a friend 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; for the football game to be turned down or put on mute.
Be assertive about these requests, but pleasant and polite.
- 3. Conversation tips:**
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” can lead to some irritation.
- 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 dish washing! Your back will to everyone and you won't be able to lip-read.
Most of all, enjoy the holidays and being with family and friends.

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Healthy lives begin with healthy communities.
For more than 70 years, IBC has been committed to strategic corporate sponsorship of innovative wellness and education programs designed to improve the well-being of our region.
Independent licensee of the Blue Cross and Blue Shield Association — a Medicare Advantage organization with a Medicare contract.

Would you like to volunteer your time to help a homebound senior? Senior Center at Home is looking for dedicated volunteers to make a difference in the life of seniors. If you are interested in making bi-monthly home visits please contact Director of Volunteers and Outreach Tiffany Schaff at: 610-237-8100.

Turkey Day Trivia

By Dorothy Darragh, Cognitive Stimulation Program Manager

Preparing to reminisce about the upcoming holidays, I wanted to spark interest in what we actually know about Thanksgiving. I began my research and found some tidbits of information at History.com. Check your knowledge and provide some interesting facts (or fiction) at your family feast. Enjoy your family, holidays and create memories.

1) **Fact or Fiction: ONE OF AMERICA'S FOUNDING FATHERS THOUGHT THE TURKEY SHOULD BE THE NATIONAL BIRD OF THE UNITED STATES.**

Fact: In a letter to his daughter sent in 1784, Benjamin Franklin suggested that the wild turkey would be a more appropriate national symbol for the newly independent United States than the bald eagle (which had earlier been chosen by the Continental Congress). He argued that the turkey was "a much more respectable Bird," "a true original Native of America," and "though a little vain and silly, a Bird of Courage."

2) **Fact or Fiction: MACY'S WAS THE FIRST AMERICAN DEPARTMENT STORE TO SPONSOR A PARADE IN CELEBRATION OF THANKSGIVING.**

Fiction: The Philadelphia department store Gimbel's had sponsored a parade in 1920, but the Macy's parade, launched four years later, soon became a Thanksgiving tradition and the standard kickoff to the holiday shopping season. The parade became ever more well-known after it featured prominently in the hit film *Miracle on 34th Street* (1947), which shows actual footage of the 1946 parade.

3) **Fact or Fiction: TURKEYS ARE SLOW-MOVING BIRDS THAT LACK THE ABILITY TO FLY.**

Fiction (kind of): Domesticated turkeys (the type eaten on Thanksgiving) cannot fly, and their pace is limited to a slow walk. Female domestic turkeys, which are typically smaller and lighter than males, can move somewhat faster. Wild turkeys, on the other hand, are much smaller and more agile. They can reach speeds of up to 20-25 miles per hour on the ground and fly for short distances at speeds approaching 55 miles per hour. They also have better eyesight and hearing than their domestic counterparts.

Aging at Home Continues to Grow

By Christine Helmandollar, Director



Trimming the hedges for fall, finding a plumber to fix a leak, and putting a fresh coat of paint on a wall can make it easier for a senior to live independently in their home. These services are available through Senior Community Services' newest program: Aging at Home – A Community Network. The program is geared to provide resources to seniors. The program is housed at the Friendship Circle Senior Center, providing socialization as well as transportation, home repairs, and home support.

We welcome seniors 60 and older to take advantage of the local trips to and from places (shopping, doctor appointments, clothing stores, etc.) within a 7 miles radius of the senior's home. Aging at Home has four specially trained drivers who provide door-thru-door services for a \$5 round trip donation. Feedback has been positive from members who utilized the transportation service.

Call Aging at Home at 484-534-2201 to schedule your ride on Tuesday, Wednesday or Thursday. A request for a ride must be made at least 24 hours in advance. The service will be available five days a week in 2015.

Aging at Home recently coordinated a service day with the United Way of Greater Philadelphia and Southern New Jersey. The day of service was a success and many homes of members were spruced up with a fresh coat of paint, thanks to the wonderful volunteers from Vanguard.

Our staff is also encouraging seniors to weatherize their homes, making them more energy efficient, while also lowering their utility bills. We have partnered with Community Action Agency of Delaware County, Inc. to identify seniors who qualify financially for weatherization services from insulating to heating discount services.

At present, Aging at Home has partnered with local businesses to provide senior shopping discounts every Wednesday. This is one way to encourage members to shop locally and save a few dollars too.

Aging at Home – A Community Network continues to offer new, attractive ways to help seniors remain in their homes. Please call Director Christine Helmandollar or Manager Morvia Bowen at 484-534-2201 if you have any questions or are interested in becoming a member.

Senior Safety in the Home

By Stacey Babiak, Care Manager

In my role as a care manager for the Family Caregiver Support Program, I am in constant communication with seniors who live in their own homes. Unfortunately, I often hear about falls that occur in the home. As we know, one fall can change an individual's entire life very quickly and dramatically.

Most falls that occur in the home can be prevented by taking some simple in-home safety precautions. According to caregiverstress.com the following is a list of some of the top safety issues in the home that, if fixed or resolved, can decrease the likelihood of a fall:

- Loose area rugs/tripping hazards.
- No emergency-alert system (especially if consumer resides alone).
- Lack of safety bar or chair in bathtub/shower.
- No walk-in shower.
- A lot of clutter/furniture, which can make mobility difficult.
- Steep steps, lack of railings for stairs.
- Poor lighting.
- No telephone near the bed.

