

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

SCS Connection

SCS
SENIOR
COMMUNITY
SERVICES

Senior Suppers Program Helps Keep Seniors Safe, One Meal at a Time

By Heather Dale

Each weekday, hundreds of homebound seniors receive hot and boxed meals at their door. An army of volunteers fan out throughout Delaware County in an effort to help keep these vulnerable seniors in their homes, one meal at a time.



“What may seem like a simple concept – a prepared meal – is sometimes what allows a senior to remain in their home,” said Senior Community Services Executive Director Arthur Weisfeld.

Senior Community Services is the largest non-profit meal provider in the county; on pace to provide just over 150,000 home delivered meals for the 2014-2015 fiscal year. Those meals come from SCS’s four senior centers: Schoolhouse, Chester, Good Neighbor and Friendship Circle. There is also a satellite meal site located at Episcopal Place at Park Row in Upland. SCS is part of a system that provides meals to homebound seniors countywide, which is overseen by the County Office of Services for the Aging (COSA).

The number of seniors receiving meals continues to grow as more and more older persons require services in their homes. Schoolhouse Center alone experienced a 25 percent increase in the number of homebound seniors it served this fiscal year and SCS saw an overall increase of 13 percent in its home delivered meal program, also known as the Senior Supper Program.

The need is real and continues to grow in Delaware County and throughout the country as more and more Baby Boomers “age into” the system, requiring services that allow them to remain independent in their homes and communities.

Barbara Myers, a registered nutritionist who is integral to the county’s home delivered meal program said that studies have shown that good nutrition can help decrease hospital admissions.

“Seniors can stay in their homes with a little bit of help and sometimes that means meals” said Myers.

The meals are designed to meet state standards, ensuring that the seniors who receive them are getting the required amount of nutrients like

protein and calcium. Each meal also amounts to 600 to 700 calories, Myers said.

“Having these meals delivered to my home is a real blessing – a god-send to someone like me. I try to get around my apartment with a walker; I don’t know what I would do without them. I especially enjoy the turkey with gravy and sweet potatoes,” Mrs. S., 80, from Chester.

Those who receive the meals must be homebound seniors over 60 years of age and reside in Delaware County. Those seniors who meet the criteria must also be open to Care Management – either in the Options or Family Care-giver Support Program (which are both managed by SCS) or the Waiver Program which is designed to help seniors who have a high level of care and meet state-mandated income and asset requirements.

In addition to the obvious nutritional benefits that the meals deliver, the program also provides an additional check and safety net.

“As part of the care managers’ overall support to consumers, the Senior Suppers Program provide a two-fold advantage, the nutritional needs are met through the

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Senior Community Services
600 Swarthmore Avenue
Folsom, PA 19033

Nonprofit Organization
US Postage
PAID
Permit No. 57
Upper Darby, PA 19082

Knowing the Right Time

By Arthur Weisfeld



It's been almost a year since my mother died. It's hard for me to get my mind around that fact because the memory is so vivid of the somber ride to the cemetery, the rabbi's kind words, and the flocks of friends consoling us. Soon, we will travel to Florida again for the unveiling. It's a Jewish ceremony in which the gravestone is seen for the first time and the gravesite is blessed.

Over the past year, my father has been faring well, despite his grief. As I have mentioned in this column before, he has continued as much as possible with all of his prior activities, and cultivated a few new skills, especially those connected with food preparation. I am proud of him for his resilience and flexibility. Still, in the last three months, he has noticed that his social landscape has changed considerably. Remember, my father is in his 90s. So, too, are many of those with whom he's kept company in the past. As the months have progressed, fewer and fewer of his friends have been able to exist in the kind of independent living situation that my father enjoys. For example, my father and mother, at one time, played card games multiple times a week, but now it is difficult to get a game up even every several weeks. As someone who has always had a vibrant social life, my father has not been made happy by the withering away of his immediate social circle.

My father took stock of the situation and made an important decision to look at senior living facilities, and contemplate a move if a suitable one was found. Having a full slate of activities and loads of people around would—he thought—be good for the soul. I agreed heartily. My sister Judy researched a variety of places and found one particular venue that is close to where he currently lives. He would still be able to easily see those friends who live in proximity to his current home. He could continue to play that card game with them every several weeks, but would now have new candidates for card games as well. My father liked the facilities, the food, and the staff. He sent in his deposit immediately. I am looking forward to seeing his new digs myself, and I'll be sure to report back.

I admire my dad for his openness to change—his willingness to accustom himself to a new environment and to establish new relationships. He's smart enough to know that it's never too late to transform your life for the better. Rather than consigning himself to an unsatisfying situation, he's allowing himself the excitement of adventure. That's a lesson I hope to learn from him, a lesson I want to share with all of you.

Fondly,
Arthur

Senior Suppers, continued from page 1

meals and a volunteer actually sees the consumer on a regular basis and can report to the care managers any changes or concerns," said Trindy Grundy, associated director of long term care at SCS.

If someone does not answer the door when the meals are delivered, red flags immediately go up and the care manager involved with the case is notified. Emergency contacts are notified and sometimes, emergency personnel, if needed.

Anyone who would like more information on receiving home delivered meals should contact COSA at: 610-490-1300.

In addition to the volunteers, the Senior Suppers Program would not be possible without support from COSA and the United Way of Greater Philadelphia and Southern New Jersey as well as generous grants from the following funders: the Delaware County Community Foundation, Caroline Sanders Trust No. II, Delaware County Medical Society Public Health Fund, Pew Charitable Trusts, Taylor Community Foundation, W.W. Smith Charitable Trust, Walmart Glenolden, Lawrence Saunders Fund and Swarthmore Presbyterian Church.

Produce Vouchers Available

Each of Senior Community Services' senior centers will participate in the annual Senior Farmers Market Nutrition Program sponsored by the PA Department of Agriculture, which helps to promote good nutrition among seniors. Eligible recipients will receive a \$20 voucher to be used at a local farmers market. Each center will offer the vouchers weekly at specific times (listed below) and will do so until their supply of vouchers runs out.

