By Heather Dale

Senior Community Services was awarded a $25,000 grant from the Enterprise Rent-A-Car Foundation to address food insecurity in the Delaware County region. Once again, SCS has been recognized as a key partner in Delaware county dedicated to supporting seniors, allowing them to age in place in the community.

The six-year grant is part of a program – called Fill Your Tank – that celebrates Enterprise’s 60th anniversary by providing $60 million to fight hunger around the globe. The Fill Your Tank program includes a hunger awareness campaign. Hunger is often invisible and the campaign aims to help make hunger more visible in communities.

The grant will allow SCS to support its growing home delivered meal service. The need for the meal service continues to increase. In 2010 SCS provided 91,330 meals to 343 seniors to over 140,000 meals to 475 seniors in need this last fiscal year.

“This grant will help to keep seniors in the community and living independently,” said SCS Executive Director Arthur Weisfeld. “The home delivered meal program is a core element of our service scope and it really goes far to helping seniors remain in their homes. In addition, we are addressing their basic nutritional needs, which is vital.”

Enterprise Controller for the Philadelphia region, Scott Schusko presented a check to SCS in their Schoolhouse Center kitchen this fall. He highlighted that Enterprise and SCS are great partners because they both see the value in supporting and creating healthy communities.

“Enterprise Rent-A-Car is woven into the fabric of the Delaware County community and food insecurity is an issue for our community,” Schusko said. “This donation to [this organization] will support those in our community who need a little help to reach their full potential.”

SCS, which celebrates its 40th anniversary this year, has been a vital advocate for seniors living in Delaware County. This highlights the need to support seniors who are at-risk for food insecurity, but also recognizes that SCS remains a key player in aging services in the area. SCS continues to be the largest provider of home delivered meals in Delaware County.

“There is a great need to help some of the most vulnerable members of our community,” said SCS Executive Director Arthur Weisfeld. “Because of this very generous multi-year grant, we are able to help and reach those people in need in and around our community.”

If you would like more information on how to volunteer your time with Senior Community Services, please contact Michele O’Brien at 484-496-2149 or mobrien@scs-delco.org. If you would like information about receiving home delivered meals or other in-home services, please contact Trindy Grundy, Director of Long Term Care Services at (484) 534-2050 or tgrundy@scs-delco.org.

Senior Community Services’ home delivered meal program was recognized once again by the Goshen Friends School. Read more on page 5.
Stopping to Smell the Roses

*By Arthur Weisfeld*

I am writing this column in the middle of winter, but you will read it when spring is just around the corner. Right now, the outdoor colors are dull. Only the occasional blue-sky day offers relief from the stark horizon. Without their leaves, the trees look like somber soldiers en route to their next battle. The ground beneath our feet is hard, softened only slightly by the accumulated fallen leaves. This winter has not been brutal: cancellations have been few and our streets blissfully free of snow plows. Yet, like every other year, we long for the beauty of spring.

When spring arrives, it does so quickly. It transforms the environment almost instantaneously. Instead of browns and grays, we encounter a profusion of pinks, yellows, and of course, greens. It’s dizzying even for those of us without allergies. We appreciate the burgeoning snowdrops, and then crocuses, reassured by their presence that like all others, this winter will be something transient. By the time the daffodils appear, we find ourselves becoming less fastidious about placing gloves in our coat pockets. The freedom we have from carefully preparing our time outdoors—if it is only the trip from the car to our front door—is quickly taken for granted. We become nearly oblivious, too, to the opulence of the visual landscape. The gorgeous blossoms that border our paths are given at best passing notice so focused are we with the business of the day.

“Stop and smell the roses.” That ancient piece of advice is one many of us cannot honor. After all, if we stoop to smell those flowers, we must be able to be able to get up. But of course we can honor the meaning of the cliché. It instructs us to be aware of the present and our surroundings, to be mindful of our environment, and even to be appreciative of it. A recent study done at Rutgers University found that students who had a greater appreciation of the present moment, that is, where they dwelled in time and space, had greater life satisfaction.

