

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



Aging at Home Adds Reliable Transportation to its Services for Seniors

By Heather Dale

For many seniors, accessing reliable transportation can be a challenge. Tasks that were once simple – like running errands or getting to a medical appointment – become a stressful ordeal.

To help compliment transportation services offered in Delaware County, Aging at Home – A Community Network hopes to help fill the transportation gap for seniors who require occasional trips to the hair salon, market or to medical appointments within their community.

Aging at Home, assists older adults living within Aldan, Colwyn, Darby, East Lansdowne, Lansdowne and Yeadon boroughs and helps provide support for seniors who need just a little assistance to maintain their independence in the community.

“Our goal is to work with seniors living in the Greater Lansdowne area who need access to reliable transportation, and who are not connected to Community Transit,” said Trindy Grundy, associate director of long term care at Senior Community Services. “Our plan is to work hand-in-hand with the available transportation services provided in the county, while enhancing the needs of those specifically in our catchment area.”



SCS Executive Director Arthur Weisfeld takes the new Aging at Home car for a spin. Transportation services are now available to Aging at Home members. For more information please call: 484-534-2201.

Aging at Home members, ages 60 and over can access transportation on Wednesdays, Thursdays and Fridays from 8:30 a.m. to 4:30 p.m. Those in need of a ride within the service area for medical appointments and errands are asked to contact the program at least 48 hours prior to their need for transportation. A donation of \$5 is requested for each ride and must be within a 7 mile radius from the member’s home.

Rides will be provided by trained Senior Community Services staff members in a new Ford C-MAX Hybrid vehicle.

“Our team is excited to roll out this transportation service for seniors,” said Christine Helmandollar, director of Aging at Home. “Both staff and drivers have devised an easy process to schedule rides and provide door-to-door service in the attractive brand new Aging at Home car.”

In addition to providing transportation, Aging at Home also provides other services for seniors. On September 27 volunteers from Vanguard will help to paint the interior of local seniors’ homes. The volunteers are already scheduled to paint six homes, but Aging at Home welcomes additional requests.

The program will also offer weatherization services for members. There will be an initial weatherization kick-off on October 24. Those interested in that service are encouraged to contact the program for more information.

Aging at Home launched in November 2013 and has already helped over 250 seniors.

The program is funded by a grant from the United Way of Greater Philadelphia and Southern New Jersey. The grant allows staff to provide key services that seniors need to remain independent in the community: with house/yard work and minor home repairs; home delivered meals;



Aging at Home offers programs and services that make it feasible for seniors to remain in their home to “age in place.” One such service is help around the house, like hanging a heavy mirror or moving a heavy item out of the home.

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Folsom, PA 19033

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In the Front Row

By Arthur Weisfeld



I want to thank the SCS community for the outpouring—and I mean outpouring—of support in the wake of my mother's passing on July 31. My mother, Lillian Weisfeld, had had two severe heart attacks in short succession. The second one occurred while she was in the hospital. Our assumption in relation to the first and even the second heart attack was that she would rebound. Yes, we knew each heart attack left her terribly weak but we felt confident that with physical therapy, medical care, and lots of love and support, she would rally. She could go home and enjoy her husband, her many friends, her games of cards, and her shopping expeditions with her daughter Judy. But after several weeks, when still even a brief phone conversation was too strenuous, the realization dawned that she was going to go forward with significant limitations. As we reckoned with this new reality, we still hoped that many of her past life pleasures such as socializing with friends would still be part of her life.

When I received the call that my mother had died, it was truly a shock. She had been home only several days and seemed to be doing well enough. Yes, she did have full-time care but within that limit, seemed to be able to socialize a bit, go outdoors in her wheelchair, and even enjoy a cheeseburger (her last real meal). On the day of her death, the nurse dressed her, put on her make-up, a little perfume and situated her in the study where she could watch a bit of TV. After an interval, she closed her eyes and simply never woke up. Although my mother did suffer those last four weeks, I don't believe she suffered on that day. In the days that followed, we put together our final farewell. After a lifetime of attending others' sad occasions, on this day, I found myself in the front row.

Deaths of loved ones lead to reflection. For some, these reflections can take the mourner to dark places. Even amidst my mourning, my reflections hearten and even evoke joy in me. I am joyful at the fact that my mother lived until she was 91. That is not to say that she will not miss some very important events in our family such as the marriage of her grandson, Seth. But, it is true that she was able to follow her grandchildren's lives through much of their young adulthoods. In her eulogy at the funeral, my daughter Gabi noted how her "Bubby," had attended "every birthday party, sporting event, play, Halloween party, and graduation." My mother's immersion in the lives of her grandchildren brought her great joy and conveyed the depth of her love for them.

Another reflection occurred as I was writing my own eulogy for my mother. I was recollecting all of the times in my mother's life when she just happened to be there at the right moment for me. My mother did not particularly like driving, especially beyond certain confines. On two separate occasions in my early adulthood I had car failures and was stranded considerably far from home. On one occasion, I was on the East River Drive and we lived in East Mount Airy. In an uncanny way, my mother happened to drive by and believe me, it was way before the time that parents could have tracking systems on their kids! On both occasions, she rescued me. But, I do feel that these occasions were merely emblematic for the less exceptional moments when she was where I needed her to be. I've tried to make a career out of doing that for others, and to the extent that I've succeeded, I have her to thank for developing that capacity in me.

Another reflection is quite different, but also positive. It's not so much about my mother as my sister. My sister Judy and her husband Robert live in the Fort Lauderdale area. She was the on-site child to whom devolved so many caregiving and decision-making tasks. I am in awe of how well she discharged them. That word "discharged" is far too antiseptic, though. Judy embraced her daughterly responsibilities with zeal, good cheer, and a loving attitude. She was meticulous in following up with all options for her mom's care. You may be asking, "Well what were you doing during this time?" and the honest answer is: not as much. However, my sister was generous in her openness to collaborate with me every step along the way. One of the revelations I had was that through this process, my sister and I have deepened our bond greatly. I'm aware that such momentous family events such as sickness and death can take family members in either direction—toward greater closeness or distance. I'm so grateful that in our case, it was the former.

Grieving is a long process. New waves of sadness, new moments of joy, and new reflections will come. But above all, a deeper appreciation of living comes from that most dreaded of all experiences of being in the front row.

With joy and sadness,
Arthur

Notice

Senior Community Services (SCS), like so many human services organizations, is experiencing the accumulative consequences of continued constricting resources. The budget for this current fiscal year will require some "belt-tightening." One of those is to publish the *SCS Connection* on a bimonthly basis, reducing from 10 to 6 editions per year.