- Chester:** Wednesday from 1 to 3 p.m.
- Friendship:** Fridays from 9 a.m. to 1 p.m.
- Good Neighbor:** Mondays from 9:30 a.m. to 12:30 p.m.
- Schoolhouse:** Fridays from 9 to 11 a.m. (first 100 people each Friday)

Eligible recipients must be 60 years of age or older, reside in Delaware County, meet state income guidelines and provide a photo ID to receive the \$20 voucher. Proxy forms are available for those who are picking up a voucher for another person. The vouchers can be used at participating farmers markets. A list of those locations is available when the vouchers are picked up.

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Dusel Janet Dimeio Visited by Volunteer Frances Dusel

Janet Dimeio, 78, hails from Southwest Philadelphia and has 2 children and 3 grandchildren. She has been living for the past 30 years in Glenolden. Janet began working at a young age and eventually was employed as a service representative for PNC Bank until retiring at age 67 due to symptoms of myasthenia gravis, a disease that causes the weakening of muscles. Frances Dusel began visiting Janet as a volunteer over a year ago. The two women consider each other friends due to the strength of their relationship.



They both agree that Barbara Caso, former Program Manager for Senior Center at Home [SCAH], is a great matchmaker!

What hobbies and interests have you explored over the years?

I love to read, especially historical romance novels. Also, I'm a bit computer savvy and enjoy shopping on Ebay. I enjoy having my pets around: 3 cats and 1 dog. I especially used to really enjoy going to thrift shops.

Can you please tell me about your SCAH visits?

Janet: "Frances began coming once every-other-week, but because she had more free time and because we really started to get along she now comes once a week!

"Sometimes we just sit and chat."

Frances: "[Janet] is extremely patient. She lets me talk her ear off! We probably share a lot of things that other people don't really care about because we're both seniors. I'll be talking sometimes and she'll finish my sentences."

Janet: "We have a lot in common like interest in flea markets. Frances even hosted some! We really enjoy learning about each other. We even made a Christmas wreath together. Depending on how I feel, we may go for a walk."

Frances: "I leave that decision up to [Janet's] body. I really see how she's doing before going outside. But she's doing much better than when I first began visiting. I'm trying to build up her strength. We're now up to going past 12 houses."

How has being involved with Senior Center at Home affected your life?

Janet: "I was matched with a volunteer [Frances] right when I really needed it. I was going through a lot of medical issues and was hurting and not enjoying myself. I'm really happy I was matched with her. I appreciate that she values me and I feel the same about her.

Frances: "Volunteering with Senior Center at Home has changed my life. When you volunteer you get so much more out of it than you ever thought you would. Before this I hadn't cut my own lawn for 4 years. I would never even take a walk. Now I feel more alive and more alert; more like myself."

SCS Management Staff

Executive Director: Arthur Weisfeld
Associate Director Long Term Care: Trindy Grundy
Board President: Michael Palazzo

Aging at Home Director: Christine Helmandollar
APPRISE Program Manager: Glenda A. Radical
Center Without Walls Coordinator: Farah Esfahani
Cognitive Stimulation Program Manager: Dorothy Darragh
Director of Advancement: Lydia Foxwell
FCSP Program Manager: Debbie Templeton
Fiscal Officer: Robyn Cashwell
Hearing Discovery Coordinator: Donna Schumacher
SCAH Program Coordinator: Frannie Schmerling

Summer Tips for Those with Hearing Aids

By Donna Schumacher, HDC Coordinator



I have to admit, my submission for the SCS Connection snuck up on me so I visited some hearing loss websites to find information on summer tips – in much the same way that I do for the holidays.

Lo and behold! I found some very useful information on the Starkey Hearing Aid website and am happy to pass along the information.

Hearing aid instruments need to be protected from the elements and that is especially true during the warm summer months. Summertime brings hazards such as increased exposure to water and heat, but simple steps can be taken to prevent damage and ensure that you protect your hearing aid investment. Here are a few tips on protecting your hearing aids:

- **Avoid moisture:** According to Carolyn Pinkerton, Au. D., "any exposure to water, humidity, condensation or perspiration can cause serious damage to a hearing aid." As the days become warmer, it is especially important to avoid any accidental exposure to moisture.
- **Remove before you shower:** Take your hearing aids off when you shower, swim or are going to be exposed to water in any form.
- **Give your batteries a rest:** At night, leave the battery door on your hearing aid open to allow moisture to escape and avoid corrosion.
- **Watch the sunscreen:** Sunscreen has oils in it that can be damaging to hearing aids. Take extra precaution when applying sunscreen oils or sprays before that trip to the beach or pool!
- **Beat the heat:** Hearing aid batteries are especially sensitive to heat, and even small changes in temperature can affect their output. Make sure to store them in a cool, dry location.
- **Protect from sunlight:** To prevent the plastic coating on your hearing aids from melting, keep them out of direct sunlight and don't leave them in a vehicle that is parked outside for an extended period of time.

Hearing aids are a significant investment but with the proper care and maintenance, they can provide you better hearing for years to come. Do you have any tips for protecting your hearing aids during the summer?

Aging at Home Goes to Harrisburg

By Christine Helmandollar, Director



I recently made the nearly two-hour drive to Harrisburg, and it was a worthwhile trek.

I was accompanied by representatives from the United Way, which provided Aging at Home with the grant funding for this pilot program. Other grant recipients from the Visiting Nursing Association (VNA) and Congresso were also present. Together, we met with the newly appointed Secretary of Aging Teresa Osborne and highlighted the successful outcomes that each of our programs have experienced.

Secretary Osborne was very interested in how a program like Aging at Home could fit into the current aging services landscape in Pennsylvania. Secretary Osborne shared her own insights on how programs like Aging at Home can assist the growing number of seniors in the state. During the hour and half meeting, Secretary Osborne listened to compelling stories from each of the three pilot programs. We all offered qualitative and quantitative measures that highlight the sustainability of the programs. Secretary Osborne was both interested and impressed by the results each program achieved. As I sat at the polished cherry wood table, I knew the last two years of hard work, assisting seniors in the Greater Lansdowne area access services, have been well spent.

On the drive back to Delaware County I started to think of how Aging at Home can continue to grow and serve even more seniors in the Greater Lansdowne Area. I am ready for the challenge that this third and final year of the pilot grant holds. Aging at Home has produced solid results and will continue to do so, highlighting its sustainability in the future.

