

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 “Celebrating the Arts for 40 Years”

By Heather Dale

Senior Community Services (SCS) honored artists and their work at the agency’s annual art show over the summer. The art show, “Celebrating the Arts for 40 Years” is a nod to both the non-profit’s anniversary as well as its commitment to bringing high-quality art courses to older adults in Delaware County.

The art show, like the agency, has continued to grow over the years. This year, 115 artists participated in the show, 10 of those included art instructors. Over 200 pieces of art were on display they included watercolor, drawing, oil painting, acrylic painting, ceramics, mosaics, jewelry, woodcarving, and card stamping. Artists participating in classes at SCS’s four senior centers: Schoolhouse, Good Neighbor, Chester, and Friendship Circle as well as the Center Without Walls Program (CWW), exhibited their work at the show. CWW holds classes in Springfield, Concord, Aston, and Brookhaven.

“We have always valued the art courses offered both at our senior centers and within the community through our Center Without Walls program,” said SCS Executive Director Arthur Weisfeld. “To see this level of participation is inspiring. To marvel at the quality of the work is spectacular.”



The show kicked off with an opening reception in July, where over 200 were in attendance. Weisfeld made a point to thank the art instructors for their commitment to the agency during a short presentation.

“We are very grateful for our dedicated instructors for sharing their

Continued on page 5



SCS Executive Director Arthur Weisfeld made a point to recognize the art instructors at the art show’s opening reception. Here some of the instructors are pictured from left to right: Marie Gilligan, Helen Baur, (in front) Mary Ash, Agnes Wilson-Bakow, Van Buren Payne, Anne Dempsey, Arthur Weisfeld, Janis Thomas, and Farah Esfehani.

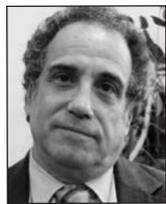


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600 Swarthmore Avenue
Folsom, PA 19033

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Appreciating the Aging Process – Firsthand

By Arthur Weisfeld



You don't know how it is until you go through it. I'm talking about the aging process, of course. True: We have all watched friends and relatives struggle with various aspects of the aging process. But until you experience it yourself, you cannot possibly comprehend how challenging it can be. This lesson I have learned over the last 10 or so weeks.

My adventure began in May. I was waiting in line at the CVS to get a prescription and to pass the time, I used their blood pressure machine. It indicated that my heart rate was 150. I thought, "The machine must be broken," and went on my way. The next day when I was taking my blood pressure at home, I also checked out my heart rate—again, 150. Okay, time to visit the internist. I never appreciated that the proximity of my internist's office to an ER was a good thing because that was my next stop. What the medical staff there quickly realized was that my heart was arrhythmic. I will spare you some of the developments following an evening in the ER and a night in the ICU. Suffice it to say that the weeks between then and now have been filled with many doctor appointments with a range of specialists, various tests (some taken at home), changing diagnoses necessitating still more tests, scheduling conflicts, medication changes, more medication changes. The latest development in this saga has been the most aggravating. Having received a diagnosis of sleep apnea, I have been directed to use a CPAP. It stands for Continuous Positive Airway Pressure. If you don't know what one is, Google it and you will see it is a mask connected to a tube that delivers a flow of air pressure. On the same Google search, you will discover that the problems people have with using this machine are many, most of which you can probably guess just by imagining sleeping with this albatross. Tips, strategies, and encouragement are offered and I'm trying to take advantage of them all. But I don't like my CPAP, and I'm pretty sure I never will.

All of this I share only to say that I understand something about aging that I never understood before. I can't easily put it into words. However, I have a deepened respect for all of those who are a bit older than I am and having carried on, living lives that are productive and joyful, while experiencing the kinds of problems that have challenged me, or worse. It takes pluck, perseverance, and passion for living. Fortunately, within Senior Community Services, we have those qualities in good supply.

Admiringly yours,
Arthur

2018 Annual Medicare Enrollment Season

By Glenda A. Radical, APPRISE Program Manager



Why is the 2018 Annual Enrollment Season so important to Medicare beneficiaries? The 2018 Medicare Annual Enrollment Season is the time that EVERY Medicare beneficiary should visit an APPRISE Program location to find out what's new to Medicare, what is changing for Medicare in 2018, and become familiar with the 2018 Medicare Advantage and Part D Prescription Plan premiums, co-pays, deductibles, and other health plan benefit changes for the coming year.

The 2018 Medicare Annual Enrollment Season begins Sunday, October 15 and ends Thursday, December 7. The Delaware County APPRISE Program offers a variety of services to Medicare beneficiaries during this time. The Delaware County APPRISE Program will offer 2018 Medicare update presentations throughout Delaware County to inform Medicare beneficiaries about new and changed benefits for 2018.

Additionally, the Delaware County APPRISE Program will offer 2018 Medicare Advantage (HMO/PPO) Health and/or Part D Prescription Plan individual counseling sessions. Medicare beneficiaries may call to make an appointment with an experienced APPRISE counselor to compare 2017 health plan information with 2018 health plan information so that they can make the most cost efficient decisions. Enrollment into Medicare Advantage (HMO/PPO) Health and/or Part D Prescription plans can be provided at the same time.

The 2018 Medicare Enrollment Season is NOT the time for Medicare beneficiaries to enroll in Medicare unless the months of October, November, and December are your Initial Enrollment Period to sign up for Medicare.

The 2018 Medicare Enrollment Season is NOT the time to sign up for Medigap or Supplemental Insurance Plans unless the months of October, November, and December are your Initial Enrollment Period to sign up for Medicare. You may sign up for a Supplemental Insurance Plan year-round. There is no deadline to enroll into Supplemental Plans.

If you are interested in the 2018 update presentations or would like to make an appointment for a health plan comparison counseling session, please call the Delaware County APPRISE Program at 484 494-3769 or visit the Pennsylvania Department of Aging website www.aging.pa.gov to find the APPRISE Program "Events Map" for program dates and times.

