

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



Community Health Choices – The March of Time

By Trindy Grundy, LMSW, Director, Long Term Care

The holiday season is upon us! If you take a walk through any department store right now you'll see aisles dedicated to the holidays – Halloween costumes, Thanksgiving-themed decorations, Christmas ornaments, menorahs and dreidels, etc. in preparation for the upcoming holidays. Plenty of my friends have expressed that they're "not ready" for the holidays to start. Some of them have reluctantly begun decorating their houses, shopping for presents, making travel plans, etc. while some refuse to begin preparations. Watching my friends handling the very same issue made me realize that whether or not we like it, time marches on.

It feels as though the season has just begun, but the end of the year creeps ever closer, and just as we prepare for the holidays we must prepare to bring in the changes that the new year brings. On January 1, 2019, Community Health Choices (CHC), a Medicaid managed care program, will begin managing all Medicaid physical health care and long-term services and supports for:

- Individuals enrolled in both Medicare and Medicaid (Medical Assistance);
 - Individuals enrolled in Medicaid waivers for physical disabilities and older adults; and
 - Individuals who are living in a nursing home and receiving Medicaid covered care.
- (http://www.healthchoices.pa.gov/cs/groups/webcontent/documents/document/c_265478.pdf)

In August, the Pennsylvania Department of Human Services (DHS) mailed pre-enrollment packets with additional information to qualifying individuals detailing how to register to attend information sessions, offering a page of FAQs, and providing information on each of the three plans from which qualifying individuals must choose to use starting January 1. The mailing, followed by a couple outreach calls, makes it a point to notify all participants that a plan must be selected. If a participant doesn't choose a plan, one will be chosen for them to start on January 1. However, do not fear this plan assignment as you can change your plan at any time.

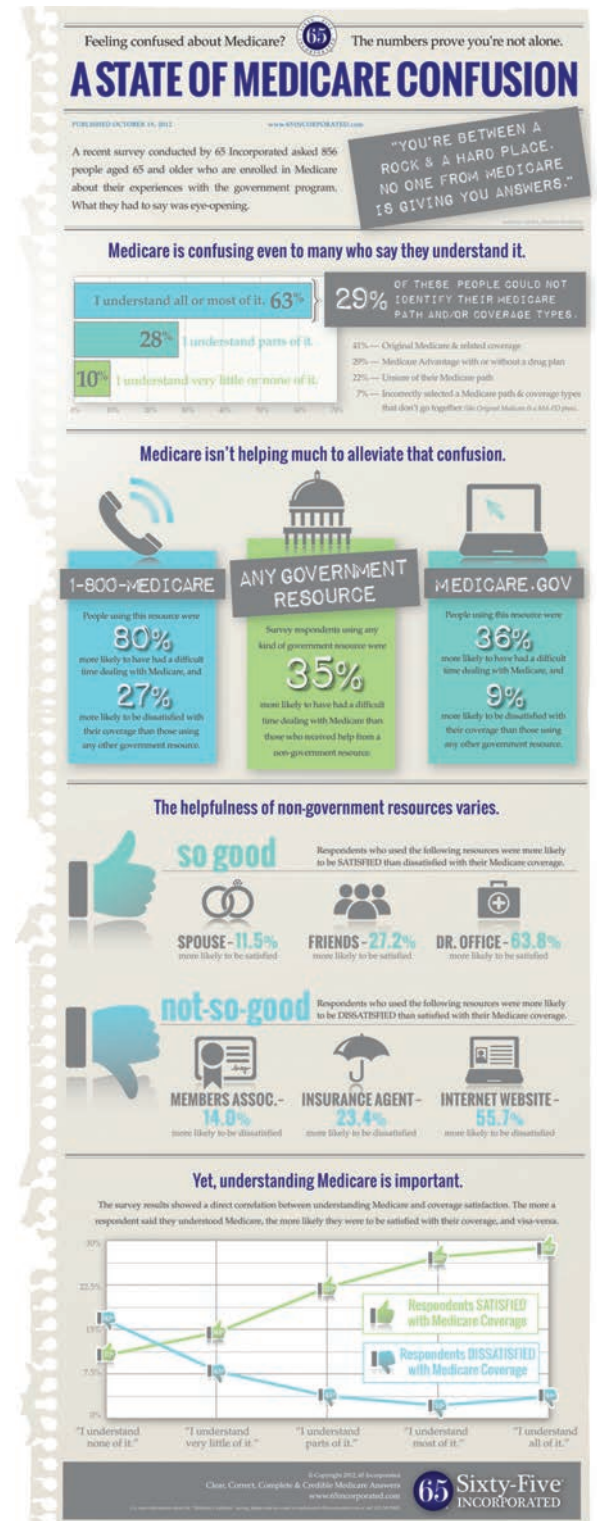
What does this mean for consumers?

Learn – First, figure out if you're going to be affected by the change in managed care. If you haven't received notification by now, visit this link: <http://www.healthchoicespa.com/> to access all the documents you need to educate yourself on the change, or call this number: (833) 735 – 4416 to reach the Community Health Choices call center to get started.

Make a Choice – You have three plans from which to choose: PA Health & Wellness, Keystone First CHC, and UPMC CHC. Learn about which plan makes the most sense for you – and enroll: online: <https://www.enrollchc.com/enroll> or over the phone by calling Maximus (the enrollment broker for the program) at 1-844-824-3655.

Get Your Questions Answered – Ask Maximus or the plan you have selected any questions you have about the new program. Protections are in place to help make your transition to Community Health Choices as smooth and seamless as possible. Make sure you understand what these are and how they will work.

Enjoy the Remainder of the Year – Once you've made all the necessary preparations for the changeover to Community Health Choices don't forget to enjoy this season with friends, family, and loved ones. Take solace in knowing you're prepared. Face the changes of the new year without fear, and march alongside the passage time.



Senior Community Services
600 Swarthmore Avenue
Folsom, PA 19033

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How to Survive the Holiday Season

By Arthur Weisfeld

When I was a little boy, I just couldn't understand why my family could not have a Christmas tree. My parent's response, "That's not what we do. We're Jewish—we have different customs," just didn't cut it for me. The fact that I received a present for each of eight days provided me a little bit of consolation even though some of those eight days the presents were disappointingly practical items such as socks. What seven-year-old wants socks anyway? Today, living in a bi-cultural home, I've discovered that Christmas trees can present their own challenges such as when they fall over with all of their ornaments on them. As a child all the trees I saw were upright, so when December came around my feelings of dread grew.