According to cdc.gov the following are some ways to prevent a fall in addition to checking your home and making it safer by resolving/fixing the issues listed above:

- Exercise regularly.
- Have your doctor/pharmacist make you aware of any medications you take that may cause sleepiness or dizziness.
- Have your vision checked at least annually.
- Get up slowly after you sit or lie down.
- Wear shoes (not slippers) both inside and outside the home.
- Keep emergency numbers near each phone.

There are many things in life we cannot control, but being able to take the initiative and safeguard your home environment to reduce your risk of any kind of fall is important. I wish you success in making your home a safer place, and invite you to explore both caregiverstress.com and cdc.gov for additional information on the topic.

CARE MANAGEMENT

Do You Need a Care Manager?

By Trindy Grundy, Associate Director for Long Term Care



Senior Community Services care managers have been the gate keepers for in home supports and services for almost four decades.

The goal of care managers is to provide a comprehensive and holistic approach to help seniors continue to live at home and stay connected to their community.

Many people have needs, some greater than others. The questions I ask you today are: Who do you call for help? Where do you turn when you have no one to ask about your care?

Senior Community Services care managers are part of the Options and Family Caregiver Support Program, sponsored by County Office of Services for the Aging (COSA), and connected to home care providers, senior centers, meal providers, housing groups, volunteer opportunities, faith-based institutions and other community based organizations.

We are here to help you navigate the social service, health care and insurance maze. If you live alone, visiting family and friends or know of a neighbor who needs assistance to remain safe in their home, contact Senior Community Services Long Term Supports and Services Department at 484-534-2050.

Senior Community Services care managers are available to assist you in coordinating care and providing guidance on next steps.

Enjoy the holidays!

BABY NEWS:

We are happy to announce proud first time-parents in the SCS family.

Patrick and Diana Twisler welcomed their son, Sean on May 18, weighing 7 pounds, 5 ounces and measuring 20 ¼ inches long.

Daniel and Stacey Babiak welcomed their son, Chase on October 7, weighing six pounds, 4 ounces and measuring 19 ¾ inches long.

CENTER WITHOUT WALLS

Fun-Filled Fall Semester

By Farah Esfahani, CWW Coordinator



The beautiful month of November is finally here. I hope you are enjoying the stunning colors of the fall season. This month is crowded with special events and celebrations: Election Day, Veterans Day, National Family Caregivers Month, American Diabetic Education Month, the Great American Smokeout, World Peace Month, and of course, Thanksgiving.

Center Without Walls (CWW) fall semester art and exercise classes will continue until mid-December. The following are the highlights of some of the programs we are offering this month at the Brookhaven Municipal Building:

On November 6, Robert and Dana Breslin, Esq. will conduct a seminar on Pennsylvania's changes in the law governing power of attorney documents. These changes are effective on January 1st, 2015. They will review the power of attorney form and discuss options so that your power of attorney document is crafted to meet your specific needs.

A lung cancer and Great American Smokeout presentation will be held on November 13. The presenters include nurse navigator Patti Hollenback, nurse practitioner Kerry Clay, and tobacco treatment specialist Melissa Maier from the Crozer Keystone Health System.

"Shop: Get the Best for Less" and "Making Smart Breakfast Choices" are the topics of Eating Smart Series this month and in December.

Jim Spiegle, senior program manager from Clarifi, will offer a workshop on "Identity Theft and Financial Predators" at our new location, the Springfield Township Building, on November 5. You will learn how to recognize predators, prevent ID theft, and how to obtain and use your credit card report.

The Book Club Meeting this month is scheduled for November 19 at the Aston Community Center. "Unbroken" by Laura Hillenbrand is the book to be discussed.

I wish you and your family a happy and healthy Thanksgiving and a joyous holiday season.

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

VOLUNTEER SERVICES AND OUTREACH

Hoping for Snow

By Tiffany Schaff

Director of Volunteers and Outreach



Winter is slowly creeping in. As mentioned in many of my previous columns, my father was in the military for 35 years so I've been to quite a few places and lived in areas of the country that rarely see snow. One of my favorite things about this area is that I get to experience all four seasons. While I'm still a bit apprehensive to drive on ice-covered roads, I love watching the glittering white flakes of snow fall from the sky and coat the ground. I didn't always get to see this beautiful phenomenon when I was a child.

Every Christmas, though, my family would fly home (Collegeville, PA) for the holidays. As soon as the plane landed, I wished for snow and anxiously peeked out of the window. Snow or no snow, it was sure to be an exciting week. The trek up to Grandma's house was always an exciting one. "Grandma and Pap" were the lifeblood of the family. They brought three generations together once a year and we always found ourselves overindulging in food, laughter, and hugs.

I lost both of them this August, twelve days apart. It was an appropriate ending to a beautiful, 66 year love story. This winter will be the first without them, without the journey up to Collegeville, and while it will certainly be difficult, I'm optimistic about the holidays. Everything my grandparents have taught us makes me feel like the holidays are going to be just fine as long as I am with family.

