Welcome John Federico!

Senior Community Services welcomed John Federico, a fundraising professional with more than 30 years of nonprofit management experience, as its new Director of Advancement on May 1, 2018. Federico takes over the position vacated by Lydia Messinger, who served SCS in the same capacity for three successful years. Prior to joining SCS, Federico was Director of Development at Ralston Center in West Philadelphia, where he obtained support for a variety of projects, including Ralston My Way, Ralston Age-Friendly West Philadelphia, and the Ralston Awards. A native of southwest Philadelphia, Federico spent more than 30 years in fund development and other management positions with performing arts organizations in New York City and Pittsburgh, PA before returning to Philadelphia in 2014. SCS Connection asked Federico to describe his plans to strengthen SCS’ fundraising program.

“First, I’m excited by the opportunity to join the management team at SCS and to work with Arthur Weisfeld, Trindy Grundy, the Board of Directors and the staff of SCS to tell our story, describe our impact, and build relationships throughout Delaware County and beyond. Thousands of older Delaware County residents – 1 in 6 people over the age of 60 – count on SCS for programs and services that enhance their capacity to live independently and age in place. Our members and consumers rely on SCS for in-home programs that deliver nutritious meals; support family caregivers and delay the need for seniors to leave their homes for nursing homes; and offer community-based services that provide active seniors with opportunities to strengthen their social networks, improve their physical health, and heighten their mental well-being.

Over more than 40 years of hard work and mission-driven passion, SCS has built a great reputation in the aging-services community for innovative, high-quality programs and services to seniors. I’m committed to strengthening our existing culture of philanthropy so that we have that same reputation among donors. I want SCS to become known as an organization that welcomes donors who share our interest in improving the health and quality of life of our older friends and neighbors across the county, and for expressing our thanks to donors in genuine and compelling ways.

We’ll be expanding the tactics we use to reach prospects to cultivate new support and increase giving by longtime donors. I look forward to ramping up our communications program to include more channels, inviting donors to events where they will meet people who benefit from our work and see our impact, and finding prospects to help us make healthy aging a reality for seniors across Delaware County.

All of us want to provide the same thing for the older adults in our lives – an environment where they can age safely and with dignity. Our programs and services contribute to communities where our older friends and family members can age well. I’m motivated by the challenge and opportunity of building a community of individuals, businesses, foundations and government agencies who share our passion for making independent living a reality for as many older Delaware County residents as possible.”
As I write this article, I am looking forward to one of my most eagerly anticipated events of the SCS year: the annual arts show. This year’s theme is “Creativity in Bloom.” Even if I didn’t have the dates on my calendar (by the way, they are June 20th-July 18th), I would still know that this event was approaching by the hum of activity I hear as I enter any of our senior centers. Of course, I always hear that delightful hum, but at this time of year, it is louder and characterized by a palpable excitement. It is the sound of all of the artists completing their entries in time for the deadline. Like most of us, they were able to work at a leisurely pace throughout the year without a deadline clearly in sight. But now, with that deadline looming, efforts are intensifying.

Once artists have submitted their works, the next phase begins. It involves staging the art show at Delaware County Community College. It’s not a quick or easy process. Farah Esfahani, our art show coordinator, and her able assistants take loving pains to ensure that each piece is shown at its best. This is a process that extends over days, not hours. The result is the look of pride on the faces of the artists and their teachers as they see their work exhibited in this kaleidoscopic display of colors, textures, shapes, and sizes.

Then, we have the exciting moment when the show opens. Family, friends, art appreciators, and passers-by pour in and admire our artistic bounty. Be assured though, all that happens at the show is not just about the art. Rather, the opening of the art show is a reunion of sorts, an opportunity for all members of our SCS community—distributed throughout Delaware County—to enjoy one another’s company.

Each year, as I walk around the gallery, I hear someone murmuring to a companion, “I really should try this… (painting, card making, jewelry, woodworking, mosaics, etc.).” My answer to that person is, “Yes, you should. Yes, you can.” For so many reasons, you should take one of our art classes. First, it is satisfying to create something of beauty, and all of our SCS art pieces are beautiful. Each piece expresses the individuality of the artist. Second, it provides plentiful opportunities for socializing. Although moments of engrossment occur when a class works in concentrated silence, at other moments a person passing by is likely to hear lively conversation punctuated by bouts of hilarity. Classmates rely upon one another for suggestions and appraisals. Often, friendships are forged in the art classes. Third, such participation keeps the mind active, and fourth, it allows a person to expand him or herself to cultivate parts of the self not yet explored.

I hope you attend the exhibit. You will have a fabulous time, I guarantee. But just as much, I hope you consider joining one of our classes, whether you have a background in that activity or not. Allow your creativity to bloom.

Fondly,
Arthur

Life is a Vapor
By Trindy Grundy, LMSW, Director, Long Term Care

Over the past six months, I have experienced the loss of a beloved uncle, a dear mother-like senior, an aunt, a cousin, as well as friends. Although my uncle and senior friend were experiencing physical ailments, they continued to enjoy keeping in touch with family and friends, making time for community outings, and attending church. The Department of Long Term Care is crucial in ensuring that the aging population of Delaware County can continue enjoying their lives in the community.

Our care management team of 13 trained case workers and social workers visit, call, and assess hundreds of older adults on a monthly basis. This team has a front row seat to not only see and hear the triumphs of the aging population of the county, but the losses as well. Many of these older adults are declining in health as they continue to age and remain in the community.