Mindfulness is really a simple thing. It entails being aware of what is before us. It involves not being distracted by our thoughts about the future or the past. But mindfulness is not limited to an awareness of nature. It encompasses being present for people in our lives—truly seeing them rather than looking past them. Unfortunately, the more central people are in our lives, the easier it is not to see them anymore. And as we cast a blind eye, we do so to our detriment, we diminish our capacities to have a contented life.

Please join me in vowing that as we enter each new season, we will hold on to our appreciation of it and allow no pleasure to go unsavored. Let us do so no less with those who love and whose love sustains us.

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**SCS Management Staff**

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

Aging at Home Director: Christine Helmandollar
APPRISE Program Manager: Glenda A. Radical
Center Without Walls Coordinator: Farah Esfahani
Cognitive Stimulation Program Manager: Dorothy Darragh
Director of Advancement: Lydia Messinger
FCSP Program Manager: Debbie Templeton
Fiscal Officer: Robyn Cashwell
Hearing Discovery Coordinator: Donna Schumacher
How Do You File a Medicare Appeal?
By Glenda A. Radical, APPRISE Program Manager

An appeal is the action you can take if you disagree with a coverage or payment decision by Medicare or your Medicare Advantage Plan (HMO/PPO). Filing an appeal depends on what type of Medicare coverage you have. Below are steps to follow concerning filing a Medicare appeal.

FILING AN APPEAL WITH ORIGINAL MEDICARE
1. Locate your Medicare Summary Notice (MSN) that shows the appeal item, issue, or service that you would like to dispute.
2. Circle the item(s) you disagree with on the Medicare Summary Notice, and write an explanation of why you disagree with the decision on the Medicare Summary, or write your explanation on a separate piece of paper and attach it to the Medicare Summary Notice.
3. Include on your written explanation your name, phone number, and Medicare number on the Medicare Summary Notice. (This is the number that is typed on your red, white, and blue Medicare card with a letter typed behind the number).
4. Sign and date the written explanation and always keep a copy of your written explanation for your personal records.
5. Mail the Medicare Summary Notice or a copy of the Medicare Summary Notice and written explanation to the company that handles bills for Medicare (known as the Medicare Administrative Contractor). The address information is listed on your Medicare Summary Notice. In this mailing, you may include any additional information you may have concerning the appeal.
6. You must file your appeal with 120 days of the date you get your Medicare Summary Notice in the mail. You will generally receive a decision from the Medicare Administrative Contractor within 60 days after your request is received. If Medicare has approved to pay for your item(s), issue(s), or service(s), it will be listed on your next Medicare Summary Notice.

FILING AN APPEAL WITH A MEDICARE ADVANTAGE PLAN (HMO/PPO)
You must review your Medicare Advantage Plan HMO/PPO materials concerning their “Appeal Process” you received in the mail when you enrolled in the Medicare Advantage Plan, or you can call a Medicare Advantage Plan Membership Services representative and inquire about their appeal process for appeals, or visit www.Medicare.gov/appeals.

You may contact the Delaware County APPRISE Program at 484-494-3769 with any further questions concerning filing a Medicare appeal.
**AGING AT HOME**

The Final Touches –
**MURDER, VEGAS STYLE!**

*By Christine Helmandollar, Director*

Senior Community Services and Aging at Home invite you to join us for “Murder, Vegas Style,” a fun-filled evening at Lazaretta Ballroom in Essington beginning at 6 p.m. on Saturday, April 1. As we put the finishing touches on the event, ticket sales remain strong, but some seats remain. Tickets are $60 or $50 for SCS members. Please call 484-534-2201 or email agingathome@scs-delco.org to reserve your ticket(s).