We will reevaluate the bimonthly production schedule next April in preparation for the 2015/2016 fiscal year. I thank you for your understanding and support in making this cost saving measure.

Sincerely,
Arthur Weisfeld
Executive Director

SCS Management Staff

- Executive Director: Arthur Weisfeld
- Associate Director Long Term Care: Trindy Grundy
- Board President: Michael Palazzo
- APPRISE Program Coordinator: Glenda A. Radical
- Center Without Walls Coordinator: Farah Esfahani
- Cognitive Stimulation Coordinator: Dorothy Darragh
- Director of Development: M.C. Palladino
- FCSP Program Manager: Debbie Templeton
- Fiscal Officer: Robyn Cashwell
- Hearing Discovery Coordinator: Donna Schumacher
- SCAH Program Manager: Barbara Caso
- Director of Volunteers and Outreach: Tiffany Schaff

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Sheila Marcy

By Barbara Caso, Program Manager, Senior Center at Home

Sheila Marcy was born in New York City, spent her early childhood in Cincinnati, Ohio, and was ultimately raised in Teaneck, New Jersey. Sheila graduated from Fairleigh Dickinson University with her degree in education and psychology. She was married the day after her graduation and spent her honeymoon in Stockholm, Sweden. After spending a few months overseas, Sheila was able to pursue a career as an elementary school teacher. By the time she reached her 40s, Sheila was single and looking to adopt. She is the proud mother of two beautiful daughters adopted as infants from the Dominican Republic. Sheila is a stellar PAWS volunteer with her dog Buddy, volunteers in Schoolhouse Center and utilizes the Cognitive Stimulation Kits for homebound visits with her PAWS participant.



How did you find out about volunteer opportunities at Schoolhouse? I've known Sayre Dixon for a long time. I started coming to mystery dinners first, and then I helped with bingo, the kitchen, the desk, and vouchers. I am open to helping with different needs the center has. I'm not just a volunteer. I'm a member too. I enjoy Spanish and computer classes. I play mahjong and pinochle as well. The best part of coming to the center is the attitude of finding out what people need. The staff and volunteer atmosphere is wonderful. They always want to help and there are a variety of activities and fun trips.

How did you learn about SCAH's PAWS program? I read your article on PAWS in the *SCS Connection*. I called Tiffany and that got the ball rolling. Now I visit a homebound participant with my dog, Buddy. I don't think I could've connected with her without my dog, Buddy. He enabled us to start a conversation and talk. She asks to give him "cookies" and I think that gives her a sense of control and participation with these visits. Buddy goes right up to her and he will sit between us with his head resting on her knee. He has been the gateway to tapping into her life story. Rita will share her artwork and recipes while continuously petting Buddy. If she gets up, he follows her.

What motivated you to utilize the Cognitive Stimulation Kits during a PAWS visit? I attended the Cognitive Stimulation Kits training a few months ago and I thought it would be another great way to start a meaningful conversation. I recently used the kit on "Italy." This kit stimulated ideas for so many other activities. It got her talking about her recipes for pasta and biscotti. During our next visit, Rita is going to teach me how to make the biscotti. I'll bring all of the supplies and it will be a great opportunity for her to do something she probably hasn't done in a long time.

You have taken advantage of many volunteer opportunities SCS has to offer. What advice would you give to someone who is also thinking of volunteering? I would say, you'd be amazed at how much it enriches your life. As volunteers, we go into it thinking we'll help others. I think they help me even more than I'm helping them. It makes you more aware of your own values and sets your priorities straight. I think it's great for Buddy too because it's his time to get non-stop, direct attention. If someone is hesitant to volunteer, I want them to know that the support is always there. The staff is always available when you need them.

Summer is Over – Welcome Back

By Donna Schumacher
HDC Coordinator



I hope all of you had a wonderful summer and are ready for the fall with those beautiful fall colors. With the start of the fall, HLA-Delaware County is gearing up for its first meeting of the year.

I would like to quote Diana Bender, chairperson of the Board of HLAA regarding technology: "Today, technology is pervasive in our lives and much of it helps people with hearing loss. Hearing aids have become even more sophisticated, with multiple programs which improve your understanding in a variety of different environments. In addition, there is a large variety of assistive listening devices to choose from, all of which can be used in conjunction with a hearing aid or cochlear implant to improve our understanding of speech . . ."

On Saturday, September 27, Diana Jurist from Temple University's Institute of Assistive Technology will be here to present a program on many assistive devices. She will explain how each of these devices work and how you can "borrow" them to test them out before you make a purchase.

I invite you to come to our meeting and learn about these programs – either for yourself or for someone in your life who has some difficulty hearing. These are support group meetings, so the program will be followed by a group sharing and support.

Please contact me at 484-534-2003 or dschumacher@scs-delco.org if you have any questions.

Hope to see you there.
Donna



An example of an assistive devices: Alan Kutner, HLA-PA Advisory Board member, demonstrates a pair of captioning glasses used to provide personal captioning in a movie theater.

Better Late Than Never

By Glenda A. Radical
APPRISE Program Manager



One evening Ms. Jones was reading the *Town Talk* newspaper and saw an article about how the Apprise Program could assist seniors with applying for the Extra Help and Medicare Savings Programs. She read that if the income and resource guidelines were met, one could qualify for the two programs and receive help with co-payment, deductibles, and Part D Prescription Premiums.

Ms. Jones' friend, Mr. Roberts, had moved from Philadelphia to Delaware County and in the process, his Medicare Advantage Health Plan was terminated. His plan was then converted to Original Medicare and he was paying much more for his prescription drugs than he had been paying while on the Medicare Advantage Plan.

Ms. Jones told Mr. Roberts about what she had read and suggested that he call the Apprise Program for help. Mr. Roberts did call and I had the pleasure of speaking with him. He explained his situation and how he needed assistance with payment for his prescription drugs. I evaluated Mr. Roberts for the two Medicare cost sharing programs and he qualified for both. I then enrolled Mr. Roberts into the Extra Help and Medicare Savings Programs online while Mr. Roberts was on the telephone. After the applications were completed online they were directly submitted to the Social Security Office for processing, which would take 30 days for approval.