After reflecting on the loss of those near and dear to me, I began to wonder about the impact on our care management team as they watch their consumer’s health decline to the point where he or she is placed in either palliative or hospice care. No two consumers are alike and I can only imagine the compounding impact that each case has on my team. It’s almost as if experiencing loss creates an ever-thickening vapor, surely it will clear, but only if you are willing to get through it. I must find my way through the vapor of my recent losses, and again I am reminded of my team: can I help them find their way through?

I believe as part of our role in management, we need to incorporate a time for staff to share their feelings of grief and loss. In the future, I am recommending designated times for the care management team to share their feelings with peers on the loss of a consumer. We owe it to our professionals to provide that extra guidance through the vapor of loss.

Feelings of loss do not only come just from a person passing away. As we age, there are more instances of experiencing loss related to the aging process:

• Giving up roles in the family
• Loss of physical strength and stamina
• Loss of independence in an area previously mastered
• Loss of ability to drive a car

This is a reminder to those caring for others, as well as those managing staff, that life is ever-changing and just like a vapor: here one moment and gone the next.

FROM THE EXECUTIVE DIRECTOR’S DESK

SCS Artists in Bloom
By Arthur Weisfeld

In This Issue...
On Friday, May 10, the Pennsylvania APPRISE Program held its annual statewide APPRISE Program Conference in State College. It was a surprise to Senior Community Services (SCS) APPRISE Program Manager Glenda A. Radical and SCS Long Term Care Director Trindy Grundy to hear that the SCS Delaware County APPRISE Program was awarded the best Medicare program in Pennsylvania for program collaboration. This was not the first time we won the Collaboration Award. The Delaware County APPRISE Program first won this award in 2015. The surprise was winning for the second time.

As manager of the SCS Delaware County APPRISE Program, I am very proud of the outstanding, knowledgeable, and talented APPRISE Program volunteers and counselors on our SCS Delaware County APPRISE Program team. I could not ask for a better volunteer staff.

In addition, many thanks go to the APPRISE Program Medicare beneficiaries who participate in our counseling sessions and educational presentations.

I would be remiss if I did not also congratulate and thank the APPRISE Program collaborative partners who lend their facilities to allow us to provide Medicare counseling and educational presentations to thousands of Medicare beneficiaries on a yearly basis. Without these established partnerships, we would not be considered for the Collaboration Award.

Below are just a few of the agencies, organizations, hospital/healthcare facilities, libraries, and legislative offices that have made this moment a reality twice for Delaware County.

- Alician Apartments
- Aston Community Center
- ChesPenn Health Centers
- COSA/LINK
- Crozer-Chester Medical Center
- Crozer-Keystone Consultants in Medical Oncology and Hematology
- Delco Housing Authority
- First African Baptist Church
- Granite Farms Estates
- J. Lewis Crozer Library
- Lutheran Knolls Apartments
- Maple Public Library
- Mt. Pleasant Baptist Church
- Newtown Public Library
- Parkview Naamans Creek Apartments
- Rachel Kohl Library
- Radnor Public Library
- Riddle Village Assisted Living
- Ridley Library
- SCS Chester Senior Center
- SCS Friendship Circle Senior Center
- SCS Good Neighbor Senior Center
- SCS Schoolhouse Senior Center
- Springfield-Center Without Walls
- Springfield Hospital
- St. Francis Over Fifty Club
- St. Rose and Ridley Park Seniors
- State Representative Alex Charlton’s Office
- State Representative Leanne Krueger-Braneky’s Office
- State Representative Nick Muccarelli’s Office
- State Senator Anthony H. Williams’ Office
- Stinton Apartments
- Surrey Services for Seniors at Broomall
- Surrey Services for Seniors at Devon
- Surrey Services for Seniors at Havertown
- Surrey Services for Seniors at Hometown
- Temple Baptist Church
- Upper Darby Sellers Library
- Upper Darby Senior Center
- Wayne Senior Center

If your agency or organization would like to become an APPRISE Program partner, please call APPRISE Program Manager Glenda A. Radical at (484) 494-3769.

Volunteering also makes you feel like you have more time. A study done by Wharton found that people who volunteer feel more capable, confident, and useful. In other words, completing your volunteer tasks makes you feel accomplished, which means that you will be able to accomplish other tasks in the future.

Other benefits include the prevention of feeling isolated and depressed. By being around other active, involved people, volunteers feel like they are part of a team accomplishing something for the greater good.

Volunteering has many physical and mental benefits. There are many different volunteer opportunities available at Senior Community Services. You can use your current skills or learn new ones while interacting with your peers and helping others!

If you would like more information about volunteering with any of our programs, please contact Michele O’Brien at (484) 496-2149 or mobrien@scs-delco.org.
Caregiver Academy – Another Successful Year in the Books
By Debbie Templeton, Program Manager

Caregiver Academy (CGA) has just wrapped up its fifth year providing educational opportunities to caregivers throughout the county. This unique program is offered free of charge to all caregivers, those already connected with Senior Community Services (SCS) and/or Delaware County Office of Services for the Aging (COSA), and those from the greater community. Caregivers are invited to bring their loved one with them to participate in meaningful activities if they are able to do so with minimal assistance. This provides the caregivers with some respite and allows them to participate in caregiving-related focused discussion.

