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

SPECIAL ANNUAL REPORT EDITION – FISCAL YEAR 2015

A Message from the Executive Director

SCS Moves Forward, Powered by Momentum of Nearly 40 Years of Service

A new fiscal year offers a new beginning. As an agency, we set new goals and hope to achieve more success in the coming months, both for the organization as a whole and for the seniors who are served by Senior Community Services. These new beginnings often represent a fresh start and an opportunity to collectively roll up our sleeves and get to work.

But, this year appears to be different. In examining our goals for the fiscal year, I can see that SCS will not necessarily have to start fresh, but is in a position to build upon previous success and experience in the aging field.

SCS has served seniors in the community and in their homes through a variety of programs for nearly four decades, a fact that brings me tremendous pride. We have endured ups and downs. The Great Recession brought great uncertainty to our agency and scores of other non-profits. The political and economic climate has changed and obtaining and accessing funding may be harder than ever. Coupled with that challenge, there is a new awareness and interest in the field of aging and services for those scores of Baby Boomers now aging into the system.

We find ourselves at an interesting crossroads. With nearly 40 years of work behind us, SCS is in a position to serve the swelling ranks of seniors in our area. As the previous fiscal year showed us, other organizations are taking notice of our success.

Despite the fact that the state has still not passed a budget and that money for non-profit organizations remains limited, SCS was fortunate to be recognized by major funders. The Philadelphia Foundation awarded SCS a generous grant that will help the agency further develop its individual giving efforts. Individual giving is an area that the agency would like to strengthen and doing so is an important part of building a strong future for SCS and the people it serves.

GlaxoSmithKline also awarded us with a generous Impact Grant. In addition, GSK employees selected SCS, one of the 10 impact grant recipients, to receive additional funding.

These grants, in addition to the individual donations and community grants we received, are integral to our ability to continue to successfully serve seniors in our centers, homebound seniors in the community, and even more individuals who access and rely on a variety of our programs and services that are offered throughout Delaware County. We could not serve the people that we do without our key funding partner, the County Office of Services for the Aging (COSA). This partnership is almost 40 years old and is solid. The strength of our relationship with COSA has allowed us both to serve many seniors throughout Delaware County.

These programs mentioned above have been our bread and butter for literally decades. But, there are changes on the horizon. The state will embark on a major change in Medicaid-funded in home services beginning this year. The aging system in Pennsylvania will partner with managed care providers to administer and manage what is currently the Waiver Program. As of right now, there are more questions than answers, but what we do know is that these insurance companies will need local service providers to partner with. In Delaware County, Senior Community Services is a well-regarded provider in the field of aging.

We are not afraid of the future. We're accustomed to change. In fact, it can be a meaningful catalyst, enabling the aging system to better and

continued on page 5

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GOOD NEIGHBOR SENIOR CENTER

610-586-8170 / 1085 HOOK ROAD, SHARON HILL, PA 19079

Carmen Olive, Center Director

Great Success with Breast Cancer Awareness Day

By Carmen Olive

National Breast Cancer Awareness Month is celebrated in October. On October 15 Good Neighbor Senior Center hosted a grand celebration of life through awareness. This event was coordinated by the center's Program Coordinator Carole Badgett and Administrative Assistant Marva Banks. Miss Delilah Badgett volunteered and manned our beautiful donation table where a percentage of the proceeds were sent to the Susan G. Komen Philadelphia Center.

Attendees heard survivor testimonies from Cheryl Gay, Grace Gillum, Mildred Jenkins, Barbara Johnson, and Wendy Williams. Good Neighbor is forever grateful for the representatives who came out and shared literature, ribbons, and information about breast cancer.

This event was so successful that our seniors were invited to the Kimmel Center's Verizon Hall for the Strength & Survival – Breast Cancer Awareness Event featuring the Philly POPS Orchestra free of charge in February of 2016.

Part of being a Good Neighbor in the community is empowering those who have endured and survived. We look forward to continuing to advocate and support those battling cancer as well as those who have survived.

Center Proves it is a Good Neighbor in the Community

By Carmen Olive

In August, *My Spirit News* hosted a community summer festival at Studevan Field. This event brought people from all around the community to enjoy free bingo with prizes, a variety of vendors, Zumba, and a Hook Road Stroll as well as a free concert.

Good Neighbor was thrilled to take part in this large community event. The center was called on to assist by hosting the legendary music group, "The New Stylistics" at the center. Our meal supervisor, Shacoy Walker, prepared an excellent meal that was served by Marva Banks, Paula Jones, and Carole Badgett. These ladies also assisted with making sure "The New Stylistics" were comfortable and had what they needed. Their performance was awesome! "The New Stylistics" were so friendly, kind and down-to-earth. They allowed the staff to be photographed with them and gave autographed pictures as well. We were very excited to host them at the center and to be included in such a wonderful community event.

Good Neighbor Senior Center hosted "The New Stylistics" during a large community event. The center was pleased not only to take great care of the group, but to be part of an event that allowed the community to come together and to celebrate. Pictured here are "The New Stylistics" and Good Neighbor Center Director Carmen Olive.