The truth is that holidays, and their anticipation, evoke a range of feelings in many people. Of course, the positive feelings associated with acts of giving, opportunities to see loved ones, and moments of appreciating the physical beauty of the season are common. However, alongside them, other feelings are often present. Some of us feel a sense of dread in all the preparations that need to be made and the inconven-

iences that arise with everyone doing the same (for example, long lines in stores and the absence of spaces in shopping malls). Others are worried about being alone through the holidays or concerned that one's finances don't suffice to satisfy one's own or others' expectations. My point is that the holidays are no simple matter. But by observing a few simple principles, we all stand a chance of getting through them with our spirits, our wallets, and our relationships intact.

First, divest yourself of the Hallmark view of the holidays. Know that we all have all kinds of feelings as we progress through the season. Nothing so intensifies a negative feeling as trying not to have a negative feeling.

Second, be realistic about what you can do and what you can provide others, and communicate with others about both. If you feel tempted to buy a friend a more expensive present than you can afford because of the presents that person has bought for you in the past, have a conversation about scaling down.

Third, think about the long-term conse-

quences of giving way to indulgences with food and drink. Before you attend an event, decide what you want your limit to be. Support others in observing their limits. And, remember, even senior groups benefit from establishing designated drivers.

Fourth, know that Senior Community Services offers many resources to make the holidays enjoyable and sociable regardless of your cultural or religious background. If, for any reason, the holidays are a sad time for you, staff members are ready to listen and help. Also, please participate in our many holiday events.

Fifth, be flexible. If you are unable to maintain the old traditions of the season, create new ones. Initially, they might feel like poor substitutes but eventually, they will likely enhance the pleasures of the season. My parents exhibited this flexibility. Knowing that my sister and I were a tad wistful about not having a tree, they were delighted to accept the invitation of family friends to a large Italian Christmas dinner.

Let me take this opportunity to wish you and your families the most joyous of holidays.

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

Why is it Important to Attend an Individual Counseling Session or 2019 Update Presentation During Medicare's Annual Enrollment Season?

By Glenda A. Radical, APPRISE Program Manager



From October 15 to December 7, 2018, Medicare beneficiaries have the opportunity to change their Medicare Parts A, B, and Part D Prescription Plans.

During this time, the Delaware County APPRISE Program provides free individual counseling sessions to assist with Medicare questions, plan changes, and enrollment into new plans that may be offered during the 2019 Medicare Annual Enrollment Season. Moreover, there will be several Medicare 2019 update presentations provided throughout Delaware County.

With the upcoming changes in managed care, taking time to learn about the options available to you is more crucial than ever. If eligible, you should have received a mailing with information on the enrollment process in August/September. If you didn't, an APPRISE counselor can help!

When reviewing your Medicare or Health/Prescription Plan, you may find that you can save money due to changes in the coming year. This is the time to make sound decisions and changes that will benefit you in 2019.

That said, all Medicare beneficiaries should use this time to do the following:

1. Use this time period to learn about the changes to the Medicare laws or health plans that are being offered for the forthcoming 2019 calendar year – namely, the Community Health Choices change.
2. Check to see if Health or Part D Plan Premiums or Medicare Part B Premiums have increased or decreased for the new year.

3. Inquire about changes in co-pays and co-insurance with Medicare for 2019.
4. Check to see if Medicare Part A (Hospitalization), Part B (Medical), and Part D (Prescription) deductibles increase, decrease, or remained the same for the upcoming year.
5. Check to see if there have been any changes to the Medicare cost-sharing pertaining to your prescription drug cost in relation to brand name and generic drugs.
6. Check to see if the prescription drugs that you were taking in 2018 are still on your present plans Formulary (*Plan Prescription Plan Drug List*) for 2019, and if not, find out what plans are available in Delaware County that have all your medications on them.
7. Inquire about preferred pharmacies vs. network pharmacies. Know the preferred pharmacies for the prescription plans you currently have. Preferred pharmacies are always cheaper; they will save you lots of money.
8. Find out if the plan you have has any new plans or medication restrictions on the prescription drugs you are presently taking.
9. Check to see if the plan you have has any new prior authorizations to the health or drug plan you currently have.

Be prepared for the Medicare 2018 Annual Enrollment season. Call the Delaware County APPRISE Program at 484 494-3767 to schedule an individual counseling session or to attend a Medicare 2019 update presentation. Visit these websites for Medicare 2019 counseling or presentation listings:

- The State APPRISE Program (www.apprise.state.pa.us)
- SCS (www.scs-delco.org)
- COSA (www.delcosa.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
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Volunteer Spotlight: Olivia Dreibelbis

By Michele O'Brien, Director of Volunteers



Enthusiastic, philanthropic, and energetic are just a few ways to describe Olivia Dreibelbis. After retiring from her position as a school principal in the Philadelphia School district, Olivia wanted to continue pursuing her passion for service. At Friendship Circle Senior Center Olivia delivers meals to the homebound and she also started a "Fabric Creations" class. Olivia loves to collect fabric and gets a lot of her material from a mill in northeast Philadelphia. Olivia then shares that fabric with members of the "Fabric Creations" class and they work on matching patterns and then creating beautiful pieces like placemats and table runners.

When asked about Olivia, Christine Helmandollar, Friendship Circle Center Director, states, "the first word that comes to mind is knowledgeable. Olivia wants to share her expertise with others. Olivia brings a fresh perspective to senior programming."



Olivia Dreibelbis is all smiles when she's at Friendship Circle Senior Center!

Olivia began volunteering a little more than a year ago. Initially, she found it hard to fit into the Delaware County community and found that volunteering was the best way to meet people. Olivia says, "I get a lot out of volunteering. I love the comradery and the joy it brings me. It keeps me out of the house and productive."

In addition to volunteering at Friendship Circle, Olivia is a theater volunteer at various locations throughout the area. She also loves to travel. Last year, Olivia visited Columbia, India, San Francisco and Santa Fe. She is working on her travel bucket list and she wants to visit Vietnam next.

Olivia enjoys spending time with family, especially her grandchildren whom she walks to the bus every day. When asked why Olivia continues to make time for volunteering, she smiles and replies, "I get so much more than I give."

To learn more about how to become a SCS volunteer, please contact Michele O'Brien, Director of Volunteers at 484-496-2149 or mobrien@scs-delco.org.

Hearing Strategies for the Holiday Season

By Donna Schumacher, HDC Coordinator



Every year at this time, I like to give out some tips and strategies to utilize during family gatherings, noisy crowds, and any other situations you might encounter during the holidays where your hearing could become an obstacle.

Don't try to hide your hearing loss. This is no time to let your fear of people finding out about your hearing get in the way of enjoying this quality time with your loved ones! Ask folks to speak directly to you – slowly and clearly. If they know you have a hearing loss, they are more likely to understand if something is misinterpreted or not heard.

