

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

SCS Connection



SCS Senior Centers are Good for Your Health!

By John Federico, Director of Advancement

We all know that exercise is good for us, and we have all heard that staying physically active as we age is critical to maintaining mental wellness. The benefits of engaging in moderate to strenuous physical activity – within your limits, of course! – are well-documented.

But it never hurts to refresh our knowledge. Since September is the National Institute on Aging's Go4Life Month, this is a good time to quickly review some research on aging and exercise, which can help seniors:

- Maintain and improve your physical strength and fitness;
- Improve your functional ability, so you can better complete everyday tasks and maintain your concentration;
- Prevent falls by improving your balance;
- Manage - and even improve – chronic, age-related diseases like type 2 diabetes, heart disease, and osteoporosis;
- Lift your mood and reduce feelings of depression.

There is also an easy way to increase the benefits you get from exercising. Take a fitness class at your local SCS Senior Center, and exercise with your peers. When we exercise with friends, we combine the benefits of exercise with the benefits of socialization, multiplying the effect of both. We are more likely to develop good, lasting exercise habits when we couple our exercise programs with spending time with other people, who can encourage, cajole, and even challenge, us when we need it.

Every SCS Senior Center and the Center Without Walls offers frequent opportunities to slip into your comfortable clothes, lace up your sneakers, and get your heart pumping. Each location has something for everyone – Zumba, Stretch & Tone, Cardio, Line Dancing, Tai Chi, Walking for Fitness, Silver & Fit, Healthy Steps, Square Dancing and Chair Yoga. Find yourself at an SCS Senior Center – and you will quickly find yourself getting healthier, making new friends, and being more active.

LIVING LONGER. LIVING HEALTHIER?
[TIPS FOR BETTER AGING]

1900 2013
Average life expectancy

Americans are living longer.
National Center for Health Statistics, 2013

But nearly **61%** of Americans age 65+ have multiple chronic conditions.
United Nations, 2011

Practice healthy aging:

- Be physically active
- Make smart food choices
- Get regular health screenings
- Participate in activities you enjoy

Visit www.nia.nih.gov for more information from the National Institute on Aging at NIH, the leader in aging research. **NIH** National Institute on Aging

Be #Fit4Function with Go4Life®

Exercise and be active every day so you can keep doing what's most important to you.

Practice all 4 types of exercise for the most benefits.

Endurance
So you can
climb steps, dance the night away

Strength
So you can
lift groceries, carry grandchildren

Balance
So you can prevent falls and related injuries
TIP: Use a chair or the wall for support.

Flexibility
So you can
drive, get dressed

Visit go4life.nia.nih.gov and be #Fit4Function.

Get exercise ideas, motivational tips, and more from **Go4Life®**, an exercise and physical activity campaign for older adults from the National Institute on Aging at NIH.

Go4Life®

Senior Community Services
600 Swarthmore Avenue
Folsom, PA 19033

Nonprofit Organization
US Postage
PAID
Permit No. 32
Broomall, PA 19008

Spinning with Life's Punches

By Arthur Weisfeld

I recently celebrated my birthday, never mind which one. Although many people dread their birthdays past a certain age, I still anticipate mine with childhood delight. In fact, I tell my family that the celebrations should be a month long, not the customary day. Several decades ago, before I had kids, I would organize my own birthday party and it would be something special, often requiring my friends to travel to a surprise destination. Well, I've scaled back, but not completely—family, a few friends, a nice dinner, of course, chocolate cake and presents.

Speaking of presents, the day before my birthday, I came home from work to find a large structure in our hallway—maybe 7 x 5 feet. It was wrapped in festive paper, preventing me from identifying just what was inside, and giving me plenty of room to speculate. After rejecting many possibilities, I alighted on the idea that it was an outside bar. I lived with that hypothesis for about 24 hours until we had the actual present-opening ceremony. I was very surprised not

only that I was wrong, but also, because I was so wrong. It was not a bar; it was that mode of transportation invented by Kirpatrick Macmillan in 1812: a bicycle. But with this bicycle, I would go nowhere, quickly, since it is a stationary bicycle. Even though it doesn't take you anywhere, it offers a good cardio work-out that is easy on the knees. I recognized that this present made sense; I had been talking about getting one for a while but took no action. But what puzzled me was the shape—the box in no way conformed to the shape of a bicycle. That's where we get to the best part of the present. Virginia told me that the assembler would visit us on Monday, which he did. All I was seeing when I opened the package was a box of parts!

Now I have begun to bicycle several times a week. I am building up my strength—at first I could do only a few minutes but now I am up to 15. As the wheels of my bike go round and round, I notice that I feel wistful for the type of exercise I pursued for so many decades—run-

ning. At one time, it was as much a part of my morning as my cup of coffee. However, my doctor and I found that the passage of years was not kind to my knees, and continuing to run would strain them further. Now I could either spend my time lamenting my preferred activity, or I could do something new, even if it isn't my favorite activity. Perhaps, some day, it will be. After all, habit often determines our preferences.

I suppose aging involves this kind of choice over and over. It's undeniable: as we advance in life, we encounter loss. For all of us the issue is: how well do we adapt? Do we bemoan what is no longer possible, or do we recognize that life is abundant and continues to offer us opportunities aplenty?



LONG TERM CARE

The Waves of Change

By Trindy Grundy, LMSW, Director, Long Term Care



"Change is inevitable. Change is constant." – Benjamin Disraeli

I contemplate this quote as I look back on the past decade, and it makes me think of the ocean. I find that change is almost like the waves in the ocean: constant, but ever changing.

Anyone who works in the aging network and/or human service industry knows that we are on the horizon of a big system-wide change. It forces me to remember how easy it once was to access services. While I understand the necessity of these rules, in order to make everyone more accountable in the processes of determining needs, managing care, and providing services, at times I yearn for when we were free of the obstacles and restrictions now in place. I do understand the necessity of these rules in order to make everyone more accountable in the processes of determining needs, managing care, and providing services.

There's a core concept in this industry: for-

mal services are the "last resort." The use of private and informal supports should be the first line of assistance. The re-conditioning of social workers/care managers in the social service arena to reinforce this concept of being the "last resort" has proven to be a particularly difficult obstacle to even my most seasoned staff. "Beginning January 2019, Community Health Choices (CHC) will provide Medicaid coverage for people enrolled in both Medicare and Medicaid, enrolled in Medicaid waivers for physical disabilities, or live in a nursing home paid for by Medicaid." (www.healthchoices.pa.gov)

This wave of change brought on by CHC will yield many system-wide changes. For the Delaware County Services for the Aging (COSA), Senior Community Services, the Department of Human Services, service providers, pharmacies, hospitals, and even caregivers will get caught in the waves of change. While there is still some time before January 2019 this wave could still catch you off-guard if you choose to ignore it.