Each session is presented by a professional in the community on a relevant caregiving topic and includes a take-home tool. Topics from this year included Cultural Diversity in Caregiving, Scam Awareness, Estate Planning and Caregiving, Better Communication, and Time Management. Offering educational opportunities has been shown to help reduce caregiver stress by providing caregivers with resources as well as open discussion with others in similar situations. Studies have also shown that it is important that those providing care to loved ones have support and guidance in their day-to-day, ever-changing roles.

This year the program was offered outside of an SCS senior center. This proved to be a little challenging, but we were able to partner with a local agency in order to make an impact on a greater population of caregivers. On average, there were 10 caregivers and 2 care receivers in attendance for each hour-and-a-half session held every other week for six weeks. Feedback has been positive and the request has been made to continue the series going forward.

Thank you to everyone involved with the series. This includes the caregivers who took time out of their busy lives to find support and interact with other caregivers, as well as the presenters, many of whom donated their time despite the opportunity for compensation. CGA is offered free of charge thanks to funding provided by Delaware County LINK to Aging and Disabilities Resources. We are looking forward to continuing this successful series in the future.

Dear Friends,

Center Without Walls (CWW) completed another successful semester. Arrangements are being made for summer art and fitness classes at several of our locations.

I frequently receive positive feedback from our participants about different classes and programs we offer. One of CWW’s successful programs has been the book club we started nine years ago at Aston. Dianne Caggiano, our devoted volunteer, has been the facilitator from the beginning. We all know that reading helps to improve cognition and expand our horizons. This program is about more than reading books; it is about friendship, sharing perspectives, and inspiring each other. “Although it takes time to prepare, I get a lot in return from group members’ appreciation, participation, and friendship. Several of the members have fostered friendships outside the group. They have a wealth of life experiences to share with other members,” said Dianne. In April, Dianne arranged to have the author of Five Stars in the Window, David Komarnicki, attend the book club. Both members and author really connected, sharing discussions about the book and experiences of growing up or visiting Chester many years ago. Dianne showed a slide show of old Chester. The author commented that this book club was the best experience he’d had talking with a group.

Ann Jackson, a member of the book club states, “I moved to Chadds Ford two and a half years ago. CWW flyers were my first contact to exploring events and programs; your bulletin is invaluable to me. I found the Aston book club at its helm. The club is a comfortable time for reading and discussing books. I met a wonderful friend there who was kind enough to show me the sights and trails to walk.” Trudy Goglia, who has been attending the book club since the beginning, comments, “I have been reading for 60 years. The selection of the books and our book club are the best.” My sincere appreciation to Dianne for continuing to run this popular program.

Please contact me at (484) 496-2143 or fesfahani@scs-delco.org if you have any questions about CWW summer classes or have suggestions for future programs.

Getting to Know (and Love) Aging at Home Services
By Christine Helmandollar, Director

Two years ago, Alice Markiewicz hesitated a bit about joining Aging at Home. A longtime bridge player at Friendship Circle with none of her four children living close by, she realized that she needed some help with household chores. Now, she shares some words of wisdom with fellow seniors to join the program because it works. “Pleasant, agreeable, and quite knowledgeable” are a few words that she has shared about the handyman, driver, and yardwork volunteers whose services she has used.

Her first experience using Aging at Home involved the handyman. The outcome: she was quite satisfied with the replacement of window covers. Alice’s second call to the Aging at Home office was a request for a ride to her eye doctor. Both experiences were positive and Alice felt that they helped her maintain her independence. Alice’s third request was for yard services. She asked to have her holly bush trimmed and her front yard weeded. Well – the phrase “three is a charm” must be true. The outcome: “overjoyed!” The volunteers trimmed her holly bush perfectly and told her how to care for it properly. She was impressed and appreciative.

There are currently 489 Aging at Home members and we are always encouraging more seniors to join the program. Moving forward, Aging at Home is looking to expand its volunteer base of drivers and handymen to increase its offerings.

Let the program be a support system like Alice does, providing peace of mind as you age in the comfort of your home. For more information or enrollment, call the main number at (484) 534-2201.

Page 4 / July-August 2018
www.scs-delco.org
Summer Time

By Dorothy Darragh, Cognitive Stimulation Program Manager

Enjoy a summer afternoon or evening on the porch with friends, family, and a pitcher of cold lemonade. Share memories of past summers.

Remember drive-in movie theaters, fishing, clotheslines, family reunions, washtubs and Sunday drives, and picnics?

Here are some ideas reminiscent of past summer activities. Plan an event and invite friends and family to share memories of bygone summers.

• Have an ice cream party: have goodies to make sundaes, make ice cream with a crank ice cream maker.
• Create an outdoor movie theater in the backyard with popcorn and drinks.
• Sit out on a clear night and spot constellations, stars, etc. Remember lying on the grass and gazing at the night sky? For the adventurous, pitch a tent.
• Have a picnic with salads, sandwiches, Jello.
• Go for a leisurely walk with a loved one.
• Go fishing.
• Go for a leisurely walk with a loved one. Hold hands and enjoy each other.

While reminiscing is great for the brain, actually living out the memories will provide energy, joy, and fun for all. HAVE A WONDERFUL SUMMER!

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

---

Summertime and Hearing Aids

By Donna Schumacher, HDC Coordinator

Summer is finally here. During the summer, hot weather and travel can present challenges to hearing aids and those who wear them. However, with advance preparation and diligence, summertime can be the enjoyable experience it is meant to be.

Here are some tips for hearing aid users to keep in mind during the summer months.