If you would like more information about Aging at Home or would like to volunteer your time and expertise to help area seniors, please call 484-534-2201.

What is the Options/Care Management Program?

By Trindy Grundy, Associate Director for Long Term Care



As Senior Community Services (SCS) begins its 38th year providing services to seniors in Delaware County, I wanted to remind readers of what the Options/Care Management Program is and how our staff is dedicated to working on behalf of seniors.

The Options Program offers an array of community-based, long-term care services provided through Area Agencies on Aging (AAA). In Delaware County the program is subcontracted to Senior Community Services by the Delaware County Office of Services for the Aging (COSA).

The purpose of the program is to help seniors function at their optimal level while remaining in their own home. This is accomplished through an extensive assessment by a care manager of the consumer's condition and circumstance. The assessment determines eligibility, appropriateness and, if all service slots are filled, the consumer is then placed on a waiting list. Once the assessment is completed, the care manager, in conjunction with the consumer, matches the identified needs with the appropriate services. Examples of services include: personal care, home support, medical equipment/supplies, respite care, as well as Medicare insurance counseling.

There are 19 staff members within the Options Program, which includes care managers, supervisors, a nurse and clerical support. SCS's mission is to assist consumers in remaining independent in their homes. An integral part of the care manager's role is to help consumers understand their preferences, goals and values and to honor them throughout their care management process.

The Options Program is just one of many valuable services provided by Senior Community Services. If you need assistance in obtaining services on behalf of yourself or others, please give us a call at 484-534-2050.

YOU DO HAVE OPTIONS!
SENIOR COMMUNITY SERVICES
SERVING DELAWARE COUNTIANS
SINCE 1977

Respite is Important

By Diana Twisler, Care Manager

Respite is an important part of caregiving. Most caregivers provide care to a loved one around the clock, without a break. Some caregivers are resistant to asking other family members and friends for help and most people would be surprised at what help is available if they just asked.

Many times other family members and friends do not realize everything that is involved with caring for someone or the amount of time it takes to care for them. The family members and friends often do not realize the level of stress the caregiver is experiencing because most caregivers do not speak up. If there are no family members or friends available to help, hiring respite care through an agency is a great option.

Caregivers should also devise a plan in the event that they become sick and cannot care for their loved one. Caregivers should also keep this in mind and care for themselves so they do not become overwhelmed and burnt out, unable to care for their loved one. Seeking out assistance and respite is so important to staying healthy. Caregivers need to try their best to take some time for themselves, whether it is a couple of hours or a day trip, to get a break and to stay healthy.

Caregivers should not feel guilty about asking for help with respite because the goal is to keep everyone healthy and it is an important part of the caregiving role. Summer is here and it is the perfect season to take some time for yourself and get outside to do something fun. Remember there are agencies and support groups to help, don't be afraid to ask!

A Kaleidoscope of Self Expression

By Farah Esfahani, CWW Coordinator



“A Kaleidoscope of Self Expression” is the theme of Senior Community Services’ (SCS) 11th Annual Art Show. This popular event will be hosted by the Delaware County Community College Art Gallery from July 15 to August 12. The festive opening reception will be on Wednesday, July 15, from 4 to 7 p.m. The exhibition will showcase the fine artwork of the artists who participate in Center for Life Long Learning art classes and our dedicated art instructors. This is a special occasion when SCS celebrates and honors the creativity and accomplishments of art students, instructors, and their love for art. The event gives SCS artists an opportunity to display their art and to inspire others by their extraordinary talents.

Works of art in the form of watercolor and oil painting, drawing, ceramics, clay sculpture, woodworking, ceramics, and jewelry making will all be on display.

I would like to extend a warm invitation to all the Aston, Brookhaven, and Concord artists, their families, and the art instructors to participate in this special event. This will be an art show which will delight and inspire you. I would also like to take this opportunity to thank Helen Baur, Agnes Bakow, and Van Buren Payne, the CWW watercolor and drawing instructors for sharing their talents with the art students and for their efforts to make CWW art classes so successful. I would also like to offer a special thanks to Caitlin Flaherty, assistant to the dean for arts programming at Delaware County Community College, for making it possible for SCS to hold another Art Show in the Art Gallery.

The Center Without Wall fall semester will start in September. Please contact me at (484) 496-2143 or fesfahani@scs-delco.org if you have any questions and or suggestions about CWW programs.

The Delaware County Apprise Program Offers a New 2015 Medicare Presentation: “Medigap Basics” Understanding the Basics of Supplemental Plans

By Glenda A. Radical, APPRISE Program Manager



Most Medicare beneficiaries know that Medicare pays 80 percent of the cost of a medical expense or service and the beneficiary is responsible for payment of the remaining 20 percent of the cost of the medical expense or service.

There are many Medicare beneficiaries who choose not to have a Medicare Advantage Plan/HMO because they prefer to have a Supplemental/Medigap Plan to help pay for that 20 percent.

The Delaware County Apprise Program is now pleased to offer a new Supplemental Plan Comparison Service to beneficiaries. A Medicare beneficiary can call the Apprise Program office and get Supplemental Plan comparison information, price information, plan ratings, and also receive the five top rated supplemental plans in the zip code where they reside.

With this new service, the Apprise Program will also offer a new presentation called “Medigap Basics.” The Medigap Basics presentation is a one-hour classroom style presentation that helps the Medicare beneficiary:

- Understand the definition of Medicare Sup-

plemental Insurance and how it works with Medicare

- Recognize the different types of MEDIGAP insurance plans
- Understand the difference between MEDIGAP and Medicare Advantage insurance plans
- Understand what underwriting and pre-existing conditions mean and their impact on the consumer
- Help the Medicare beneficiary learn how APPRISE can help with their decision concerning their Medigap selection.

Join the Delaware County Apprise Program on Friday, September 18 from 10 – 11:30 a.m. for this new presentation at the Upper Darby Library located at 76 S. State Road, Upper Darby. Please call Maria Polymenakos at 610-789-4440 to register and find out more.

If you are an agency or organization and would like the Apprise Program to provide a Medigap Basics presentation at your location or if you would like to locate an Apprise individual counseling site for a one-on-one Supplemental Plan comparison you may call me at 484-494-3769.