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SCS Management Staff

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 Cognitive Stimulation Program Manager: Dorothy Darragh
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 Good Neighbor Senior Center Director: Joanne Graham
 Hearing Discovery Center Coordinator: Donna Schumacher
 Schoolhouse Center Director: Kim McDaniel

Home Exercise

By Herb Jenkin, Care Manager, Caregiver Support Program

Studies show that teaching caregivers a simplified home exercise program and training them in behavioral management techniques can help prevent disability and institutionalization among the Alzheimer's patients they care for. Although the effects of Alzheimer's disease on the mind are well known, researchers say the physical effects can also be devastating. Previous research has linked Alzheimer's disease with physical deterioration. Alzheimer's patients also face a higher risk of falls and fractures and a more rapid physical decline than others. The studies show that a home-based exercise program taught to Alzheimer's caregivers can help counter some of those effects and yield lasting benefits.

Home-based exercises can be prescribed by your doctor or they can recommend a visit from a physical therapist. A good routine might be 30 minutes a day and include walks, stretching or using light hand weights for quick exercises that patients could do at home. Caregivers can be taught a number of techniques to encourage and help with the exercise program and to make better responses to behavioral problems. They can also be taught how to conduct a home-based exercise program for patients with Alzheimer's disease and also how to manage behavioral problems that often crop up in these patients.

The exercise program might consist of strength training, balance exercises, and flexibility training. The familiar surroundings of home may also be less intimidating than a facility and ease any anxiety the patient may have. Home exercise programs also offer flexibility in scheduling and more variations. Spending some positive time with your loved one is another potential benefit.

Exercise has also been shown to reduce depression which is common in both dementia patients and their caregivers. So talk with your doctor about a plan that is suitable to your loved one and get moving. You both will benefit.

Senate Passes the Over-the-Counter Hearing Aid Act of 2017, Bringing Affordable and Accessible Hearing Health Care Closer to Reality

By Donna Schumacher, HDC Coordinator



***The following has been excerpted from an August 3rd news release from HLAA*

The U.S. Senate passed the Over-the-Counter Hearing Aid Act of 2017 on August 3rd. With this groundbreaking legislation Congress has sent a message to America that people with hearing loss need – and deserve – more affordable and accessible hearing health care.

The Over-the-Counter Hearing Aid Act of 2017 would make certain types of hearing aids available over the counter to adults with mild to moderate hearing loss. In addition, the proposed legislation would require the Food and Drug Administration (FDA) to regulate this new category of OTC hearing aids to ensure they meet the same high standards for safety, consumer labeling and manufacturing protection that all other medical devices must meet. This will give consumers the option to purchase a safe, high-quality FDA-regulated device at lower cost.

Now that the Over-the-Counter Hearing Aid Act of 2017 has been passed by both the House and Senate it will go to the president to sign into law. Once the bill is signed into law it will go to the FDA, who will begin drafting the rules and regulations for it. While the FDA has three years to complete that process we are hopeful that it will be done much sooner.

This is great news for those who have been delaying having their hearing checked because they felt they could not afford to get a hearing aid. Be mindful, again, that these devices are not meant for those with significant hearing loss.

And speaking of “real” hearing aids, Joann Bevan will be at Friendship Circle on Monday, October 23 to speak on new technologies and hearing aids. We invite everyone to come and find out these exciting new advances in hearing health.

Progressive Dinner ~ A Unique Dining Experience September 15

Enjoy four courses across Senior Community Services' four senior centers! Travel by motor coach bus to Chester for appetizers, Friendship for salads, Good Neighbor for the main course of ribs, chicken, and more, and end the evening at Schoolhouse for dessert. Also enjoy cocktails, mocktails, and other surprises at each center! Registration begins at 3 p.m. The bus will be leaving from Schoolhouse Center located at 600 Swarthmore Avenue in Folsom at 3:30 p.m. The bus will return around 9 p.m.

New Scam

Consumers are reporting another government imposter scam – this time the scammers are pretending to be calling from the National Institutes of Health (NIH). According to reports, callers are telling people they've been selected to receive a \$14,000 grant from NIH. To get it though, callers tell people to pay a fee through an iTunes or Green Dot card, or by giving their bank account number.

Aging at Home Survey Results

By Christine Helmandollar, Director



Although sometimes redundant and time consuming, survey results identify improvement opportunities and monitor customer satisfaction. I want to thank the 115 members who took the time to answer the Aging at Home survey. Most survey respondents were women (74 percent), between the ages of 80-89 (39 percent), closely followed by 70-79 (31 percent). Many respondents live alone.

The survey results will help the program continue to move in the right direction, allowing us to keep members happy. I am proud to share more information about the survey data:

- 85 percent say they would recommend the program to others
- 70 percent say they will be able to remain living in their home longer
- 67 percent say they try to take better care of their health
- 65 percent say they have options and/or support around home maintenance

Other highlights include: 39 percent of respondents said they have better access to food/grocery store; 40 percent said they feel more involved in the community; 50 percent said they have less feelings of worry (32 percent were neutral); and 50 percent said they feel better connected to socialization and/or volunteer opportunities. There weren't many complaints about Aging at Home services completed by volunteers or professional partners. While positive, I still believe that there is room to improve and we will work to better address complaints as they are reported.

For members, the survey experience was positive, and ultimately, helped us collect the best data. The results will allow the Aging at Home staff to learn how to continue its good work. We are currently preparing for our next group project day on Monday, October 30. Volunteers can help with raking, window screens, replacing batteries in smoke detectors, changing light bulbs, covering outdoor patio furniture, and even planting fall flowers. Please call 484-534-2201 to request service or if you have any questions about membership.

Making Tough Decisions in Life

By Trindy Grundy, LMSW, Director, Long Term Care



Care Management is a key factor in assisting older adults as they age in place. The goal for many older adults is to remain in their homes, within familiar communities, often with or near their families. But, there isn't a road map on how to do this. There are many twists and turns that can take a family off course: health issues, finances, relationships, and the availability of support systems.