1. Avoid direct sunlight or extreme heat. Excessive heat, caused by direct sunlight or hot places such as cars, can easily damage the delicate elements inside hearing aids and melt the plastic casing. When you’re outside, wear a hat to protect hearing aids from direct sunlight. When you’re not wearing your hearing aids, store them in a case in a cool, dry place.

2. Clean your hearing aids regularly. Fungi, bacteria, and germs tend to grow and flourish in the high heat and humidity of summertime. Regularly disinfect your hearing aids with microbial products or towelettes. Be careful when applying sunscreen around your face and ears because it can easily clog hearing aids and lead to costly repairs.

3. Be aware of moisture and how to combat it. Dampness and/or moisture can damage the small parts inside your hearing aids. Severe temperature changes like going from the beach to an air-conditioned movie theatre can cause moisture to develop. Use a soft, dry microfiber cloth to wipe your hearing aids regularly and prevent moisture build-up.

4. Water-resistant DOES NOT mean waterproof. Water-resistant hearing aids and accessories can help protect against MINOR water intrusions – not total submersion events like swimming. Best practice is to remove your hearing aids before swimming or showering. If you’re unsure whether your hearing aids are water-resistant or waterproof, check with a hearing specialist for clarification.

5. Travel preparation. When travelling with hearing aids, a little advance preparation can save a lot of headaches later. Make a checklist of needed supplies beforehand, such as extra and/or rechargeable batteries. Don’t forget to include accessories like your overnight storage case, a dehumidifier, and a good supply of towelettes and drying cloths.

6. Travel considerations. People with hearing loss can find travelling challenging. For example, being in a new place such as a hotel room can make it easier to misplace your devices when you take them off. Use a hearing aid travel kit to alleviate this. Also, many hearing aids can adjust to routine background noise. When travelling, you may have to manually adjust the volume to handle different ambient noise. Some hearing aids can set off airport security scanners, so you may need to make security officials aware of your hearing loss.

7. Finally, if you have questions about your hearing aids and how to properly maintain them year-round, contact your hearing loss professional.

---

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

| $250 | $100 | $50 | $25 | $ Other |

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

Account # ____________________________ Security Code ____________________________

Name ____________________________ Address ____________________________
City / State / Zip ____________________________ Phone ____________________________

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

In honor/memory of ____________________________

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

Please send me info. on: □ Gifts through my estate/legacy giving □ Volunteer Opportunities
□ Center for Life Long Learning □ Making a recurring monthly donation
Below is a calendar of events at each of our four senior centers. For details and more information on any event, please contact your center director or visit www.scs-delco.org

**ARTS AND CRAFTS**

**Ceramics**  
**Thursdays from 11:15 a.m.-1 p.m., Chester**  
Create beautiful pieces of ceramics using various stains, glazes and firings. Ceramic pieces are available on site, but participants may bring their own.

**Sewing**  
**Fridays from 10 a.m.-2 p.m., Chester**  
Members: No fee / Non-members: $5  
Beginners and advanced sewers welcome.

**Jewelry Making**  
**Tuesdays at 2 p.m., Schoolhouse**  
Bring your own supplies: no fee. Supplies provided: $3 per class.

**Woodcarvers**  
**Mondays at 12 p.m. Schoolhouse**

**Adult Coloring**  
**Wednesdays, July 25, 30 and August 23, 29 at 10 a.m. Good Neighbor**

**Pencil Drawing and Watercolor Painting**  
**Mondays from 12:30-2 p.m. Chester**  
**Cost: $5**

**Watercolor Painting**  
**Wednesdays from 1:45-3:45 p.m. Schoolhouse**  
**Members: $53.50/10-week session**  
**Non-members: $55**

**Oil & Acrylic Painting**  
**Fridays from 12-2 p.m. Schoolhouse**  
**Members: $53.50/10-week session**  
**Non-members: $55**

**Mosaic Workshops**  
**Thursdays, August 2, 9, 16, 23 and September 6**  
**Beginner course is from 2-5 p.m.**  
**Intermediate/Advanced is from 6-9 p.m. Schoolhouse**  
**Members: $84 / 5 week class**  
**Non-members: $89**

**DISCUSSION GROUPS**

**Good and Welfare**  
**Thursdays, July 12, 26 and August 9, 23, 1 p.m. Good Neighbor**  
Engage in stimulating discussions on a range of topics.

**What’s New(s)**  
**2nd & 4th Wednesdays at 10:15 a.m. Schoolhouse**  
**Sandi Thompson leads the conversation.**

**Book Club**  
**Wednesdays, July 18 and August 15 from 12:30-2 p.m. Chester**  
**2nd Thursdays at 10 a.m., Schoolhouse**

**Red Hat Society**  
**3rd Tuesday of each month at 12:30 p.m. Chester**  
Join the group for outings, fellowship, and special events. Facilitator: Queen Gerry Corbitt.

**Kitchen Table Stories**  
**4th Thursdays at 10 a.m., Schoolhouse**  
**Wednesdays, July 11 and August 1 at 10:30 a.m., Good Neighbor**

**Movie Monday**  
**Mondays, 10 a.m. Good Neighbor**

**Free movie and refreshments**

**FITNESS**

**Square Dance Class**  
**Wednesdays, from 7-9 p.m. $5/session**

**At Club Sashay, the oldest square & round dance club in the Delaware Valley.**

**Reiki**  
**Fridays, July 6 and August 3 from 9:30 a.m.-12 p.m. Good Neighbor**

**Healthy Steps in Motion**  
**Tuesdays, Thursdays and Fridays at 10 a.m. Schoolhouse**  
A peaceful warm up, light aerobic conditioning, and a relaxing cool down. Instructor Mary Lytle. Class is on the 2nd floor.