My grandparents were ultimately the reason I decided to pursue a life in the nonprofit industry. Their quiet compassion and constant willingness to lend a hand was admirable. I grew up with such terrific role models, it was impossible not to aspire to be like them. They've left a permanent mark on me that reminds me to give back, respect everyone and perhaps most importantly, know that there isn't anything that a York Peppermint Patty can't solve.

Happy holidays. As we gather with family and friends this holiday season, volunteering, socializing, or gathering around the table, remember to do something nice for your neighbor. And enjoy the snow.

Senior Center Highlights...

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

➤ ARTS AND CRAFTS

Card Making & Stamping

November 11 and 25 & December 9 and 23 at 11 a.m.

Chester

Let your creativity shine through by making your own greeting cards, treat bags, gift holders and more. Each class will have a different theme leading up to Christmas! You will leave the class with three special handmade Christmas cards, one gift card holder and one treat bag.

Pencil Drawing and Watercolor painting

Mondays from 12:30 to 2 p.m.

Chester

All are invited to come and learn the basics of pencil and watercolor arts or enhance your artistic abilities through these media.

Woodcarvers

Mondays at noon

Schoolhouse

Members create extraordinary art from wood.

Basic Jewelry Designs

Every Tuesday at 12 p.m.

Good Neighbor (Supplies included)

Jewelry Making Workshop

Tuesdays at 2 p.m.

Schoolhouse

Cost: \$3 per class for supplies

Select the gems, the stones, the project and let your creative self roar!

No Knot Knitters

Tuesdays at 12:30 p.m.

Schoolhouse

New knitters or experienced, join us as we make special gifts for special needs. Note: those who crochet are welcome, too.

Basic Drawing

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

Schoolhouse

Cost: \$5 per class – please pay the instructor, Mary Ash

Learn to draw with pencil and charcoal. Take this class to build your skills.

Watercolor Painting

Wednesdays at 1:45 p.m.

Schoolhouse

Cost: \$50 for 10 sessions

Beginners through advanced students are welcome. Helen Baur will focus on individual needs as she teaches approaches and techniques to highlight your skills. The next 10-session course begins on November 18.

Ceramics

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

Chester

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

Crafts with Sharon

Thursday in November at 12 p.m.

Good Neighbor

Come out and explore your creative side with Sharon Barnett and create crafts – from making birdhouses to using watercolors. No idea is too small or too big!

Sewing

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

Chester

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

Pencil Drawing

Every Friday at 10 a.m.

Good Neighbor

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

Oil & Acrylic Painting

Fridays at 12 p.m.

Schoolhouse

Cost: \$50 for 10 weeks

Our skilled instructor can start the beginner or help the advanced artist enhance their work. New sessions begin every 10 weeks.

➤ DISCUSSION GROUPS

Gardening

Thursday, November 6 at 12:30 p.m.

Schoolhouse

Under the direction of Penn State Master

Gardeners, we'll learn the "what to do/not do" for house plants.

Ridley Food Club

(Second Thursday of the month)

November 13 and December 18

Schoolhouse

Cost: \$3 per meeting

Consider yourself a "foodie?" Then this is the club for you.

Medicare Part D

Wednesday, November 19 at 10 a.m.

Schoolhouse

One size does not fit all when it comes to prescription plans. SCS' Apprise Program will show you how to find a plan that best fits your needs.

Pre-Retirement Workshop

Thursday, November 20 at 7 p.m.

Schoolhouse

Boomers are coming of age and reinventing retirement. There are things you need to know, pitfalls you need to avoid, and investments one should make. Presented by ClariFi.

Kitchen Table Stories

Tuesday, November 25 at 10 a.m.

Schoolhouse

Marian Mullahy leads this reminiscence group.

Care for Caregivers

Monday, December 8 at 1 p.m.

Friendship Circle

Karen Schaffer and Liz Snyder from Crossroads Hospice will provide you with tools to prevent caregiver burnout.

Kitchen Table Stories

Every third Tuesday 11 a.m.

Good Neighbor

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

What's New(s)

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

Schoolhouse

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

Caregiver Support

Fourth Wednesday of each month at 9 a.m.

Friendship Circle

Caregiving can be stressful. Come join Herb Jenkin in this open forum to share information and gain support from others who are also caring for aging loved ones.

...More Highlights

Good and Welfare Group
Second and Fourth Thursday of Every Month at 12:45 p.m.
Good Neighbor

The Good and Welfare Group will be discuss many topics relevant to senior; such as current events, keeping in touch with loved one as you age, homebound seniors and much more.

SOK (Share Our Knowledge) Club
First and Third Thursdays at 10 a.m.
Schoolhouse

Members share their insights on everything from autos to zinc.

Positive Aging Book Group
Second Thursdays at 9:30 a.m.
Schoolhouse

Explore a new book each month.

➤ **FITNESS**

Cardio and Strength Training Exercise
Tuesdays at 5 p.m.
Chester

This is a moderate level exercise class that helps to improve strength, flexibility and endurance. This class involves the use of mats, weights, and other equipment. This class is sponsored by Coventry Care Health Plan.

Line Dancing
Tuesdays at 6 p.m. and Thursdays at 1 p.m.,
Chester
Tuesdays at 2:30 p.m., Schoolhouse

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

Healthy Steps
Tuesdays and Thursdays at 10 a.m.
Schoolhouse

Begin with a peaceful warm up, followed by light aerobic conditioning and closing with a relaxing cool down. Instructors Pat Phillips and Betty Schumucker lead this class located in the 2nd floor conference room.