On this journey, we all need to make tough decisions. Some decisions can be made with the assistance of a care manager's support with resources, some can be made with children and family, but the ultimate decision on where we choose to live out our lives remains within us, individually.

If you approached an unexpected fork in the road, would you know which way to turn?

Recently, our family experienced an unexpected situation. Our aunt, almost 93 and suffering from Alzheimer's disease, was living in her home, content, and cared for by family and formal supports. A change in the family forced a tough decision regarding keeping her safe with reduced informal supports or placing her in a facility. We decided to place our aunt in a facility to maintain her safety.

Many of you may not need care 24/7 now. However, the time to plan and have the discussions about the "what ifs" - is now.

Here are some tips on how to prepare and plan for the road ahead:

- Identify someone you can trust and you know will abide by your wishes
- Get your legal paperwork in order – will, living will, advance directives, and power of attorney (POA)
- Give loved ones the permission to make decisions if they can no longer keep you safe in your home.
- Use the "rainy day" money you set aside to help support your care in the home and private pay, if necessary, for services.
- When your care manager visits, discuss the resources needed to remain in your home.
- Consider having a home assessment to identify any fall risks that may affect your safety.

If you have questions about care management, please contact me at 484-534-2050 Direct or tgrundy@scs-delco.org.

CWW Offers Action-Packed Autumn

By Farah Esfahani, CWW Program Manager



Dear Friends,

I hope you had a pleasant summer. Senior Community Services (SCS) held its 13th Annual Art Show at Delaware County Community College Art Gallery this summer. A great deal of hard work and dedication on the part of the art students, instructors, and staff made the awe-inspiring show a great success. More than 200 people attended the art show reception on July 19 and admired the impressive work of so many creative artists who put their heart and soul into their work.

By now you have received the fall semester flyers by mail or email. Center Without Walls (CWW) art and fitness classes will start this month. Anne Dempsey, Agnes Bakow, and Marie Gilligan will continue to teach watercolor and drawing classes at Aston, Brookhaven, Concord, and Springfield locations.

Yoga classes at Brookhaven and Springfield with certified yoga instructor, Don Simpson, and Gold Zumba classes by Lavinia Ferguson will be held at Aston, Concord, and Springfield. Last semester, we added and arranged for 2 sessions of Zumba classes at one of the Concord Township Buildings. Many thanks to Brenda Lamana, Concord Township manager, who provided us with a temporary space until a more appropriate location becomes available for this popular class.

The first book club meeting will be on Wednesday, September 20 with facilitator Dianne Caggiano. The first book to be discussed is "The Art of Arranging Flowers" by Lynne Branard. The Eating Smart session is scheduled for September 19.

The Medicare Individual Counseling session will be held on September 27 and October 25 at Springfield Township Building. This valuable program offered by highly trained APPRISE volunteers is designed to assist Medicare beneficiaries with Medicare questions, concerns, and comparisons. Due to the increased need of older adults to access this service, we will also offer the programs at Aston Community Center starting this October.

We have developed a broad-based curriculum designed to meet the unique needs and interests of individuals 50 and older. I sincerely invite you to discover the joy of learning by taking advantage of our Life Long Learning classes.

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

The Fair

By Dorothy Darragh, Cognitive Stimulation Program Manager

Fairs can be traced back to biblical times when they were religious observances. Over time, they evolved into events to promote services, products, events, etc.

Fairs began as agricultural and livestock events for local villages to feature equipment, techniques, and products. Over time, fairs incorporated more activities to include the entire family. Cooking and baking contests, games like horseshoes, horseback rides, ferris wheels, eating contests, carnival games, picnic areas, fireworks, music, and dancing are often included in fair festivities.

The first annual fair in the United States took place in 1641 in New Netherland (now known as New York City). In 1818, New England held its first agricultural fair and included carnivals, games, horse racing and demonstrations, and crafts. Today, the fair continues in Northampton, MA.

Across the United States, every state has fairs from small community fairs to large state sponsored fairs. Upcoming fairs in Delaware County:

- 1) Delaware County Fair, Oct 13th – 16th
Aston Township Fire Department
- 2) Marple Township Community Festival
October 14th – 16th
Veterans Memorial Park, Lawrence Road,
Broomall, PA
- 3) 2017 Unionville Community Fair & Farm Show, October 17th
Willowdale Steeplechase Grounds, Kennett Square, PA

What are your memories of fairs? ...animals...produce...rides...games?

Did you attend an annual fair? Where? Was there a theme to the fair?

Reminiscing about *Fairs, Farms, Games & Recreations* and many more topics to challenge your brain can be done through the cognitive stimulation kits that are available to senior centers, adult residential communities, nursing homes, and more. For information, contact me at 484-496-2144 or ddarragh@scs-delco.org.

Volunteer Opportunities Help Connect Residents to their Community

By Michele O'Brien, Director of Volunteers

A year ago, Senior Community Services expanded the service area of its newest program: Aging at Home. The expansion brought volunteer services as well as the program's successful door-through-door transportation service to those living in the Ridley area. In that span of time, volunteers have provided 82 rides and 194 hours of service to seniors living in the Greater Ridley area.

Because of this great start, we are looking to add more volunteers to our team, helping Senior Community Services to do what it has done for the last four decades: allow seniors to age gracefully and in place at home.

Aging at Home currently assists older adults living within Aldan, Colwyn, Darby, East Lansdowne, Lansdowne and Yeadon boroughs as well as Glenolden, Prospect Park, Ridley Township, Ridley Park, Morton, Norwood, Folsom, Rutledge and Swarthmore. The program helps provide support for seniors who need minimal assistance to remain independent in the community. The program is funded in part by the United Way of Greater Philadelphia and Southern New Jersey.

We are currently in need of drivers who can take seniors to local medical appointments, the grocery store, pharmacies, and other errands. Giving seniors the ability to get out into the community is a key to helping them remain independent. Being an integral part of that independence is a rewarding experience.