**Silver & Fit**  
**Tuesdays at 11 a.m. Good Neighbor**

**Cost: $2 per person**

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

**Mall Walking**  
**Monday-Thursdays from 9-10 a.m.**

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

**Sit and Get Fit**  
**Mondays, Tuesdays and Thursdays at 10 a.m., Schoolhouse**  
**Tuesdays and Thursdays from 10:30-11:15 a.m., Chester**

**Strengthen muscles, burn calories, and improve movement and flexibility. Use light weights and bands for safe and gentle exercise, toning, and stretching.**
**Tap Dancing**  
**Wednesdays at 11 a.m.**  
Chester  
Tap shoes recommended but not required.

**Zumba**  
**Mondays at 11 a.m., Chester**  
Dance and aerobic movement performed to energetic music.

**Gospel Aerobics**  
Call the Center for summer schedule  
Chester  
Low-impact exercises (seated and standing) that will fill your body and spirit with energy!

**Cardio & Strength Training Exercise**  
**Tuesdays at 5 p.m.**  
Chester  
Moderate-level exercise class. Use mats, weights, and other equipment. Private personal training and fitness sessions are available after each class for a nominal fee.

**Line Dance Class**  
**Tuesdays at 2 p.m. (Beginners)**  
Tuesdays at 2:30 p.m. (All levels)  
Schoolhouse  
Cost: $1 per session  
Tuesdays at 6 p.m., Thursdays at 1 p.m.  
Chester  
Cost: $4

**Chair Yoga**  
**Wednesdays at 2:30 p.m., Schoolhouse**  
**Wednesdays at 11 a.m., Chester**  
Enjoy the benefits of yoga without the difficulty of getting up from the floor. Includes breathing exercises, stretching, balance, physical components, and concludes with meditation or relaxation.

**GAMES**

**Mah Jongg**  
**Tuesdays at 12:30 p.m.**  
Schoolhouse

**Tuesday Trivia**  
**Tuesdays at 12:30 p.m.**  
Good Neighbor

**Free Bingo!!!**  
**Thursdays, July 5, 12 and August 2, 9 at 12:30 p.m.**  
Good Neighbor

**Breakfast Bingo**  
**Fridays, July 13 and August 10 from 9 a.m.-12 p.m.**  
Good Neighbor  
Cost: $5 per person

**Big Bingo**  
**Thursdays, July 12, 26 and August 9, 23 at 1 p.m.**  
Chester  
Cost: $1 per board  
Play as many as you can afford and handle.

**Table Games**  
**Monday-Friday at 10 a.m.**  
Good Neighbor

**Pokeno**  
**Mondays and Wednesdays at 12 p.m.**  
Good Neighbor

**Pinochle**  
**Mondays at 12 p.m.; Wednesdays and Fridays at 8:30 a.m., Schoolhouse**  
**Monday-Friday at 12 p.m., Good Neighbor**  
There’s a place at the table for you. Even if all the tables are full when you arrive, it doesn’t take long before a spot opens up.

**Pinochle Tournament**  
**Mondays, July 16 and August 20 at 12:15 p.m.**  
Schoolhouse  
Cost: $5 entry fee  
Playing the hand you’re dealt may lead to you going home a cash winner.

**Play Pool**  
**Monday-Friday from 9 a.m.-4 p.m.**  
Good Neighbor

**HEALTH AND WELLNESS**

**Caregiver Support Group**  
**1st Tuesdays from 3-4 p.m.**  
Chester  
Receive support from professionals and other caregivers.

**APPRISE Individual Counseling**  
**Thursdays, from 9-11:30 a.m., Chester**  
Appointments required. Make them at the front desk.

**Thursday, August 23, 10 a.m.-1 p.m., Good Neighbor**  
Meet individually with a trained and experienced APPRISE Counselor to ask questions regarding Medicare or other insurance-related issues.

**Diabetic Support Group**  
**2nd Thursdays at 11 a.m., Chester**  
Learn about current diabetes trends, maintenance, medications, stress relief and more. Sample healthy treats and help others in the process. Facilitator: Mary Powell, CRNP

**Chiropractor Services with Dr. Cara**  
**Tuesdays and Thursdays from 9:30 a.m.-12:30 p.m.**  
Chester  
Paid through personal insurance or out of pocket. Address pain management, alignment, balance, or other issues. Private appointments available.

**Nutrition Talk and Cooking Demo**  
**Wednesdays, July 11 and August 1 at 10:30 a.m.**  
Good Neighbor

**“Eat Smart” Nutrition Class**  
**4th Wednesdays at 12:30 p.m.**  
Chester

**July 25: Cooking & Seasoning with Herbs**  
**August 22: Dietary Fat: Fact or Fiction?**  
Nutrition discussion and food demonstration.

**RELIGION & SPIRITUALITY**

**Bible Study**  
**Tuesdays from 5:30-7 p.m., Chester**  
**Tuesdays at 9:30 a.m., Good Neighbor**

**Praise & Worship**  
**Thursdays at 9:30 a.m.**  
Good Neighbor

**Senior Inspiration**  
**1st Mondays at 10 a.m.**  
Chester  
Enhance your morale and emotional and spiritual well-being. Lead by Rev. Belinda E. Boyer.