I also shared with Mr. Roberts that because of his move he was entitled to a Medicare Special Enrollment Period since he moved from one service area to another. I was able to complete the Medicare Advantage Plan application online for Mr. Roberts through the Medicare.gov website and within ten days Mr. Roberts was enrolled back into same Medicare Advantage Health Plan he was enrolled into in Philadelphia. Moreover, he received approval for both the Extra Help and Medicare Savings Programs.

As a result, 11 months after Mr. Roberts moved from Philadelphia to Delaware County, he was grateful that he took Ms. Jones' advice to call the Apprise Program for assistance. He can certainly say that his help from the Apprise Program was better late than never.

If you have questions or concerns about your Medicare Insurance you may call the Delaware County Apprise Program at 484 494-3769.

Six Simple Tips to Keep You Motivated

By Barbara Caso, SCAH Program Manager



Whether you are young or old, the thought of being homebound and sick or disabled can be upsetting. Feeling less independent and stuck in the same place each day can lead to feelings of deep depression with seemingly no way out. Although you might not be able to avoid being homebound, with a little determination, you can avoid falling into that depression with a few simple ideas to keep your spirits up.

Here are some tips to keep you motivated:

- **Plan something for each day.** Planning is important for your mental health. If you don't have something planned, it's easy to get up and do nothing. Do something as simple as engaging in your favorite hobby or something useful like folding laundry.
- **Get dressed every day.** If you have nowhere to go and you know you will not see anyone all day, it's easy to just stay in your pajamas. The danger sets in when you have no reason to get dressed; you'll have no reason to do anything else that day.
- **Get out of the house once a week.** You may not be able to transport yourself to the store, the bank, or the local park. However, try spending a little time in your backyard or patio. Getting out of the house can provide you with a much needed change of scenery.
- **Accessorize mobility equipment.** If you need crutches, a cane, or a walker for support, jazz them up with your own design. Paint them using bold colors that brighten your mood and decorate them with fun decals and designs. Set it all together with a coat of varnish. Now they'll match your personality and look more like fashion accessories as opposed to mobility equipment.
- **Help others.** Reach out to a local club or church that has a list of homebound people in your community that you could call each day. Just knowing someone is thinking of them will remind you that you still have a purpose by providing moral support.
- **Don't fall into a rut.** The most dangerous thing you can do for your mental health when you are homebound is to fall into a rut. Stick with routines each day that ensure you don't forget to do the important things but don't let each day end up being identical to the day before.

(adapted from www.beckyc.hubpages.com)

The Benefits of Support Groups

By Debbie Templeton, Program Manager



There are many benefits to attending a support group.

- Support groups offer a social outlet – a place to meet new people and make friends;
- Some time to yourself away from your everyday routine – something you probably get very little of;
- You can obtain information from others who are in a caregiving role. Some may even provide information on what you can expect, allowing you a unique opportunity to prepare for changes that may lie ahead;
- You can gather helpful information on new products and/or services that may be beneficial to you and your situation; and
- You can gather educational information on specific topics.

The list can go on and on, but the most important reason to attend a support group is it gives you a safe place to share your feelings whether it's about your individual caregiving situation or the frustrations you may be experiencing with those responsibilities.

The Family Caregiver Support program offers three caregiver support groups.

- **Schoolhouse Center in Folsom meets on the first Wednesday of each month at 9:30 a.m.**
- **Chester Senior Center offers our newest group and has a meeting the first Tuesday of each month at 3 p.m.**
- **Friendship Circle Senior Center in Darby offers a group on the fourth Wednesday at 1 p.m. but will be changing its time to 9 a.m. beginning in October.**

These groups offer a safe place to express your feelings during our open forum groups. Presenters are scheduled on average every other month to discuss an important topic related to caregiving.

Remember, as caregiver, you have a very important role but you are also the one person most prone to burnout. The demands on a caregiver can be overwhelming both physically and emotionally. If you are a caregiver, getting support is not a luxury, it is a necessity. A good caregiver support group can go a long way to alleviating some of that stress, so please don't hesitate to get the support you so deserve!

If you have any questions regarding our support groups, please contact me at 484-540-0372.

A Care Management Success Story

By Gwen Smith, Senior Care Manager



Ms. C is an 80-year-old woman who lives alone in the community. Several years ago, she suffered physical abuse by her son, who also had a history of alcohol abuse.

He served time in prison for the assault. While a dark and difficult time in her life, Ms. C stood by her son through it all. He is now married and is an attorney in St. Thomas. Ms. C also recently became a grandmother to a baby girl.

While this troubled chapter in her family's history has a happy ending, the impact of her son's incarceration lingered. Ms. C ran into financial trouble while her son was in prison and about a year ago took out a reverse mortgage on her home, with the hope of getting out from under her debt.

The conditions of the reverse mortgage mandated that she make repairs to the home, which she did, but were deemed insufficient by the mortgage company. Ms. C then received a notice that unless she painted the home, foreclosure proceedings would begin.

Ms. C did not want to leave the house she called home for so many years, but did not know where to turn for help, as the cost of painting her home was substantial.

Ms. C's care manager through the Options Program had already helped her receive assistance with house cleaning on a bi-weekly basis, due to limited support in the community. With news of a potential foreclosure, Ms. C began making calls seeking help. Her care manager also pitched in, advocating on Ms. C's behalf.

After several phone calls, the care manager was able to find a contractor to complete the job and also secure special funding through the Options Program that was approved by the County Office of Services for the Aging (COSA).

Thanks to COSA and all those involved, Ms. C now has a newly painted home, is no longer at risk of losing her home to foreclosure and is anxiously awaiting a visit from her son, daughter-in-law and granddaughter.

CWW Fall Semester Begins

By Farah Esfahani, CWW Coordinator



I hope you all had a relaxing and enjoyable summer. Center Without Walls (CWW) fall semester will start this month. I am pleased to inform you that starting this fall, we will hold some of our programs at the Springfield Township Building in Springfield. We are looking forward to working with the staff of Springfield Township and Springfield Library to offer the older adults in that community quality programs.

Many thanks to Township Manager Lee Fulton for allowing us to utilize the building for our program and Township staff member Alana Cervino for all her efforts.

All the CWW artists who participate in the CWW art classes are invited and encouraged to display their artwork in the art show that will be held on Friday, September 12, from 4 to 6 p.m. at the Brookhaven Municipal Building.

The art classes at Aston, Brookhaven, and Concord, and the chair yoga and Zumba classes at Brookhaven and Aston will start this month.

Please contact me at 484-496-2143 or fesfahani@scs-delco.org if you have any questions and/or detailed information about fall semester classes.