DO YOU HAVE MEDICARE A & B? DID YOU KNOW THERE ARE PROGRAMS THAT COULD HELP SAVE MONEY ON YOUR MONTHLY PREMIUMS?

The Medicare Savings Program pays for the Medicare “Part B” Premium each month. It could also pay for the co-pays and deductibles not paid by Original Medicare.

Funded by Area County Assistance Office

MEDICARE SAVING PROGRAM - 2015

PROGRAM	MONTHLY INCOME	ASSETS	
QMB	\$981 - Single	\$7,280 - Single	Pays Part A& B
	\$1,327 - Couple	\$10,930 - Couple	
SLMB	\$1,177 - Single	\$7,280 - Single	Pays Part B only
	\$1,593 - Couple	\$10,930 - Couple	
QI-1	\$1,324 - Single	\$7,280 - Single	Pays Part B only
	\$1,792 - Couple	\$10,930 - Couple	

The Low Income Subsidy/Extra Help pays for the Medicare “Part D” Premium, lowers Co-pays, and may eliminate the coverage gap.

Funded by State Social Security Office

PROGRAM	MONTHLY INCOME	ASSETS
Extra Help (LIS) -2015	\$1,471 - Single	\$13,640 - Single
	\$1,991 - Couple	\$27,250 - Couple

CALL APPRISE AT 484 494-3769 FOR HELP APPLYING FOR THESE PROGRAMS or apply by phone for the Extra Help Program 1-800-866-1807

Funded in whole or part by a grant through the Administration for Community Living

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

Basics of Drawing-NEW!

July 1, 8, 15, 22, and 29 at 1 p.m.

Friendship Circle

Cost: \$5 (members), \$8 (non-members)

For beginners to advanced. We will cover line drawing, composition, perspective, shadows and geometric shapes. Requirements: drawing pad, pencils, charcoal, kneaded eraser, and ruler. Instructor: Marie Gilligan

Basic Drawing

2nd & 4th Wednesdays from 9:30-11:30 a.m.

Schoolhouse

Cost: \$5/class – Please 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.

Pencil Drawing and Watercolor Arts

Mondays from 12:30-2 p.m.

Chester

Fee: \$5

All are invited to come and learn the basics of pencil and watercolor or enhance their skill.

Ceramics

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

Chester

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

Sewing

Fridays from 10 a.m. – 1 p.m.

Chester

\$5 for non-members

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

Watercolor Painting

Wednesdays from 1:45-3:45 p.m.

Schoolhouse

Cost: \$50 for 10 weeks

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

Oil & Acrylic Painting

Fridays from 12-2 p.m.

Schoolhouse

Cost: \$50/10 weeks

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

Mosaic Workshops

Thursday, July 2, 9, 16, 23, and 30 and Aug.

6, 13, 10, 27, and September 3

Beginner: 2-5 p.m., Advanced/Intermediate:

6-9 p.m. (*14 hours)

Schoolhouse

Cost: \$84/5-week session. Material fee is an additional \$30.

Instructor Carol Shelkin will introduce all styles of mosaics for indoor and outdoor use. The last class in each session is 2 hours long.

➤ INFORMATIONAL PRESENTATIONS AND DISCUSSION GROUPS

Medicare Low Income Cost Sharing

Wednesday, July 15 at 10 a.m.

The Apprise Program will present information on cost saving programs for Medical (Part B) and Prescription (Part D) premium as well as the PACE Prescription program that helps with prescription drug costs.

Apprise Program Offers Medicare Individual Counseling Sessions

July 29, August 19 and September 23 from

10 a.m. to 2 p.m.

Good Neighbor

Medicare Individual Counseling Sessions are 45-minute sessions scheduled to assist Medicare recipients with Medicare questions, concerns, and enrollment into Medicare Advantage Plans, Part D Prescription Plans, Medicare Cost-Savings Programs, and Medigap Plans. Please contact the center to schedule your session in advance.

Caregiver Support Group

Tuesday, July 7 & August 4 at 2 p.m.

Chester

Join this group to receive support from professionals and others caregivers as we share experiences, resources, and information to help

each other through the caregiving process. Stay tuned for special guest speakers and other surprises!

Ladies Discussion Group

Tuesday, July 14 at 1 p.m.

Chester

Enjoy a soothing cup of tea and talk with ladies. You never know where the discussion will go!

What's New(s)

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

Schoolhouse

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

Good and Welfare Group

Second and Fourth Thursday of each Month

12:45 – 1:45 p.m.

Good Neighbor

This group covers topics from senior issues to current events and more.

Book Club

Wednesday, July 15 & August 19 at

12:30 p.m.

Chester

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

Understanding Your Credit

Wednesday, July 8 at 11 a.m.

Chester

Participants are introduced to the basics: how to read, understand, and use their credit report, and how to get a free copy. We also discuss credit scores and tips on how to improve them.

Loan Smarts

Thursday, July 23 at 11 a.m.

Chester

Seniors learn how to identify predatory lending practices and types, and how to avoid becoming a victim.

Kitchen Table Stories

Every Third Tuesday 11 a.m.

Good Neighbor

Fourth Thursday at 10 a.m.

Schoolhouse

Third Thursday of each month at 11 a.m.

Friendship Circle

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

...More Highlights

➤ FITNESS

Aqua Easy at the Ridley YMCA
(900 South Avenue in Secane)
Monday/Wednesday/Friday from July 20 to August 30 at 9:30 a.m.
Schoolhouse

An easy-to-follow, low-impact exercise performed in the shallow end of Ridley's YMCA's pool.

Chair Zumba
Tuesday, July 7 & 21 at 11 a.m.
Tuesday, August 4 & 18 at 11 a.m.
Chester
Wednesdays at 3:15 p.m.
Schoolhouse
Thursdays at 1:15 p.m.
Friendship Circle
Cost: \$1 per class (members), \$3 per class (non-members)

Enjoy this popular, lively, form of fitness and exercise to lively music that allows for generous body movement and improves flexibility, strength, tone, and overall fitness.

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

Join the Walking Club and burn calories! Walking locations will vary.

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

Begin with a peaceful warm up followed by light aerobic conditioning. Close with a relaxing cool down..