**TECHNOLOGY**

**Electronic Club**  
**Tuesdays, Wednesdays, and Thursdays from 10:30 a.m.-2 p.m.**  
Chester  
Bring your tablet, laptop or smart phone for peer-to-peer learning!
Chester Chatter
By Jamee Nowell-Smith

Caribbean Week
Here we go again! Always having a little fun at Chester Senior Center! Celebrate Caribbean Week with us and get ready for a 4-day center-based Caribbean cruise! Enjoy sights and sounds and delicious foods and drinks from our ports of call: Jamaica, Hawaii, and Africa! Enjoy the scenery, meet some natives, and enjoy the trip! Set sail on August 28 and return on August 31. Wear your island, Caribbean, or African attire. Bring stories, pictures, or items from your travels to share as well!

Health & Wellness Corner

Domestic Violence Presentation
1 in 4 women and 1 in 7 men are abused during their adult lives. Domestic violence is abuse at the hands of a family member. Abuse is more than physical, it can include threats, isolation, emotional, and verbal abuse. Tactics used by family members to abuse older adults or adults with disabilities will be discussed. Presented by the Domestic Abuse Project (DAP), Blake Cohen, Medical Advocate. Open session on Tuesday, July 24 at 11 a.m. plus the opportunity to speak privately with an advocate.

Forgiveness and Friendship Presentation
We all have to forgive and be forgiven. Join us on July 12 at 11 a.m. as we learn the true meaning of forgiveness and what it means to have a true friend. Learn how to handle conflict and altercations among friends. Facilitated by Dr. Karen Dixon.

Jessie’s Bags
Jessie’s Bags gives breast cancer patients care packages in stylish handmade patchwork bags. Come make Jessie’s Bags for cancer survivors on Tuesday, July 24 at 11 a.m.

Dining with Diabetes
Facilitated by Penn State Cooperative Extension. Learn about managing and preventing diabetes. Each class includes a healthy cooking demo and tasting! 12:30 p.m. on July 25, August 8, 15, 22. Follow up class on October 17.

Chester Travelers
Family Fun Day in Wildwood, NJ
August 6, 2018
Includes transportation, snacks, beverages and driver tip.
Children 12 and under: $22 pp

The Maury Povich Show
August 16, 2018
Attend a live taping of the Maury Show in New York! Includes transportation and snacks. Cost: $10

Ocean City, MD
August 27-31, 2018
Oceanfront accommodations, 4 breakfasts and dinners, Ocean Downs Casino, Nassau Valley Winery, shopping in Rehoboth and more! Cost: Members: $645 (Double) pp
Non-members: $675 (Double) pp

Pocono Bazaar Flea Market
September 8, 2018
Includes transportation and driver tip. Lunch on your own at the food court.
Cost: Members: $45
Non-members: $55

Sight & Sound’s JESUS
September 27, 2018
Includes show, lunch, motor coach transportation and driver gratuity.
Cost: Members: $120
Non-members: $130

Lobster & Seafood Feast, Rhode Island
October 4-5, 2018
Overnight stay in Rhode Island, breakfast, all-you-can-eat seafood feast, Foxwoods and Mohegan Sun Casinos with coin bonus, transportation and driver tip.
Cost: Members: $275 (Double) pp
Non-members: $285 (Double) pp

Thank you...
Aetna Health Care, Dr. David Eberly, nurse Mary Powell, and Chuck the Pie Guy Catering for making the first Men’s Health Awareness Day a huge success! Thank you for your dedication to improving men’s health!

Chester member Amanda Allen is ready for Caribbean Week!

July and August Highlights

TNT Racing Club Annual BBQ
Celebrate with our racing club friends on July 12 with an old-fashioned BBQ. Hamburgers, hot dogs, grilled chicken salad, water ice, beverages and more! Cost: $5 in advance; $7 at the door. Lunch served at 12 p.m.

Birthday Celebrations

Fridays, July 27 and August 24, 11 a.m.
Celebrate July and August birthdays with live entertainment and lunch among friends! Members who have birthdays in July and August receive a complimentary meal for that month’s party. Other guests pay $2.50. Please sign up at the front desk.

Pinochle Tournament
Saturday, July 28, 10:30 a.m.-4 p.m.
Enjoy spirited play, lunch, and prizes for the winners. Pre-registration with a partner required by July 13. Doors open at 10 a.m. Play begins at 11. Cost: $10 per person. Cash prizes for the top 3 winning teams!

Voucher Program 2018
People aged 60 and older who reside in Delaware County are eligible for fruit and vegetable vouchers. Get $20 vouchers to purchase fresh fruits, vegetables and herbs from designated local farmers markets. Photo ID required. Distributed on Wednesdays, from 1-3 p.m. until the supply runs out! For further information please call the Chester center at (610) 497-3550.

Summer Picnic
Friday, August 24, 11 a.m.-3 p.m.
Lunch sponsored by Harrah’s Casino, live DJ entertainment, and plenty of dancing! Please sign up at the front desk. Free for members; $5 for non-members.
Friendship Facts

Center Surveys
By Christine Helmandollar

As part of our ongoing mission to provide outstanding service, we are asking members and individuals who occasionally attend the center to complete a simple survey to help us determine the right direction as we move forward.