Shifts are flexible. Interested candidates for this position must possess a valid driver's license, insurance and use their personal vehicle. Volunteer mileage reimbursement is available. An informational session and training for interested volunteers will be held on Wednesday, October 18 at 12 p.m. at the Schoolhouse Center, located at 600 Swarthmore Avenue in Folsom. If you are interested in this rewarding volunteer opportunity, please contact me at: 484-496-2149 or mobrien@scs-delco.org.

skill and passion," Weisfeld said.

Marie Gilligan has been an instructor with SCS for 10 years and teaches watercolor, oil painting, and drawing courses in Aston, Concord, and at Friendship Circle Senior Center. Prior to working with seniors, Gilligan taught eighth graders at St. Dorothy School in Drexel Hill. She said she loves sharing her love and knowledge about art with others, no matter where they fall on the age spectrum, but particularly enjoys working with seniors.

"I think it's special, it's something that seniors really need," she said. "They need to have fellowship and friendship. Art brings joy. It gives them enthusiasm."

Classes are offered with both the novice and experienced artists in mind. Gilligan said she is often approached by apprehensive participants, unsure they will be able to keep up with the course.

"Anybody can paint. I take it step-by-step with new people. No drawing is required," Gilligan said. "I ask them to try it and most people are happy that they do."

Center Without Walls Program Manager Farah Esfahani said the crowd for the opening reception is a testament to the strength of Senior Community Services' art offerings, but also to the pride the art courses can produce in new and experienced artists.

"These are not just simple art classes," Esfahani said. "Something special develops on both an individual and group level among participants. Students create pieces of art they never thought they were capable of creating. It's a special experience."



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

Ceramics

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

Chester

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

Sewing

Fridays from 10 a.m. – 2 p.m.

Chester

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

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

Scrapbooking

Mondays at 10 a.m.

Chester

Join the scrapbooking group to learn and share together! Supplies will be provided, but feel free to bring in your own as we create beautiful mementos from photos, post cards, letters, and other memorable items!

Card Making Class

Every 2nd and 4th Tuesday

Chester

\$5 per class (supplies included)

Let your creativity shine by making your own greeting cards, gift bags, gift holders, and more. Each class will present a different theme and you will leave the class with homemade greeting cards and other creative items! Instructor: Janis Thomas

Jewelry Making

Tuesdays from 10 a.m. – 12 p.m.

Tuesday Evenings (2nd & 4th) from 5:30-7:30 p.m.

Chester

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

Design and create your own classic earrings, necklaces, and bracelets. Create matching sets or individual pieces. Supplies included, but you may bring your beads and tools as well.

Woodcarvers

Mondays at noon

Schoolhouse

Members create extraordinary art from wood.

Adult Coloring

Wednesday at 10 a.m.

Good Neighbor

Crochet Class

Wednesday at 11 a.m.

Good Neighbor

Cost: \$3 per session

Pencil Drawing

Mondays at 10 a.m.

Good Neighbor

No Knot Knitters

Tuesdays at 12:30 p.m.

Schoolhouse

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

Basic Drawing

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

Schoolhouse

Learn to draw with pencil and charcoal. Drawing is basic to all art. Take this class to build your skills. Cost: \$5/class. Pay the instructor, Mary Ash.

Pencil Drawing and Watercolor Painting

Mondays at 12:3 p.m.

Chester

Cost: \$5

All are invited to come and learn the basics of pencil and watercolor arts. Enhance your artistic abilities through various media.

Watercolor Painting

Wednesdays from 1:45 – 3:45 p.m.

Schoolhouse

Cost: \$53.50/10-week session

Beginner through advanced artists are welcomed. The instructor will focus on individual needs as she teaches approaches and techniques.

Oil & Acrylic Painting

Fridays from 12-2 p.m.

Schoolhouse

Our skilled instructor can start the beginner or help the advanced artist enhance their work. New sessions begin every ten weeks. \$53.50/10-week session.

Mosaic Workshops

Schoolhouse

Thursdays from September 6 – October 12 (5-week session)

Beginner course is from 2-5 p.m.

Advance/Intermediate course is from 6-9 p.m. (14 hours)

Schoolhouse instructor, Carol Shelkin, will introduce all styles of mosaics for indoor & outdoor use. The last session for both courses is 2 hours. Cost: \$84. Materials free is an additional \$30.

Jewelry Making Workshop

Tuesdays at 2 p.m.

Schoolhouse

Select the gems, the stones, the project, and let your creative self, roar! If you supply your materials it's no cost. Otherwise it's \$3/per class.

➤ DISCUSSION GROUPS

What's New(s)

2nd & 4th Wednesday at 10:15 a.m.

Schoolhouse

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

Book Club

September 20 and October 18 from 12:30 to 2 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.

Red Hat Society

Third Tuesday of each month at 12:30 p.m.

Chester

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

Kitchen Table Stories

Fourth Thursday at 10 a.m.

Schoolhouse

This fun, o-going program encourages you to tell your favorites stories from all stages of your life.

➤ FITNESS

Healthy Steps

Tuesdays & Thursdays at 10 a.m.

Schoolhouse

Begin with a peaceful warm up, followed by light aerobic conditioning and close with a relaxing cool down. Instructor Mary Lytle. Class is located on the 2nd floor.

...More Highlights

Square Dance Class

Wednesdays from 7-9 p.m.

Cost: \$5/session, first class is FREE

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

Silver & Fit

Tuesday at 11 a.m.

Good Neighbor

Cost: \$2 per session

Walking Club

Monday – Friday at 9 a.m.

Good Neighbor

Mall Walking

Monday-Thursday at 9 a.m.

Get the health and social benefits of walking without worrying about the weather or finding a walking buddy. Meet Bonnie or Jill inside the Target (lower level) entrance at the Springfield Mall.

Sit & Get Fit

Tuesdays and Thursdays from 10:30 – 11:15 a.m.