Sit and Get Fit
Monday, Tuesday and Thursday at 10 a.m.,
Schoolhouse
Every Wednesday at 10 a.m., Good Neighbor
Tuesdays and Thursdays from 10:30-11 a.m.
Chester

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

Yoga
Tuesdays at 9 a.m.
Schoolhouse
Cost: \$40 for 10 weeks

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

Yoga at Twilight
Thursdays – 3:30p.m.
Schoolhouse
Cost: \$40 for 10 weeks

Using chairs, you'll tone and condition your body while you learn breathing and relaxation techniques. Don Simpson is your certified yoga instructor.

Sit Down Zumba
Tuesdays in November through December 18
Good Neighbor
Fee: \$3 per class or \$30 for 10 sessions

Join instructor Janet Ford for this is a Latin inspired dance workout that combines Salsa, Merengue, Reggae, Hip Hop, etc. You will lose pounds and inches!

Gospel Aerobics
Wednesday, November 5, 14, and 19, 10 a.m.
Wednesday, December 3, 12, and 17, 10 a.m.
Chester

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

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.

➤ **GAMES**

Pinochle
Mondays at noon; Wednesdays and Fridays
at 8:30 a.m.
Schoolhouse

There's room for you in this spirited play. It does not take long before a spot opens up.

Pinochle Tournament
Monday, November 17 at 12:15 p.m.
Monday, December 15 at 12:15 p.m.
Cost: \$5 entry fee

Play the hand you're dealt and you may go home as a cash winner.

Mah Jongg
Tuesdays at 12:30 p.m.
Schoolhouse

A Chinese tile game, where four players try for the right combinations to win.

Chess Play
Wednesdays at 2:30 p.m.

Strengthen your cognitive skills while having fun playing chess and learning a few strategies, tactics, and rules with instructor Jules Hernadi.

➤ **HEALTH AND WELLNESS**

Discussion of "Charles Bonnet Syndrome"
Tuesday, November 4 at 12 p.m.

The Center for the Blind and Visually Impaired will discuss a disease that causes complex hallucinations in people with severe or partial blindness.

➤ **MUSIC**

An Afternoon at the Cotton Club
Tuesday, November 25 at 12:30 p.m.
Friendship Circle

Listen and sing along to the music of Cab Calloway, Duke Ellington, Nat King Cole Trio and others of that wonderful era of big bands and jazz. Instructor: Craig Satchell

➤ **RELIGION**

Bible Study
Tuesdays at 6-7:30 p.m., Chester

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

Bible Study
Every Tuesday and Thursday at 9:30 a.m.
Good Neighbor
Facilitator: Reverend Alyce Weaver

This club studies the gospels and other books in the Old and New Testament. The discussions are passionate and thought-provoking.

Praise with Song
Every Thursday from 10:30 -11:30 a.m.
Good Neighbor

Come and praise the Lord while singing along to your favorite gospel tunes. Don't be shy; come have your sins forgiven. Amen.

➤ **TECHNOLOGY**

Basic Computer Class Session II
November 3, 5, 10, and 12, at 1 p.m.
Cost: \$25 members/\$30 non-members
Chester

continued on page 2

Chester Chatter



Holiday Happenings

November and December are special times for families, friends and the Chester Senior Center family! This holiday season promises to be bright as we continue our popular programs such as Sit and Get Fit, Cardio Exercise, Gospel Aerobics, Line Dancing, Pool, Pinochle and more. Yet, keep your eyes and ears open as we prepare to celebrate with many special holiday events and treats:

Holiday Bake Off: November 14 at 12:30 p.m. The winner receives \$50 in cash!

Thanksgiving Luncheon: November 20 from 11 a.m. to 2 p.m. This event is free for members and \$5 for non-members.

Christmas Bazaar: December 4 from 10 a.m. to 2 p.m. Vendor tables just \$25!

Gospel Christmas Celebration at Evangel Cathedral: December 13

Christmas Celebration with State Representative Kirkland: December 18 from 11 a.m. to 2 p.m.

New Year's Eve Party: December 31 from 11 a.m. to 2 p.m. This celebration is free for members and \$2 for non-members.

Also, stay tuned for daily treats and surprises throughout November and December as we spread holiday cheer; you never know when the surprise will occur, so the center is the place to be! Wishing all a beautiful, safe, blessed holiday season,

Jamee

Thank You to:

- Carl Clauss for continuing to educate us about how to navigate insurance and benefits systems!
- Cigna Health Springs for sponsoring the October gardening workshop!
- Van Buren Payne and Chester artists for their role in the Paint and Sip event!
- Kristin Motley for sponsoring the flu shot clinic and medication management programs!
- Chester Cops and Community for the treats for the Ocean City and Vermont trips!
- The Chester pool team for uniting to raise funds to repair the center pool tables!
- Kitchen volunteers Nellie Smith, Doris Jones, and Yvonne Smith for your patience, help and support!

Chester Senior Center cordially invites you the annual Thanksgiving Luncheon on Thursday, November 20th from 11 a.m. to 2 p.m.