The following programs are highlights of some of the free educational presentations we have scheduled for September and October:

- Eating Smart Series on September 23 and October 28
 - Breast and Prostate Cancer by Maria Malloy and Marie Bradley, Nurse Navigators for Oncology at Brinton Lake, September 25 at 2 p.m.
 - Osteoporosis: Sound the Alarm on a Silent Disease by Dr. Barry Jacobson, M.D. and Jacqui Kernaghan, P.A.C. of the Osteoporosis Center of Delaware County on October 2 at 2 p.m.
- The above programs will be held at Brookhaven Municipal Building.

The following programs are scheduled at Aston Community Center:

- Medicare 2015 by Apprise Coordinator Glenda Radical on October 15 at 2 p.m.
- Understanding Veterans Benefits by Robert and Dana Breslin, Esq. on October 8 at 1 p.m.
- Medicare 101 by Apprise Coordinator Glenda Radical on October 23 at 2 p.m. will be held at the Springfield Township Building.

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Chase Lewis
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Aging at Home, continued from page 1

guidance with health insurance and prescription coverage options; transportation; help reducing the financial and emotional stress of caring for an aging loved one; and healthy living and lifelong learning classes.

Edna Robinson of Yeadon recently had yard work completed by Aging at Home. Normally she relies on a neighbor, but never knows when he is going to cut her grass. Having the task completed in a timely manner was a big help, she said.

"They made it look nicer and cleaned it up," she said. "That was worth it."

During an initial pilot period, the program is free. Beginning in January 2015 members can continue to benefit by paying an annual membership fee of \$35.

If you need assistance and live in one of the communities served by Aging at Home or would like to volunteer your time, please contact the program at 484-534-2201.

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

Woodcarvers
Mondays at noon
Schoolhouse

Members create extraordinary art from wood.

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

All are invited to come and learn the basics of pencil and watercolor or enhance their artistic abilities through various forms of the medium.

Jewelry Making Workshop
Tuesdays at 2 p.m.
Schoolhouse

Cost: Bring your own materials or pay \$3 material fee per class

Basic Jewelry Designs
Every Tuesday at 12:45 p.m.
Good Neighbor
Supplies included

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. Those who crochet are welcome, too.

Crochet Club
Wednesdays at 9:30 a.m.
Chester

This class is opened to beginner and advanced students. Come and share your talents. Some items that are made will be donated to hospital and hospice patients in our area.

Basic Drawing
2nd and 4th Wednesdays from 9:30-11:30 a.m.
Schoolhouse
Cost: \$5 per class (Please pay the instructor, Mary Ash.)

Learn to draw with pencil and charcoal. Drawing is basic to all art. Build your skills.

Watercolor Painting
Wednesdays beginning on September 18 at 1:45 p.m.
Schoolhouse

Cost: \$50 for 10 sessions

Watercolor Painting
Monday, October 29

Cost: Members: \$5, Non-members: \$7
Friendship Circle

This class is for new and advanced students and includes concepts of watercolor, material techniques, color and fundamental composition. Instruction is individualized to the needs and experience of each student.

Scrapbooking and Card Making
Thursdays from 10:30 a.m.-1:30 p.m.
Chester

Learn various techniques using scrapbooking equipment, special paper and trinkets to create greeting cards, flyers, gift bags and more!

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

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

Pencil Drawing
Every Friday at 10 a.m.
Good Neighbor

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

Sewing
Fridays from 10 a.m. – 1 p.m.
Chester

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

Oil & Acrylic Painting
Fridays at 12 p.m.
Schoolhouse
Cost: \$50 for 10 sessions

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

Mosaic Workshop
Thursday, September 18, 25 and October 9, 16, and 23 from 6 – 9 p.m.
Schoolhouse
Cost: \$84 for a 5-week session, plus \$30 for materials.

Suitable for all levels, beginners and experienced. The course will introduce all styles of mosaics for indoor and outdoor use. The last class in each session is help for two hours from 6 to 8 p.m.

Crafts with Sharon
Thursday in October at 12 p.m.
Good Neighbor

Come out and explore your creative side with Sharon and create craft projects from bird houses to watercolor paintings. No idea is too small or too big! Instructor: Sharon Barnett

Card Making and Stamping
October 14 and 28 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 present a different theme leading up to the Christmas holiday!

➤ DISCUSSION GROUPS

Caregiver Support Group
Tuesday, Sept. 2 and October 7 at 3 p.m.
Chester

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

SOK (Share our Knowledge) Club
September 8 and 22 at 10:30 a.m.
Schoolhouse

Members share their insights on everything from autos to zinc.

Positive Aging Book Group
Returns on Thursday, Sept. 11 at 9:30 a.m.
Schoolhouse

Book Club
Wednesday, September 17 and October 15 at 12:30 p.m.
Chester

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

What's New(s)
2nd and 4th Wednesdays at 10:15a.m.
Schoolhouse

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

Medicare and Insurance Updates for 2015
October 14 at 11:30 a.m.
Good Neighbor

The Apprise Program will host a session about Medicare updates and changes for 2015.

...More Highlights

Good and Welfare Group
2nd and 4th Thursday of Every Month at
12:45 p.m.

Good Neighbor

The Good and Welfare Group will be covering lots of different topics about seniors such as current events, keeping in touch with loved ones as you age, homebound seniors and more.

Kitchen Table Stories
4th Thursdays at 10 a.m.
Schoolhouse
Every third Tuesday at 11 a.m.
Good Neighbor

Come join us with 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 particular life stories in a supportive and fun manner.

➤ FITNESS

Gospel Aerobics
Wednesday, Sept. 3, 12, and 17 at 10 a.m.
Wednesday, October 1, 15, 29, at 10 a.m.
Chester

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

Tai Chi
Mondays at 10 a.m.
Schoolhouse
Cost: \$40 for 6 weeks

It's easy on the joints and organs, increases range of motion, and clears the mind. This exercise is safe for all ages.

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.

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 uses mats, weights, and other equipment.

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

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

Sit Down Zumba
Tuesdays beginning September 16 through
November 18
Good Neighbor
Fee: \$2.50 per class or \$25 for 10 sessions
Wednesday, September 17 and Tuesday,
September 23 at 11 a.m.
Tuesday, October 7 and 21 at 11 a.m.
Chester

This is a Latin inspired dance workout that combines Salsa, Merengue, Reggae, Hip Hop, etc. You will lose pounds and inches, that's for sure! Instructor: Janet Ford

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

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

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.