Chester

Monday, Tuesday, and Thursday at 10 a.m.

Schoolhouse

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

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.

Gospel Aerobics

September 7, 12, 20, and October 4, 12, and 18 at 10 a.m.

Chester

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

Cardio & Strength Training Exercise

Tuesdays at 5 p.m.

Chester

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

durance. This class involves the use of mats, weights, and other equipment.

Line Dance Classes

Tuesday evenings at 6 p.m. (\$4)

Thursdays at 1 p.m., Chester

Tuesdays at 2 p.m. (beginners)

All levels at 2:30 p.m., Schoolhouse

Cost: \$1/session

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

Yoga (Mat Yoga)

Tuesdays at 9 a.m.

Schoolhouse

Yoga promotes strength, flexibility, balance, and focus. Instructor Dotti Greg, is a licensed physical therapist. Pay instructor.

Chair Yoga

Wednesdays at 2:30 p.m., Schoolhouse

Wednesdays at 11 a.m., Chester

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

➤ GAMES

Mah Jongg

Tuesdays at 12:30 p.m., Schoolhouse

A Chinese tile game, where four players try for the right combinations that leads to one winner. We'll teach you how to win.

Tuesday Trivia

Tuesday at 12:30 a.m., Good Neighbor

Free Bingo!

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

Breakfast Bingo

Friday, September 8 and October 13 from 9 a.m. to 12 p.m.

Good Neighbor

Cost: \$5

Big Bingo

Thursdays, September 14, 28 and October 12 and 26 at 1 p.m., Chester

Come out and win a sizeable amount of money playing Big Bingo. The cost is \$1 per board. Play as many as you can afford and handle.

Table Games

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

Pokeno

Monday and Wednesday at 12 p.m.

Good Neighbor

Pinochle

Mondays at 12 p.m.; Wednesdays and Fridays at 8:30 a.m.

Schoolhouse

Monday – Friday at 12 p.m.

Good Neighbor

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

Pinochle Tournament

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

Monday, October 16 at 12:15 p.m.

Playing the hand you're dealt may lead to going home a cash winner. \$5 Entry fee.

➤ HEALTH AND WELLNESS

Balance and Fall Risk Assessment

Widener University Physical Therapy Team

October 26 from 12:30 - 2 p.m.

Chester

Determine your risk for falls and learn what you can do to prevent falls and injury in the home and in the community. Receive individualized assessment and information to share with your primary care physician.

Reiki

Friday September 1 and 15, and October 6 and 20 from 9 a.m. – 12 p.m.

Good Neighbor

Foot Care Clinic

Thursday, September 14 from 1 – 3 p.m.

Chester

Receive a personal foot exam and foot care by professional podiatrists from Del-Val Foot & Ankle Center. A time slot must be scheduled in advance. Please bring insurance cards to the appointment.

Chiropractor Services

Tuesdays and Thursdays from 9:30 a.m. – 12:30 p.m.

Chester

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

Rite Aid Flu Shots

September 21 from 11 a.m. to 1 p.m.

Chester

Get protected for flu season! Please sign up for your flu shots and bring your Medicare cards for reimbursement.

Highlights continue on page 12

Chester Chatter



September is Senior Center Month

Senior Centers: Masters of Aging!

I think I am safe in saying that we are Masters of Aging! I am grateful to work with older adults and to share in the wisdom, experience, joys, challenges, and victories we all face as we go through the aging process. I am grateful for organizations that serve older adults, ensuring access to quality living. I am grateful for all of the older adults who benefit from the programs and services provided in our senior centers. I am grateful to witness our own organization, Senior Community Services, reach 40 years of service to older adults and their families. I am grateful that I have been able to serve for over 20 years in this rich, rewarding field. Join us as we continue to celebrate SCS' 40th Anniversary throughout the year and as we continue to build a remarkable legacy for generations to come!

Mastering Aging,
Jamee



Chester Senior Center is grateful for the excellent service and support provided by our summer student interns. We will miss them dearly. Pictured from left to right: Kaswa Dorsey, a junior at Chester Charter School of the Arts, Jeremiah Holliday, a junior at Thomas McCane High School, and Tamyka West-Nedab, a freshman nursing major at Delaware County Community College.

Chester Travelers

Midway – Harrington Casino

Sept. 27 and Oct. 5 at 9 a.m.

Includes transportation, \$7 for luncheon buffet, and \$15 coin bonus! Cost: \$25

Evangel Cathedral Gospel Christmas Show
Saturday, December 2

Stay tuned for complete details!

Birthday Celebrations Friday, September 29 and October 20 at 11 a.m.

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

September and October Highlights

The Gala of the Year~ Senior Ball

It's your night to shine in your most formal attire and enjoy a fabulous fairy tale evening! Hosted by Health Partners Plans and Harrah's Casino, attendees will receive a delicious full-service meal, live entertainment, complimentary photos, door prizes, and other surprises. The Gala will be held on Saturday, September 9 from 5:30 – 9:30 p.m. at Harrah's Event Center. Tickets are just \$30 and can be purchased at Chester Senior Center.

Creating Our Own Story

Be part of the creative flow and help to pen our own short stories on September 7 at 11 a.m. All short stories will be included in a Chester Senior Center book in the making!

TNT International Racing Club

BBQ Lunch

Enjoy a delicious BBQ lunch to support the TNT Racing Club's community efforts. The date is September 7; the cost is \$6 in advance and \$8 at the door. The BBQ lunch will be served at 12 p.m. In case of rain, the event will take place on September 14.

Senior Law Day Presentation Protecting the Rights of Older Pennsylvanians

The Senior Law Center provides legal services to seniors who have experienced financial exploitation. Hear from the professionals about protecting yourself and receive individual support and advice on site. Join us on Tuesday, September 12 at 11:00 a.m.