Enjoy a delicious home-cooked meal and live entertainment! Registration is required by November 14th. This event is free to members/\$5 for non-members

Divine Sources Healthy Eating Series November 19 and December 4 at 11 a.m. "SIGHT, SOUND, TASTE, TOUCH AND SMELL" PROGRAM

- FREE nutritional demo/FREE sampling
- FREE health and nutrition screening
- Healthy eating and exercise tips from a personal health coach
- Special healthcare Q&A session
- Discussion on chronic degenerative diseases such as arthritis, diabetes, etc.
- FREE samples of healthy coffee and tea, etc.
- FREE giveaways, games, and fun

Personal Trainer Sessions

Tuesdays by appointment from 6 to 8 p.m.

Cost: \$25 per session

Enjoy one-on-one fitness sessions with a certified personal trainer who will work on your problem areas and design an individual workout plan to fit your needs.

November and December Birthday Celebrations: Thursday, November 20 and Wednesday, December 31 at 11 a.m.

Celebrate November and December birthdays with live entertainment, a delicious lunch and fun among friends! Members who have birthdays in November and December will receive a complimentary meal for that month's

Chester Travelers

Midway—Harrington Casino

Nov. 19 and Dec. 17 at 9 a.m.

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

Christmas Celebration at Evangel Cathedral December 13

Cost: \$140 members/\$150 non-members

Includes transportation, live theater show starring Tamala Mann, Donnie McClurkin, Marvin Sapp, Yolanda Adams, Erica Campbell and more, dinner and driver tip.

party and the cost for other guests is \$2. Please sign up at the front desk.

Tea with Toni

Tuesday, December 9 at 11 a.m.

Enjoy a soothing cup of tea over ladies talk~ you never know where the discussion will go!

Foot Care Clinic

Wednesday, November 19, 9 a.m. to 12 p.m.

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

Vision Care

Thursday, December 11 at 10:30 a.m.

Learn about "Charles Bonnet" syndrome, a disorder that causes hallucinations and vision loss due to trauma.

Horticultural Therapy: Gardening in Your Home

November 18 at 10:30 a.m.

Learn how to make beautiful fall flower arrangements to enjoy in your home!

Caregiver Support Group

Tuesday, November 4 and December 2 at 3 p.m.

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

Book Club

Wednesday, November 19 and December 17 at 12:30 p.m.

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.

Holy Land, Florida: April 18-26, 2015

Stay tuned for details and pricing!

Ocean City, Maryland

August 31-September 4, 2015

Stay tuned for details and pricing!

Travel with us in 2015 on many exciting day and overnight trips including Phillip's Restaurant Crab Feast in Baltimore, Maryland, June Crab Cruise, Marshall Creek Flea Market, Pine Grove Dude Ranch, Red Hatter Ladore Convention, Wildwood Family Fun Day, Tribute to R&B Show in Atlantic City, New Orleans, Memphis, Tennessee, and more! Details are coming!

Get Well Wishes: Corine Hatcher, Ethel Johnson, Wilma Plummer, Emanuel Richardson, Elsie Robinson

Friendship Facts



Welcoming Autumn and New Opportunities

Dear Friendship,

Autumn is the season associated with beautiful changes in our scenery and it happens to be my favorite time of the year. I welcome the crisp air and multi-colored leaves on the trees as I navigate my way to and from the center each day. Change offers new opportunities for growth and as the weather changes during my favorite season, so have my responsibilities at Senior Community Services (SCS). For ten years, I managed SCS' truly unique and innovative Senior Center at Home (SCAH) program which serves Delaware County's most isolated homebound seniors through therapeutic recreation.

On September 15, I proudly passed SCAH over to the extremely capable hands of Frannie Schmerling, CTRS, and transitioned into my new role as Center Director for Friendship Circle. This transition has been met with such warmth and support from staff and center members alike. My first month as Friendship's new director has been an exciting journey as I get to know the staff, each center participant,

our fantastic instructors and dedicated volunteers.

Friendship Circle is comprised of many people with many skills and talents that serve our community well. I am impressed by how much our center accomplishes on a daily basis including prepping and delivering meals to the homebound, serving hot meals to our center participants, pinochle and pool tournaments, birthday celebrations, trips far and near, Bible study, yoga, dance, Zumba, art classes, book clubs ... the list goes on and on.

I am looking forward to our programs continuing to grow to meet the needs and interests of those in our community. I am happy to be a part of this wonderful center and to be inspired by a group of people dedicated to remaining active and involved. I appreciate all feedback and suggestions I have received this past month. Your suggestions have provided new perspectives to what can be accomplished at our center.

Thank you for a terrific welcome to Friendship Circle!

Veterans Day, November 11

Friendship Circle will honor Veterans Day by welcoming its members for Breakfast Bingo. Veterans will enjoy a free breakfast to recognize their service in protecting our freedom. Those who donate at least two of the requested items: socks, razors, or gift cards (Home Depot, Lowes, Wal-Mart, Target, Bed Bath and Beyond) to the Philadelphia VA Medical Center will also receive a free breakfast. For your convenience a donation box has been placed in the lobby.

Membership Drive

Our membership drive kicked off in September and we are half-way to this year's goal. Membership letters and envelopes are available at the center for you to make your \$30 contribution for 2014-2015.

Program Highlights

Mural Arts-A Virtual Tour

Wednesday, November 19 at 2 p.m.

Members: \$5, non-members: \$7

The Mural Arts program celebrates beautiful murals on buildings created by talented artists. This tour will teach you about the artists and how these murals came to be. Tour guides from the Mural Arts program will present information on this modern day art form.