As we know, many people think that surveys are just time-consuming pieces of paper that have no impact or don’t affect change within the center walls. Not anymore! Last year, Friendship Circle’s survey results revealed that people generally enjoy the center and the fan-favorite event of the day is the meal. It is something that makes Friendship Circle special because the entrees are cooked fresh daily by the chefs at the hospital and sent over within a half hour of service. The survey also told us that members want to feel more connected to fellow members and participate in programs that have measured outcomes.

Last fall, Friendship Circle staff studied the 180 surveys submitted at the close of last summer to make a few adjustments. One thing we know is that the meals work. Regarding program participation, there are two major additions to programming to help address members’ concerns. Six months ago, a hospitality committee was formed to handle the following tasks: keep in touch with members who are ill or just not coming to the center; mail out cards of celebration for recognition and birthday; and acclimate new members. I am happy to report that the hospitality group has been flourishing and members are tending to feel more connected.

Second, the center is working hard to build its programming with a more structured curriculum and purpose. In the 2018 Fall CLLL offerings, there are a few programs that provide this type of curriculum: Walk with Ease (Health & Wellness), Hamilton (Widener course), In the Cloud (Technology). We welcome you to pre-register now by calling the main desk at (610) 237-6222.

This is the reason why we are doing the 2018 surveys. They work! To date, we have collected 120 of them and we are grateful to you if you completed one. However, we would like to surpass last year’s number so everyone has a voice and can affect change. Change happens when everyone participates and voices are heard.

Friendship Garden
Our garden is in full swing! We sell fresh picked herbs and vegetables every Tuesday and Thursday.

Highlights

Driver Education

Smart Driver

Refresher class: July 24, 9 a.m.-1 p.m.

Full class (must attend BOTH sessions):
August 20 and 21, 9 a.m.-1 p.m.

Cost: $15 AARP members; $20 non AARP members. Pay the instructor at the course.

CarFit
Tuesday, July 24, 1 p.m.-3 p.m.

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. A proper fit in one’s car can greatly increase not only the driver’s safety but also the safety of others. Takes approximately 20 minutes to complete. Appointment required; please call (610) 237-6222. No fee.

NEW ACTIVITY!!

Music & Fun
Tuesdays, 10 a.m.-11 a.m.

Move to the music. Dance like no one is watching!! Music from the 50’s & 60’s Bop, R&B, pop. No fee.

Multi-media (Art Class)
Mondays, August 6, 13, 20 & 27
12:30-2:30 p.m.

Draw in ink or pencil, turn your drawing into a watercolor. It’s your choice. Instructor: Marie Gilligan. Cost: $5/class

Veggie Party
Friday, July 20, 1 p.m.

Come celebrate our garden’s abundance and taste our fresh vegetables. Share your vegetable recipes and we’ll share ours. No fee.

Back to School
Tuesday, August 28, 12:30 p.m.

A Friendship tradition. Come meet our teachers and hear about our fall class offerings at our monthly birthday party. Sign up for classes. Cost of classes will vary.

Mark Your Calendars!

Members’ Celebration and Renewal Event
Thursday, September 13
More details to come.
Joanne’s Journal
Fun at the Theater
By Joanne Graham

The Good Neighbor Theater Club is the answer to Katherine Hill’s search for a way for members to have a great time together on the weekends. “Last October I was looking for something to do on Saturdays that would also involve fellow members whom I’ve come to enjoy spending time with at the center,” said Katherine. “When I learned that the Hedgerow Theater was featuring *Blithe Spirit*, I asked several members to join me for an evening out and they agreed. That was the beginning of Good Neighbor’s Theater Club.”

Since that time, Katherine has organized several trips to the theater, followed by dinner and a lively discussion at one of the group’s favorite restaurants. “We really have a great time,” Katherine beams as she describes how much enjoyment the group derives from their monthly theatrical excursions. Whether it’s a hilarious comedy or a thrilling mystery, the group never fails to be thoroughly entertained during these outings. “My personal favorite was *Wait Until Dark*,” says Katherine. She then goes on to say that she hasn’t seen a single play that she has not enjoyed.

The Good Neighbor Theater Club has been life-changing for some members who for various reasons no longer ventured out on the weekends. They either lacked access to transportation or did not have anyone with whom to engage in the various social events they once enjoyed. That’s one of the advantages of being a member of the Good Neighbor Theater Club. For a nominal fee, members have transportation to the play and carpool home together after dinner. As a result, some members who rarely came out on Saturdays now look forward to their monthly theater trips.

The Good Neighbor Theater Club’s continued presence at the Hedgerow Theater has even gained the attention of management, staff, and actors, who have accepted an invitation to visit Good Neighbor to introduce themselves to other center participants in hopes that they too might catch the theater bug.

“Beginning in September, we will start sending out flyers and invitations to our sister centers in hopes of encouraging them to join us for a great evening of theater and dinner, and of course some lively discussion afterwards. I would really enjoy that,” says Katherine.

PRESENTATIONS
AARP Safe Driving Class
Monday, July 9 and Tuesday, July 10, 10 a.m.
Always Best Care
Friday, July 6, 10:00 a.m.
Diabetic Shoes
Wednesday, August 15, 10 a.m.
Housing Presentation
Wednesday, August 22, 10 a.m.
Legal Aid for Seniors
Thursday, August 23, 10 a.m.
SEPTA Resource Day
Fridays, July 27 and August 24, 10 a.m.-2 p.m.
Receive a valid state-issued photo ID when you provide proof that you have reached your 65th birthday by the date of the event.
UPMC Health Plan
Thursday, August 9, 10 a.m.
Vision Support
Tuesday, August 21, 10 a.m.