CHESTER SENIOR CENTER

610-497-3550 / 721 HAYES STREET, CHESTER, PA 19013

Jamee Nowell Smith, Center Director

The Chester Senior Center Family

By Jamee Nowell Smith

The Chester Senior Center has always prided itself on being "family," a place where one could feel at home, feel supported, loved, and connected. Traditionally, our members have always been 60 and older, with a few exceptions, yet all were welcome just the same. Darrin Handy is no different! Darrin, who just turned 50 on July 4, came to the Chester Senior Center in 2014 as a new member seeking a positive place to spend time and connect with others.

Darrin, who is quite the character, is funny, full of laughter and also disabled. He is physically strong and cares for himself and is independent. His daily functioning is affected by some minor memory loss, which calls for re-direction from time to time. Yet, Darrin connected to so many at the Chester center, particularly the infamous Pool Room. Darrin volunteers and helps out in any way needed—moving tables and boxes, cleaning, and more. In the Pool Room, Darrin is like a son to the older gentlemen who took him under their wing and included him in the Chester Senior Center family! He enjoys the pool tournaments, watching his television shows, and simply hanging with the guys.

Darrin was introduced to us by his sister, who was a bit apprehensive. But we encouraged her to let Darrin try the Chester Senior Center, to take us for a test run. His sister was seeking a place for Darrin to feel connected, loved, at home, and be welcome among family. According to Darrin, his sister, center staff and members, I think we were successful! Here at Chester Senior Center, everyone is family!

CARE MANAGEMENT

Helping Seniors Remain in Their Homes

By Trindy Grundy

The OPTIONS Care Management Program provides services and support to help seniors remain in their homes. Through the care, compassion and resourcefulness of care managers, there are many stories of successful interventions that help achieve this goal.

As seniors age in place, it really does take a village to assist them in maintaining their homes, getting proper nutrition, taking their medications, paying their bills and remaining socially connected in and outside of their community. We know that many seniors live on a fixed income and the cost associated with remaining at home can be overwhelming. Sometimes, seniors are unsafe in their homes and are considered to be at risk. When balancing independence and risk, care managers work collaboratively with other programs and providers, including the senior and family members, to make the right housing choice.

Recently, a care manager had the opportunity to work with another COSA funded program as well as a visiting nurse to assist a senior living with numerous health issues. The senior was deemed at risk due to lack of proper nutrition, rodent infestation, limited formal supports to assist with personal care, and lack of assistance with housecleaning.

Although limited personal care was being provided to the senior by an agency, the lack of informal supports made it impossible for all the senior's needs to be fully met, such as meal preparation, personal care, grooming, bill paying, and wound care. In addition, to make matters worse, a pending eviction notice was bought to the team's attention.

In this case, the risk factors of remaining in the home, which included lack of adequate care and supervision, lack of funds to pay bills and lack of informal supports, outweighed remaining in the home. Because of the determination and tireless effort of the team involved, the consumer was able to transfer safely to a more suitable facility. While the senior was being transferred, the sheriff's department was at the door, following through on the eviction.

On the other hand, we serve many seniors who can remain in their homes thanks to the use of local, state and federal resources in the community. OPTIONS care managers know about a variety of resources from local volunteer agencies that assist with chores to accessing state-funded benefits like LIHEAP (heating assistance), Medicare Part B assistance, as well as helping seniors apply for Medicaid-funded benefits like food stamps, Medicaid insurance, and the Waiver Program.

To reiterate, the goal of the OPTIONS Program is to allow seniors to remain in the community safely. While care managers pull together a web of resources to do so, sometimes the senior's safety is still in jeopardy. The program prides itself on supporting a senior no matter what their needs are or how their situation may change.

If you or someone you know could use support in the community, please contact me for more information on how the OPTIONS Program may be able to help. I can be reached at: tgrundy@scs-delco.org or 484-534-2050.

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Aging at Home Gives Support and Peace of Mind to Seniors

By Christine Helmandollar

Miss Albertine Travers-Onumah joined Senior Community Services' Aging at Home Program in August 2015. She said the program is "working for me." Miss Albertine connected with Aging at Home initially seeking help with home improvements.

"The house jobs seem to be growing and there is little money and time to connect with safe and affordable workers," said Miss Albertine.

Through the assessment we began to learn that Miss Albertine was born in Liberia and moved to Yeadon in 1990. She does not participate in social groups but watches church programs regularly on the television. Miss Albertine relies on Community Transit for trips to the doctor, but was happy to hear that Aging at Home can also be utilized for transportation. We also learned that Miss Albertine is a caregiver for her husband, which takes up the majority of her time.

Program Manager Morvia Bowen assessed the member's needs and coordinated the jobs that needed to be completed. First, a volunteer handyman fixed a latch on the door of her home, giving Miss Albertine and her husband a renewed sense of safety and security. Also, the volunteer handyman was able to make a small repair on a faucet, preventing Miss Albertine from hiring a potentially costly plumber.