Use assistive technology - Wear your hearing aids and make sure they are working properly. Join us on: Wednesday, November 14 at 9:30 a.m. *"Hearing Tips for the Holidays" and "The Cleaning and Care of Hearing Aids"* Dr. Liliانا C. Piccinini, PA Center for Hearing and Balance **Hearing screenings available after the program. Pocket talkers, remote microphone systems, and other types of assistive technology can help with keeping background noise to a minimum.

Concentrate and use context clues - Focus on what you're listening to. Concentrate on the theme or context of the conversation. Listen with your eyes, not just your ears. Read lips, watch the speaker's facial expressions and the pronunciation of similar sounding words.

Be prepared - Anticipate difficult listening situations and plan ahead: sit close to a speaker, in a quiet area, or in a well-lit room where it's easier to read lips.

Find the source of interference and address it - If someone is speaking too softly, ask them to speak up. If the TV is interfering with conversation, hit that mute button or turn it off. If you're too far from what you're trying to hear, get closer!

Have patience - Be patient with yourself, your family, friends, and anyone else you will encounter at get-togethers and parties. Focus on the positive and use these strategies to enjoy all the warmth and celebration of the season.

Fall Semester Begins

By Farah Esfahani, CWW Program Manager

Dear Friends,



I hope you are enjoying this stunningly beautiful and colorful time of the fall season. I wish all of you a great Thanksgiving with family and friends and a happy holiday season. As you are enjoying this festive time of the year, let's not forget those who are less fortunate. You can make a difference in the lives of those in need by lending a helping hand. Plenty of opportunities exist for all of us to help others who need help in our community.

We are pleased with the overwhelming and favorable responses we have received from Center Without Walls (CWW) participants to our fall semester programs. Some of our fall semester classes will continue until mid-December.

Here are some important programs we're holding this month:

"Common Sense Money Management" - a presentation offered by Robert and Dana Breslin, Esq. and Hollie A. McDonald, Organizational Planner on November 8 at Brookhaven Municipal Building. The workshop gives you some ideas on how you can invest based upon your own circumstances and how you can guard against catastrophic events.

At Springfield Township, Glenda Radical, AP-RISE Program Manager, will hold a program on, **"2019 Medicare Annual Enrollment"** on November 13. This program consists of updated or new information concerning original Medicare premium, deductibles, and Part D prescription plan information. Medicare individual counseling sessions will also be held this month at Aston and Springfield Townships.

The Book Club meeting is scheduled for November 14 and the book to be discussed is **"A Gentleman in Moscow"** by Amor Towles.

Please don't hesitate to contact me at 484-496-2143 or fesfahani@scs-delco.org if you have any questions and or suggestions about CWW programs.

Aging at Home Cocktail Party

By Christine Helmandollar, Director



On December 13 from 4:30 p.m. – 6:30 p.m., the Aging at Home program is holding a cocktail party at Schoolhouse Center. We hope to provide a no-pressure networking environment for local business workers and plenty of opportunity for them to learn how to connect with the Aging at Home program. Aging at Home currently has 48 business "Partners" and is looking to expand this list as a result of an increased demand for vetted home contractors within the older adult community. All too often when it comes to handyman projects, we hear anecdotes like: "The guy never showed up," "The estimate was ridiculously high," "I didn't feel safe with the workers in my house," or "The job is too small for me to make money on," etc. Aging at Home addresses these pain points for all parties involved by building the bridge between the seniors and local contractors. This service of connecting the right business to do a job in your house can provide the peace of mind that you need to continue living comfortably in your own home. It is a win-win opportunity for seniors to get work done at a fair price and support local businesses.

The cocktail event is bound to build the most interesting relationships between workers in various trades as well as knowledge of the program's intentions to build its partner list. We are very fortunate to have the following speakers that are so highly regarded in the trade industry to share their support of the Aging at Home program: John McBlain, Delaware County Council; David J. White, DWD Mechanical Contractor Inc.; President Michael J. Rounds, Williamson College of the Trades. The event will aim to foster comradery amongst the local businesses as well as a shared appreciation for the program's mission. With so many masters of the trades present it will without a doubt be a lively and interesting event. Just think of the shared expertise amongst the attendees: working together they could probably build a house in just a couple of days!

If you know a business that has done quality work for you, I welcome you to share this column with them and invite them to join us to grow a needed service: Partner Connection through Aging at Home. For more information, call the main number at 484-534-2201.

Stories of Famous Carols

By Dorothy Darragh, Cognitive Stimulation Program Manager

Radio stations start playing carols in November and do you find yourself singing along? Have you ever wondered about the origins or history of these songs? Well here are a few stories to spark your imagination about carols.

The Christmas carol, *Deck the Hall*, has a long history that begins in sixteenth century Wales as a dancing song. The first published lyrics for the song were written by the Welsh poet, John Ceiriog Hughes, and titled *Nos Galan*, which means New Year's Eve. The carol has no particular religious content. The current lyrics to the carol have been sung for a century and are of American origin. They may have come from Welsh miners who immigrated to the Appalachian Mountains. The "Fa la la," section of the song was used to buy time until a dancer could come up with the next lyric.

Santa Claus is Coming to Town was written in 1932 by Haven Gillespie and J. Fred Coots. They had trouble convincing anyone to produce it because it was seen as a kids' song, which would have been very hard to sell. The big break came when Eddie Cantor sang it on his radio show in 1934, and the song became an instant hit. In 1934, Coots was a writer for Cantor's show and pushed for the host to perform it near Thanksgiving. Cantor was going to pass on the song but was convinced by his wife, Ida, to give it a try – and of course it was an instantaneous hit. The radio audience went wild over the song, everybody bought the sheet music, and another Christmas standard was born. Since then there have been many recordings of *Santa Claus is Comin' to Town*, but the ones by Bing Crosby and The Andrews Sisters and Perry Como were the most successful.

As the season progresses, you will inevitably join others in singing the songs of the season. Happy holidays and a happy and healthy 2019!

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

Donor Spotlight and Other News

By John Federico, Director of Advancement



As part of its community support, **The Philadelphia Foundation** makes grants to nonprofit organizations throughout our region who are "demonstrating programmatic impact and leadership in the community." This October, The Philadelphia Foundation awarded SCS an Impact Grant of \$20,000, recognizing the agency's work as the oldest and largest provider of home-delivered meals to frail elderly people in the City of Chester. Through Senior Suppers, SCS' home-delivered meal program, the agency combats hunger among older adults in Chester, where more than half the residents skip meals for lack of money or have no reliable source of nutrition. Working through the Chester Senior Center and Episcopal Place at Park Row, SCS operates two kitchens to serve Chester-area seniors, providing more than 65,000 home-delivered meals and nearly 3,000 hot dinners onsite at Episcopal Place over the last year. The public-private partnership model that SCS utilizes for its home-delivered meal program brings together the resources of government agencies, private funders, community partners, paid staff and volunteers to ensure that vulnerable adults throughout Delaware County receive the nutrition they need to remain healthy and to live independently with dignity and safety, and is a model for other agencies.