Don't let the waves of change knock you off your feet – Learn to ride them.

**2018
WALK TO END
ALZHEIMER'S
SATURDAY, NOVEMBER 10**

**Citizens Bank Park
1 Citizens Bank Way
Philadelphia, PA 19148**

**Register with our team:
Delco United Walkers**

**Team Captain:
Trindy Grundy**

**Office:
(484) 534-2050**

**Cell:
(484) 614-5134**

**OUR GOAL:
\$2,000**

Ready, Set, Medicare Annual Open Enrollment Season!

By Glenda A. Radical, APPRISE Program Manager



The Medicare Annual Open Enrollment Season is approaching. It is that time again to make sure you have the most cost efficient Medicare Advantage Plan or Medicare Part D Prescription Plan for the forthcoming year of 2019.

The Medicare Annual Open Enrollment Season begins October 15, 2018 and continues through December 7, 2018. During this time, every Medicare Beneficiary should be mindful of whether or not their Medicare insurance is meeting their healthcare needs concerning coverage, price, as well as prescription coverage and price.

All Medicare Beneficiaries should know that they are never locked into any plan. The Medicare Annual Open Enrollment Season is the time that all Beneficiaries can make changes to their Health and Part D Prescription Plans.

If you are not sure what to do or you do not know which Medicare Advantage or Part D Prescription plans to choose, do yourself a favor and call the Senior Community Services APPRISE Program of Delaware County at 484-494-3769. Do not miss your opportunity.

SCS' award-winning APPRISE program:

- Has extensively trained Medicare counselors to assist you with your plan selection

- Provides counseling at program locations throughout Delaware County
- Can assist with Medicare Advantage HMO/PPO/Special Needs Plan comparisons with price information
- Can provide plan comparisons and price information for all programs, including Medicare Advantage HMO/PPO/Special Needs, Medicare Part D Prescription Drug Plans and Medigap /Supplemental Plans.

There are four easy steps to get started:

1. Call the APPRISE program to schedule your appointment for a Health or Prescription Plan comparison.
2. Prepare a list of your prescription drugs, dosage, number of pills, and name of pharmacy to bring with you.
3. Bring your Medicare/Prescription/Medic-aid cards and/or any other insurance cards or health information with you.
4. Bring your income and savings information (You may qualify for programs that could pay your Medicare premiums and prescription cost.)

The APPRISE program is here to help you! Call after the 15th of October! Appointments go quickly. Ready, Set, Medicare Annual Open Enrollment Season!

It All Started With a Wii

By Michele O'Brien, Director of Volunteers



About seven years ago, while taking a little drive, Jo-Anna Campbell discovered Schoolhouse Senior Center and decided to go in just to see what it was all about. As Jo-Anna looked around the center she noticed an unused Nintendo Wii. "No one knows how to use that," said a nearby gentleman, and that moment began Jo-Anna's volunteer experience as she instructed him on how to work the Wii.

Today, Jo-Anna and her husband Larry are both active volunteers at Schoolhouse. Together, they organize a Wii bowling league. "It runs like a regular bowling league," Jo-Anna explained, "bowlers are divided up into teams which play for a number of weeks." Larry computes all of the statistics while Jo-Anna organizes the competition.

Jo-Anna's volunteer work for Schoolhouse doesn't end with the Wii bowling league: she delivers meals, serves on the Schoolhouse Advisory Council, drives for the Aging at Home program and is on their special events committee. Last year Jo-Anna logged more than 850 volunteer hours!

"Volunteering is the right thing to do," Jo-Anna said, "it helps me stay active, and people really do appreciate the help you provide them. I like to make people smile."



When people in the community have questions or need services turning to Jo-Anna is often the first step.

Not only do community members depend on Jo-Anna, but Schoolhouse staff also lean on her volunteer work. "Jo-Anna is the personification of volunteerism. She is always willing to help whenever and wherever she is needed. I know that I can always count on her," said Ron Parra, Schoolhouse Meal Supervisor.

Jo-Anna and her husband of 38 years, Larry, have one daughter and two teenaged grandchildren. When she's not at the center, Jo-Anna participates in church functions, plays bingo, goes for walks, and travels to Florida. "Everyone is so nice here. I know that if I ever need anything, I could count on people from the center," Jo-Anna said.

We are grateful for Jo-Anna and for all of our volunteers who make SCS a welcoming and vibrant organization!

For more information on volunteering, please contact Michele O'Brien at 484-496-2149 or mobrien@scs-delco.org.

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SCS Management Staff

Executive Director: Arthur Weisfeld
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 Director Long Term Care: Trindy Grundy
 Aging at Home Director: Christine Helmandollar
 APPRISE Program Manager: Glenda A. Radical
 Caregiver Support Program Manager: Debbie Templeton
 Center Without Walls Program Manager: Farah Esfahani
 Chester Senior Center Director: Jamee Nowell-Smith
 Cognitive Stimulation Program Manager: Dorothy Darragh
 Director of Volunteers: Michele O'Brien
 Director of Advancement: John Federico
 Associate Director of Advancement: Lynn O'Connor
 Fiscal Officer: Robyn Cashwell
 Friendship Circle Senior Center Director: Christine Helmandollar
 Good Neighbor Senior Center Director: Joanne Graham
 Hearing Discovery Center Coordinator: Donna Schumacher
 Schoolhouse Center Director: Kim McDaniel

Cautious Optimism for Over the Counter (OTC) Hearing Aids

By Donna Schumacher, HDC Coordinator



In an effort to address hearing health, a growing issue in our country as baby boomers age and their income is more constricted, the government passed the OTC Hearing Aid Act of 2017, making OTC hearing aid devices more available. At one end of the price spectrum are pricey prescription hearing aids that start at about \$1,650 each. At the other end are over-the-counter alternatives, such as personal sound amplifiers (PSAPs)—hearing aid look-alikes that range in price from just \$20 to about \$350 each.

These PSAPs have many benefits. Those with mild to moderate hearing loss (or those not yet ready to admit they need a hearing aid) could take advantage of these OTC devices without investing a ton of money. This is a great start for those just beginning to deal with hearing loss. Those who are more challenged, but cannot afford more expensive aids or even the cost of a hearing test (not a screening, but a test conducted by a trained audiologist or hearing specialist), would still benefit from a cheaper aid. They may also provide a good substitute to keep on hand should a regular hearing aid wearer lose or damage their aid and must wait for a replacement.

Some drawbacks might be:

- Lack of an actual hearing test or consultation with a professional;
- After purchase, no opportunity to upgrade or have the aid adjusted for life changes;
- No controls over functionality or ability to connect via blue tooth to other devices such as personal listening devices or looping systems;
- No opportunity to purchase insurance to cover loss or damage.