Line Dancing
Tuesdays from 6 – 7:15 p.m. and Thursdays at 1 p.m.
Tuesdays - \$4/Thursdays - \$1
Chester
Tuesdays at 2:30 p.m.
Schoolhouse - \$1 per session

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

Mall Walking
Monday-Thursday from 9-10 a.m.
Schoolhouse

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

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

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

Yoga
Tuesdays –9:00 a.m.
Schoolhouse
Cost: \$40/10 weeks

Yoga promotes strength, flexibility, balance and focus.

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

This is a moderate-level exercise class that helps to improve strength, flexibility, and endurance. This class, generously sponsored by Aetna/Coventry Health Care, involves the use of mats, weights, and other equipment. Private personal training and fitness sessions are available after each class for a nominal fee.

Soul Line Dance
Mondays from 6:30 – 8:30 p.m.
Friendship Circle
Cost: \$5 per class

Simply choreographed popular line dances set to soul and jazz music. A good cardio exercise that is extremely fun! Instructor: Angela Smith

Walking Club
Thursdays at 9 a.m.
Friendship Circle

Meet up with your pals at Friendship Circle and walk at your own pace around the campus of Mercy Fitzgerald. This is a great way to socialize while improving your heart health. Led by: Joyce Henderson and Karen Graves

Tap Dancing
Wednesdays 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
July 9, 15, and 28 at 9:45 a.m.
August 13, 19, and 28 at 9:45 a.m.
Chester

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

➤ NUTRITION AND WELLNESS

Eating Smart Talk
Wednesday, July 1 & August 5 at 11:15 a.m.
Chester
Tuesday, July 7 at 11 a.m.
Schoolhouse
Tuesday, July 7 at 12:30 p.m.
Good Neighbor
July Topic: "Fix It Fast: Eat at Home"
August Topic: "Making Smart Choices When Eating Out"

➤ RELIGION

Praise with Song
Every Thursday at 10:30 a.m.
Good Neighbor

Come to praise the Lord while singing along to your favorite gospel tunes.

Bible Study
Every Tuesday and Thursday at 9:30 a.m.
Good Neighbor
Tuesdays from 6 -7:30 p.m.
Chester
Share in the knowledge of the word of God.

➤ TECHNOLOGY

Computer Tech Talk Group
First Wednesday of each month at 2:30 p.m.
Schoolhouse

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

Beyond Basics and Smartphone Computer Class
June 30, July 1, and 2 from 9 a.m.-12 p.m.
\$25 members/\$30 non-members
Good Neighbor
Instructor: Chelal Murray

This three-session course is designed for students with some computer knowledge. Topics to be covered are Windows XP tips and utilizing the control panel, internet surfing and electronic mail (email). Bring in your cell phones, tablets and laptops to learn how to use them fully and learn all the tricks.

Chester Chatter



Many have seen the renovations and upgrades to our center, and we are so excited and happy to be in our brand new space with new state-of-the-art lighting, elegant flooring, draperies, dining room, lobby furniture, freshly painted walls, and décor! We are so proud of the end result and invite all to come and enjoy with us! Yet, this project would not have been possible without the drive and hard work of our Executive Director Arthur Weisfeld, the SCS Board of Directors, the Chester Senior Center staff and volunteers, and all who helped! From writing grants, to having meeting after meeting, from moving furniture, to making important decisions, cleaning, and cleaning, and cleaning!! Whatever your role, I am truly grateful for all your patience and support—now we can all say it was all worth it!

So very grateful.

Chester Travelers

Midway—Harrington Casino

July 22 and August 26 at 9 a.m.

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

Cost: \$25

Wildwood Day Trip, August 3

Enjoy a leisurely ride to the Wildwood shore and enjoy a fun-filled day on your own with family and friends. Snacks will be served on board the motorcoach.

Cost: \$30 adults/\$20 children under 12

Phillips Seafood/Crab Feast ~

Baltimore, Maryland, August 10

Cost: \$100 members/\$115 non-members

Ocean City, Maryland, Aug. 31-Sept. 4

Cost: \$630 members/\$660 non-members

Pine Grove Dude Ranch, October 4-9

Cost: \$430 members/\$460 non-members

New Orleans, October 24-November 1

Cost: \$1,012 members/\$1,042 non-members

Sight & Sound's *Samson*, March 31, 2016

Includes transportation, show and dinner buffet at Shady Maple Restaurant!

Cost: \$135 members/\$140 non-members

Please stop in or call for complete trip details!

Summertime Highlights

SCS 2015 Art Show:

A Kaleidoscope of Self Expression

Come to the annual Art Show and show your support for the many SCS artists who will display their work including oil and acrylic painting, pencil drawings, ceramics, jewelry, mosaics and more! The beautiful work shows the great talent present within our agency and our centers. The opening reception will be held on Wednesday, July 15 from 4-7 p.m. The exhibit will remain open to the public from July 16 to August 12, Monday-Thursday from 9 a.m. to 5 p.m. The show is located at the Delaware County Community College Art Gallery (in the academic building), in Media, PA. Spread the word about our talent!

Vouchers 2015

Voucher season has begun. As in previous years, \$20 vouchers are available for people who meet the following criteria:

- 60 years of age or older by December 31, 2015
- Reside in Delaware County
- Has a photo ID that proves residence and age
- Meets state income requirements (self-declared)

Vouchers will be distributed on Wednesdays from 1-3 p.m. until the supply runs out. For further information or to pick up a proxy form please call the center at 610-497-3550.

Widener Annual Freshman Day of Service

Join us to welcome incoming freshman students from Widener University who will spend the afternoon with us to help us spruce up our landscaping, do some summer cleaning and get to know the center. The Day of Service will be Thursday, August 27 from 2-4 p.m.

Annual Summer Picnic

Our end-of-the-summer bash is scheduled for Friday, August 28 from 11 a.m. to 2 p.m. Share a delicious BBQ meal, live entertainment, dancing, games, and more! The picnic is free for Chester Senior Center members and \$3 for non-members. Registration is required by August 24 at the front desk. The picnic is sponsored by the Chester Advisory Council and local business partnerships.

Get Well Wishes to Corine Hatcher, Elsie Robinson

Program Highlights

Questions & Answers with Drs. Hattie and Brown

Wednesday, July 22 and August 26 at 11 a.m.