THE PHILADELPHIA FOUNDATION

SCS is also grateful to the **Eleanor J. Roth Charitable Trust** for its steadfast commitment to the agency's Cognitive Stimulation Program, which it has supported since SCS acquired the program from Horizons Unlimited. Support from the Roth Trust and other partners makes it possible for thousands of seniors in the Greater Philadelphia region and even as far away as South Carolina to benefit from the power of reminiscence prompted by the items in more than 130 specially-designed kits.



PROVIDENCE
Rehabilitation & Healthcare Center

Finally, SCS welcomes **Providence Rehabilitation and Healthcare Center** as a new sponsor of programming at SCS' senior centers, including conducting blood pressure screenings at Friendship Circle Senior Center.

Membership Drives Are Underway

All four of SCS' nationally-accredited senior centers are in the midst of their annual membership drives right now. If you haven't had a chance to renew your membership or join for the first time, please stop by the reception desk at your center to secure your membership - and all the benefits that go with it! – for 2018-2019. Members support activities at their own centers and programs and services that improve health and quality of life for older adults throughout Delaware County.

Membership support is more important than ever this year, since SCS is seeking to replace \$200,000 in United Way funding without reducing programs and services that benefit our participants. Fly like an Eagle and help us reach the end zone by making our goal of \$60,000 this year!

Giving Tuesday

#GIVING TUESDAY

SCS will be participating in Giving Tuesday on Tuesday, November 27. This 24-hour worldwide charitable giving campaign provides individuals with an opportunity to support their favorite charities after shopping on Black Friday, Small Business Saturday and Cyber Monday. Save some cash to make a charitable contribution to SCS in honor of your center director, a favorite instructor or a friend who has benefited from SCS programs and services. Members of the development staff and volunteers will be available at all four senior centers throughout the day to help participants make contributions through our safe and secure online portal, or you can make a gift yourself by clicking the "Donate" button on SCS' website.

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

Fabric Creations Group

Mondays at 12:30 p.m.

Friendship

\$1

Do you have an interest in quilting, patchwork or simply sewing a unique creation? Join our latest group.

Mosaics for Beginners

Mondays, 10:00 a.m. – 12:30 p.m.

Chester

\$60 for 8 sessions

Learn the art of mosaics with step by step instructions. Create a piece that is suitable for either indoors or outdoors. Basic supplies will be provided. Registration is required. Instructor: Veronica Khiros

Pencil Drawing and Water Coloring

Mondays, 12:30 p.m. – 2:00 p.m.

Chester

\$6

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

Ceramics

Thursdays, 11:15 a.m. – 1:00 p.m.

Chester

\$6

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

Card Making Class

Every 2nd and 4th Tuesday at 12:00 p.m.

Chester

\$8 per class (Supplies included)

Let your creativity shine through 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 home-made greeting cards and other creative items! Instructor: Janis Thomas

Sewing

Fridays, 10:00 a.m. – 2:00 p.m.

Chester

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

Learn to create your own beautiful works!

Beginners to advanced sewers are welcome.

Diamond Painting

Fridays at 10:30 a.m.

Chester

Create beautiful diamond faceted pieces of artwork filled with colorful designs and patterns! Intricate, yet so much fun!

Jewelry Making

Tuesdays at 10:00 a.m. – 12:00 p.m.

Chester

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 own beads and tools as well.

Crocheting

Mondays at 10:30 a.m.

Good Neighbor

\$3 per class

Learn how to make many different crocheted items.

Jewelry Making Class

Every 1st & 3rd Wednesday at 10:30 a.m.

Good Neighbor

\$3 per class with 10 classes per session

Have fun making fabulous jewelry!

> FITNESS

Cardio & Strength Training Exercise

Tuesdays at 5:00 p.m.

Chester

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

Tuesdays at 6:00 p.m.

Thursdays at 1:00 p.m.

Chester

\$4

Come and learn the latest line dances.

Sit & Get Fit

Tuesdays and Thursdays, 10:30 a.m. –

11:15 a.m.

Chester

Strengthen muscles, burn calories and im-

prove movement and flexibility. Use light weights and bands for safe and gentle exercise, toning and stretching.

Zumba

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

Chester

Zumba involves dance and aerobic movement performed to energetic music. The choreography incorporates hip-hop, samba, salsa, and more. Instructor: Lavinia Ferguson

Tap Dancing

Wednesdays at 11:00 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

Nov. 6, Nov. 15, Nov. 28, Dec. 5, Dec. 13, Dec. 19 at 10:00 a.m.

Chester

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.

Silver & Fit

Tuesdays at 11:00 a.m.

Good Neighbor

\$2 for Members

\$3 for Non-members

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

> GAMES

Bingo World – Baltimore Maryland Trip

November 12 at 9:00 a.m.

Chester

Cost: \$50 Members / \$55 Non-members

Win prizes ranging from \$50 to \$5,000! Trip includes transportation and dinner at Golden Corral Restaurant. Bingo packages available for purchase at Bingo World.

Pinochle Tournament

Saturday, December 1, 11:00 a.m. – 4:00 p.m.

Chester

Register with a partner for the Pinochle Tournament. Enjoy spirited play, a full lunch, and prizes for the winners. Pre-registration is required. Doors open at 10:30 a.m. and play begins at 11:00 a.m. Again, you must have a partner to play in the tournament. Cash prizes awarded to the top 3 winning teams! The cost is \$10 per person.

...More Highlights

Big Bingo

2nd & 4th Thursdays at 1:00 p.m.

Chester

Come out and win cash prizes playing Big Bingo. The cost is \$1.00 per board. Play as many as you can afford and handle.

Breakfast Bingo

Fridays, November 9 and December 14

9:00 a.m.

Good Neighbor

\$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.

➤ HEALTH AND WELLNESS

Dental Health with Tri-State Dental

November 6 at 11:00 a.m.

Chester

Dental health and good oral hygiene are important even as we age. Learn from local dental professionals about good oral health and participate in a question and answer session with the team of dentists.

Hearing Health

November 13 at 10:00 a.m.

Chester

Stay up on your hearing health by listening to audiologist Dr. Britt Cardwell speak about hearing loss and preventive measures as we age. Follow up by getting your hearing checked.

Vision Health with Center for the Blind

November 27 and December 8 at 11:00 a.m.

Chester

Learn about various eye conditions, treatment and prevention measures. Get a free eye glass cleaning and repair after the presentation.

Palliative Care

December 11 at 11:00 a.m.

Chester

Hear about grief from bereavement coordinators from Crossroads Hospice: common reactions, resources and coping tips to get through the holidays. Presented by Crystal Hosier.