So, while they serve a purpose – and may actually improve over time – the choice is up to the consumer. And don't forget – you get what you pay for. As with any product, you should educate yourself. You wouldn't go out and buy a new appliance or car simply because a commercial says you MUST have the product. My advice: hearing matters. It matters enough to seek the help of a professional.

For more information on hearing aids please visit: <https://www.hearingloss.org/hearing-help/technology/hearing-aids/>

Fall Semester Begins

By Farah Esfahani, CWW Program Manager

Dear Friends,



Center Without Walls (CWW)'s fall semester art and fitness classes will start the second week of September. Agnes Wilson Bakow and Marie Gilligan will be teaching watercolor classes at Aston, Brookhaven, Concord Senior Centers, and the Rachael Kohl Library. Anne Dempsey will be teaching drawing classes at Aston, Concord, and Springfield. Chair Yoga classes at Brookhaven and Springfield with Donna Rottenberk, and Zumba classes with Lavinia Ferguson at Aston, Concord, and Springfield will begin the second and third weeks of September.

I would like to take this opportunity to thank Don Simpson who did an outstanding job teaching yoga classes at Brookhaven and Springfield for many years and wish him the best. Donna Rottenberk, the new yoga teacher, is a registered yoga instructor who has been teaching chair yoga since 2009. She received her certified training from Yoga Life Institute and practiced under Dr. Robert Butera, Peggy Cappy, and Patricia Lasseter. She has been teaching chair yoga at the Redwood Community Playhouse and Aston Library.

I invite you to join us on a journey of life-long learning and take advantage of the classes/programs which are designed to meet the unique needs of individuals 50 years and older. We are committed to the principle that Life Long Learning is a lifetime process. Our accomplished speakers and instructors are dedicated to sharing their skills and expertise to enrich your lives.

Some of our presenters for our free educational presentations in our four locations are: Robert and Dana Breslin, Esq., Christopher Murphy, Esq., Glenda Radical, APPRISE Manager and her dedicated volunteers; Peter Allen, Clinical Coordinator, Riddle Sleep Disorders Center; Lahi Fordham, nutrition educator, Penn State University, Delaware County Extension; Dianne Caggiano, book club facilitator; and Joseph Daniel, AARP driving class instructor.

For detailed information about CWW, please contact me at fesfahani@scs-delco.org or 484-496-2143.

New Aging at Home Administrative Assistant - Marge DePre

By Christine Helmandollar, Director



September is a great plus one news day. Marge DePre officially joins the SCS team on September 5. Marge is the Administrative Assistant in Friendship Circle Senior Center in the Aging at Home program. So, if you see a new face this month, let Marge know that you are excited to see her.

To start, Marge will coordinate the volunteer transportation service for Aging at Home. If you serve as a volunteer driver with Aging at Home or the SCS meal program, do look for an opportunity to greet Marge. You can also meet Marge at the Aging at Home 101 classes at Schoolhouse on Tuesday, October 23 at 2 p.m. or Friendship Circle on Thursday, November 8 at 1 p.m. Marge's official location is at Friendship Circle. She will be formally introduced to the Friendship family, staff and members at the September 13th renewal party.

Marge has spent time as a nurse at Hahnemann and Pennsylvania Hospitals, a staff manager at other medical businesses and as a marketer of medical services. Marge's appeal to members is that she is detailed-oriented, a great problem solver and has delightful



phone etiquette. From the business perspective, she has strong technical skills to enhance current Aging at Home reporting efforts.

Since so many Aging at Home members request rides to medical appointments, I know that Marge will be a natural connection on the phone. In fact, she may be able to give advice about appropriate scheduling of required medical appointments.

As a proud senior herself, Marge has a passion for seniors. She soaks up learning and has a love for dogs, especially her own.

Please join me in providing a warm welcome to Marge. She can be reached at 484-534-2201, mDePre@scs-delco.org.

With Excitement,
Christine Rae Helmandollar,
Program Director

Friendship Circle is excited to welcome Marge DePre to the Administrative team!

Autumn

By Dorothy Darragh, Cognitive Stimulation Program Manager

As summer ends, we look forward to fall events – school, Halloween, harvest time, beautiful colors on the trees, cool evenings...

Let's reminisce by thinking of the following:

- What activities began your school day? I.e. announcements, the Pledge of Allegiance, prayer, etc.
- Were you a teacher? What did you teach? What kinds of similarities and differences have you observed between when you taught and today's teaching?
- What harvests do you associate with autumn?
- What foods do you look forward to in the autumn months?
- What was your favorite Halloween costume?
- Did you carve pumpkins in the fall – smiling or scary faces?
- Where have you visited to enjoy the beautiful fall foliage?
- Do you have a specific tradition that is associated with autumn, returning to school, Halloween, Thanksgiving?
- Veteran's Day is in November – are you a veteran? How do you observe the holiday?
- Columbus Day falls during the autumn season – do you ever think about the early days when Columbus discovered America and met the Native Americans?

Sit on the porch with family and friends, enjoy the cooler air and talk about autumn and the myriad of events and beautiful colors!

Cognitive Stimulation Kits are available to residential communities, nursing homes, adult day care centers and other senior programs and sites. For more information, contact Dot Darragh at 484-496-2144 or ddarragh@scs-delco.org.

Herb Jenkin Reflects Upon Retirement

By Debbie Templeton, Program Manager



After 29 years with Senior Community Services working with caregivers, Care Manager Herb Jenkin will be retiring at the end of this month. I'd like to share his regards and some advice he's written for us:

It has been both a joy and a challenge working with this under-appreciated group of family members who have given of themselves to enhance the lives of their older relatives. The joy has been in providing support to caregivers to enable them to keep their loved ones with them for as long as possible. The challenges have been working with families who are enduring the stress that caregiving can present. I have been privileged to become a part of their caregiving support system, some for over ten years. Here I present a few things I learned along the way. These are my accumulated observations of what caregivers need.

To feel valued and appreciated – This includes not only the thanks of the care receiver, but of other family members who rely on primary caregivers to be there when and if they cannot.

To stay connected – Caregiving for an elderly relative can be an isolating experience. Caregivers must fight this isolation by reaching out for, as well as accepting social opportunities with friends, family and others in the community.

Education and training – Look for ways to understand and cope with your relative's health conditions, both physical and mental. There are community presentations on all kinds of conditions at hospitals. There are support groups

that are disease specific. The library is filled with books and videos on managing care at home. The internet has a vast amount of information as well. If this is intimidating or confusing, ask someone (younger) for help.

To have feelings normalized – Caregivers are subject to a wide variety of emotions, from joy to anger, confidence to frustration, elation to depression. All of these are very much a part of the human range of feelings. Recognize that you are only human (not perfect) and that you will have emotional reactions at times that are not helpful. Forgive yourself.