Holiday Slide Show

Tuesdays, December 2 and 9 at 1 p.m.

Cost: \$10

Create a wonderful holiday slide show from pictures on your camera card. Michael Yurcaba will guide you through the process of loading your pictures onto your computer from your camera's memory card. The pictures you download can be turned into a slide show that you can present to your family on a big screen TV at your family gatherings.

Friendship Outings

Live Casino at Arundel Mills

Hanover, Maryland

Thursday, November 20

Join Friendship Circle Senior Center for a trip to the Maryland Live! The casino, located in Arundel Mills, Maryland, is a new, state-of-the-art casino that offers slot machines and electronic table games. The cost of the trip is \$40 and includes roundtrip transportation, lunch and \$15 slot return.

Painted Tea Cup

Upper Darby

Tuesday, December 2 at 1 p.m.

Cost: \$30 (includes tip)

Registration deadline: November 21

Meeting at this beautiful Victorian home is a Friendship Circle tradition and a wonderful way to kick-off the holiday season. High tea will be served. Transportation is on your own.

A Victorian Christmas in Cape May

December 8 and 9

Cost: \$175 (per person based on double occupancy)

Two days, 1 night with transportation and overnight accommodations. A full breakfast, dinner, and holiday show at Elaine's Dinner Theater are included. You will enjoy shopping on Washington St. Mall, taking the Victorian Trolley Ride Tour, and visiting Smithville Village.

Sunshine Wishes

Ray Young, Ann Tripp, Ed Gavin

Thank you to Ida Fazzi and Myrtle Johnson for delivering meals together as a dynamic duo for over 20 years. As you retire from this role, please know that your dedication and service has been greatly appreciated!

Carmen's Corner



Dear Friends of Good Neighbor,
As the leaves begin to fall and the year draws to a close, I am reminded that the holiday season is close at hand. This time of year also makes me think of family and friends and all of the things that I am so grateful for, which is why I would like to focus my column on the topic of love.

The Bible delves into the subject of love stating that "God is love" and that "God loves the whole world." I particularly like 1 Corinthians 13 which I have included here:

The Way of Love

If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal. 2 And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing. 3 If I give away all I have, and if I deliver up my body to be burned, but have not love, I gain nothing.

4 Love is patient and kind; love does not envy or boast; it is not arrogant 5 or rude. It does not insist on its own way; it is not irritable or resentful; 6 it does not rejoice at wrongdoing, but rejoices with the truth. 7 Love bears all things, believes all things, hopes all things, endures all things.

8 Love never ends. As for prophecies, they will pass away; as for tongues, they will cease; as for knowledge, it will pass away. 9 For we know in part and we prophesy in part, 10 but when the perfect comes, the partial will pass away. 11 When I was a child, I spoke like a child, I thought like a child, I reasoned like a child. When I became a man, I gave up childish ways. 12 For now we see in a mirror dimly, but then face to face. Now I know in part; then I shall know fully, even as I have been fully known.

13 So now faith, hope, and love abide, these three; but the greatest of these is love.

As you gather around the holiday table this year, have faith in your blessings, hope for a better tomorrow and most importantly, show love and grace to those in your life.

Carmen

Center Happenings

November and December Birthday Parties
Fri. November 21 and December 19, 11 a.m.

If your birthday is in the month of November or December, come out and join your peers in a birthday bash! Even if your birthday isn't in November and December still come and be a part of the celebration!

How to Thrive Until You are 105
Monday, November 10 at 10:30 a.m.

NHS Senior Center Behavioral Health is hosting a presentation on successful aging. We will focus on the aging process, how stress affects older adults both positively and negatively, and strategies for successful aging. Come prepared to learn and participate so you can improve your quality of life at any age!

Veterans' Day Salute
Tuesday, November 11 at 11 a.m.

Fee: \$2/ Free for veterans

Come out and honor our veterans who fought and died for our country. We will have a flag and awards ceremony and a musical salute. Participate in writing cards for veterans at the Philadelphia VA Hospital. All veterans are welcomed. Refreshments will be served.

Deepest Sympathy

Our prayers go out to Bea McGlone and her family. Please accept our most heartfelt sympathies for the loss of your mother. Our thoughts and prayers are with you and your family during this difficult time.

Special Thank You

Thanks to everyone who has stepped up to make the center continue running.

Get Well Wishes

To Ms. Price, Ms. Canada, also all the Good Neighbor family. He won't abandon you now. Neither will I abandon you. Hope you are better soon!

**The Good Neighbor
Senior Center motto is:
"LOVE LIVES HERE"**

Thanksgiving Luncheon
Tuesday, November 25 at 11:30 a.m. (doors open)

First African Baptist Church

Must RSVP

First African Baptist Church is once again having their annual Thanksgiving Luncheon for seniors at the church. The luncheon is free, but space is limited. Please register by calling the center at 610-586-8170 by November 19.

Annual Christmas Party at the Lazaretto Ballroom, Essington

Wednesday, December 10 at 11:30 a.m.

Fee: \$25 for members/\$30 for non-members

This is our third annual Christmas Party. Join us for a luncheon to ring in the holiday season. There will be music and entertainment. The more the merrier!

Kwanzaa Celebration

Friday, December 26 at 10:30 a.m.