“Murder in Vegas” is an interactive event that involves the audience solving a crime alongside actors who will mingle among the audience during a lovely – and lively - dinner. In addition to figuring out “whodunit,” there will also be an OVER-THE-TOP live raffle to raise funds and increase supporter engagement. All prizes have been donated and the Event Committee wishes to send a special “shout out” to the following raffle contributors: All Pets Veterinary Hospital, American Bistro, Antinia’s, Bennets, Cocco’s Pizza, Coffee Station, Colonial Village, Condon’s Flowers, DaChen, Dynasty Buffet, Famous Dave’s, Folcroft Diner, Italian Delight Restaurant, J & M Discount Tire Center, Kelly’s Candy, Little Hut, Marie’s Bakery, Penny’s Cuts, Price Rite, Robin Ford, Roy Tweedy, ShopRite, Sports Club, Stingers, Tour and Travel, Trieste Restaurant, Venus Certificate, and Zac’s Hamburgers. Please help us say “thank you” by shopping locally at their stores.

Leading up to the event, lend your support for Aging at Home by purchasing a 50/50 raffle ticket at Schoolhouse or Friendship Circle centers. Earn a chance to win during the week of March 27 until the close of the centers on Friday, March 31 at 4:30 p.m.

The excitement is growing as each day passes. Watching the actors and figuring out the clues to solve the murder is going to be a blast! Let April 1st be a great way to have a fun-filled Saturday evening and an opportunity to help sustain a program that is helping seniors remain independent in their own homes.

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**CARE MANAGEMENT**

Meet Lourena

*By Trindy Grundy*

**Happy spring!**

First and foremost, I would like to thank everyone for their patience waiting for the solution to our fall crossword puzzle. Please see back page for answers.

Second, I would like to introduce our new supervisor for the OPTIONS Care Management Program.

During my tenure at SCS the last nine years, I have been privileged to oversee this program with three supervisors who had a total of 40 years with the agency.

Lourena Gboeah was hired on August 24, 2015 and comes to SCS with a strong background in social work and staff supervision. She has a Master of Social Work (MSW) from Temple University with a concentration in communities and policy. Most recently, Lourena was employed by the Wordsworth Academy Community Umbrella Agency in Philadelphia where she served as a case manager supervisor. Although in child welfare, her work at Wordsworth Academy mirrors the care management supervisor job role within the Options Program. Ms. Gboeah’s career has included serving as an income maintenance caseworker with the Pennsylvania Department of Public Welfare and program specialist with Elwyn’s Adult Residential Behavioral Health Services.

Lourena enjoys traveling abroad and giving back through significant volunteer and community service work. She is currently pursuing a Master’s degree in public administration.

Lourena’s duties include overseeing five care managers who carry a caseload of 75-80 consumers providing assessment and resources.

Lourena is married to Jonah Flomo and they are expecting their first child in June 2017. Join me in welcoming Lourena to the SCS team.

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**CENTER WITHOUT WALLS**

Spring Semester is Blooming with Opportunities to Get Involved

*By Farah Esfahani, CWW Coordinator*

Dear Friends:

Although our spring semester classes have not even begun, we have already received an overwhelming number of registrations for our classes.

Art classes will start the second week of March. Agnes Wilson Bakow and Marie Gilligan will teach watercolor at Brookhaven, Rachael Kohl Library, Aston Community Center, and Concord Senior Center. Anne Dempsey will teach drawing at Aston, Concord, and Springfield. Chair yoga classes at Brookhaven and Springfield with Don Simpson, and Zumba classes with Lavinia Ferguson at Aston and Springfield will begin the second and third week of March.

In cooperation with the Osher Learning Institute, we have arranged for five weeks of the “Memory Games” workshop at Aston Community Center. This class will focus on creating positive patterns in the memory processes through games, challenges, team exercises, and basic imagination skills. The president of Memory Matters Corporation, Thomas McNellis, MS, will be the instructor. The first workshop is scheduled for April 12.