Miss Albertine said "there are a few other tasks that she would like to have done" but the main issues were tackled by the Aging at Home volunteer handyman. She said that living at home is already "more pleasant."

"Mr. Roland is a great gentleman and is a pleasure to have in my house," she said, referring to the handyman.

While assisting her with the repairs in her home, volunteer handyman Roland advised Miss Albertine to contact Aging at Home to address a major leak he noticed on the roof of the porch. The Aging at Home Program then connected Miss Albertine with a roofer in the Greater Lansdowne area that has a good reputation and would be able to help them with their roof.

One of the many services that the Aging at Home program offers is the help of volunteer handymen. These skilled volunteers are able to help with small projects around the house that homebound seniors would otherwise have difficulty completing on their own. For more information about the handyman service or other services available through Aging at Home please contact the office at: 484-534-2201.

Miss Albertine continues to call the program regularly to address many of her concerns. She tells us often how she feels support from the community with Aging at Home in place.

"I hope it continues," she said.

CWW Celebrates a Successful Year of "Active" Programming

By Farah Esfahani, CWW Program Manager

As part of its commitment to encourage healthy and successful aging, Center Without Walls (CWW) offers older adults health information seminars and fitness classes. We can't help getting older, but we can learn how to age gracefully and choose a healthy life style. Research suggests that regular exercise and a proper diet reduces the risk of stroke, heart disease, diabetes, and depression.

Each semester we offer seminars relevant to older adults' needs by physicians and other health care professionals at no cost. A Senior Health and Wellness Fair and Flu Shot Clinic are arranged annually.

Penn State University, Delaware County Extension, has been providing CWW participants with monthly nutrition and recipe demonstration classes. They teach how to avoid medical problems and increase longevity by cooking nutritiously.

Yoga classes at Brookhaven Municipal Building, which started 12 years ago, continue to be well-attended and popular. Don Simpson, a certified yoga instructor, teaches the yoga classes. He has also been teaching yoga classes in Springfield Township since last spring. The number of the participants who took the class last semester at the Springfield Township Building was the largest number of any fitness class we have ever offered.

"The Township Building is 5 minutes away from my home," said Dorothy Bilotti, a participant. "I had taken yoga classes before in other locations; they were not quite as good as this one. Besides, this class is a lot more affordable. I am very pleased with the class and the instructor."

The yoga students also expressed that they believe the classes help them to better cope with stress and anxiety. "Yoga class is very relaxing, and I am really looking forward to it," said Rosalie Shaw, who also took part in the yoga class in Springfield. "The instructor is very calm and patient and the group is congenial."

Since September 2006, through our partnerships with Rocky Run YMCA in Media, our participants have been able to take advantage of Aqua Shallow Exercise classes. The exercise helps to keep the bones strong, the heart healthy and the muscles toned. "I really enjoy and appreciate the opportunity to attend this class," said Mary Lou Day, who has been taking the class for years. "By the end of a given class, you really are able to move and feel better."

"She has a way of making the workout seem like a dance party. I leave feeling energized knowing that I had a good cardio workout and burned many calories."

– Peg Pierce

Gold Zumba classes at the Aston Community Center are a popular fitness program. This exhilarating exercise is based on quick-paced dance moves, choreographed to Latin and international music. Lavinia Ferguson teaches the class. "I have taken many Zumba classes over the years and have to say that Lavinia is the best instructor I have ever had," said Peg Pierce, one of CWW's most active participants. "She has a way of making the workout seem like a dance party. I leave feeling energized knowing that I had a good cardio workout and burned many calories."

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

SCS Moves Forward, continued from page 1

more efficiently serve older people in our state and here in Delaware County. This new system has the potential to benefit older people in new and meaningful ways, which is certainly the goal. We hope to be a part of this new means of delivering quality and necessary services to the most vulnerable seniors here in our community.

While there is certainly hard work and uncertainty ahead in the coming year, we always try to find time to have a little fun. Last fiscal year, the Aging at Home Program held its first annual Black Tie Bingo Gala at the Springfield County Club. The event raised nearly $14,000 for the program which is now in its third year of its United Way demonstration grant. The money raised will help sustain the program beyond the grant period. The event helped to build and expand awareness of the program to municipalities the program serves, and it allowed us all to wear our best black tie attire. We hope to host the event again this year and are looking forward to the continued success of the Aging at Home Program.

Aging is a hot topic these days. As Baby Boomers grow older and their children are tasked with planning and managing their care, more and more families are looking for reliable services for their loved one. I often joke that at cocktail parties I am one of the most popular guests because of my familiarity with the aging system. For nearly four decades, SCS has changed and evolved to meet the needs of aging residents in Delaware County. I feel confident that we are in a position to serve those swelling ranks of seniors. That confidence comes from the many years of experience we have in providing programming, socialization, meals, and care management to families and seniors in Delaware County.