Reject guilt feelings – Guilt is a useless emotion. It benefits no one. If you are tasked with the care of another person, there will be times when you have to make a decision that provokes guilt within you. If you are acting in the best interest of your loved one and yourself, you have nothing to feel guilty about. Beware of the guilt perpetrators; they come disguised as family members, friends and all those folks with advice.

Take time for pleasure – Try to take some time away from caregiving to refresh yourself with things you enjoy. Take a class. Go out for dinner with a friend. See a movie. Plan a day trip. Participating in pleasurable activities will help avoid burn-out and keeps your spirits up.

So these are some of the things I've learned along the way. And while none of them are revolutionary, I hope you find them helpful. Share them with a fellow caregiver. Pay it forward.

SCS makes a difference in the lives of more than 21,000 older adults every year, preserving senior health and independence and giving family members peace of mind.

- One in six Delaware County residents over the age of 60 participated in SCS programs and services in 2017.
- One year of senior center programs for one older adult costs less than one night in a nursing home.
- SCS operates the oldest and largest home-delivered meal program in Delaware County, meeting the needs of more than 500 older adults by delivering more than 130,000 meals annually.
- SCS' experienced staff and volunteers have been recognized for excellence statewide.

Your tax-deductible contribution makes these programs and services possible. Please send the coupon to SCS, 600 Swarthmore Ave., Folsom, PA 19033 or donate securely online at www.scs-delco.org. THANK YOU!

YES! I am happy to make a tax-deductible contribution to the SCS Annual Fund.

\$250 \$100 \$50 \$25 \$_____ Other

Payment Method: Check payable to Senior Community Services
 American Express Visa MasterCard Discover Exp. Date _____/_____/_____

Account # _____ Security Code _____

Name _____ Address _____

City / State / Zip _____ Phone _____

Email _____ (SCS will never share your email with a third-party.)

In honor/memory of _____

SCS will notify the person you are honoring of your generosity!

Please send me info. on: Gifts through my estate/legacy giving Volunteer Opportunities
 Center for Life Long Learning Making a recurring monthly donation

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
Schoolhouse
Mondays at 12 noon

Members create extraordinary wood art.

No Knot Knitters
Schoolhouse
Tuesdays at 12:30 p.m.

New knitters or experienced, join us to make special gifts for special needs. Note: Those who crochet are welcomed, too.

Basic Drawing
Schoolhouse
Wednesdays, 9:30-11:30 a.m.

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

Watercolor Painting
Schoolhouse
Wednesdays, 1:45 - 3:45 p.m.
Cost: \$53.50/10 week session (\$55 non-members)

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

Oil & Acrylic Painting
Schoolhouse
Fridays, 12:00-2:00 p.m.
Cost: \$53.50/10 week session (\$55 non-members)

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

Mosaic Workshops
Schoolhouse
Thursdays, 5 weeks – Sept. 27, Oct. 11, Oct. 18, Oct. 29 and Nov. 1
Beginner: 2:00-5:00 p.m.
Advanced/Intermediate: 6:00-9:00 p.m. (14 hrs.)
Cost: \$84 (member) \$89 (non-member) per 5 week session. Pay instructor \$30 cash for materials.

Schoolhouse instructor Carol Shelkin will introduce all styles of mosaics for indoor and outdoor use.

Jewelry Making Workshop
Schoolhouse
Tuesdays, 2:00 p.m.

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

Pencil Drawing and Water Coloring
Chester
Mondays at 12:30-2:00 p.m.
Cost: \$6

All are invited to come and learn the basics of pencil and water color arts or enhance your artistic abilities through various forms of medium. Basic supplies provided.

Ceramics
Chester
Thursdays at 11:15 a.m.-1:00 p.m.
Cost: \$6

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

Diamond Painting
Chester
Oct. 19 at 10:30 a.m., **Cost: \$4**

Diamond painting uses tiny diamond like facets to create colorful designs and patterns to create art that sparkles. Supplies included.

Sewing
Chester
Fridays, 10:00 a.m. – 2:00 p.m.
Members: No fee/non-members: \$5

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

Card Making Class
Chester
Every 2nd and 4th Tuesday
Cost: \$8 per class (Supplies included)
Instructor: Janis Thomas

Let your creativity shine by making your own greeting cards, gift bags, gift holders and more. Each class will have a different theme. You will leave with homemade greeting cards and other creative items!

Jewelry Making
Chester
Tuesdays, 10:00 a.m.-12:00 p.m.
Members: \$6/ non-members: \$8

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.

➤ DISCUSSION GROUPS

Grief & Loss Support Group
Schoolhouse
3rd Wednesdays at 10:15 a.m.

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

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

Book Club
Sept. 19 and Oct. 17, 12:30 - 2:00 p.m.
Chester, **No fee**

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 Gerry Corbitt

➤ FITNESS

Zumba
Chester
1st, 2nd, & 3rd Mondays; 4th Thursdays at 11:00 a.m.
Instructor: Lavinia Ferguson

Zumba involves dance and aerobic movement performed to energetic music. Choreography incorporates hip-hop, samba, salsa, and more.

Healthy Steps in Motion
Schoolhouse
Tuesdays, Thursdays and Fridays, 10:00 a.m.
Instructor Mary Lytle

Begin with a peaceful warm up followed by light aerobic conditioning. Close with a relaxing cool down. Class is located on the second floor.

Line Dance
Schoolhouse
Tuesdays, **Cost: \$1/session**
Beginners - 2:00 p.m.; All Levels - 2:30 p.m.

Square Dance Class
Schoolhouse
Wednesdays, 7:00-9:00 p.m.
Cost: \$5/session

Club Sashay, the oldest square and round dance club in the Delaware Valley, dances.

Tap Dancing
Wednesdays at 11:00 a.m.

...More Highlights

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.

Mall Walking Schoolhouse

Monday-Thursday, 9:00 a.m.-10:00 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. No fee.

Sit and Get Fit Schoolhouse

Monday, Tuesday and Thursday, 10:00 a.m.

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

Chair Yoga Schoolhouse

Wednesdays, 2:30 p.m.

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

Silver & Fit Good Neighbor

Tuesdays, 11:00 a.m.

Cost: \$2 for members/ \$3 for non-members

Get fit during a one-hour, low impact, invigorating workout with fitness instructor Chileo Ponton.

Chair Yoga Friendship

Tuesday, October 2 at 11:00 a.m.

All the benefits and exercise of standard yoga but done in a chair.

Cardio & Strength Training Exercise Chester

Tuesdays at 5:00 p.m.