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 ques-

tions or need education regarding Medicare, Medicare Advantage programs, Part D prescription plans, or other insurance issues. Appointments are required and can be made at the front desk.

APPRISE: Medicare Annual Enrollment Presentation

November 29 & December 13

10:00 a.m. – 11:00 a.m.

Good Neighbor

Age Plans and Part D Prescription Plan

Chiropractor Services

Tuesdays and Thursdays, 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.

Hearing Testing

November 7 at 1:00 p.m.

Good Neighbor

Have your hearing tested by a trained professional, Tony Napoletano.

Flu Shots CVS

November 8 at 10:00 a.m.

Good Neighbor

Come get your flu and pneumonia shots. Protect yourself from Mr. Flu and life threatening pneumonia.

Hearing Loss with Tony Napoletano

December 3 and 4

Good Neighbor

Learn the causes of hearing loss, how to protect your hearing and receive free hearing test.

Center for the Blind

November 28 at 10:00 a.m.

Good Neighbor

Iridocyclitis is an inflammation of the iris and the ciliary body of the eye. Come and learn about testing, care and treatment for this condition.

Diabetic Shoes

November 29 at 10:00 a.m.

Good Neighbor

Get measured for free diabetic shoes.

Widener University School of Nursing

Thursdays in November

10:00 a.m. – 2:00 p.m.

Good Neighbor

Receive free blood pressure screenings from senior nursing students trained to assess participant's risks for hypertension, design interventions that help reduce the risk of heart disease,

provide healthy lifestyle options, information and referrals.

Divine Source

November 1 & December 6 at 10:00 a.m.

Good Neighbor

Experience this unique, "sight, sound, taste, touch and smell," nutrition program. Learn how foods 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, receive giveaways, games, and have fun! Presenter: Rev. Michael Sloan

Ask the Pharmacist

November 14 at 10:00 a.m.

Good Neighbor

Learn the facts behind the high price of prescription drugs, if over the counter meds are as effective as prescription drugs, and about generic vs. name brands. Brian Walker, R.Ph. of DelMar Pharmacy will leave you well informed.

Spa Day

November 12 & December 11 at 11:00 a.m.

Good Neighbor

Ladies! Ladies! Ladies! Come get pampered: facials and manicures.

Cooking for One

Every 3rd Wednesday at 1:00 p.m.

Good Neighbor

Are you an empty nester who craves delicious meals usually prepared for four or more? Have fun learning how to make the same meals for one, lower costs, and learn strategies to cut down on meal prep time.

➤ INFORMATION & DISCUSSION GROUP MEETINGS

Senior Exploitation Forum

November 8 at 10:30 a.m.

Chester

Scams are all around us! Hear from the Delaware County District Attorney's Office and Senior Victim Services on about the latest scams, fraudulent activity, and identity theft. Leave this seminar with tips to protect yourself and share with others the free resources available through the DA's Office. Also take the opportunity to talk directly with the DA's office concerning your personal needs.

Senior Life – Final Expense Insurance

November 6 at 11:00 a.m.

Good Neighbor

In this seminar you will learn how to prepare for your final expenses.

continued on page 12

Chester Chatter

By Jamee Nowell-Smith



Thank you to the Chester Senior Center instructors for being so supportive, committed, and dedicated to ensuring a strong array of programming at the center! Your skills and time shared are greatly appreciated:

Van Buren Payne	<i>Pencil Drawing & Watercolor Arts</i>
Lavinia Ferguson	<i>Zumba</i>
Rev. Belinda Boyer	<i>Senior Inspiration</i>
Veronica Khiros	<i>Mosaics</i>
Kyle Lanier	<i>Sit & Get Fit & Cardio</i>
Pamela Haynes	<i>Jewelry Making</i>
Janis Thomas	<i>Card Making & Stamping</i>
Valsillesseia Moore	<i>Line Dancing</i>
Rev. Allen Jones	<i>Bible Study</i>
Joan Weitzman	<i>Tap Dancing</i>
Marie Burns & Don Simpson	<i>Chair Yoga</i>
Tilly Adams	<i>Gospel Aerobics</i>
Joanne Simone	<i>Book Club</i>
Carl Clauss	<i>APPRISE</i>
Grace Brown Johnson	<i>Ceramics</i>
Mary Powell	<i>Wellness & Education</i>
Lanona Odom	<i>Nutrition & Wellness</i>
Carolyn Rich	<i>Sewing</i>
Phoebe Snow & Carrie Jennings	<i>Benefits & Services</i>

In this season of thanks I am grateful for all of you!

Jamee

Thank You to:

- Harrah's Casino, Health Partners and all our partners for another great Senior Ball!
- Brother's Restaurant and Lanoana Odom for sponsoring the Healthy Eating day and delicious meal.
- Joe O'Brien and Jackie Auris from the Chester County Intermediate Unit for working with the Chester staff and Advisory Council on strategic planning!
- All who supported the annual Breast Cancer Awareness Day!

Holidays with Chester Senior Center

Thanksgiving Luncheon

Thursday, November 15
11:00 a.m. – 2:00 p.m.

Enjoy live entertainment, door prizes and top it all off with a home-cooked Thanksgiving feast! No cost for current members; \$5 for non-members. Registration is required at the front desk.

Holiday Floral Arranging

Fridays, November 30, December 14 & 21
10:30 a.m.

Learn the basic art of floral arranging using silk flowers and accent pieces. Learn color theory and the balance to create a beautiful centerpiece just in time for the holiday! Cost is \$5 for Members and \$10 for Non-members. Registration is required.

Christmas Party at Lazaretto Ballroom

Friday, December 7, 12:00 p.m. - 4:00 p.m.

Celebrate the season at the annual Christmas Party with live entertainment, a scrumptious meal, vendors to do some holiday shopping, a chance to win prizes, and just good old fashioned fun! Tickets are \$35 for Members and \$40 for Non-members.

Christmas Bazaar Weeklong Shopping Extravaganza!

December 10 – 14, 10:00 a.m. – 2:00 p.m.

Shop away with vendors selling all types of wares for your holiday gifts, and don't forget to treat yourself! Vendors will offer handbags, jewelry, AVON, baked goods, clothing, hats and so much more! Visit every day to see what vendors are on site and what bargains await!

Noon Year's Eve Party

Friday, December 28, 11:00 a.m. – 1:00 p.m.

Ring in 2019 just a bit early at the Noon Year's Eve party. Dance to the live music, blow your party horns, don your party hats and sip champagne for the New Year's toast! Lunch is available for a cost of \$2.50 and registration is required.

Birthday Celebrations at 11:00 a.m.

Thursday, Nov. 15 & Friday, Dec. 28

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

Chester Travelers

Midway—Harrington Casino

November 28 at 9:00 a.m.

Cost: \$25

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

Bingo World – Baltimore Maryland

November 12 at 9:00 a.m.