Presenters: Charles Bradford & Charles BB Colder

The celebration of Kwanzaa begins on December 26 and lasts seven days ending January 1. Learn the history of Kwanzaa and the seven principals of each day. Learn dance steps from a professional drummer and dance group.

Senior Center "Talk Back" Corner

By Ida Flanders

The best kept secret in Delaware County is the Good Neighbor Senior Center. When I am en route to the center, I anticipate a day filled with games, laughter, conversation, good food, singing, and dancing. Yes, I said dancing! Whether it is line dancing or the dance that David danced, joy fills our hearts. If you enjoy what we do, share the good news with your friends and family. We are like any other organization, we must grow to stay alive and to keep the cost of what we do low, we must keep our membership high. Do not take the wonderful services available to us for granted. I know sometime the body says no but I have found that when I get up and get out I feel better. Every table should be filled, every room should be brimming with activities and each trip announcement should be that the bus is full. Let us make it happen by coming out as much as we can and growing our numbers by bringing a neighbor, a friend or that cousin sitting home doing nothing. We have something worthwhile preserving - share the blessing!

Kim's Korner



Dear Friends,

I wish you all a very happy holiday season. Some of us are blessed to have family and friends to share the holidays with, others do not. If you come to Schoolhouse you have friends, ones you see regularly or ones waiting to meet you.

Submitted by Betty Griffin:

"Friends possess remarkable keys. They open the locked doors of our lives. They give us the entrance to places we'd never dare go by ourselves. They fling wide the gates of lush secret gardens. They take us to treasure rooms glistening with gifts we're sure we don't deserve. Friends unlatch the windows of our souls. They grip the drapes we've drawn around ourselves and yank them back to let God's gleaming light stream in. They pull and tug until the windows pop open and fresh, new breezes fill our musty hearts. When storms throw trees across our path, a friend will lend her strength to haul the logs away. Friends are not fazed by our roadblocks. They come equipped with chainsaws. They help us chop our obstacles like firewood then strike a match to them. They make sparks fly up from the flames. They say, "Why not sit awhile and warm yourself by this nice fire?" When the smoke clears, friends pass out coat hangers and feast with us on roasted marshmallows until the last ember dies. Friends have sight where we are blind. They are guides through the jungles of our past. They are fearless to face the dangers we know lurk beneath the brush. Friends hack and slash at the wild, clinging thoughts that bind us. With grace, they loose us from our blindfolds then tie them on branches, marking a trail for the future. Friends create breakthroughs. The best ones are agents of God. Like him, they stand us in front of a mirror and introduce us to ourselves."

—Author Unknown

This season and always, be a friend, invite change, celebrate growth and believe in the power of friendship.

Love,
Kim

Sunshine Wishes to:

Pat Schwartz, Sandy Shanahan, Joris Brinkerhoff, Charles Focht, Mike Pelligrino, Evelyn McElwee, Marge Bellon

A Very Special Thank You To:

- The Schoolhouse staff that has worked so hard, so creatively and with such compassion. You are valued more than you will ever know! You are all tired; take some vacation!
- The volunteers that are a part of every program and every inch of this center. You are remarkable and are very, very appreciated.
- Mark Bernstein who volunteered once again as our Chief Inspector; Sayre Dixon who did an amazing job directing and coaching our actors; the Schoolhouse Players and all the volunteers who supported and helped with both the Mystery Dinner Theater and Art Show.
- Ron Parra and all the kitchen volunteers who prepared and served an amazing meal – that lemon cake was totally delicious....
- The artists who participated in the Art Show, brought refreshments or demonstrated. Many commented it was the best art show yet!
- Tom Broyles who is always there to do what ever needs to be done, carrying all the supplies and tables from floor to floor; an exhausting job, always done with a smile and a "no problem."
- Our council for the purchase of a new dishwasher, new chairs for exercise and cards, and the ice cream social! The Schoolhouse Council is active, involved and very much a "working council."

Travel Meeting

Come to our Travel Meeting on Thursday, November 13th at 2 p.m. to hear about our 2015 line up. We are looking for suggestions for the summer! We will provide refreshments and a door prize drawing. You provide the feedback and ideas! Trip sign ups will be available that day.



The Schoolhouse Gardeners took a trip to the Scott Arboretum with Master Gardener and leader of our committee Thom Gohedwig and decided to take a "selfie" to commemorate the adventure.

Save the Dates

November 10 - Veterans Day Breakfast at 8:30 a.m. with the VFW program starting at 10 a.m. Courtesy of the Advisory Council and the VFW, all veterans are invited for a free breakfast. Please RSVP at the center or by calling 610-237-8100. Non-veterans may attend to enjoy breakfast and honor our veterans. The cost for breakfast is \$2.

November 13 – Travel Meeting

November 14 and 15 - Schoolhouse Woodcarvers will be exhibiting at Penn State Brandywine. Please come support our carvers and see this wonderful woodcarving show.

November 20 – Schoolhouse Birthday Party

November 25 – Schoolhouse Thanksgiving (Due to our increasing membership, Ridley Middle School will not be participating this year). Tables can be reserved if you can fill a table and everyone at the table is a 2014-2015 Schoolhouse member).

December 12 – Schoolhouse Holiday Party at the Springhaven Country Club

December 18 – Schoolhouse Birthday Party

December 31 – Schoolhouse New Years Eve Party

Congratulations to:

Phil Atwood who received Chaplain of the Year for the entire state of Pennsylvania. He received a wonderful painting to display as part of the award!