This is a moderate level exercise class that helps to improve strength, flexibility and endurance. The class uses mats, weights and other equipment. Private personal training and fitness sessions are available after each class for a nominal fee.

Line Dance Classes Chester

Tuesday at 6:00 p.m. (\$4)

Thursdays at 1:00 p.m. (\$4)

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

Sit & Get Fit Chester

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

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

Gospel Aerobics Chester

Sept. 6, Sept. 12, Sept. 26, Oct. 10, Oct. 18, Oct. 24 at 10:00 a.m.

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

➤ GAMES

Pinochle Tournament Good Neighbor

**Saturday, October 13, 12:00 p.m. - 4:00 p.m.
Cost: \$10 per person**

Bring a partner and get down to a lively afternoon of pinochle, food, fun and prizes.

Mah Jongg Schoolhouse

Tuesdays, 12:30 p.m.

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

Pinochle Schoolhouse

Mondays at 12:00 p.m.

Wednesdays and Fridays at 8:30 a.m.

Even if all the tables are full when you arrive, it won't be long before a spot opens up.

Pinochle Tournament Schoolhouse

Monday, September 17 at 12:15 p.m.

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

\$5 Entry fee

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

Pinochle Tournament Chester

Saturday, September 29

10:30 a.m. - 4:00 p.m.

Cost: \$10 per person

Register with a partner for the Pinochle Tournament. Enjoy spirited play, a full lunch and prizes for the winners. Pre-registration is required by September 21. Doors open at 10:30 a.m. and play begins at 11:00 a.m. You must have a partner to play in the tournament. Cash prizes awarded to the top 3 winning teams!

Big Bingo Chester

2nd & 4th Thursdays

Come out and win cash prizes playing Big Bingo. The cost is \$1.00 per board.

➤ HEALTH AND WELLNESS

APPRISE: Medicare Annual Enrollment Presentation

Good Neighbor

October 17, 10:00 a.m. - 11:00 a.m.

Get updated on original Medicare premiums, deductibles, co-pays, Medicare Advantage plans and Part D Prescription Plan.

APPRISE Insurance Counseling Thursdays, 9:00 a.m. - 11:30 a.m. Chester

Meet individually with a trained and experienced APPRISE counselor if you have questions or need information about Medicare, Medicare Advantage programs, Part D Prescription plans, or other insurance issues. Appointments required; make them at the front desk.

Prescription Drug Pricing Good Neighbor

November 14, 10:00 a.m.

Learn the facts behind the high price of prescription drugs. Find out if over-the-counter meds are as effective as prescription drugs and about generic versus name brands. Presenter: Brian Walker, R.Ph. of DelMar Pharmacy.

Jessie's Bags Chester

Sept. 5 and Oct. 8 at 11:00 a.m.

Jessie's Bags is a philanthropic organization that gives breast cancer patients care packages in stylish handmade patchwork bags of high quality fabrics, all made from recycled materials. Join us to help bring cheer to breast cancer patients across the region!

Breast Cancer Awareness Good Neighbor

October 11, 10:00 a.m. - 11:00 a.m.

Susan G. Komen representatives provide information about early detection, different types of breast cancer and how to reduce your risks.

Flu Clinic

Friendship Circle

Tuesday, October 2, 11:00 a.m. - 1:00 p.m.

Thank you to Sunny Pharmacy for making this happen

Hearing Health Presentation Friendship Circle

continued on page 12

Chester Chatter

By Jamee Nowell-Smith



September is Senior Center Month ~ Let's Build Momentum!

The world is full of challenges! Today, I challenge YOU to promote and represent your senior center to the fullest in September!

Let's build momentum by telling everyone about the power of senior centers. Share our story with a local business or organization that could partner with us in some way, encourage someone to join the center and get a membership! Take selfies, photos and videos of activities in the center and post them to your social media pages with the hashtag #chesterpase-niors. Bring a friend for a visit or for lunch! Start a new program or lead a fundraising effort for a community charitable cause. There is so much that can be done to build our momentum. Do you want to learn how to take a selfie, use a hash tag or post to social media? Join the fun in Selfie class on September 20th from 10 a.m. – 12 p.m.

Membership Drive 2018!

The annual Membership Drive kicks off on October 1st. Support our center by renewing or getting a new membership now! Stop by the front desk to pay. Remember, membership has its privileges!

Health & Wellness Corner

Facts About Older Adults and SNAP

The Supplemental Nutrition Assistance Program (SNAP) is the largest domestic hunger safety net program. SNAP is especially important in helping low-income older adults to achieve food security.

1. Older adults' participation in SNAP is staggeringly low.
2. The average SNAP benefit for older adults is \$106/month.
3. Many older adults who qualify for the excess medical expense deduction don't use it.
4. People with SNAP benefits spend less on health care.

If you think you may be eligible for SNAP benefits, you can apply online at <https://www.compass.state.pa.us/compass.web/Public/CMPHome> or you can file in person at your local county assistance office.

Reference: NCOA (National Council on Aging)

Sept. and Oct. Highlights

Plots & Schemes of Financial Fraud & Exploitation

Don't become a victim! Increase your awareness of the most current financial fraud and predatory practices today. Presentation by Tony Wolchasty, AARP Consumer Issues Task Force **Tuesday, September 11 at 11:00 a.m.** Co-sponsored by the Chester Alumnae Chapter of Delta Sigma Theta Sorority.

The Mobile CPR Project

On **October 17 from 11:00 a.m. – 12:00 p.m.** the Mobile CPR Project will be on site to teach hands-on CPR and how to recognize cardiac arrest as well as practice compressions to the Good Samaritan Law. This is not CPR certification.

Breast Cancer Awareness Day

Celebrate survival, victory, and life at the 6th annual Breast Cancer Awareness Day event on **October 18 from 10:00 a.m. to 1:00 p.m.** Hear from local presenters, learn about resources, listen to survivor testimonials, enjoy pink treats and giveaways, and even get a health screening. Make sure to wear your festive pink outfit!

Birthday Celebrations

Fridays, Sept. 28 and Oct. 26, 11 a.m.

Celebrate September and October birthdays with live entertainment, a delicious lunch and fun with friends! Members with birthdays in September and October will receive a complimentary meal for that month's party. The cost for other guests is \$2.50. Please sign up at the front desk.

Connecting to Our Community.

Dining with Brother's Restaurant

On **September 18 at 11:00 a.m.** we will welcome local eatery Brother's Restaurant to the center to share their story of making better food accessible to the community. Watch as Brother's prepares a delicious, healthy meal for all to enjoy.

Dental Health with Tri-State Dental

Dental health and good oral hygiene are important! Learn from local dental professionals on **September 19 at 11:00 a.m.** and participate in a question and answer session.