\$50 Members / \$55 Non-members

Win prizes ranging from \$50 to \$5,000! Trip includes transportation and dinner at Golden Corral Restaurant. Bingo packages available for purchase at Bingo World.

Cheyney University Grill

November 27 at 11:00 a.m.

\$15 per person

Enjoy five star service over a five course meal with entertainment and education at Cheyney University. A delicious meal will be prepared by Cheyney culinary students and there will be something for all to enjoy!

Bahamas Cruise – Royal Caribbean

May 31 – June 8, 2019

Members: \$120

Non-members: \$130

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

The Story of Nina Simone

March 27, 2019

\$120 Members / \$130 Non-members

Enjoy an afternoon show at the People's Light Theater and share in the music of the legendary singer's most iconic Civil Rights Anthems. Enjoy dinner at the Desmond-Malvern Hotel following the show.

Rail & Sail New England

September 16 - 19, 2019

\$540 Members / \$570 Non-members

Tour the New England states by rail and sail! Enjoy several luncheon cruises such as Block and Thimble Island, Essex Steam train excursion, visits to Foxwoods Casino, and Tanger Shopping Outlets and so much more!

Please stop in or call for complete trip details!

Membership Drive 2018!

The annual Membership Drive is in full swing! We are well on our way to reaching our \$11,500 goal. Show your center support by renewing or getting a new membership now! Stop by the front desk to pay your membership. Remember, membership has its privileges!

Friendship Facts

Holiday Eats

By Christine Helmandollar



The holiday season, for most of us, means eating (and lot of it) followed by a little weight gain. Following doctor's orders gets increasingly difficult when we are tempted by holiday programs and parties, especially when the center's "star" bakers share their wonderful festive treats with us. Nutrition experts say that is okay to stray from your normal diet. I invite you indulge at Friendship Circle.

Please mark these events on your calendar:

- Painted Tea Cup – A lovely lunch with samples (November 27)
- Thankful for Giving – Deep fried turkey (November 20)
- Bake Sale – (November 20 & December 4)
- Ace in the Hole Trip – including a luncheon (December 6)
- Holiday Party at the Columbus Club – (December 7)

So how do we participate in the center's holiday parties without over indulging?

First and foremost, it is important to take part in our holiday festivities without causing harm to your body or triggering a chronic disease. The good news is you can still enjoy holiday indulgences, but in moderation. You can eat the food that is offered during a class or event but pay attention to these helpful hints so you will not gain unwanted weight:

Avoid Mindless Eating - Consuming food just because it's there. Be aware of what you eat and how much you eat.

Awareness – Pay attention to what you are eating. You can't just forget all about any dietary restrictions you might have.

Control Portion Size - Don't overfill your plate! Just because the table display might entice you, don't eat everything on it.

Planning - Take and mark your personal planner so you can think about your home meals. Plan to eat at the party and then eat light at home to help prevent overeating.

So enjoy with Friendship the wonderful holiday foods and be mindful of healthy eating when you are home.

Tuesdays are Holiday Shopping Days!
10:00 a.m. – 1:00 p.m.

- Nov. 6 Essential oils, Tupperware
- Nov. 13 Pottery, Christmas Craft décor and jewelry
- Nov. 20 Community Coffee Cup, Children's educational books & games, Bake Sale
- Nov. 27 Handcrafted jewelry, Tastefully Simple
- Dec. 4 Jewelry & Other Unique Items, Avon, Cookie Sale

Looking for the perfect gift for that special someone? Let Friendship help you shop. Handcrafted jewelry, Avon, Tastefully Simple, quality children's books, games, essential oils, pottery, specialty coffee, and even a treat for your furry family members all in one convenient location.

Friendship Circle and Community Partners Honor Veterans

Veterans Breakfast and Recognition
Friday, November 2

Breakfast: 9:30 a.m. Program: 10:00 a.m.
Guest Speaker: Al Robinson, District 7 Commander of Veterans' Affairs

Aging at Home and Yeadon Library
Friday, Nov. 9, 10:00 a.m. at Yeadon Library
Learn about The Aging at Home Program and what our local veteran chapters are doing to support seniors.

Veteran's Luncheon and Recognition
Saturday, Nov. 17 at 11:00 a.m. at Mercy Fitzgerald Hospital

Friendship Circle Christmas Party (Columbus Club, Clifton Heights)

Friday, Dec. 7, 11:30 a.m. – 3:00 p.m.
\$20 members; \$25 guests

Calling all members and guests! Get your holiday duds and dancing shoes ready! Friendship is ready to party. There will be prime rib, stuffed flounder, ice cream parfait, cookies baked by Friendship members, door prizes but most importantly a fun afternoon filled with dancing and fellowship.

Friendship Trips

Ace in the Hole Christmas

(Garfield, New Jersey)

Thursday, December 6

Depart center at 9 a.m.

\$95 due by November 8

Non-refundable deposit of \$50 reserves your seat prior to full payment. Includes buffet lunch, "Go Tell It on the Mountain" musical entertainment, transportation, taxes, tips.

Painted Tea Cup (Upper Darby)

Tuesday, November 27, 1:00 p.m.

\$30 due by November 15

Traditional Friendship trip to start the holiday season! You are responsible for your own transportation. Includes high tea with assorted specialty teas, tea sandwiches, tip.

Raising Money for the Center

Bake Sale, Nov. 20, 10:00 a.m. – 1:00 p.m.

Purchase some of the best baked goods in the county!

Holiday Cookie Sale

Dec. 4, 10:00 a.m. – 12:00 p.m.

Let us do your holiday baking.

Friendship Circle Boutique

Monday- Friday, 10:00 a.m. – 2:00 p.m.

Gifts, holiday cards, handcrafted, crocheted and knitted items, jewelry, household items

We are looking for additional handmade items to sell during the holiday season. If you would like to help, please bring your creation to the Boutique. When your item is sold, you will receive 50% of the sale price. A win-win!

Friendship Circle Poinsettia Order Form (Nov. 1-Nov. 21)

NAME: _____

PHONE: _____

I would like to order: _____ 1 bloom poinsettia (\$3) each

_____ 6" poinsettia (\$10) each

I would like to donate a plant to a homebound senior

Total due with order: \$ _____

Please make checks payable to: Friendship Circle, 1515 Lansdowne Ave., Darby, PA 19023

**ONLY RED POINETTIAS
ARE AVAILABLE THIS YEAR.
DELIVERY DATE – DEC. 4**

Joanne's Journal Faye Carter: Giving Back During the Holiday Season and Throughout the Year

By Joanne Graham



Faye NanNettie Carter is one of those rare individuals who you can rely on to, no matter how challenging the task, surpass your highest expectations time and time again. Her spirit is always willing, her integrity, keen intellect and administrative savvy qualify her as the ideal candidate to handle projects that require, skill, precision and honesty. Faye is, to put it in contemporary youthful vernacular, all that. Born in Essex County, Virginia, the only child, of John Horace and Annie Cannon Carter, Faye has always been a high achiever; a bright mind with a quick wit and hilariously wry sense of humor. If you want to know the truth of the matter just ask Faye: she'll give it to you straight. Faye graduated fifth in her class from Essex County High School in 1970. She then went on to receive her Cum Laude B.A. and Cum Laude M.S. degrees from Morgan State and American Universities, respectively. After serving 36 years in the field of business management in Corporate America, Faye retired early due to a disability. However, never one to rest on her laurels, Faye has continued to work part-time for more than a decade.