Come ready to talk with the doctors. Doctors know a lot about a lot of things, but they don't always know everything about you. Your questions will give doctors and healthcare teams important information about you, like your important health care concerns. That is why they need you to speak up. A simple question can help you feel better, allow you to take better care of yourself, or save your life.

July & August Birthday Celebrations

Fridays, July 17 and August 28 at 11 a.m.

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

FUNDRAISERS!

Show Your Center Pride!

Show your center pride by purchasing and wearing an embroidered short sleeve polo shirt or an embroidered long sleeve shirt! Sample shirts are on display in the center lobby. Small to extended sizes in 9 different colors are available. Please pick up an order form at the front desk and place your order soon! The cost is \$20 (\$22 for sizes 2X and larger). This is an Advisory Council fundraiser and the chairperson is Cyrise Dixon.

4th Annual Flapjack Fundraiser

Join us as we raise money for Chester Senior Center programs at the all-you-can-eat Flapjack Fundraiser at Applebee's Restaurant located at 320 MacDade Boulevard in Folsom. The fundraiser will be held on Saturday, July 11, from 8-10 a.m. Tickets are \$10 and \$5 for children 12 and under.

Tuesday Night Fun Continues On ...

Looking for some fun on a Tuesday night? Then come on out and enjoy a cardio exercise class, Bible study, play a game of Pinochle, shoot a game of pool, take a line dancing class, use the computer lab, or socialize with friends—every Tuesday from 5-7:30 p.m.

Friendship Facts



How is Friendship Circle Kicking-Off the Summer?

- 1) **The Garden has re-opened!** Warmer days have finally arrived just in time for Friendship's garden to grow prosperous. Our garden volunteers (Annette Williams, Larry Reavis, Robert Jackson, Bill Pitts, Doris Taraba, Charlie Dunn, and Yolanda Hughes as well as the Delaware County Probation Office) have been working hard to get our vegetables and herbs ready for all to enjoy. They have lent us invaluable time on weekends and weekdays to brainstorm ways to make the garden the best it can be, to till the soil, plant the vegetables, and continuously water, weed, and pick what is growing. Please contact the center if you have an interest in joining the garden team. Vegetables and herbs will be sold as available.
- 2) **New Ambassador Program!** Friendship now has 5 wonderful ambassadors who function as a welcoming committee for new members interested in joining our center. Ambassadors have been fully trained to conduct tours of Friendship, answer questions prospective new members may have about SCS, center participation, and programs. In addition to welcoming new members, ambassadors will reach out to current members who have been unable to attend the center regularly.
- 3) **New Classes!** Join our Basics of Drawing class on Wednesdays in July at 1 p.m. or Chair Zumba, an exciting Latin-inspired seated dance workout, on Thursdays at 1:15 p.m.
- 4) **Annual Senior Center Surveys are now under way.** Did you complete your survey? If not, please pick up your survey at the front desk. Your participation helps Friendship enhance programs, trips and activities. Your responses are important. Thank you for taking the time to complete a survey.
I'm looking forward to seeing you all stay cool inside our center walls as you participate in your favorite activities this summer!

At right, top: Annette Williams watering the garden she and garden volunteers planted on May 16th; bottom: Ruth Hall (left), Anne Tripp (right) enjoying the picnic for the Bible Study Group led by Sharon Carey

Friendship Outings

Turkey Hill

Wednesday, September 16

Join us on a delicious trip to The Turkey Hill Experience in Columbia, PA. Learn how Turkey Hill ice cream is made, create your own virtual flavor and taste it in the taste lab, learn about how all the Turkey Hill teas are produced, and visit a wonderful watch and clock museum. Lunch is on your own at a local diner.

Cost: \$40 (includes transportation, driver tip, and admission to the museum)

Deposit, in full, is due on August 10.

Vermont

Monday-Thursday, September 21-24

Enjoy a tour of Ben and Jerry's, the Vermont Teddy Bear Factory, and Sugarbush Cheese and Maple Farm. Visit the local orchard and cider mill, Woodstock, and Hildene, home of Robert Todd Lincoln. You'll have a great view of Quechee Gorge Village (Vermont's Little Grand Canyon). This trip includes a round trip motor coach, 3 breakfasts, and 3 dinners.

Cost: \$475 (double occupancy)

Deadline: \$240 Non-Refundable Deposit

See the "Miracle of Christmas"

Tuesday, December 1

This stunning production at the Sight & Sound Theater in Lancaster includes round trip motor coach transportation, lunch at Shady Maple and free time at Lancaster's markets. The price also includes tax and tips, except for the driver.

Cost: \$105. Non-refundable deposit of \$55 is due by November 3 to reserve your spot.



Program Highlights

Caregiver Support Group

Caring for an aging relative can be stressful. Come for support and to share information.

Instructor: Herb Jenkin, Family Caregiver Support Program

Fourth Wednesday of each month at 1 p.m.

APPRAISER

IGC, Incorporated

Fine jewelry, gold, and silver appraisal and watch repair clinic

Friday, August 7 from 9:30 a.m. to 3 p.m.

PRODUCE VOUCHERS ARE HERE!

Available at Friendship Circle on Fridays (While supplies last) 9 a.m.-1 p.m.

Eligible recipients must be 60 years of age or older, reside in Delaware County, meet state income guidelines, and provide a photo ID to receive the \$20 voucher.

Proxy forms are available for those who are picking up a voucher for another person.

See center staff for a list of participating farmers markets.

SAVE THE DATE:

Wednesday, September 16

10 a.m.-2 p.m.

By appointment only

Attend a **FREE CarFit Checkup!** This is an interactive, educational program that teaches how to make your vehicle "fit" for increased road safety.

Friendship Circle is Open Saturdays!

10 a.m.-12 p.m.- Shoot Pool

10 a.m. - Zumba

(\$3 members/\$5 non-members)

11 a.m. - Yoga

(\$3 members/\$5 non-members)

Sunshine Wishes

Doris Taraba, Dorothy Morris, Illinois Goldsby

Deepest Sympathy

Our thoughts and prayers go out to the Christman family for the loss of Allen. Please accept our most heartfelt sympathies. Allen is deeply missed at Friendship Circle.