Fire Safety with Chester Fire Department

Talk with Fire Commissioner Travis Thomas and Fire Prevention Officer Kevin Postlewait on **September 26 at 11:00 a.m.** about fire prevention and safety techniques in the home. Learn how to obtain free carbon monoxide and smoke detectors.

Chester Travelers

Midway—Harrington Casino

September 26 & October 24 at 9:00 a.m.

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

Cost: \$25

Pocono Bazaar Flea Market

September 8, 2018

Includes transportation and driver tip. Lunch on your own at the food court.

Cost: Members: \$45

Non-members: \$55

"The Maury Povich Show"

September 20, 2018

Attend a live taping of the never dull *Maury Show* in New York! Trip includes transportation and snacks.

Cost: \$10

Sight & Sound's JESUS

September 27, 2018

Includes show, lunch, motor coach transportation and driver gratuity.

Cost: Members: \$120

Non-members: \$130

Lobster & Seafood Feast, Rhode Island

October 4-5, 2018

Overnight stay in Rhode Island, breakfast, all-you-can-eat seafood feast, Foxwoods and Mohegan Sun Casinos with coin bonus, transportation and driver tip.

Cost: Members: \$275 (Double) pp

Non-members: \$285 (Double) pp

Swingin' with Dinah, Bessie & Fats!

Saturday, October 20, 2018

Enjoy an off-Broadway show in New York featuring Chester's own Barbara D. Mills, Joy Brown, and James Edward Alexander as Bessie Smith, Dinah Washington and Fats Domino! Also enjoy the sounds of legendary saxophonist Bill Easley and trumpeter Ed Horne! Enjoy dinner at Jacob Soul Food after the show.

Cost: Members: \$145/Non-members: \$155

Thank You to:

- Harrah's Casino, Cigna Health and Chester Advisory Council for sponsoring the annual summer picnic!
- Dave & Reba Prendergast for the Eagles tickets and other give aways!
- Lamar Wilson and Rahmya Northern, our summer students for all your help!
- Center member Floyd Jackson for leading the Self Defense Workshop!

Friendship Facts

Membership

By Christine Helmandollar



The only memberships that I am committed to paying this year are Albright College Field Hockey Parent Organization, SCS Annual Gift, and St. George Parish Fall Stewardship. I must say that the number of memberships have lessened since my son has graduated from college and is on his own. There's something about belonging to a large group that has a mission.

Fall is our unofficial new year, and once the warmer days are behind us, it's back to business and I believe that you can be energized by the season – with new class offerings available in the CLLL catalog and attractive changes to existing center activities. It feels as though we are operating at the freight train level down the track but once the fall begins, Friendship Circle conducts activities as fast as Amtrak travels down the track. With the right preparation, however, we know that it will be a fantastic season.

Membership seems to be the buzz word around the center once the fall season starts. We ask that each of you contribute to the 2018-19 drive. This year, Friendship Circle's goal is \$9,060. If every active member who attends regularly takes a membership, we should have no trouble reaching that goal. The definition of membership is – noun, the total number of members in a group. But to many of us, that definition expands and takes on additional meanings.

Friendship officially begins the busy season with our Membership Renewal Party on Thursday, September 13 from 11:00 a.m. to 1:00 p.m. The party includes: an informative speaker to motivate us to learn again and sign-up for classes, a one-time discount of \$5 toward the annual membership dues of \$30, t-shirts to purchase to celebrate the belonging to the center, and a delicious apple festival provided by our fantastic members who love to bake and plan parties.

Join us for our renewal party and celebrate your belonging to the Friendship Circle Senior Center. Of course, I encourage you to bring a friend too.

Thanks to the following groups that help to make our center so beautiful, productive and active:

- **Garden Committee**
Our garden looks absolutely beautiful and so productive this year. We extend our thanks to the garden group whose dedication and pride comes through with every vegetable picked and every weed pulled. Through their efforts, Friendship Circle won 1st Prize for the Best Community Garden in the Penn State Extension/ Master Gardener garden contest. Our hardworking team includes Margie Calhoun, Hazel Delikatny (Penn State Extension), Gloria Wade-Brown, Carol McHugh, Larry Reavis and Lisa Richardson,
- **Hospitality**
From sending out birthday, get well wishes and thinking of you greetings to decorating for all our events and parties and reaching out to new members, this group of volunteers makes sure members get enthused about our center. Our thanks to: Mary Ellen Coleman, Ida Fazzi, Helen Grande, Mary Joyce Johnson and Rita Moore.
- **Trip Committee**
SPIRIT OF PHILADELPHIA ON SEPTEMBER 28TH IS A SELLOUT. Thank you to Claire Abrams, Rich Lindsay, Mary Pemberton, and Martha Yates.

Highlights

Members Celebration and Renewal Event!

- Thursday, September 13, 11:00 a.m. – 1:00 p.m.
- Want to save \$5 on your membership? Renew that day and receive a \$5 discount. Thank you Friendship Council members for this great incentive.
- Guest Speaker – Anthony Paparo, Police Chief of Yeadon will speak on: “Latest scams and frauds against seniors in Delaware County. Protect yourself.”

Welcome Back to Book Club

- Tuesday, September 11, 10:30 a.m.
- What exciting books did you read at the pool, at the beach, or just relaxing on your patio or balcony? We want to share!

Fall Book Reads

- Tuesday, October 16, 10:30 a.m.
- Join Amy Moskovitz, Library Director of Lansdowne Library as she gives you some tips and insights to some great fall book reading. From fiction, biographies and romances – you're sure to find some exciting titles.
Please call 610-237-6222 to register for all classes.



Friendship Circle Senior Center's garden, the 1st place Community Garden Award Winner, is thriving in the sunlight.

Stroke Awareness and the Importance of Blood Pressure Screenings

Thursday, September 6, 9:30 a.m.

Learn about what causes high BP and its significance to having a stroke.

What is a TIA? Why are They Important to Recognize?

Sign up for our monthly Stroke Support Group starting on Tuesday, September 11th at 1 p.m.

Joanne's Journal

By Joanne Graham



This September, as we celebrate National Senior Center Month, I am inspired by Good Neighbor members who have taken a page or two from the National Council on Aging's *Aging Mastery Playbook*. These individuals make a real difference in the lives of their fellow members, their churches, and in their community. They are dedicated, creative, and genuinely enjoy giving back to Good Neighbor. Their hard work on a daily basis changes the perception of aging: the 90 year-old who walks to and from the center every day to volunteer several hours each week, the 70 year-old volunteer who puts in as many hours as a paid employee. Not only that, but she does it with a smile because she feels it is her mission to make others laugh and smile. Then there is the 65 year-old who, in her retirement, is as busy as some half her age. Although she lacks transportation and possesses her own physical disability she fills her schedule with plans to help others struggling with their own illnesses.