Joan Futty is proud of her granddaughter, Laura Barrett who was voted "Homecoming Queen" at Interboro High School.

Sympathy to:

Penny Marinakis who suffered the death of her younger brother.

The friends and family of Larry Gavin.

Giant Gift Cards

See Betty Schmucker on Tuesdays or Thursdays for your Giant gift cards. You get the entire amount of each purchase. Giant donates to Schoolhouse for every \$100 of gift cards sold.

Membership

We are off and running. Thank you to those who have paid their membership. We need 100 percent involvement to reach our goal of \$19,000! Think of all you get as a result of going to Schoolhouse – well worth \$30 a year! Members do have benefits over those who just attend. Be part of the most active center in Delaware County! (in our opinion)

County Office of Services for the Aging and Senior Community Services Apprise Program

Medicare 2015 Annual Enrollment Update Presentations

Medicare 2015 Updates Presentations are held to inform Medicare recipients about updated information for the year 2015 concerning new Medicare benefits, Medicare Advantage Plans and/or Part D Prescription Plans. Please call to reserve your seat for these sessions.



DATE	DAY	TIME	LOCATION	PHONE
NOVEMBER 1	SATURDAY	10 – 10:30 a.m.	FIRST AFRICAN BAPTIST CHURCH HEALTH FAIR 901 CLIFTON AVENUE, SHARON HILL	DEBRA MOORE 610-876-8353
NOVEMBER 5	WEDNESDAY	11 a.m. – 12 p.m.	GOOD NEIGHBOR SENIOR CENTER SHARON HILL	CARMEN OLIVE 610-586-8170
NOVEMBER 7	FRIDAY	10 – 11:30 a.m.	UPPER DARBY SELLERS LIBRARY 76 S. STATE ROAD, UPPER DARBY	MARIA POLYMENAKOS 610-789-4440
NOVEMBER 11	TUESDAY	12 – 1 p.m.	COLLINGDALE SENIORS FIRE COMPANY #1, CLIFTON & BEDFORD, COLLINGDALE	MARIE FUCHSEL 484-472-8590
NOVEMBER 11	TUESDAY	1 – 2 p.m.	NATIONAL ASSOC OF RETIRED FEDERAL EMPLOYEES BROOKHAVEN BOROUGH HALL	JOHN DOWRICK 610-558-3822
NOVEMBER 12	WEDNESDAY	1 – 2 p.m.	FRIENDSHIP CIRCLE SENIOR CENTER	DONNA SCHUMACHER 484-534-2033
NOVEMBER 12	WEDNESDAY	1 – 2 p.m.	TEMPLE BAPTIST CHURCH 736 W. 7th STREET, CHESTER	ESTHER JONES 484-620-5558
NOVEMBER 12	WEDNESDAY	2 – 3 p.m.	MEDIA-UPPER PROVIDENCE LIBRARY 1 E. FRONT STREET, MEDIA	BRANDI GROSSO 610-566-1918
NOVEMBER 12	WEDNESDAY	2 – 3 p.m.	LUTHERAN KNOLLS, 1800 MILL ROAD NORTH BLDG. DOWNSTAIRS MAIN COMMUNITY ROOM, UPPER CHICHESTER	DEBBIE SUTHERLAND 610-497-5220
NOVEMBER 14	FRIDAY	9:45 – 10:45 a.m.	CHESTER FOSTER GRANDPARENTS' GROUP	KELLY BENNETT 610-499-1810
NOVEMBER 14	FRIDAY	2 – 3 p.m.	RACHEL KOHL LIBRARY 687 SMITHBRIDGE ROAD, GLEN MILLS	KATIE MARA 610-358-3445
NOVEMBER 18	TUESDAY	1 – 2 p.m.	ST. PIUS X CHURCH "OVER FIFTY CLUB" 220 LAWRENCE ROAD, BROOMALL	ROSEMARIE SILVESTRI 484-422-8863
NOVEMBER 19	WEDNESDAY	10 – 11 a.m.	SCHOOLHOUSE SENIOR CENTER	SAYRE DIXON 610-237-8100
NOVEMBER 19	WEDNESDAY	1 – 2 p.m.	HOMETOWN SENIOR CENTER 302 S. JACKSON STREET, MEDIA	KATHY HENDERSON 610-566-0505
NOVEMBER 19	WEDNESDAY	1:30 – 2:30 p.m.	GRANITE FARMS ESTATES 1343 W BALTIMORE PIKE, MEDIA	DIANE CONTE 610-358-3440
NOVEMBER 19	WEDNESDAY	4:30 – 6 p.m.	MT. PLEASANT BAPTIST CHURCH 101 WASHINGTON AVENUE, UPPER CHICHESTER	TRINDY GRUNDY 484-534-2050 GLENDA RADICAL 484-494-3769
NOVEMBER 20	THURSDAY	10:45 – 11:45 a.m.	WAYNE SENIOR CENTER	MARCIA COOK 610-688-6246
NOVEMBER 25	TUESDAY	2 – 3 p.m.	HORIZON HOUSE SWARTHMORE OFFICE 1601 PARKLANE ROAD, SWARTHMORE	TRACY HALLIDAY 484-486-4891