Membership Drive Kick Off & Pep Rally

Join the pep rally on October 5 at 11 a.m. in support of the annual Chester Senior Center Membership Drive! Bring your membership payment, your favorite cheer, and show your S-U-P-P-O-R-T!! Membership rates are:

Thank You to:

- Harrah's Casino, Cigna Health Springs, Chester Advisory Council for sponsoring a great summer picnic!
- Health Partners for sponsoring the Pinochle Tournament
- Dave and Reba Prendergast for preparing the special BBQ lunch for all to enjoy! Delicious!

- General Membership: \$30
- Trustee: \$50 (membership at 2 SCS centers)
- Center Sponsor: \$100 (membership at ALL 4 SCS centers)
- Honorary Director: \$1000 (membership at ALL 4 SCS centers and special recognition)

Saturday BINGO FUNDRAISER!!

Join us to win a little cash on October 7 from 1-5 p.m. Players will receive 16 bingo cards, playing chips, snack bag, door prize ticket, hot dog and beverage. Players may bring their own bingo supplies (excluding bingo cards). The cost is \$25 in advance and \$30 at the door. Special games will be played throughout the day for an additional cost of \$1 per card. Doors will open at 12:30 p.m. Tickets can be purchased at the Chester Senior Center front desk.

Breast Cancer Awareness Day Talk with the Doctor – Live WURD Radio Station

Join WURD and hosts Dr. Karen Nichols and Glenn Ellis, Sr. for "Ask the Doctor Day" on Tuesday, October 10 from 11 a.m. to 3 p.m. Our topic will be breast cancer. Other related health and wellness topics will also be discussed. Don't forget to wear pink and be ready for fitness, food, music, and fun! Vendors are invited. Tables are \$30 each. Sponsored by Keystone VIP Choice.

Tune Up Your Brain, Sharpen Your Mind

Did you ever forget where you put your keys and become convinced that you were "losing your mind?" Identify activities you can do to engage your mind and support your own brain health! Join us Mondays, October 16 – November 13 at 1 p.m. to Tune up Your Brain. The cost is \$5 for all 5 sessions. Pre-registration is required. This course runs in partnership with Widener University Osher Lifelong Learning Institute.

- Summer students: Lela Holmes, Tamyka West-Nedab, Kaswa Dorsey and Jeremiah Holliday for your service!
- Ola Cannon, Vicky Holmes, Grace Brown Johnson, Doris Rice, Denise Wright, and Lela Holmes for working the produce voucher program.

Friendship Facts

A Face Lift

By Christine Helmandollar

For more than 20 years, the physical layout of Friendship Circle worked for the older adults we so happily serve. But in those two decades, the center has seen considerable wear and tear. Some improvements were necessary to enable us to offer the best programming possible.

This year alone, the center has made the following physical enhancements:

- New chairs – More durable with arms allowing members to get up and down with ease.
- Air conditioners – Energy efficient and cool air is abundant.
- Cement work – Replaced cement to prevent falls as individuals come in/out of the center
- Reception area – Logo (Senior Community Services - 40 Years of Service).
- Replacements of cabinets and counter top – A beautification project.
- And the porch – A beautification project.



Friendship staff and members are so appreciative of the time, wonderful hard work, and funding invested by Senior Community Services. The projects have come to life!

To continue to meet the needs of a changing environment and dwindling funding sources, we find ourselves coming up with unique approaches that celebrate seniors maintaining active lives and involve the community. This is one of the reasons that Senior Community Services is hosting a 5 K Race. The race is a wonderful opportunity to involve the communities we serve, be active, and celebrate 40 years of honoring – and serving - seniors. See page 12 to complete your registration or sponsorship. If you have any questions, please connect with me at 484-534-2207. T-shirts will be available on the morning of the race. See you there! And thank you for continuing to support the center's physical improvements as we grow and age together.



Card Making & Stamping Class

Make greeting cards to give to friends or family!

When: September 19 at 12:30 p.m.

\$5.00 per class

Ask a Handyman

Join the handymen crew from Aging at Home as they give you tips and instruction on doing easy projects around your home during this free presentation.

Instructors: Aging at Home Handymen

When: Tuesday, September 26 at 1 p.m.

CarFit

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles “fit” them. A proper fit in one's car can greatly increase not only the driver's safety, but also the safety of others. Each session takes approximately 20 minutes to complete. Appointment required.

When: Monday, October 30 from 1 to 3 p.m.

No Fee

Diabetes Empowerment Education Program (DEEP)

This free presentation includes 8 modules for pre- and existing diabetics. Topics include: preventing complications, improving eating habits, self-care skills, and much more, in an interactive learning environment. Certificate awarded upon completion of program.

Instructor: Kianna Silvera, RD, LDN

When: Tuesdays, October 3, 10, 17, 24, 31

and November 6 from 9:30-11:30 a.m.

Free

Say What?

Have you “heard” about the latest hearing aid technology? Find out how your cell phone and other devices can be used to enhance today's hearing aid performance.

Instructor: Joann L. Bevan, Au.D

Clinical Specialist, Audiology

When: Monday, October 23 at 9:30 a.m.

Free

Introduction to Smart Phones, Tablets and Other Technologies for Older Adults

Embrace technology, understand your smart phones, tablets, and other technology. You are encouraged to bring your devices.

When: Wednesday & Thursday, October 4 and 5 from 2 to 4 p.m.

Cost: \$30 members; \$40 non-members

Joanne's Journal

Rediscovering the Elixir of Youth—Exercise!

As we celebrate 40 years of service to seniors, we continually challenge ourselves to create more interesting and engaging programs that will enhance the quality of life for each member. Since joining Senior Community Services last year, I have observed that members who seem to enjoy a better quality of life are those who stay active. Ruth Whitsett, an 88-year old, 9-year cancer survivor, walks to Good Neighbor every day, volunteers five hours a day, takes part in center activities, and walks back home at the end of the day.

“Walking keeps me in good shape and helps me stay motivated. I enjoy life more because I walk wherever I need to go,” she said. “I’m able to travel and visit my great-great-grandson several times a year because walking makes me feel better and relieves the stiffness in my right knee.”