As a member of First African Baptist Church, Faye serves faithfully under the leadership of Dr. Richard A. Dent, Pastor, on nine different church ministries. Faye attributes her membership at First African as the reason she became a member of Good Neighbor in July 2012. "I had no plans to join a senior center but when I first came here and saw so many people I knew from church, I thought, well why not. I can walk here since I live right here at Studevan Apartments [just yards away]. It's so convenient and I can control my comings and goings, because it enhances my independence," said Faye.



Faye Carter with Good Neighbor's Red Hat Society.

It did not take the Good Neighbor community long to recognize Faye as a gem. Shortly after becoming a member, Faye developed several programs including Free Bingo and adult coloring class and she was soon elected to the center's Advisory Council where she has served for the past four years. Faye is an invaluable member of Good Neighbor and is involved on several committees and travels extensively with other members throughout the year. Whether it's on monthly local excursions to the Hedgerow Theater or distant ports of call, Faye is packed and ready to go.

Throughout the year, Faye collects new or used bibles for those in need. As a member of the Ruby Red Hatters of Darby Township, Faye is particularly busy during the holiday season. She serves boxed lunches to family members waiting to visit their loved ones at Mercy Fitzgerald and Taylor Hospitals and visits Providence Rehab Center in Yeadon to bring holiday joy to the residents. Through her efforts with First African's 8th Annual Rose of Sharon Missionary Ministry's Operation Winter Warmth 300, Faye will continue to collect donations for the homeless through December 2018. A people person with a huge heart, Faye never tires of giving back during the holiday season or throughout the year.

AARP Driving Course

November 1 & 2, 10 a.m. – 2 p.m.

\$15 for AARP Members / \$20 for Non-members

AARP Driver Safety Program is intended to help older drivers improve their driving skills while avoiding 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.

Special Events

Monthly Birthday Party

Fridays, November 16 and December 28 at 11:00 a.m.

This is a fun time for all! Join us as we celebrate birthdays of the month!

Good Neighbor Thanksgiving Luncheon

November 20 at 11:00 a.m.

First African Baptist Church

Join us for a free lunch and great fellowship. Every year First African sponsors this luncheon for the community to enjoy as a way of giving back.

Good Neighbor Center Holiday Brunch

December 7 at 11:00 a.m.

Calling all active members! Come and enjoy a free holiday brunch.

Good Neighbor Christmas Party

December 21, 12:00 p.m. – 4:00 p.m.

It's that time of year again when we deck the halls and spread holiday cheer! So join us for our annual Christmas luncheon at Lazaretto Ballroom.

SEPTA Resource Day

November 16 and December 28

10:00 a.m. – 2:00 p.m.

Receive invaluable updates and resources including a valid state issued photo ID, SEPTA Key Card with proof that you've reached your 65th birthday (courtesy of Sen. Anthony Williams Office, Rhonda Liggins-McCoy, Dir., Delaware County).

Trips

The Hedgerow Theater

Medea and the Cyclops, A Classic Greek Tragedy and Comedy

Saturday, November 10 at 8:00 p.m.

Dickens' A Christmas Carol

December 8 at 3:00 p.m.

\$35 for Members / \$40 for Non-members

Includes theater ticket and transportation.

Casino Trip

Tropicana, Atlantic City NJ

November 14 at 8:00 a.m.

\$30 for Members / \$35 for Non-members

Kim's Korner



Dear Friends,

Jim and I have had quite a fall, spending our weekends watching our beloved 20 month old grandson. He is both delightful and exhausting. Our eldest son, Ian was just married in Baltimore, overlooking the Inner Harbor. For those of you who have been here for 20 years, he was the trumpet player who played taps at our veterans programs.

As I write this, we just returned from Maine, where we visited our beloved Acadia National Park. This year we stayed in Winter Harbor in a cottage right on the bay. The leaves were in fall mode. The mosquitos were gone. (That's important as they are the size of sparrows). One highlight was going up to Campobello Island in Canada. We visited FDR's summer "cottage." You would be surprised at how simple the house was. My favorite part was seeing his hat and pipe lying on the table.

I watched birds, the amazing colors of the trees, sunsets and stars; I saw the Milky Way from our backyard. We went to Schoodic Point and watched waves crash on the rocks. It renews and quiets me. What do you do to renew your spirit? During this season of holidays whatever quiets you, take time to nurture yourself, your spirit, your inner self. Let go of grudges and anger. Be open to love and nature. In this season, express gratitude for your current abilities and the love in your life, be it family, friends or a significant other...

Wishing you all a happy Thanksgiving, merry Christmas, happy Chanukah ... and a wonderful holiday season.

Love,
Kim

Many Thanks

A special thank you to Sayre Dixon for a special line up of events in addition to our regular programming and to the Schoolhouse Players with special guests Arthur Weisfeld and John Federico.

A special thank you to Sayre who once again will direct the show and to Ron Parra and his team of volunteers who will prepare the dining room and the delicious meal for the Mystery Dinner Theater. Thank you to our office staff for handling ticket sales and organizing for the show.

News From Our Garden Club

The garden club is wrapping up its 2018 season. We are cutting back what's overgrown. Plants are being divided and repurposed in other areas and we're planting fall mums in pots and garden beds. Thanks to Delaware county master gardeners who donated several native ferns and coral bells that we planted last week. We plan to plant more spring flowering bulbs to brighten everything up after a long winter. Finally, we sent in our application for certification as a pollinator friendly garden. We're waiting to hear back. Many thanks to Brenda Troutman and the gardening team.

Membership

Just a note to let you know it's membership time. Membership is so important, especially this year. The United Way has been a longtime supporter of SCS, but for the next 3 years, they have changed their focus and are not funding aging services. We are still a member agency which means if people specifically request their donation go to SCS, they will give that to us. We have a large deficit to manage without their support.

What can you do?