SPECIAL EVENTS & ACTIVITIES
Garden Club
Wednesdays in July and August, 1 p.m.
Ice Cream Day
Monday, July 16, 1 p.m.
Jewelry Repair and Sales
Friday, August 3, 10 a.m.
Monthly Birthday Party
Fridays, July 27, and August 24, 11:30 a.m.
NAACP Presentation and Lunch
Thursday, July 26, 10 a.m.
Produce Voucher Distribution
Mondays in July and August, 9 a.m.-1 p.m.
Rite Aid Immunization Shots
Thursday, August 30, 10 a.m.
Water Ice & Pretzel Day
Thursday, July 19, 1 p.m.

Good Neighbor Trip to Canada
In June, Good Neighbor Senior Center traveled with 34 people to Niagara Falls and Toronto. There were lots of wonderful highlights. Many in the group boarded the Hornblower Cruise to have a closer look at the Canadian falls. We also had the opportunity to sit in the church that Harriet Tubman sat in as a member while she lived in Ontario. Another stop included a visit to the famous Casa Loma, a castle with several secret passageways. Our tour guide even graced us with a ride on a carousel (talk about bringing back childhood memories!) We were fortunate to have a great mix of folks on this trip and many want to keep in touch with the center for future trips.
Kim’s Korner

Dear Friends,

May and June were crazy, busy months at the center. We enjoyed a cookout with our friends from the 928 VFW and our friends from Eaton Aerospace. We remembered our fallen at our annual Memorial Day program. We also started a memory board of our veterans while in service. Our Spring Fling was awesome once again, planned and implemented by your Advisory Council. Not to mention the SCS Art Show opening, the Senior Games, and then the start of vouchers!

The summer brings some great trips and a little slower pace, but be sure, all your favorite programs will be happening.

Get outside, watch a sunset, take walks in the evening, and put your feet in some water, even if it’s just to splash in a puddle.

Love,
Kim

Help Needed

If you enjoy being outside and playing in the dirt, we need gardening volunteers. Not only will you learn from our Master Gardener, but you will have a part in planning, planting, and maintaining our growing gardens. If you can help one or two mornings a month during the growing season, see Kim.

Gardening for Pollinators

Have you heard? Our pollinators are in trouble. One in three bites of food and 85% of flowering plants rely on bees, birds, wasps, bats, butterflies, beetles, moths, and yes, flies for pollination. Plant a pollinator-friendly garden and help make a difference. When creating your garden consider the following: select plants NATIVE to your area, which are four times more attractive to pollinators. Choose perennials with a range of shapes, colors, and sizes that bloom from early spring through summer and into fall. Herbs and annuals attract pollinators into your gardens and extend the growing season.

Redbud Native Plant Nursery in Media is all native, and Mostardi Nursery in Newtown Square carries a large selection of natives.

- Brenda Troutman, Master Gardener

Schoolhouse Happenings

Ice Cream Social, July 3
Zumba Gold with Lavinia Ferguson
Wednesdays, 10:30 a.m. on July 11, 18, 25 and August 8, 15, 22.

Trips
A Tribute to the Latin Casino at Caesar’s Casino
Monday, July 9, 2018
$49 package includes $20 slot play. Government issued photo ID required.

His Girl Friday at Hedgerow Theatre
Wednesday, July 18, 2 p.m.
A chance to get in a hearty laugh, enjoy live theater, meet and make new friends from Maris Grove and/or Rocky Run Y. $18. Own transportation.

Choptank River Cruise & Crab Fest Outing
Wednesday, August 8, 2018
Enjoy a scenic cruise, a feast of crabs, and a summer day with good friends. $120 includes the three T’s: transportation, tip and tax.

Kim’s Mystery Trip
Sunday, August 19, 2018
It’s no secret that Kim is keeping the mystery trip destination a secret. Past outings have taught us that no matter where we end up, it will be exciting, possibly enlightening, and definitely a fun time. Cost: $97.

Condolences

Our sympathy to the friends and families of: Lynn Ryan, Betty Smithson, Joe Rappucci, and Gus Videtto.

Congratulations to:

- Chris and Joan Wilhelm on the birth of their first great, great grandchild. Kendal was born to Nathan and Sophie Comegys.
- The No Knot Knitters who made and delivered 50 chemo hats to the Alliance Cancer Center at Riddle Hospital.
- Our Advisory Council for a wonderful Spring Fling.

Volunteers from Eaton Aerospace man the grills at the Memorial Day cookout.

Schoolhouse Advisory Council stands behind the Folsom Little League baseball team sponsored by Schoolhouse center.
SCS Annual Art Show Draws Many Admirers

Earlene Adams and Antonia Jennings admire some jewelry.

Paulette Wells, Grace Brown Johnson, and Jamee Nowell-Smith check out the mosaics.

Billy Geller, a member of Schoolhouse mosaics class, discusses his work with Chester Senior Center ceramic instructor and Advisory Council President Grace Brown Johnson.

Schoolhouse volunteer Lily Beggarly looks at some of the Schoolhouse mosaics.

Joe Plowman and Dariel Peniazek provide musical atmosphere at the opening.

Arthur Weisfeld and District Attorney Katayoun (Kat) Copeland at the opening.