Juriel Shelton, another longtime Good Neighbor member, says being 82 does not keep her from being active either.

“I walk about 15 miles per week, not just to the center and back. Sometimes, I walk from Darby and Folcroft instead of waiting for the bus, she said. “I think it keeps me healthy. I’ve never been sick or had an operation.”

Both Ruth and Juriel, along with other members who exercise regularly, prove that, while it may seem counterintuitive, regular exercise helps to relieve the aches, pains and diseases associated with aging.

Yet, despite all of the amazing benefits to be derived from regular exercise, getting started can be quite challenging. To address this challenge, in July, Good Neighbor began our weekly Silver & Fit class, conducted by

Chilio Ponton, a certified fitness instructor. In one month, Chilio has tripled the number of members who came out each week to get fit.

“I never thought that I would be working with seniors,” Chilio said. “It’s all about teaching and having fun.”

A former lightweight amateur boxer, Chilio gave up boxing when he sustained a shoulder injury and began weight training to strengthen his shoulder.

“From that, I started really loving weights and when my grandmother developed Alzheimer’s disease, I realized exercise can slow down the progression tremendous,” he said.

Chilio takes a holistic approach to health and wellness by explaining during each session how each movement benefits our overall health, and the importance of diet as well as exercise and proper breathing.

“Exercise can turn your life around,” he said. “I see it with my clients often.”

One of his 80-year old clients is now walking up a full flight of stairs, something she never thought she’d do again before Chilio started training her.

“I tell seniors that good health and good nutrition can prolong your life,” Chilio said. “Good health is essential to living longer.”

At 91 years old, Good Neighbor member, Reverend Dr. Janie Naylor would agree. “I walk without a cane, which I attribute to trusting in the Lord, and taking good care of myself. But, after many surgeries, here again was edema in my left leg. While praying and preparing to see my doctor I attended exercise class at Good Neighbor last week. The next day I looked and saw my left leg was back to normal size. Then I remembered the exercise we did the day before. That did it!”

SPECIAL EVENTS AND PRESENTATIONS

Immunization Clinic Presented by Rite Aid:
Friday, October 6 at 10 a.m.

Breast Cancer Awareness:
Thursday, October 19 at 10 a.m.

Sweet Home Healthcare:
Thursday, October 26 at 1 p.m.

Red Hatters:
Thursday, October 26 at 1 p.m.

Chicken & Waffles Membership Drive
Saturday, October 7 from 9 a.m. – 12 p.m.
Adults \$5/Children under 12 years old \$3

Divine Source:
Thursday, September 7 at 10:30 a.m.

Progressive Dinner at All SCS Centers
Friday, September 15 from 3:30 – 8:30 p.m.

Vision Care Presentation by
Candy Bantum, Center for the Blind:
Thursday, September 14 at 10 a.m.

HIV & STD Awareness and Free Clinic:
Thursday, September 9 at 10:30 a.m.

Legal Advocacy for Seniors:
Friday, September 22 at 12 p.m.

Monthly Birthday Party:
Friday, September 28 and October 26
at 11:30 a.m.

Nutrition Talk & Cooking Demonstration:
Wednesday, September 9 and October 4 at
12:30 p.m.

Kitchen Table Stories:
Wednesday, September 13 and October 10
at 11 a.m.

APPRISE (Individual Counseling):
Thursday, September 15 and October 19
from 10 a.m. – 2 p.m.

TRIPS AND OUTINGS

Casino Trips:

Wednesday, September 13 and October 10
from 10 a.m. – 7 p.m.

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

Foxwoods Casino, Mashantucket, CT
October 17-19

For more information, contact Faye Carter at
(610) 803-7065

Cow Town:

Tuesday, October 24 from 9 a.m. – 3 p.m.

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

Thrift Store Hop:

Thursday, October 5 from 9 a.m. to 2 p.m.

Movie Mondays
Mondays at 10 a.m.
Free movie & refreshments

Kim's Korner



Dear Friends,

Today, I was in my office trying to get caught up on all my many tasks. People kept popping in, for this or that. One of those was Mary Morson. She wanted information on Aging at Home. When we finished signing her up, Mary shared some memories of Schoolhouse's early years. I thought it was appropriate to share with you, in this, our 40th anniversary year.

We started December 21, 1977, with 26 people in attendance. Carole Weist was the first director. The Center was in Crum Lynn. In the beginning, everyone was a volunteer. In 1978, there was a fire. The Schoolhouse members continued meeting at a firehouse. Mary recalled going to a Ridley Township meeting with Arthur to get the money allocated for a senior center in Ridley Township. In 1980, Schoolhouse and the SCS administration moved into our current building. The members painted the building saving the agency a precious \$4,000. The deli was created, all meals were home-made. For example, the turkeys were cooked, carved, and served as turkey sandwiches. The deli was separate from the rest of the dining room. The ladies made gingham curtains and soon the deli was called the Gingham Room.

Carole Weist resigned her position in the Spring of 1991. Jackie Grimsley, the nutrition coordinator, became acting director, with Margaret Ferguson her meal supervisor. On January 2, 1997, I was hired to lead this center into the new millennium. Although we now have some staff, volunteerism still determines the success of the center. That hasn't changed. I hope you will plan to join us at the 40th Anniversary Agency Wide Gala on October 27. Tickets will be on sale soon.