Have these individuals mastered the six dimensions outlined in the *Aging Mastery Playbook*: "gratitude and mindfulness, health and wellbeing, finances and future planning, connections and community, learning and creativity, legacy and purpose"? Perhaps they have not mastered these six dimensions, but there is no question that they have incorporated these guideposts into their inspiring stories. Who doesn't want to be able to walk several blocks each day at 90 and continue to volunteer? I certainly hope to, although I imagine that health and wellbeing might determine that outcome. The fact is: each of these members, through their dedication and hard work, help to make it possible for Good Neighbor to open our doors each day and to provide another day of service. It is also these volunteers and scores of others like them, who make it possible for us to celebrate National Senior Center Month. It is my hope that they will inspire new seniors who enter our doors to give back, to make a difference, to not let a disability extinguish their capacity to serve—to continue to change the perceptions of aging.

Trips

The Hedgerow Theater's *Dishman Springs*

Saturday, September 15, 3 p.m.

This hilarious performance is the next stop on Good Neighbor's theater tour. Cost includes theater ticket and transportation.

\$35 for members / \$40 for non-members

Casino Trip

Midway Casino, Harrington, Delaware

September 12, 8 a.m.

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

Mural Arts Trolley Tour

October 19, 9 a.m.

Experience the world's largest outdoor art gallery on a two-hour trolley tour of Philadelphia's stunning mural arts collection, followed by a catered lunch. Cost include transportation and catered lunch.

\$45 for members / \$50 for non-members

Thrift Shop Hop

September 7, 9 a.m. – 1 p.m.

Enjoy a fun-filled day of thrift store shop hopping. Travel to a cluster of thrift stores and shop till you drop. Please wear comfortable shoes and clothing.

\$10 for members / \$12 for non-members



Good Neighbor members, volunteers, and staff celebrate National Senior Center Month.

Widener University School of Nursing Free Blood Pressure Screening

Thursdays in October, 10 a.m. – 2 p.m.

Receive free blood pressure screenings from senior nursing students trained to assess risks for hypertension, design interventions that help reduce the risk of heart disease and provide healthy lifestyle options, information and referrals.

SPECIAL EVENTS

AARP Driving (Refresher) Course

October 2, 10 a.m. – 2 p.m.

Cost: \$15 for AARP members

\$20 for non-members

AARP Driver Safety Program is intended to help older drivers improve their driving skills and avoid accidents and violations. No tests required. Receive a certificate upon completion of the course to obtain a reduction in your auto insurance premium. Course registration secured with a check payable to AARP. The date of the class must be included on your check.

Breakfast Bingo

Fridays, September 14 and

October 12, 9 a.m.

Cost: \$6 for members / \$7 for non-members

It's the hottest thing around! Get a delicious hot breakfast and two bingo cards for a chance to win several cash prizes, plus bonus cash prizes.

Chicken & Waffle Membership Drive Breakfast

October 13, 9 – 11 a.m.

\$5 for non-members / \$3 for children

Free with new or renewed 2018-19 Good Neighbor membership by Friday, October 12.

Fall Mardi Gras Dance Party

October 26, 7–11 p.m.

Tickets \$10 per person

Come and get your dance on! Enjoy the music, dancing food and fun and win prizes for your fancy dance steps too.

Monthly Birthday Party

Fridays, September 28 and October 24

11 a.m.

SEPTA Resource Day

September 25 and October 26

10 a.m. – 2 p.m.

Receive a valid state issued photo ID, SEPTA Key Card with proof that you've reached your 65th birthday.

Voucher Program

Mondays, September 10, 17 and 24

10 a.m. – 1 p.m., while supplies last.

Delaware County residents age 60 and older are eligible to receive \$20 in produce vouchers.

Kim's Korner



Dear Friends,

I'd like to tell you about an unexpected visit this woman, who hadn't been to Schoolhouse since the early 1980's, made to the center. She was looking for a large flag her mother, who had attended Schoolhouse during this time, knitted in the late 1970's. Even though I started in 1997 I do remember that flag hanging in the living room. We kept the flag on display for 19 years, and the wear and tear over this time meant eventually the flag would have to come down. I didn't have the heart to dispose of it. I could tell someone put a lot of love into it, so I stored it in the basement hoping someone would claim it.

One year, the basement flooded and due to some mold, we had to dispose of the flag. Although my visitor was disappointed that we no longer had the flag, we did have a photo album from that time period. She was able to see her mother taking trips, knitting, crocheting, participating in music programs, and in short, having fun. My visitor described her mother's withdrawal following her husband's passing, but noted that she saw that attending the center breathed new life into her. Looking at the photos she remembered the joy and friendship her mother found at Schoolhouse; 38 years later, now 91 years old, my visitor could express her gratitude for the profound difference Schoolhouse made in her mother's life. She reached for her change purse and donated its contents.

Love,
Kim

Garden Tips

"Leaf litter" is dead organic material such as leaves, bark, twigs, pine needles, etc. that add important nutrients to the top layers of the soil. This "litter" provides shelter for insects, reptiles, and amphibians. Instead of raking and bagging leaf litter, run the mower over it and leave the shredded "litter" to nourish your grass; or, rake into a pile and shred with the mower. Use shredded leaves around your perennials and bushes to protect them during the winter season. You can also simply let the leaves fall and leave them where they lay! Perennials, stalks, seed heads, and grasses add "winter interest" to the yard. This "dead vegetation" creates hiding places for overwintering beneficial bees, insects, eggs, pupae, cocoons, chrysalises, and food sources for birds. These practices will reduce "green waste," which takes up landfill space, contributing to methane gas and increased acidity which pollutes the ground and water.

To prepare for migration south, leave your hummingbird feeder up until October 31. Migrating hummingbirds will travel around 23 miles a day and consume one half their weight a day in sugar.

Annual Membership and Special Event

Our Membership Drive begins on October 1. If you want to get a jump, we will accept your membership fee any time. Our new theme is one I think we all will enjoy. It's an Eagles theme – "Go for the Goal." We all wish for another year like last year! This year, there is no United Way funding other than the payroll deduction. SCS has lost a very important funding stream. If you can afford it, please consider giving more this year. It is vital that everyone contributes! Let's make our membership a winner as well!

Go Eagles Go Ice Cream Social for the Membership Drive

On September 12, there will be a prize for the person who pays their membership and who is wearing the most Eagles and green. There will be another drawing for one lucky 2018-19 member. Come for the fun, renew your membership and enjoy some ice cream. Support the Eagles, Schoolhouse and your taste buds.

Condolences

Our sympathy to the friends and families of Paul LaFrance, Pauline Costello, and Donald Lovett.

Schoolhouse Happenings

For those traveling to Canada, the Travel Club is hosting a "Meet & Greet" social at 2:00 p.m., Thursday, September 13.