Water Aerobics at Widener Pool
Wednesdays, October 1 – November 19 from
1-2:15 p.m.
Chester
Cost: \$20

Enjoy the relaxing effects of the water and get the benefits of warm water exercise to reduce pain, swelling, and improve mobility!

Walking Club
Monday-Friday at 9:30 a.m.
Good Neighbor

Join the Walking Club and burn calories! It's good for your health and can help clear your mind! Walking locations will vary.

Zumba
Thursdays at 1:45 p.m.
Schoolhouse
Cost: \$40 for 10 weeks

This Latin inspired workout combines Salsa, Merengue, Reggae, Hip Hop, etc. Fitness coordinator Bridget Bernhardt will take you through the dance.

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

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

➤ GAMES

Pinochle Tournament
Monday, September 15 at 12:15 p.m.
Monday, October 20 at 12:15 p.m.
Schoolhouse
Cost: \$5 entry fee

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

Beginner's Pinochle
September 17 at 10:30 a.m. (6 week session)
Good Neighbor

This is a non-gambling initiation that is offered free to members of Good Neighbor. The program will provide information about the game of pinochle. It will allow the participants to have fun and fellowship while they learn to play pinochle.

Pinochle
Mondays at 12 p.m. and Wednesdays and
Fridays at 8:30 a.m.
Schoolhouse
Mondays through Fridays at 12:45 p.m.
Good Neighbor

Spirited play with room for any player with just a short wait to get in a game.

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

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

➤ HEALTH AND WELLNESS

Vision Care
Thursday, September 4 at 10:30 a.m.
Chester

"Living with Low Vision" is a DVD that talks about age-related eye disease such as glaucoma, macular degeneration, diabetic retinopathy, etc. and the significance of eye examinations.

continued on page 12

Chester Chatter



Fall 2014 Center for Life Long Learning Begins!

There are great things in store with the start of the CLLL fall class line up! Stay tuned for new programs such as Paint & Sip, Jessie's Bags, personal trainer sessions and old favorites such as the holiday bake off, Welcome Home Day, cardio exercise, water aerobics, ceramics and more! Please pick up our class catalogue and sign up today. Remember that learning never stops!

Chester Travelers

Midway—Harrington Casino

Sept. 24 and Oct. 22 at 9 a.m.

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

Stompin' at the Savoy Show in New York!

October 18

Cost: \$110 members/\$115 non-members

Travel to New York for a fabulous live show featuring Barbara D. Mills, and a variety show of great performers including tap dancers, jazz and gospel entertainers, a battle of the horns, other great Broadway performers! Dinner included at Dallas BBQ.

Tour Vermont & New Hampshire by Train

October 14-17

Cost: \$569 per person for members/\$595 per person for non-members (double occupancy)

Enjoy a beautiful motor coach bus ride to Vermont and New Hampshire and enjoy the beautiful fall foliage! Accommodations are at Fireside Inn & Suites and include 3 breakfasts, 3 dinners, a dinner train, tour the Castle in the Clouds, visit famous area attractions, time for shopping. The tour will include several train rides through the New England area!

Christmas in Nashville, Tennessee

December 8-13

Cost: \$956 members/\$981 non-members

Includes transportation, lodging at the Opryland Hotel, General Jackson Luncheon cruise, tickets to the Rockettes Radio City Christmas Spectacular at the Grand Ole Opry House, tours of Nashville, Country Christmas Dinner show, meals, and more!

Annual Flea Market

Saturday, September 6 from 9 a.m. to 3 p.m.

Come and find the best bargains in town! Vendor tables available for \$25. Tables will be provided. Food will also be sold.

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. The trainer will work on your problem areas and design an individual workout plan to fit your needs.

September 10, October 8 & 23

“SIGHT, SOUND, TASTE, TOUCH AND SMELL” PROGRAM

- FREE Nutritional Demo/FREE sampling on-site
- 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 like arthritis, diabetes, etc.
- FREE samples of healthy coffee and tea, etc.
- FREE giveaways, games, and fun!

Horticultural Therapy – Sept. 16 at 10:30 a.m. Garden in Your Home

How to take care of houseplants and “The Culture of Indoor Plants.” Participants will take home a houseplant.

Gateway Health Awareness Series

Wednesday, September 17 at 1 p.m.

Let's talk about heart disease.

Wednesday, October 22 at 1 p.m.

Good Nights Lead to Good Days: All about sleep disorders

Diners Club – Fri., Sept. 19 & Oct. 17 at 10:45 a.m.

Come and enjoy the afternoon out as we dine at one of our local restaurants.

Paint and Sip Party

Friday, September 19 from 6 - 8 p.m.

Cost: \$5

So you think you can sketch, paint, and draw...Come and express your artistic abilities and enjoy wine, light refreshments and jazz music. Sign up at the front desk.

Welcome Home Day!

October 2 from 11 a.m. to 2 p.m.

Come on home to reconnect with the Chester Senior Center family! See what new classes, trips and services are available. Enjoy a day out with live entertainment, a delicious lunch and a relaxing, fun atmosphere!

Breast Cancer Awareness Day

October 23 from 10 a.m. to 1 p.m.

We are once again happy to host our Annual Breast Cancer Awareness Day. Join us as we recognize our breast cancer superstars, hear testimonials and listen to inspirational music. Wear your PINK attire. Enjoy food, giveaways, valuable information, screenings and more!

Mobility & Flu Shot Clinics – October 30

Mobility Clinic from 9-11 a.m.

Flu Shot Clinic from 11 a.m.-1 p.m.

Get a free balance screening, have your walkers, canes and wheelchairs cleaned and adjusted and meet with physical therapists from Widener. Receive your annual flu shot from Dr. Kristin Motley, PharmD—free with Medicare or \$25 fee out of pocket.

Red Hatters – Tues., Sept. 30 & Oct. 28 at 12:30 p.m.

Join the group for outings, fellowship, and special events.

September & October Birthday Celebrations

Friday, September 26 & October 31 at 11 a.m.

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

Thank You to:

- Harrah's Casino, Cigna Health Springs, and the Chester Advisory Council for sponsoring the annual summer picnic!
- All who donated and supported the “Stuff the Bus” School Supply Campaign!
- All the vendors who participated in the “Christmas in July” campaign—your support is greatly appreciated!
- Frank Harris, Robert Johnson, Darrin Handy for watering and tending the flower garden.
- Our summer students: Jefferson Dahnlo, Felecia Weah, Shamyra Smith, and Lela Holmes for all of your help, knowledge, and support.