Arthur Weisfeld

"Companion Mics" Lend a Helping Hand to Center Member

By Donna Schumacher, HDC Coordinator

John Krok has been a member of Friendship Circle Senior Center since November of 2010. He was drawn to Friendship Circle because of the pool group and the camaraderie of the center in general. John always had a hearing problem, but managed to function with the gang who kindly repeated things, made sure they were looking at him when they talked, and tapped him on the shoulder if someone was trying to get his attention.

Recently, the problem worsened and John admitted that he rarely, if ever, used his hearing aids and he was missing out on some key bits of information that his pool buddies tried to keep him up-to-date on.

Friendship Circle Senior Center Member John Krok (right, with Center Director Barbara Caso) was helped greatly by a personal amplification device, allowing him to hear and participate fully in a presentation.

Then, John was hospitalized and treated for kidney disease. It is very serious and John is now on dialysis. Coincidently, the center was having a special program presented by the National Kidney Foundation and it was on a day that John would be in the pool room. As usual, he didn't hear the announcement clearly and I made a point to go directly to him after announcements and told him that it would be very good for him to attend this. He had misunderstood what the program was all about because he did not hear everything. He told me his doctor told him everything he needed to know about kidney disease. I then re-explained what is was about – that it would fill in some information that doctors often do not have the time to explain. The next thing he said was that he probably wouldn't be able to hear the program anyway.

I went to my office and appeared with a device called "Companion Mics." This is one of the many personal amplification systems available to folks with hearing impairment – whether they wear hearing aids or not – to help them hear in just this kind of situation. I took it out to the lunch table, put it on John and showed him and his tablemates how to use it, turned it on and you cannot believe the look on his face! He could hear them clearly in the lunch room! Now, I told him, no excuse not to go to the program. He went, learned wonderful things, good information, and he even impressed the presenter when he handed her the other piece of equipment for her to wear while she gave the talk.

John is now really anxious to buy one of these unique little devices for his very own. When he is ready, there are several companies which can provide these for him. The devices are costly – but not as costly as the hearing aids that sit on his shelf.

Now this is not to say that personal listening systems like these replace hearing aids – but in John's case, it certainly made a difference.

For more information please contact me at dschumacher@scs-delco.org or 484-534-2033.

Cognitive Stimulation Program Utilizes Unique Tools to Promote Brain Fitness

By Dot Darragh, Program Manager

The Cognitive Stimulation Program (CSP) kits are enjoyed monthly by about 1,200 people in 46 facilities in 4 states (PA, NJ, DE, SC). These wonderful kits, filled with memorabilia that can be touched, listened to, read, smelled, and/or tasted, stimulate the brain by encouraging memory and engaging senses.

During 2015, there were 17 continuing care retirement communities, 1 rehabilitation hospital, 11 nursing homes, 3 independent or personal care facilities, 1 low income apartment complex, 11 senior centers and 2 in-home programs that utilized the kits. I am fascinated by the range of environments that benefit from these unique tools. I share the following as an inspiration to the community and brain fitness:

Several continuing care retirement communities have a variety of unique and special ways of using the program. In one instance, the independent residents set up an association among themselves. By fundraising, a budget is managed to cover the rental and delivery of monthly kits. Members of the association volunteer as presenters. In another instance, independent residents volunteer to present throughout their community – at the nursing home, assisted living community, at the home of a temporarily homebound resident. How wonderful – this is a win-win for everyone! There are many more possibilities, but no matter, everyone benefits.

When a presenter volunteers because he or she has personal knowledge of the topic, the presentation is extraordinary because of the personal connection. If someone in the audience has had a similar experience it enlivens the discussion and encourages overall participation.

The Cognitive Stimulation Program covers 160 topics and has 400 kits. **If you would like to learn more or discuss how to make the program work for you in 2016, please contact me at 484-496-2144 or ddarragh@scs-delco.org.**

Caregiver Finds Support, Hope, and Help

By Diana Twisler, Care Manager

When this particular case came to the Family Caregiver Support Program (FCSP) in 2011, the caregiver, a son, had just left his job to care for his mother who was diagnosed with dementia. He put his life on hold to devote his time and attention to his mother.

The caregiver was at first in denial about his mother's memory and how much help she needed and would continue to need in the future. Some other family members were involved, but the son was the only person caring for his mother, day in, day out. In the beginning, the care receiver was still aware of her surroundings and familiar with the people she interacted with. The care receiver was able to interact during visits and communicate her needs. The son would ask for her opinion on things first before seeking the advice of an outsider.

The care receiver was often resistant to help with bathing and managing the stairs. A stair ride was suggested but the care receiver repeatedly resisted, adding extra stress on the son who had to help her up and down the stairs. At one point she fell and broke her foot resulting in an increased need for the stair ride. The son was able to convince his mom that it would be beneficial and now she loves it. At this point, she would not be able to get upstairs to use the bathroom, get to her bedroom, get in the shower, and have her own private space without the stair ride. This was a big accomplishment because it made caring for his mom a little easier.