1. Pay your membership dues; consider giving at a larger level. Encourage your friends to do the same.
2. Tell your family how much you enjoy your center. Encourage them to make a donation!
3. If you or family members shop on Amazon, go on Amazon Smile and select Senior Community Services as your charity. You get the same great Amazon service; they just send a donation to SCS for every purchase you make.
4. If family members contribute to the United Way at work, ask them to choose Senior Community Services as their charity.
5. If a family member works in a corporation or owns their own business that makes donations, ask them to consider SCS for a charitable donation for tax purposes.
6. Spread the word.

Condolences

Our sympathy to the friends and families of Shirley Allen, Pat Gatta and Don Lovett.

Sunshine Wishes to:

Mary Schmucker, Lucy Harrison, Janet Hammett, Beverly Carroll, Marie Furness

Don't Miss Out on These Fun Things Lined Up for the End of the Year!

Nov. 1 at 12:30 p.m.

"What No One Wants to Talk About" – Eva Brothers, Kevin Lyons Funeral Services

Nov. 2 at 4:30 p.m.

The Mystery Dinner Theater

Nov. 4

Daylight Savings Time. Turn your clocks back

Nov. 7 at 8:30 a.m.

Veterans Breakfast, VFW leading service at 10:00 honoring our veterans.

1:15 p.m. Keith Lockhart on Ridley Township "Then and Now"

Nov. 8 at 12:00 p.m.

Fraud and Scams presentation

Nov. 8 at 1:30 p.m.

The OLLI Players perform "Assisted Living Blues"

Nov. 9 at 8:30 a.m.

Veterans Day Breakfast. Reservations required. Vets are free, others are \$2.00.

Nov. 13 at 12:15 p.m.

"What No One Wants to Talk About, Part 2" Prizes, games and pre-planning. Sponsored by McCausland Garrity Marchesani Funeral Home.

Nov. 14: Anastasia trip

Nov. 20 at 11:00 a.m.

Center Family Thanksgiving Dinner

Dec. 6 at 12:30 p.m.

"Crazy Rhythm and Fancy Feet" return for a holiday program. Sponsored by Kevin Lyons Funeral Services.

Dec. 7 at 11:00 a.m.

Holiday Party at Spring Haven

Dec. 14: Christmas in Hershey trip

Dec. 28 at 11:00 a.m.: New Year's Eve Party



The Schoolhouse Advisory Council used the memorial funds of Bertie Ritchie and Lynn Ryan to purchase two AEDs for the center. The Advisory Council dedicates both AEDs to Ritchie and Ryan.

Simplifying and Supercharging Caregiving

By Debbie Templeton, Program Manager and Diana Twisler, Care Manager



November is National Family Caregiver month. This year's theme is "Supercharge Your Caregiving." We want to detail some common pain points we see in the world of Caregiving, and some ways you use resources readily available to you in order to super charge your caregiving techniques. The role of Caregiver can be a difficult and thankless job. Finding a balance between providing care for your loved one, which in itself includes a long list of different responsibilities (think: transportation to and from medical appointments, laundry, personal care needs, etc.), and a career, or other familial duties, can leave a caregiver with little time for themselves. With today's technological improvements, there are many resources that one can use to clear the caregiver's very full plate of day-to-day tasks.

Scheduling doctor appointments: Many doctor's offices have a "Patient Portal" that allows the patient (and their loved one, if permitted) to access electronic medical records and insurance information to provide to specialists or keep on hand in case of an emergency from anywhere with internet access.

Remembering when to administer medications: For those with smart phones, there are several apps that can simplify how caregivers keep track of medications and medical appointments. Any caregiver knows that they need to provide a list of medications for every doctor they visit; having this available with the touch of a finger can make things easier and less stressful without wondering if they remembered to bring the information in an emergency or if it is updated from the last doctor visit.

Living outside of the care receiver's home: The role and responsibility of a caregiver can be especially difficult for those who do not reside in the same household as their loved one. If their loved one falls for example, they may not be aware and be readily available to seek/offer assistance. Many have heard of the Life Alert button, also known as a Personal Emergency Response System (PERS) device. These are wearable devices that allow your loved one to press a button in the event of a fall or a wearable sensor that will alert family and emergency services if there is no response.

We recognize that all of the increased technology can cause you to become overwhelmed or confused. The main goal is to find something that works for you that will make things easier in your already stressful role. Don't put any extra stress on yourself trying to figure out a new technology if you find an alternative method more preferable, please select that one. Don't forget your value as a caregiver is tremendous. For more information you can go to caregiveraction.org.

MAKE YOURSELF A PRIORITY, TOO

[TIPS FOR CAREGIVERS]

Nearly
15 million
Americans provide
unpaid care
to an older adult.



National Health and Aging Trends Study, 2011



Caregivers who provide substantial care are more likely to have **physical & emotional health problems.**¹

National Health and Aging Trends Study, 2011
¹ Substantial care refers to involvement in health care activities, including care coordination and medication management.

Take care of yourself.
It is one of the most important things you can do as a caregiver.



Ask for help when you need it.

Spend time with friends.



**Join a support group—
in person or online.**

Take breaks each day.



Keep up with hobbies.

Use these tips, and learn more about caregiving at www.nia.nih.gov/caregiving.



Highlights continued from page 7

Book Club

Every 3rd Friday at 1:00 p.m.

Good Neighbor

Come read with us! Enjoy coming together and discussing our next thrilling page-turner.

Book Club

Nov. 21 & Dec. 19, 12:30 p.m. - 2:00 p.m.

Chester, No cost

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.

Prescription Drug Pricing

Wednesday, November 7 & 21 at 11:30 a.m.

Friendship, No cost

Why are medications so costly? Are OTC medications as effective as prescriptions? Get your answers with Brian Walker, R.Ph.

Plots and Scheme of Financial Fraud

Friday, November 2 at 1:00 p.m.

Friendship, No cost

Don't be fooled. Learn how to say "no" to mailings and phone requests Presented by Chester Alumnae chapter Delta Sigma Theta Sorority, Inc.

Deep Fried Turkey – Thankful for Giving

Tuesday, November 20 at 2:00 p.m.

Friendship

\$5 and registration required

A live cooking demo with hands on participation just in time for Thanksgiving

Understanding the Cost of Rehabilitation Services

Thursday, December 6 at 11:00 a.m.

Friendship, No cost

Presented by Providence Rehabilitation and Healthcare Service

Women's Afternoon Tea

Tuesday, December 18 at 2:00 p.m.

Friendship

No cost but reservations required

Explore a variety of teas and learn of their healing properties.

Red Hat Society

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

Chester

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

➤ RELIGION AND SPIRITUALITY

Bible Study

Tuesdays, 5:30 p.m. - 7:00 p.m.

Chester

Join Pastor Allen Jones in this inspirational study group!

Senior Inspiration

First Monday at 10:00 a.m.

Chester

Be inspired through song, stories, poetry, and spiritual readings that will enhance morale, emotional, and spiritual wellbeing. Led by Rev. Belinda E. Boyer