Get Well Wishes: Corine Hatcher, Ethel Johnson, Doretha Loper, Wilma Plummer, Sharon Smith

Friendship Facts



You are never too mature to go “Back to School” Orientation for CLLL at Friendship Circle, Friday, September 5 at 12:30 p.m.

Empowering stories have come from individuals who have taken classes at Friendship Circle Senior Center. Here are a few quotes from those people who have engaged in CLLL programs at our center:

“Now that I have an understanding on how to use Facebook, I have a stronger connection with extended family.”

“I go out to dinner with a few of my book club friends and have meaningful conversations from monthly book club discussions.”

“Twice a week exercise at the center makes me feel better about myself.”

Of course the full stories are more detailed and interesting, but these quotes truly reflect people over the age of 55 taking classes to enrich their lives and maintain healthy living.

Friday, September 5 is “Back to School Day” at Friendship Circle. Instructors (both new and returning) highlight their program/class and encourage individuals to register. This is your chance to meet the instructor personally and find out details about the classes. Refreshments will be served.

The most popular classes are the computer classes so I encourage you reserve your seat as soon as possible. They are:

Basic Computer Class

Tuesdays, 10/7-28; 1 pm, \$20 members/\$25 NM

Learning Excel

Tuesday, October 7 and 14; 2:15 pm, \$10/\$12 NM

Online Banking

Thursday, October 9, 1 pm \$7

Ask the Computer Guy

Tuesdays, October 21 and 28; 2:15 pm, \$10/\$12 NM

Beyond the Basics

Tuesdays 11/4-25, 1 pm; \$20/\$25 NM

Quick Books

Thursday, October 9, 2:15 pm, \$7

Social Networking

Thursday, October 16 and 23, 1 pm, \$15

Expanding Your Computer Knowledge

Tuesdays 11/4-25, 2:15 pm; \$20/\$25 NM

Most Useful Websites

Thursday, November 6 and 13, 1 pm, \$10

Holiday Slide Show

Tuesday, December 2 and 9, 1 pm, \$10

Online Learning

Thursday, December 4, 1 pm, \$7

Sign up for Fall CLLL Classes at Friendship Circle by calling 610-237-6222, visiting the center in person or online at www.scs-delco.org

Friendship Outings

Moses at the Sight and Sound Theaters in Lancaster on Wednesday, October 22

This trip includes transportation, lunch at the Shady Maple restaurant and a ticket to the show. Cost: \$114. The deadline to purchase tickets is September 19.

Maryland Live! Casino, Friday, November 21

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 \$45 and includes roundtrip transportation and lunch.

Evangel Cathedral Christmas Celebration (Upper Marlboro, MD)

Saturday, December 6; Cost: \$180

The cost of the trip is \$180, which includes transportation, VIP seating, snacks en route, tickets to the show and dinner. A payment plan is available.

High Tea at the Painted Tea Cup in Drexel Hill on Tuesday, December 2 at 1 p.m.

The cost of the trip is \$30 (includes tip). This trip is a traditional event for Friendship Circle and is a wonderful way to start off the Christmas season. Transportation is on your own. Payment is due by November 21.

State Senator Williams’ Senior Expo

September 19 from 10 a.m. to 3 p.m.

Mercy Hospital, 501 S. 54th Street, Philadelphia

Health Fair – Free food and health screenings, vendors, helpful tips to age well in place.

Intermediate Bowling at MacDade Bowl

Tuesday, October 14, 18, 21 and November 4

A four-week program to become a better bowler. Pre-registration is required.

What is a Digital Library?

Wednesday, October 1 and 8 at 2 p.m.

Do you know how to make the most of your library resources? Do you know how to borrow a book online or access the magazines and periodicals from the library shelves? In this two-part program, Abbe will help you find this and more on the Delaware County Library website.

Creative Writing

Tuesday, October 14, 21 and 28; Cost: \$20

Participate in a three-part workshop designed to motivate, unblock and encourage free and spontaneous writing.

Appraisals

Monday, October 20; Cost: \$2 per item

Have your favorite treasure (coins, paper, stamps, dishes, toys and cards, etc.) appraised. Pre-register items by calling or emailing Program Coordinator Donna Schumacher at 484-534-2003 or dschumacher@scs-delco.org.

Advisory Council

Friendship Circle is proud to announce the newest members of the Friendship Circle Advisory Council: Nan Barnwell, Joan Durbano, Earlene Adams, Jerry Sanders, and Jackie Alberts. Current active members are: Simsy Wilson, Ida Fazzi, Rita Moore, Rita Kida, Aldo Liberi, Helen Grande, Martha Coppins, Martha Yates, Sharon Carey, Ray Young and Larry Reavis. Charlie Dunn will serve as treasurer and Evans Gary as president.

Advisory Council bylaws state that 15 advisors have voting privileges and additional members will serve as advisors for monthly meetings. The general membership is encouraged to share its opinions on center needs, building requests, and program ideas with Advisory Council members so they can help advise the Friendship staff better and move the center forward in 2014-2015.

Membership Drive

We’re kicking off the fall with the annual membership drive. We ask you to contribute the following: \$30 for an individual membership, \$45 for a Trustee membership (listing 2 centers) and for Aging at Home – A Community Network membership, add an additional \$10 for current and new enrollees.

Those who renew their membership before September 30 will get a FREE ticket to our October “Apple-Seed” Brunch.

The Friendship GARDEN NEWS

Friendship Circle is grateful to the Friendship Garden members and the Delaware County Probation Office for their hard work in the garden.

The garden will be pulled and the plants discarded on Saturday, October 4 from 9 – 11 a.m. Lend a hand on pulling day and take home any extra vegetables from the garden.

Carmen's Corner



Dear Friends of Good Neighbor,
As we say goodbye to an excellent summer, we look forward to an even more excellent fall. Fall is the season of change. In recent months, the center has been going through a lot of changes. We have introduced new programs and activities, hired new staff and made improvements all over the center. It is everybody's job to learn that change can be a good thing even if they don't want it or feel that things are fine as they are. I ask you to have an open mind with regard to these things. We all want the same thing: the best senior center possible. It is not out of our reach but we need to learn to change or live with change, even if it is only a little bit. There are a lot of trips we want to take at the center but they can't succeed if we don't have participation. If we work together we can make it happen.

I can see a lot of people around the center already accepting the change. Our recent trips have been successful. If there is a trip you would like to go on, please let us know. We are here to serve you all. Let's continue to be the Good Neighbors our center is known for.