As time went on and his mother's dementia progressed, getting her out of the house became increasingly difficult and risky. Since the son did not drive, getting his mother medical care was extremely difficult which caused more stress. Although there is some outside family involvement, this help proved unreliable, adding additional tension.

During a visit, the care manager told the son about visiting physicians. As a result, the doctor now comes to the house and the care receiver gets medical care regularly. With in-home medical care, the son was relieved knowing that his mom had medical oversight; among his worries was making sure his mother's diabetes was regulated as her sugars are difficult to manage.

Through the years the care manager was able to establish a trusting relationship with the son so he no longer feels alone. He has someone to reach out to regarding his ever-changing role as a caregiver. The care manager alsotold the son about a support group with other caregivers. The group enables caregivers to speak with others in similar situations. The son attended a support group for some time but as his mother's dementia progressed, he did not feel comfortable leaving her with strangers.

Through the support group, the son learned about the stages of dementia and how to handle his caregiver role. He has come a long way with providing hands-on-care for his mother and has realized that he has to take the lead in her care. He understands the role reversal where he becomes the "parent." The son is now doing a great job and has the support of the visiting physician and care manager to help guide him. FCSP has been instrumental in helping him with his caregiver role. With continued support, he will be able to manage future challenges.

The Family Caregiver Support Program offers three caregiver support groups. They are free and open to all caregivers. They meet monthly at the following times and locations:

- The Friendship Circle Senior Center group meets on the 4th Wednesday of the month at 1 p.m.
- The Chester Senior Center group meets on the 1st Tuesday of the month at 3 p.m.
- The Schoolhouse Center group meets the 1st Wednesday of the month at 9:30 a.m.

FCSP will again offer the Caregiver Academy this spring, beginning on April 5 from 4 to 5:30 p.m. at Chester Senior Center. This program offers caregivers information and support and also allows them to bring the loved one for whom they care. Care receivers participate in separate activities from the caregivers.

For more information about any of these programs please contact Program Manager Debbie Templeton at: 484-540-0372 or dtempleton@scs-delco.org

SCS to "Keep in Touch" with Homebound Seniors

By Michele O'Brien, Program Manager

It has been said that "when one door closes, another door opens." This pearl of wisdom can apply to Senior Center at Home (SCAH). After nearly 20 years as a program centered on visiting homebound seniors in the community, the program is transitioning to a telephone visiting program.

Several circumstances coalesced to lead to this decision. Most significantly, Senior Center at Home lost its funding. In accordance with its time-limited funding policy, the Pew Charitable Trusts, Senior Center at Home's anchor funder, ended its program support. (We are pleased, however, that Pew will continue as an SCS funder, rechanneled to general operating support for senior centers.) In addition, over the last several years, other foundation grants have been limited. Secondarily, the departure of SCAH Program Manager Frannie Schmerling, who relocated to the Baltimore area, made this the right time to make this change.

The new program, known as "Keep In Touch" (KIT), will primarily involve telephone visiting. KIT will be staffed by volunteers who are matched with clients according to interests. The volunteers will call the participants at least twice a month. The goal of this program is to keep homebound seniors engaged with their community, providing a connection to the outside world and a listening, caring ear.

I am excited to manage Keep in Touch as I think it will be continue to be an excellent way to reach homebound seniors and keep them active and engaged in the community.

If you are interested in volunteering for this program, please contact me at 484-496-2149 (direct).

Yes, Virginia, the APPRISE Program Can Help You Save Money on Medicare Plans

By Glenda A. Radical, Apprise Program Manager

Just like the old Christmas fable confirms to Virginia: "Yes, there is a Santa Claus." The APPRISE Program has proven and confirmed that throughout the year 2015 and especially during the 2016 Medicare Annual Enrollment Season, it could save money for many Delaware County Medicare beneficiaries.

The program's volunteer counselors have saturated Delaware County by providing Medicare informational presentations and individual one-on-one Medicare counseling sessions.

In 2015 the APPRISE Program provided 700 individual counseling sessions in Delaware County. The APPRISE Program has gone from providing four Delaware County APPRISE Program locations to providing 14 counseling locations throughout the county.

During the 2016 Medicare Annual Enrollment season, the APPRISE Program focused on providing Medicare health and drug plan comparison counseling sessions. These sessions compare the Medicare beneficiary's prior health/drug plan information with the New Year health/drug plan information. In addition, the Medicare beneficiary's medical/prescription drug and pharmacy information is entered into the Medicare.gov website. By entering this information, the Medicare.gov website produces a health/drug plan comparison that could save the beneficiary lots of money each year.

During the 2016 Medicare Annual Enrollment Period, J.L. age 62, a Medicare beneficiary due to disability, participated in an APPRISE Program counseling session. She came into the APPRISE office to have a Part D prescription plan comparison completed. J.L. was using a total of 14 medications, some generics and some brand name.

In 2015, J.L. enrolled in the Well Care Prescription Plan and after receiving a letter from the company, J.L. was informed by the company that the monthly premium would be increasing in 2016.