Carmen's Corner



Hello All,

I need to stress the importance of everyone signing up for their own meal. We would like for all to be served, but **you must sign up** when you come into the center. Also, I would like to extend a warm welcome to Good Neighbor Senior Center's five ambassadors who will serve both as a welcoming committee for potential new center members, and as strong voices in the center and within the community. These ambassadors, who will begin their work in July, are enthusiastic, dependable and dedicated to improving the center: Dianne Roberts-Gibbs, Mary Glover, Dorothy Jackson, Paul Jones, and Mildred Postell.

PLEASE TAKE NOTE: A participant may take food home from their meal if it is not perishable or potentially hazardous. Allowable foods include whole fresh fruits, bread, pastries, cookies and baked goods, unopened packaged items (such as crackers or breadsticks) and unopened self-serve containers of items such as fruit, applesauce, or juice from a participant's own plate. The safety of food after it has been served to a participant and/or when it has been removed from the center is the responsibility of the participant.

Special Thank You To:

Everyone who came out and supported Good Neighbor's fundraiser at Applebee's. This event was a huge success; we raised \$500 because of everyone's efforts and support – great teamwork! We are now able to prepare for the set-up of our Corner Cafe. Good Neighbor really appreciates the following volunteers for going above and beyond: **Yolanda Badgett, Sanundra Brown, Bettina Cambridge, Leon Cambridge, Paula Jones, Jonathan Olive, Teaira Turner and Rick Whitlick, Applebee's' manager.**

We all can take pride in working together, contributing and publicizing the fundraiser.

GOLDEN RULE: Do unto others as you will have them do unto you and remember: Love Lives Here.

CODE OF CONDUCT

We expect all members and guests to behave in a considerate and responsible manner and to respect the rights and dignity of others. Prohibited actions include, but are not limited to:

1. Discourtesy or rudeness to a fellow participant, staff member, or volunteer
2. Angry, disruptive, or vulgar language, profanity, swearing, name-calling, or shouting
3. Bullying or taking unfair advantage of any participant
4. Harassment or intimidations by words, gestures, body language, or menacing behavior, including racial, religious, or sexual harassment
5. Inappropriate attire (revealing clothing or clothes with offensive language)
6. Lack of personal cleanliness and proper hygiene
7. Use of tobacco products anywhere inside the center building or in areas outside of the building designated as non-smoking areas
8. Theft, vandalism, misuse, or destruction of center property
9. Committing or attempting to commit any activity that would constitute a violation of any federal, state, or local criminal statute or ordinance
10. Any other conduct of an inappropriate, threatening or offensive nature

The Center Director is responsible for ensuring that this policy is maintained. Disciplinary action ranging from a verbal warning to suspension may be implemented if center rules and procedures are not followed. Any questions or comments concerning this policy should be directed to the Center Director.

July and August Birthday Party

Friday July 24 and August 28 at 11 a.m.

If your birthday is in July or August, come out and join your peers in a birthday bash! Even if your birthday isn't in July or August still come and be a part of the celebration and enjoy good food, fun, and great music!!

Ruby Red Hatters

Meets Every Fourth Thursday of the month

Come and join our social club for outings, fellowship, and special events. We are a network of mothers, daughters and grandmothers who are over 50.

TRIPS AND ADVENTURE

Casino Trips

Second Wednesday of Every Month

Depart the center at 10 a.m. \$25.00 slot /play package. Questions or comments please contact Sylvia at (610) 586-8170. Sorry no refunds.

Las Vegas

The LINQ (Activities on your own)

5 days, 4 nights

September 19-27

Cost: \$890

Deposit at signup: \$150. FINAL PAYMENT DUE AUGUST 10.

For information and reservations contact:

- Sylvia Wilson: 610-586-3833
- Janie Strong: 610-955-3238
- Marlene Clark: 610-586-3929 or 215-317-9638
- Clarence Clark: 610-291-1803
- Email: bmcglone@scs-delco.org

New Orleans

June 18 – 26, 2016/9 days and 8 nights

Members price: \$799 and non-members: \$829

For information & reservations contact Carmen Olive or Carole Badgett at 610-586-8170.

Deepest sympathy is extended to Rev. Naylor upon the passing of her son, Conrad Naylor. She is forever in our prayers for God to comfort her and her family at this difficult time. We also extend our sincere condolences to Gwen Anderson on the loss of her daughter, Joyce Clark. Our deepest sympathy is also extended to Clarence Clark of our Advisory Council on the loss of his loving wife of 44 years. May God keep His loving arms around these families and comfort them as only He can!

Get well wishes to those who are not feeling well. Remember the little flowers are rising and blooming and it's Good Neighbor's way of saying "get well soon."

Suggestion Box Replies: There have been a few requests to add a second exercise class to the center's agenda. We currently have Sit Down Zumba and to date there are only four participants. The Walking Club is another exercise option. Let's take part in these activities before we add another one.

Kim's Korner



Dear Friends,

Jim and I just returned from Europe. This was my first time off of our continent. We had the pleasure of visiting my sister and husband in Switzerland, near a tiny medieval town named Zug. There are so many lakes in this region, evidence of all the glacier activity. We started by traveling to France for a day and exploring the city of Strausburg. We toured a cathedral that was celebrating its 1,000 year anniversary and went to a tiny village to visit a winery. We then went to Salzburg, Austria, where we saw the birthplace of Mozart, and a castle dating back to 980 A.D. The old town was really neat. A fun thing my sister arranged was a "Sound of Music Tour." I have seen the movie at least 25 times, so it was a kick to actually do the tour. Do you know that all of the indoor shots were done in Hollywood? Back in Switzerland, we took a train ride through the mountains to Lake Geneva and then enjoyed a boat ride. We also took a train to Luzerne where we saw the most amazing views of the Alps from the lake. It was good to be away in such a dramatically different land. I have officially crossed something off my bucket list.

So it's back to work and time to get busy with all the tasks of summer.

Have you noticed that our gardens are in full swing? Our Gardening Committee and Master Gardeners have been working hard. I hope you've seen the new butterfly garden in the corner of the parking lot. We have also added a new raised bed where we are growing herbs and lettuces to be used in the deli.