Carmen

Deepest Sympathy

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

Special Thank You

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

Caesar's Casino

Tuesday, October 28 / Cost: \$5

Good Neighbor will take a special trip to Caesar's Casino in Atlantic City. The cost includes a \$5 slot return. A valid picture ID is needed to collect 4 percent slot return and all winnings. Please sign up ASAP, limited seating.

Casino Trips

Second Wednesday of Every Month

Come with Good Neighbor Senior Center and get lucky! We leave at 9 a.m. sharp from the center. Please contact Sylvia at (610) 586-8170 with questions or comments. Sorry no refunds.

Trips

Sight and Sound in Lancaster, PA
Wednesday, September 17 / Cost: \$120

This year we will be going to the Sight and Sound Theater to see their rendition of *Moses*. Price includes ticket and transportation.

Caribbean Cruise: Norwegian Cruise Line on the Norwegian Gem

November 24-December 3, 2014

(10 days, 9 nights)

Cost: \$1,099 to \$1,519

A 12-month payment plan is available

Panama Canal Cruise 2015

Princess Cruises on the Coral Princess

13 days/12 nights; March 20-April 1, 2015

Cost: \$3,249-\$3,899

Flyers are at the front desk at Good Neighbor Senior Center with more details for both cruises. For reservations or additional information, please contact Carmen Olive at (610) 924-7920.

Citizen Bank Park Tour

September 22 at 10:30 a.m.

Members: \$12, Non-members: \$17

Enjoy a brief presentation of Citizens Bank Park, followed by an up-close look at the ballpark. Tour stops include the Phillies dugout, the Diamond Club, the Hall of Fame Club, broadcast booth and media room.

Cow Town – September 9 at 9 a.m.

Come and join us on trip to Cow Town in New Jersey. Enjoy a day filled with indoor and outdoor shopping from a variety of vendors.

Thrift Shop Hop

September 4 and October 17 from 9:30 a.m.-1:30 p.m. / Cost: \$8

Enjoy a fun-filled day of thrift store shopping. Travel to a cluster of thrift stores and shop 'til you drop.

Brandywine River Museum

October 17 at 10:30 a.m.

Members: \$20.50, Non-members: \$25.50

We will take a guided tour of the Brandywine River Museum. Discover an outstanding collection of American art housed in a 19th century mill with a dramatic steel and glass addition overlooking the banks of the Brandywine River.

Out to Lunch Mondays

Sept. 8 and Oct. 13 leaving at 10:30 a.m.

Fee: \$5 for transportation

Come and enjoy a wonderful lunch out on the town at a beautiful restaurant. The cost of the lunch is on your own.

Center Happenings

New Membership Drive

Friday, October 3 from 9 a.m. to 1 p.m.

The New Membership Drive of 2014 officially kicks off in October. We have a lot going on but we need everyone's support to keep the center together. There will be a town meeting. You will get valuable information and be able to ask questions as well. We are looking for everyone's support and hope to see you all there.

Ruby Red Hatters

Meeting fourth Thursday of the month

Movie Day: September 5 and October 2

Fee: \$3

Join us each month to see the latest movies. Fee includes refreshments, hotdogs and snacks.

Community Outreach

Second Thursday of the month

State Senator Williams' office will be coming to do community outreach about tackling issues and concerns in our neighborhood and in our homes. Everyone is welcome.

September and October Birthday Parties

Friday September 26 and October 24 at 11 a.m.

If your birthday is in the month of September and October, come out and join your peers in a birthday bash!

PECO Energy (Smart Ideas)

October 13 at 10 a.m.

So many people have household appliances that are out-of-date and use more energy than necessary. Having the most energy-efficient products can really save you money in the long run. PECO's Smart Idea program will let you know about the best appliances to use to keep your payments at a minimum. There will be FREE giveaways as well.

Walgreens Flu Shot Clinic

September 23 at 12 p.m.

Walgreens will host a flu shot clinic. All insurance providers accepted. Please sign up.

Hearing Aid Specialist

Sept. 8 and October 30 from 10 a.m. - 2 p.m.

Sound Investment Hearing Aid Service will be giving FREE hearing test to anyone interested. Testing time will be 10 minutes per person. Presenter: Britt Cardwell

Get Well Wishes

To the Good Neighbor Family...He won't abandon you now. Neither will I abandon you. Hope you are better soon!

Kim's Korner



Dear Friends,

We are approaching another season of classes, events and trips. We have some new ones; be sure to pore over the brochure when you get it. Note that we moved the Mystery Dinner Theater up to September 19th, the same day as the art show. Both will be held at Schoolhouse.

September usually signals change, this year the agency had some bad news regarding significant reduced funding, but we are committed to keeping our program at its current level of operation. We have had to increase our membership by \$5. So as we start the new drive this fall, instead of \$25 we are asking for \$30. If you wish to be a trustee member the fee is \$45. I hope you understand and see this still as the best deal in town

Our membership benefits are:

1. You will be able to participate in a birthday member drawing for your birthday month for a \$10 Giant gift card.
2. You will be eligible to participate in a pre-sale for events – (mystery dinner theater, mid-winter party, St. Patrick's Day, etc.) There is no presale for birthday parties – except for birthday people.
3. You can reserve a table for your group at

banquets (everyone in the group must be a member and you must fill the table)

4. You will receive a free lunch on your birthday month. You may bring one guest (must pay in advance for guest).
5. You can use our SCS account to get a discounted BJ's card.
6. If on a waiting list for party or trip – you will get PRIORITY over non-members.
7. If you are a member, and have to go to the hospital, when you return home you are eligible to have meals delivered to you for two weeks (we will suggest a \$2 per meal contribution).
8. If you are a member and need an ambulance while at the center, you can take advantage of the center's membership with the fire and ambulance discount (if they send Folsom Fire and Ambulance).
9. You are eligible to be remembered on the memorial board and in the service.
10. You are eligible to Vote for the Advisory Council.
11. You are eligible to run for the Advisory Council.
12. Your membership is tax deductible.

Take advantage of all we offer, stay active, make new friends, and discover new places.

Love,
Kim

Survey Solutions

A few things I can address now –

1. Suggestion box – we have one in the center hallway next to the door. It is opened by the Advisory Council President before each monthly meeting!
2. Pay-as-you-go art class. We have to guarantee a certain fee to our instructors. If people don't commit, we worry that we will fall short. The argument is that it would increase attendance and be easier to pay. We are going to try pay-as-you-go with our newest art class – drawing. We will evaluate that system after a semester. Thank you Mary Ash for being willing to be the first.