A Part D Plan comparison was completed by the APPRISE counselor. The Well Care Prescription Drug plan that J.L. had for 2015 would cost her $43,402 a year in 2016 for the 14 medications that she had been prescribed. The APPRISE counselor was able to compare drug plans and found J.L a prescription plan that would cost her $6,981 for the entire year of 2016 for the same 14 medications.

J.L will save $36,421 for the year of 2016 for her 14 prescription drugs when she switches and enrolls in the new Medicare Part D Plan during her APPRISE counseling session. The new plan enrollment takes an APPRISE counselor 10 to 15 minutes to complete at the APPRISE office on the Medicare.gov website.

So, I close in saying, Yes, Virginia, the APPRISE Program can help you save lots of money! Thank YOU for your participation and for making the APPRISE Program a success in Delaware County. May your new year 2016 be blessed!

For more information and to schedule appointments please call me at 484 494-3769.

Volunteers Contribute to Agency's Vibrancy

By Michele O'Brien, Director of Volunteers

Volunteers are the backbone of most non-profit agencies, and Senior Community Services is no exception. Our volunteer program boasts over 400 active, involved individuals who deliver meals to homebound seniors, answer phones, provide Medicare counseling, work in the kitchens, and teach seniors computer skills. In addition to these critical volunteers we are thrilled to welcome the Legends Band, Guys 'N Gals Singers, and SCS Clown Troupe to our family.

The Legends Band is comprised of 23 members who perform a variety of hits that often has the audience up on their feet dancing. The Guys 'N Gals singers bring you back to the good ol' days with songs that remind you of a kinder, gentler time. Our Clown Troupe entertains kids of all ages with balloon animals, face painting, and "tattoos." These entertainment groups are made up of volunteers who are eager to share their talents with organizations throughout the county. The band, singers, and clowns perform at community events, senior residences and nursing homes.

With such a vast array of talented volunteers, SCS is fortunate that we are able to provide many varied services for seniors in our area. We are looking forward to continued growth in our programs and services in the new year. The success of our programs is dependent upon our volunteers – a fact which cannot be denied!

Thank you to all of our volunteers for the difference that you are making in our community. You are truly an inspiration to many and your contribution is greatly appreciated.

If you would like more information about volunteering, or if you would like to book one of our entertainment groups, please contact Michele O'Brien at 484-496-2149.

Pictured here is the all volunteer "Legends Band" that is comprised of 23 members who perform a variety of hits that often has the audience up on their feet dancing. If you are interested in booking this band or any of the other SCS performance groups please contact Volunteer Coordinator Michele O'Brien at 484-496-2149.

SCHOOLHOUSE SENIOR CENTER

610-237-8100 / 600 SWARTHMORE AVENUE, FOLSOM, PA 19033

Kim McDaniel, Center Director

Success for the Center...

When "Dining with Friends" Feels More Like Family

Schoolhouse has started a wonderful new program, "Dining with Friends," which has had a fabulous outcome.

Sayre Dixon, our program coordinator, leads this dining group which visits a different local restaurant each month.

The group started with 4 to 5 participants, and now has 30 or more. What is different about this program? It meets after hours at 5 p.m. Sayre does ice breakers and facilitates communication so all new attendees feel engaged. All month, she has a steady stream of people asking, "Where are we going this month?"

"We look forward to it, the excitement of getting together, we've started making the suggestions now," said Phil Falcone, a participant. "All we do is laugh and joke."

"All we do is laugh and joke." – Phil Falcone

There have been some wonderful benefits from the program. New friendships have formed and people are encouraged to gather after the center is closed. We have a steady, growing group that now meets at Pat's Pizza every Tuesday, because one night a month just isn't enough. They formed the group and welcome anyone to join.

Pat Dougherty, also a participant, said that it's more than just a group of people meeting together, but instead "it shows me what a family we are." She added that the folks at Pat's Pizza have been so good to the groups, which she said is just "amazing."

The group also enjoys gathering on their own to celebrate birthdays and provide emotional support when someone in the group needs it. More than one member does not drive, so they just hop a ride with someone else.

Pat's Pizza now has a relationship with the center and has become a sponsor. The restaurant gives our group a great deal on their dinner, which many report is enough food for two meals.

So decreasing isolation, increasing social circles, helping new people engage in the center, providing emotional support, laughter and fun, forming good community connections, gaining a new sponsor, and showing member initiative. What's not to love?

If you would like to join the Dining with Friends group, please contact Sayre Dixon at 610-237-8100 or sdixon@scs-delco.org.

Success for Individuals...

Schoolhouse Member Gains Strength and Resilience from Center

By Kim McDaniel

Reginia Schembs saw an article in the paper 14 years ago about Schoolhouse. She had just come home from her job at Strawbridge's. She laid out her clothes and freshened up, sat down and chickened out.

"But there was something that just pushed me out the door that day," Ginny said. "When I came in everyone was kind, I was invited to play bingo. I played one game that just wasn't for me. Another person invited me into crafts. I never made anything before, but I loved it. I really liked the plastic canvas, soon everyone on my block had napkin holders."