We will also conduct our annual survey this summer, allowing us to plan for the fall, write goals, prepare for and participate in the Art Show, work diligently on our re-accreditation and continually work to understand our new computer system.

Enjoy the long days, stay safe in the heat.

Love,
Kim

Heat Precautions

Know these signs and treatments for your own safety!

Mild & Moderate Warning Signs of Heat Related Illness:

- * Mild: Decreased energy, slight loss of appetite, nausea, lightheadedness
- * Moderate: Heavy sweating, thirst, faintness, giddiness, headache, confusion

Treatment

Get person into cool place, give more fluids to drink, remove excess clothing, place cool cloth on back of the neck, rest

* Heat Emergency

Throbbing headache, mental confusion, irritability, combativeness, rapid heart-beat, difficulty breathing, dry skin (no sweating), vomiting, diarrhea, muscle cramps, staggering

Treatment

Call 911. This is a medical emergency. The person needs to be treated in a hospital.

Remember to drink decaffeinated and non-alcoholic fluids during the summer. If you have fluid restrictions, check with your doctor. Do lawn work or outdoor exercise in the morning or evening when it is cooler.

The fastest way to cool off is with a cool shower. If you start feeling overcome with heat when you are out and about, go into the bathroom, apply wet, cold paper towels to the back of your neck and the insides of your wrists. Carry bottled water with you and drink it! Stay indoors during the hottest hours of the day. Come to the center and use our air conditioning. Save money.

Art Show

The opening reception for the SCS Art Show will be at Delaware County Community College on July 15 from 4-7 p.m. Come and enjoy the work of our artists and some light refreshments!

Condolences

Our sincere sympathy to the friends and families of Margaret Termini, Marv Galloway, Bill Devlin, John Conboy, Jim Watkins, Dino Paci, Tom Ennis, and Joan Johnson.

Our condolences to Jack and Dee Callahan who suffered the loss of a son.

A Special Thank You to:

- The VFW 928 for conducting our Memorial Day program.
- All who participated in our Applebee's fundraiser.
- Keystone VIP Choice for subsidizing our Chair Yoga program
- Our Advisory Council for putting on a delightful Spring Fling.
- Our Travel Team – Jeannie Messerole, Bertie Ritchie and Barb Lenzi – for doing such an outstanding job with our travel program.
- Sayre Dixon for keeping us in the loop with local travel. Who knew there were so many opportunities for theater in our area!

Accreditation

All of the SCS senior centers are accredited by The National Institute of Senior Centers. Every five years we have to go through the process again, reviewing all the areas of the center to make sure we continue to meet national standards. It is time for Schoolhouse to become reaccredited. Stay tuned! We hope to have a Center Pride Day sometime this fall celebrating our reaccreditation!

Ambassadors

Did you know that Schoolhouse has five ambassadors? These are volunteers who have been trained by the Center Directors and will work with our members who are new, give tours, help to get them acclimated. Don't be surprised if you get a call from an ambassador if you are sick or unable to come in. Our ambassadors are Ellen Abramson, Judi Haines, Sandi Clancey, Joan Lynn, and Pat Dougherty.

R.S.V.P.

As most of us know by now, R.S.V.P. in Delaware County is no longer, but – there is R.S.V.P. This organization is administered by what was known as RSVP of Montgomery County but is now known as RSVP. (not of any county). We have always encouraged our volunteers to be dually registered. All volunteers who wish to be registered with RSVP must complete new forms. To get them call 610-834-1040 and ask for Jackie.

SCS welcomes the Legends Band, the Clowns and Guys and Gals to be part of the SCS family.

Sunshine Wishes

Helen Baur, Chuck Becker, Phyliss DiMarco, Sheila Marcy, Evelyn McElwee, Jim Rudolph, Sandy Shanahan, Betty Schmucker

Joan Lynn: Above and Beyond

By Heather Dale

Joan Lynn is an active person. She exercises three times a week, has served on Schoolhouse Center's Advisory Board, has recently been named an ambassador for the center, and is also active in the community and with her church.

But, it took the passing of her husband for her to get out of the house and get involved.

"I couldn't stand to be in the house by myself," said Lynn who is 87 and a resident of Folsom. "He died in May and by August I got out of the house and got into the car."

With no relatives locally, save for a nephew in Reading, Schoolhouse Center has become a major part of Lynn's life. When she arrived at the center she instantly saw the advantage it offered to people like her, who were lonely at home and enjoyed socializing.

Lynn said she saw the value in keeping seniors socially active and she wanted to ensure that the center could continue to assist seniors for many years to come. So, during the center's annual membership drive, when members usually contribute around \$20-\$40, Lynn went above and beyond and wrote a very generous check to Schoolhouse.

"I didn't want to see anything happen to [the center] in any way, shape, or form," she said.

Schoolhouse and Senior Community Services are grateful for Lynn's donation, but also her commitment to the mission of the center and organization.

"Joan has a sweet, gentle spirit," said Schoolhouse Center Director Kim McDaniel. "She is loving, giving, and very generous to the people at Schoolhouse."

Friendship Garden Team



Members of the Friendship Circle Garden Team, Bill Pitts and Robert Jackson, surveyed the garden on a steamy June day. Vegetables will be available for sale as they are harvested. Please check in with the center for more information.

Schoolhouse Gardening Club




Join the Schoolhouse Center Gardening Club on Monday, July 6 and 27 and August 10 and 24 from 9 to 11 a.m. The group will focus on the center's **Butterfly Garden, Shade Garden,** and the garden around the Schoolhouse sign. Everyone who likes plants and gardens is welcome. Come to learn, to get answers, to share. Master Gardeners Thom & Beverly will present during the first hour.

Happy Birthday Bertie!



Bertie Ritchie is an active volunteer at Schoolhouse Center who recently celebrated her 90th birthday. Bertie helps in the kitchen, as a homebound meal delivery runner, helps with the travel team, serves on the Advisory Council, and has filled in for the meal supervisor as well. From everyone at Schoolhouse and SCS: Happy Birthday, Bertie!



Anthony Cavaliere
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Senior Community Services
Eleventh Annual Art Show
A Kaleidoscope of Self Expression

July 16 through August 12, 2015

Opening Reception:
Wednesday July 15, 2015
4:00-7:00 PM