3. Drawing class. See above
4. More trips – We just added two. Our travel committee and staff are working hard to ensure we are adding trips. We hope to have a travel meeting to get everyone's input.
6. Card game lessons. We are having a new class for pinochle this fall.
7. Dancing girls – Why not – who wants to volunteer?
8. Diabetic information – check out our health fair this fall. Diabetic information will be one of our topics.
9. Lots of suggestions for various programs. We'll look at this, please be aware of our space issues.

Congratulations to:

- Joan and Chris Wilhelm who are announcing their 13th great grandchild. Gracie Sherwin was born weighing in at 8 lb. and 3 oz., and 21 inches long.
- Joe Gilligan is celebrating the birth of his great grandniece. Joslyn Johnson was born weighing in at 9 lbs. and 13 oz. Also ask Joe about his niece who is the Broadway show *Kinky Boots*.
- Audrey Crane is ecstatic about her new granddaughter, Natalie Rene. What a beauty!
- John Bettcher for achieving a score of 300 in Wii Bowling.

TRIPS

Rocking Horse Resort

September 8-12 (5 days, 4 nights)

Included: three meals per day, hay rides, shuffleboard, horseback riding, Bocci, a sauna, swimming pool, paddleboat and more! Evening activities include live entertainment and dancing. Cost: \$619 for double occupancy, all inclusive. Call Barb Percival at 610 237-8100.

Cape May, Seafood Fest

September 29 / Cost: \$102

Includes roundtrip coach transportation, Dolphin Watch Cruise, visit Cape May Wicker Co., visit Washington Mall, sightseeing and all-you-can-eat at Urie's.

New Mystery Trip

October 29 from 9 a.m. to 9 p.m. / Cost: \$53

Walking – lunch on your own (several options). You will be amazed, you'll gasp and giggle. Then you'll eat and have more fun. Bring extra pocket money. Tickets need to be purchased by October 15. First come, first served.

Dutch Apple Theater "It's a Wonderful Life"

Thursday, December 11 / Cost: \$88

Start your holiday with this holiday classic. Frank Capra's film classic has been brought to vibrant color. This uplifting show for the whole family celebrates the innate goodness in all of us. The buffet is delicious, especially the desserts!

**Please use street parking or parking on the side porch part of the parking lot on the days of trips. Please leave close and handicapped parking for our other members.*

A Special Thank You To:

- All of those who donated to the Men's Clothing Drive. I know the Broad Street Ministry in Philadelphia is very grateful to the generous people in our community!
- All those who completed the surveys. The check-off items are being tabulated so we can get an idea of how we are doing and where we need to improve. We wouldn't know that unless you tell us! The Council will review the suggestions.
- Our wonderful interns Gabi and Eric. Best wishes for your next year in college!

Sunshine Wishes to: Sandy Shanahan, Joris Brinkerhoff, Jeanne Tribuiani, Lois Yost, Charles Focht, Mike Pelligrino, Evelyn McElwee, Larry Galvin, Marge Bellon, Marie Angillio

Condolences to:

The friends and family of Elinor White and Maxine Blythe. Our deepest sympathy to Marv Galloway upon the loss of his wife.

Coming This Fall to SCS

Welcome Home to Chester Senior Center

After a relaxing summer, Chester Senior Center is happy to welcome members – new and seasoned – back home. Come and reconnect with the Chester Senior Center family on October 2 from 11 am. to 2 p.m.

Chester is also happy to host a Paint and Sip Party on Friday, September 19 from 6 to 8 p.m. Come and express your artistic abilities and enjoy wine, light refreshments and jazz music.

Center Without Walls is Growing

SCS is pleased to announce that CWW will offer programming in Springfield this fall semester at the Springfield Township Building. CWW is happy to offer exciting programs for the older adults in Springfield Township. For more information please contact Farah Esfahani at 484-496-2143 or fefahani@scs-delco.org.

Mark Your Calendar for These Events at Schoolhouse

- September 19 – Art Show from 2-5 p.m.
- September 19 – Mystery Dinner Theater at 5:15 p.m.
- October 17 – Health Fair
- November 10 – Veterans Day Breakfast
- December 12 – Holiday Party
- December 31 – New Year’s Eve Party

Open Enrollment is Around the Corner

The Medicare Open Enrollment Period for 2015 begins on October 15. Call the Apprise Program to find the best plan that meets your needs or attend a presentation to find out what changes to Medicare may mean for you. Please contact the Apprise Program at: 484-494-3769 for more information.

New Venue for Caregiver Luncheon

The Family Caregiver Support Program is excited to host its annual Caregiver Appreciation Luncheon this year on Saturday, November 8 from 12 to 3 p.m. at the **Springfield Country Club**. Please contact Program Manager Debbie Templeton at 484-540-0372 if you have any questions.

Volunteers Needed at Friendship Circle

Friendship Circle Senior Center is looking for dedicated volunteers to fill the following positions: Drivers and runners to assist with daily meal routes in the Lansdowne area, assistance in the kitchen to help serving the center’s congregate lunch as well as a receptionist on weekday afternoons.

Center Highlights, continued from page 7

Thursday, October 30 at 10:30 a.m. Chester

Learn about *Diabetic Retinopathy* and how diabetes being a disease that eventually affects every organ in the human body with vision loss being the last stop.

➤ NUTRITION

Nutrition Talk

Tuesday, September 2 at 11 a.m.

Schoolhouse

September 16 at 12:30 p.m. and October 21 at 12:30 p.m.

Good Neighbor

October 14 at 10:30 a.m.

Chester

Cooking Demo

Tuesday, September 23 at 11 a.m.

Schoolhouse

September 19 at 11:15 a.m. and October 16 at 11:15 a.m.

Good Neighbor

Wednesday, September 24 and October 29 at 12:30 p.m.

Chester

Learn food tips to make your diet healthy and your body strong.

➤ RELIGION

Bible Study

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

Good Neighbor

Tuesdays from 6-7:30 p.m.

Chester

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

Praise with Song

Every Thursday at 10:30 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

Computer Basics

October 14, 15, and 16 from 9 a.m.–12 p.m.

Good Neighbor

Fee: Members \$30, Non-members \$35

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. Our instructor can help you learn how to use of these devices.

Computer Tech Talk Group

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

We will share information and learn from each other. A chance to get your computer questions or problems resolved. There’s room for every level of experience. Free Wi-Fi available. Rich Conti facilitates.