Ginny said that the center has been an asset to her in every way and that she has made many great friends over the years.

Recently, Ginny had to move to Connor Williams, an assisted living facility, and found it a very difficult transition. Ginny is so grateful that she was able to continue to attend the center.

"I'm given the choice to come here every day and that means everything," she said.

Ginny credits the staff and other members at Schoolhouse for helping her make the adjustment. She said that without that support, she would not have been able to transition to an assisted living facility.

"I don't know what I would do without them," she said, which has been a theme during her involvement at the center. "Even though I've had my sorrows, I enjoy my life, and I love Schoolhouse."

Reginia Schemb, a Schoolhouse Center member, credits the senior center for being a great source of emotional support, particularly during a major life transition.

FRIENDSHIP CIRCLE SENIOR CENTER

610-237-6222 / 1515 LANSDOWNE AVENUE, DARBY, PA 19023

Barbara Caso, Center Director

Success for Individuals...

Betty Whitehead

Betty Whitehead was always busy. She filled her days for many years working in an art gallery and then she transitioned to a job at Sunrise Senior Living as a care manager.

But in August 2010, Betty suffered a stroke. She was 57 years old. The stroke was severe enough that it affected her speech and she also had to learn how to write and speak again.

For three months, Betty received occupational and speech therapy and then returned to work at Sunrise. However, after just two months, Betty had to leave work; the effects of the stroke proved to be too great. Leaving work was a huge setback for Betty who had been looking forward to retirement in just six years. Now, instead, she had to leave the workforce and apply for disability benefits to make ends meet.

Betty Whitehead began volunteering at Friendship Circle Senior Center shortly after suffering a stroke. She attributes the great progress she has made both physically and emotionally to her service at the center.

Betty, who worked as a care manager, now needed a caseworker of her own. Looking for solutions, Betty went to the County Office of Services for the Aging (COSA) to see if they could provide some assistance. Betty was still under 60 and did not qualify for any services, but staff there were able to help her secure unemployment benefits.

For someone who had always kept busy with work and activities, Betty was bored at home. Her speech was still not 100 percent and she was unsure what her future would hold. Then, a staff member at COSA suggested that she volunteer her time at Friendship Circle Senior Center.

Betty had volunteered prior to the stroke, providing food to homeless individuals. Once these individuals were able to secure housing, she would go to the dollar store and donate items they could use in their new home.

While nervous about her limited speech, Betty took the advice she received and began volunteering at Friendship Circle. She began by helping in the kitchen, preparing cold packs and hot meals that are delivered to homebound seniors.

Volunteering at Friendship provided the opportunity to socialize and be put in situations where she needed to push herself with her speech.

"I learned new words by being here," Betty said. "My pronunciation got better and I credit Friendship for that a lot because before that, I was afraid to talk to anybody. I could comprehend more than I could verbalize. I think I've come a long way."

Betty volunteers at the center at least three days a week if not more. Her usual schedule is Monday, Tuesday, and Wednesday from 9 a.m. to 1 p.m. She primarily volunteers in the kitchen, however, her speech has improved so much that Betty is able to volunteer as a receptionist when needed. Last year, Betty logged in well over 300 volunteer hours and received the presidential award at the volunteer luncheon for doing so.

"I work this just like a real job," she said. "I make up a day if I miss one no matter what. It's a good feeling."

Betty usually stays at Friendship after her kitchen shift is complete so that she can socialize and play games with the friends she has made at the center.

"I don't know how people pass up the opportunity to work with older people. They have so much to share," she said. "Volunteering just makes me feel good. You have to like older adults and have patience. They can teach you a lot of things you don't know. It's like one hand washes the other hand. Volunteering is beneficial to you and the people."

Since she began volunteering Betty has helped out in the kitchen, run Pinochle tournaments, and assumed the role of receptionist and substitute meal supervisor. Taking the first step to get involved and volunteer at the center has benefited Betty in a number of ways in addition to the socialization and improvement in her speech. Betty said that volunteering at Friendship Circle has allowed her to access important information, like reaching out to health insurance counselors with the Apprise Program, which is located above the senior center.

"I work this just like a real job," she said. "I make up a day if I miss one no matter what. It's a good feeling."
– Betty Whitehead

Betty also benefitted nutritionally after her stroke. She was able to receive healthy hot lunches at the center, which allowed her to gain some of the weight she lost after the stroke. Overall, the entire experience from the stroke, to volunteering, to her own personal growth has allowed Betty to relate to center members who may have experienced a stroke or other physical limitations.

"I encourage them to get involved so they can get stronger like I did," she said.