Learn to Square Dance with Club Sashay, Wednesdays at 6:45 p.m. Open House social w/free lesson for couples or singles September 26th.

APPRISE will present on Medicare changes at 4:00 p.m., Thursday, October 18. Light refreshments served. Registration needed.

Trips

- **Vacation in Niagara Falls, Ontario, Canada** – Tues., 9/18 to Fri. 9/21. Guided tour of the area, view Niagara on the Lake, winery plus 3 breakfast, 2 dinners, one lunch, hotel, bus and all gratuities. Cost: \$560
- **Wednesday, 9/26/18 at 2:00 p.m., Hedgerow Theatre's performance of "Dishman Springs."** Ida Dishman discovers her maternal instincts are alive and kicking when her only son, Gorman, makes a sudden announcement on her 75th birthday. This is another chance to get in a hearty laugh, enjoy some live theatre, meet and make new friends. Cost: \$18. Transportation is on your own.
- **Enjoy a German Festival at Silver Birches on Lake Wallenpaupak, Thursday, October 11th.** Show, German family style luncheon with Joe Lastovicsa. Bar with beer and wine, shopping. Cost: \$96.

News From Our Nurse:

If you have to pay for your medications privately, check out www.goodrx.com to find the lowest prices. Save money on your prescription by checking pharmacy prices.

Thank You to:

- Our Advisory Council for sponsoring and serving at the Ice Cream Social!
- Our Advisory Council for purchasing AED'S for the first and second floor. These life saving devices can give assistance to someone whose heart needs help to keep beating until help arrives.
- We had a great art show at the Delaware County Community College. Schoolhouse artists were awesome! Thank you for your participation.

Many thanks to our 2017-2018 Business Sponsors who donated at least \$250.

- Clothes Quarters, Folsom
- McCausland Garrity-Marchesani Funeral Home, Glenolden
- Joyce Koshetar, D.D.S., Holmes
- Pat's Pizza, Holmes
- Plush Mills Assisted Living, Wallingford
- Kevin Lyons Funeral Services, Glenolden
- Rio's Pharmacy, Morton

Sunshine Wishes to:

Beverly Carroll, Phyllis DiMarco, Mary Morson, Betty Lawson, Janet Hammet, Joe Dougherty, Betty Furness

Donor Spotlight

This month, SCS wants to recognize and highlight three businesses and one foundation that have recently made contributions that provide opportunities for independent and meaningful living for older residents of Delaware County, improving their quality of life.

The Center for Life Long Learning (CLLL) helps active seniors stay physically fit, mentally healthy and more independent by providing exciting classes that cover such topics as computer and internet skills, digital photography, yoga, Tai Chi, and nutrition, pencil drawing, antiques, and creative writing. SCS offers these community-based education and leisure programs nearly every weekday, as well as in the evening, at locations throughout Delaware County, including SCS' four Senior Centers and its Center Without Walls sites in Aston, Brookhaven, Con-

cord and Springfield. Partnerships with numerous businesses, community organizations and education programs expand and diversify the courses SCS offers.

CCRES and TD Charitable Foundation recently renewed their support of the CLLL. CCRES provides educational and behavioral health services to students, families and residents in southeastern Pennsylvania, including Chester, Delaware, Lancaster, Lebanon and Montgomery counties, collaborating with school districts, intermediate units and the behavioral health system. CCRES is dedicated to helping children succeed at home, at school and in the community. TD Charitable Foundation is the charitable giving program of TD Bank, a leader in banking and community development/reinvestment. Through these grants, both CCRES and TD Bank display their commitment to helping active

Delaware County seniors enjoy better quality of life as they age.

Wawa has a long history of support for older Delaware County residents. This year, The Wawa Foundation renewed its grant to alleviate hunger among frail elders. Wawa's contribution for SCS' home-delivered meal program brings fresh, nutritious meals to more than 500 Delaware County seniors, making it possible for frail elders to age in place safely and with dignity.

Finally, SCS welcomes a new donor to the agency's roster of contributors. The Gordon Charter Foundation, which supports education, healthcare, medical research and human services charities in the Greater Philadelphia Area, is a new donor to the Aging at Home Program, which provides assistance to hundreds of Greater Lansdowne and Greater Ridley residents who need help to age in place.

Highlights continued from page 7

Wednesday, September 5, 1:00 p.m.

Learn about hearing loss, signs and symptoms, hearing aids. Presented by PA Center for Hearing & Balance.

Hearing Screening Friendship Circle

Wednesday, September 12, 9:30 a.m.

Presented by PA Center for Hearing & Balance.

Project Med Friendship Circle

Monday, October 15, 11:30 a.m.

Presented by Holcomb Behavioral Services. Many medications can be abused by others or dangerous if not discarded. Learn how to properly dispose of medications – from liquids and pills to over-the-counter and prescription drugs.

“Eat Smart” Nutrition Class

Chester

4th Wednesday at 12:30 p.m.

Sept. 26: Savory Soups Food Demo: Cream of Broccoli Soup

Join Just Say Yes for a nutrition discussion and food demonstration. Find out about optimum disease prevention. Check the center calendar for future topics.

Chiropractor Services

Chester

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

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.

➤ RELIGION & SPIRITUALITY

Divine Source

Good Neighbor

September 6, 10:00 a.m.

Experience this unique “sight, sound, taste, touch and smell” nutrition program. Learn how food can help to relieve pain and stiffness and help the body heal. Get tips to manage diabetes and high blood pressure. Sample tasty, healthy refreshments and receive giveaways, games, and have fun! Presenter: Rev. Michael Sloan

Bible Study

Chester

Tuesdays, 5:30 p.m. – p.m.

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

Senior Inspiration

Chester

First Monday at 10:00 a.m.

Leader: Rev. Belinda E. Boyer

Be inspired through song, stories poetry and other spiritual readings and enhance morale and emotional, and spiritual wellbeing.

➤ TECHNOLOGY

Clear Caption Free Phones

Good Neighbor

October 25, 10:00 a.m.

Phones are equipped with display screen and amplified handset. To qualify you must have hearing loss, home phone and internet.

What's in That Cloud?

Friendship Circle

Monday, October 1 at 11 a.m.

Are you confused about what that cloud holds (and it isn't rain!), how to get your information there and how to retrieve it? This presentation will help you utilize your device storage to its greatest capacity.

Devices 101

Friendship Circle

Fridays, October 5, 12, 19, 26; 1 p.m.

Find out all the secrets of those apps, icons and other hidden treasures on your smart phones and tablets. Bring your devices with you.

Electronic Club

Chester

Tuesday, Wednesday, Thursday, 10:30 a.m. – 2:00 p.m.

No fee

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