Love,
Kim

What You Should Not Miss

- 9/8 The Ridley Food Club resumes.
- 9/15 The Progressive Dinner starts at 3 p.m. (Only people with advance tickets)
- 9/20 Memorial Service at 9:30 a.m., remembering members who passed away in 2016-2017. Memorial flowers will be planted right after the service.
- 9/18 Cruise Information Meet and Greet at 1:30 p.m.
- 9/21 Italian Fest or "Italia Festa" from 4-6 p.m. Tickets are \$10.
- 9/21 Deep Sea Fishing Trip. \$72. Be at the center at 5:30 a.m. We will return around 2 p.m. Bob Healy will lead this excursion. You'll have time for a snooze before the Italian Fest.
- 9/28 First Thursday night of the semester at 4 p.m. We're celebrating films, the best of the past by screening *The Quiet Man* with John Wayne and Maureen O'Hara
- 10/4 AARP Refresher, 12-4
- 10/6 Coping with Loss, Becky Wallace from Taylor Hospice at 2:30 p.m.
- 10/6 First Grief and Loss Support Group at 3 p.m.
- 10/10 & 10/17 Computer Basics at 11 a.m.
- 10/12 Movie Night - *Creature from the Black Lagoon* at 4 p.m.
- 10/18 Ask a Handyman: "Easy Fix-its" at 10 a.m. Free
- 10/18 Thai Cooking Class \$27(M) \$30 (NM) at 5 p.m. Learn about Thai cooking, discover exotic spices, learn to cook them at home, eat a Thai meal. BYOB. Advance registrations only. No walk-ins allowed. There will be classes 11/16 and 12/21. Each class has a separate fee. Come hungry.
- 10/26 1st Doo Wop, 7-9 p.m.
- 10/27 Using Smart Phones/Iphones \$20(M) \$25.(NM)
- 10/31 12-2 p.m. *The Original Frankenstein* with Boris Karloff

Sunshine Wishes to:

Bernie Prince, Linda Zappacosta, Betty Lawson, Joanna Fiscaro, Sally Tesauro, Betty Schmucker, Shirley Grant, Ann Bader, Claire Hagen and Dolores Baughn.

Thank You to:

Our Advisory Council for sponsoring our Ice Cream Social. It was delicious!

It's Membership Time Again!

Our annual membership dues start Oct 1. We will take them now and get a jump on our ambitious goal of \$19,000. Some people think we are an agency that is funded by the government. We are a private non-profit. Yes, we do receive funds from the County Office on Aging, but only a limited percentage. We have to raise the funds for operation, for programs, and the building. Membership is a very, very important part of the budget. We rely on everyone getting involved and doing their part. This year we learned that we will be losing a major funder, so the pressure is on. Please do what you can during the membership drive. If you can manage a Trustee level of membership for \$50 that would be awesome, but a \$100 contribution for a Community Partner-level membership would be outstanding. At the very minimum, please pay the \$30. Benefits for membership include:

1. Priority on trip waiting list. i.e. if you are fifth on the waiting list and people 1-4 are not members, you will get the seat because you are a member.
2. Eligible to run for the Advisory Council and to vote. You must be a member.
3. Discount on most Center for Life Long Learning classes.
4. You must maintain your membership to be remembered on the memorial board.
5. You can get a discounted membership to BJ's Wholesale Club. (see Kim)
6. You get a tax deduction.
7. You get to know that you have helped your center. One of our member's daughters who donates regularly, said to me, "My dad enjoys this place so much, I need to do my part in keeping it afloat." That says it all.
Per day, \$30 a year is only 11 cents a day.

Condolences to:

Phil Atwood and the friends and family of Bertie Ritchie; the friends and family of Pauline Collier and Aldo Liberi

Many thanks to the family of Bertie Ritchie who designated gifts be sent to the center in memory of Bertie.

Schoolhouse Trips

New England/Canada Cruise

September 30 – October 7

7-Nights Norwegian Cruise Line.

Valid passport necessary. \$1,249 or \$1,439

....*Sex Please, We're Sixty* ...

Rainbow Dinner Theatre, Tuesday, Oct. 19

You will love this mad cap comedy. Cost: \$92

For more information, call 610-237-8100.



5k Run & Walk

Saturday, September 23 | Check In: 8:30-9:30
 5K Run & Family Fun Walk
 Celebrating SCS' 40 Years of Community Service
 Starting and Ending at Friendship Circle Senior Center
 1515 Lansdowne Avenue, Darby



Register Today!
 Call: 610-237-6222
 Email: chelmandollar@scs-delco.org

save the date:
Friday, October 27, 2017
 Paxon Hollow Country Club
 7:00pm-11:00pm

Senior Community Services
40th Anniversary Gala
 dining
 dancing
 drinks

Celebrate

Highlights continued from page 7

**Vision Care: Diabetic Eye Diseases
 September 28 at 11 a.m., Chester**

This session is for those who have been diagnosed with diabetes and could contract an eye disease other than diabetic retinopathy.

**Medicare 101 Presentation
 September 21 at 11 am. , Chester**

Come and learn the basics of Medicare, how the benefits affect you, and what you need to know to get the most from your benefits.

CLARIFI: A Lesson on Putting Your Affairs in Order. Are You Prepared?

October 12 at 11 a.m. , Chester

Many seniors feel the financial burden of leaving loose ends for their loved ones upon their passing. This workshop provides local resources and information on dealing with taxes and unpaid debts, creating a simple will, and setting expectations with family members without discord.

➤ **NUTRITION**

“Just Say Yes” Series
9/27 Nutrition Talk - Putting it all together: being an overall healthy person
Recipe of the Month: Applesauce
4th Wednesday at 12:30 p.m., Chester
Fourth Tuesday at 12:15 p.m., Schoolhouse

Research has shown that good nutrition forms the backbone of healthy lives. Join “Just Say Yes” each month for a nutrition discussion and then a food demonstration for all the latest topics on optimum disease prevention. Check the center calendar for future topics!

➤ **RELIGION & SPIRITUALITY**

Bible Study
Tuesdays at 5 p.m., Chester
Tuesdays at 9:30 a.m., Good Neighbor
 Share in the knowledge and life in the word of God. Join Pastor Allen Jones in this inspirational study group!

Praise & Worship
Thursday at 9:30 a.m., Good Neighbor

➤ **TECHNOLOGY**

Electronic Club
Tuesday, Wednesday, and Thursday from 10:30 a.m. – 2 p.m., Chester

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