FINANCIAL REPORT

Statement of Financial Position June 30, 2015 and 2014

		2015		2014
ASSETS				
Current Assets	$	1,327,566	$	1,204,464
Property and Equipment, Net		865,791		828,789
Total Assets	$	2,193,357	$	2,033,253
LIABILITIES				
Current Liabilities	$	243,115	$	278,043
Long-Term Liabilities		0		0
Total Liabililites		243,115		278,043
NET ASSETS				
Unrestricted Net Assets		1,682,648		1,615,468
Temporarily Restricted Net Assets		262,094		134,242
Permanently Restricted Net Assets		5,500		5,500
Total Net Assets		1,950,242		1,755,210
Total Liabilities and Net Assets	$	2,193,357	$	2,033,253

SCS Service Delivery Highlights

Senior Centers:
6,431 individuals made 83,743 center visits

Congregate Nutrition:
26,000 noon time hot meals, deli sandwiches and Southern Grill dinners

3,100 evening meals at an apartment facility for the elderly

Senior Suppers:
155,000 homebound meals served involving 511 consumers

Center for Life Long Learning and Center Without Walls:
2,184 class sessions (482 courses) offered at ten sites throughout the county

Center Without Walls Program Participants:
752

Volunteer Program:
410 individuals dedicated 46,000 philanthropic hours to SCS

Long Term Care Management:
1,858 people served
2,224 home visits/assessments performed

Family Caregiver Support Program:
191 families served

Senior Center at Home:
900 visits to 71 homebound elderly

APPRISE Health Insurance Counseling:
3,208 individuals received one-on-one counseling

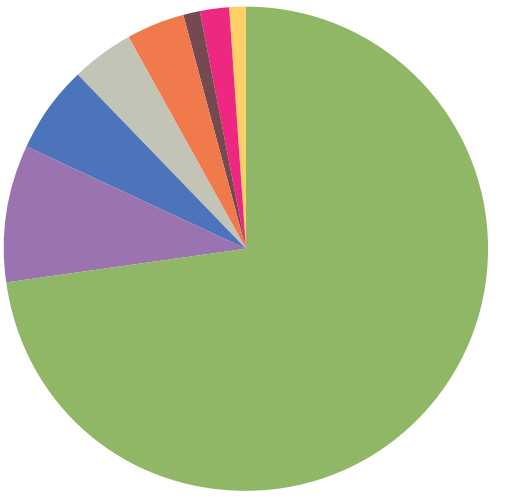
5,386 individuals attended 277 community workshops

Aging at Home – A Community Network:
492 individuals served in year 2 of operation

Services included 294 home support projects and 508 specialized transportation round trips

Cognitive Stimulation:
1,166 kit presentations at nursing homes, assisted living facilities, adult day centers and senior centers

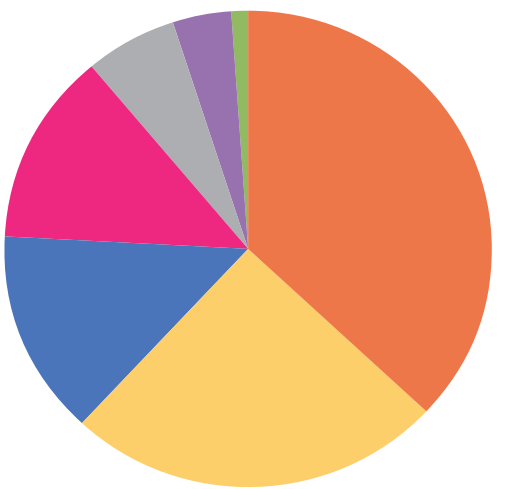
Total Revenue
$3,605,303



COSA	$ 2,618,311	73%
United Way[1]	$ 319,991	9%
Grants[2]	$ 205,000	6%
Program Income	$ 139,553	4%
Management Contracts	$ 131,856	4%
Other[3]	$ 72,202	2%
Individual Giving	$ 59,934	1%
Municipalities	$ 58,456	1%

1 Includes Aging at Home demonstration initiative as well as Partner Agency allocation and Donor Choice contributions
2 Includes foundation and corporate grants ($127,833 in Temporarily Restricted excluded)
3. Includes $47,264 in Net Assets Released from Restrictions

Total Expenses
$3,528,532



Care Management[1]	$ 1,298,988	37%
Senior Centers[2]	$ 872,737	25%
Caregiver Support Services	$ 498,256	14%
Administrative and Support[3]	$ 470,256	13%
Aging at Home	$ 200,082	6%
Other Programs/ Services[4]	$ 154,324	4%
Housing Support Services	$ 34,031	1%

1 Includes Care Transition
2 Includes Center for Life Long Learning and Center Without Walls
3 Expenses include $106,142 Depreciation/Amortization
4 Represents APPRISE Health Insurance Counseling, Cognitive Stimulation and Senior Center at Home Programs

Thank You to Our Family of Supporters

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"TCF (Taylor Community Foundation) is honored to be a proud supporter of the SCS Senior Suppers program for the past eight years. Watching the meal assembly line at Schoolhouse would make our friends at the Boeing plant down the street jealous of the efficiency! Together with our activities at Taylor Hospice, we are both able to ensure that seniors continue to live independent and meaningful lives. Thank you for the opportunity to collaborate on a shared mission focused on our senior populations."

–Kurt Slenn, President
Taylor Community Foundation

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