Following are highlights of some of the free upcoming presentations: On April 4, Robert and Dana Breslin, Esq. will offer a presentation on Can your adult children be responsible for your medical/nursing home bills?; Medicare 101 by APPRISE Program Coordinator Glenda Radical will be offered on April 19; Book Club meeting, facilitated by Diane Caggiano, is on March 15. All of these programs will take place at Aston Community Center.

Medicare individual counseling sessions, designed to assist Medicare recipients and potential Medicare beneficiaries with Medicare questions, are offered by APPRISE counselors on March 22 and April 26. Joseph Wehr, a financial educator from Clarifi, will hold a workshop on Identity Theft and Financial Predators. Both programs will take place at Springfield Township Building.

The AARP class on March 16 and Eating Smart Series classes on March 21 and April 16 will be held at Brookhaven Municipal Building.

Please contact me at (484) 496-2143 or fesfahani@scs-delco.org if you have any questions about our spring semester program.

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Please contact me at (484) 496-2143 or fesfahani@scs-delco.org if you have any questions about our spring semester program.
St. Patrick’s Day, Remembered
By Dorothy Darragh, Cognitive Stimulation Program Manager

March 17th, St. Patrick’s Day, honors the Irish patron saint. The holiday is known as an Irish celebration. Traditional feasts include corned beef and cabbage, shepherd’s pie, soda bread, and potatoes. Many folks wear green on March 17th. Shamrocks abound and Catholic Irish-Americans are absolved from Lent that day and may celebrate.

Large parades are held in Boston, New York City, Philadelphia, New Orleans, Savannah and smaller parades are held throughout the USA. Chicago dyes its river green, bars serve green beer, and even the White House fountain has green water.

What do you remember of St. Patrick’s Day celebrations? Food, family, parades……

1) St. Patrick’s Day celebrates:
   a) St. Patrick’s birthday
   b) the day St. Patrick drove the snakes out of Ireland
   c) the day St. Patrick died

2) What does the shamrock signify?
   a) the color green
   b) spring
   c) the number 3

3) Which U.S. city was the first to officially celebrate St. Patrick’s Day?
   a) Boston
   b) Philadelphia
   c) New York City

4) In Ireland, what does the color green represent?
   a) spring
   b) hope
   c) countryside

The Cognitive Stimulation Program encourages our brains to keep active through reminiscing and challenging the retention of knowledge. Use St. Patrick’s Day to stimulate your brain and smile a lot!

Kits are available to be used at the Senior Community Centers, nursing homes, residential communities, one-on-one with homebound clients to name a few options. For more information, contact me at 484-496-2144 or at ddarragh@scs-delco.org.

Answers: 1-c, 2-c, 3-a, 4-b

Goshen Friends School
By Lydia Messinger, Director of Development

For the second year in a row, Goshen Friends School selected Senior Community Services’ Home Delivered Meal Program as their Martin Luther King, Jr. Day of Service Project. On Monday, January 16 students, parents, and faculty spent the morning decorating bookmarks, cards, placemats, and lunch bags to brighten the day of meal recipients. In addition to this beautiful gesture the school also held a penny drive in the weeks leading up to the Day of Service, raising $307.66 for the meal program.

SCS is so incredibly grateful for the wonderful partnership and support provided by the students, families, and faculty of Goshen Friends School.

Thank you for honoring Dr. King and bringing joy to the homebound seniors served by SCS’ home delivered meal program.

Volunteers are the Glue that Holds SCS Together
By Michele O’Brien

As I visit the centers and talk to volunteers, I often hear them say, “I am just a volunteer.” Let me clear up that misstatement – for there is no such thing as “just a volunteer!” Our volunteers are not only the backbone of Senior Community Services; they are our heart and soul.

Volunteers are the people who make us tick and enable us to fulfill our mission of providing services to seniors in Delaware County. Volunteers are the dedicated people who deliver meals every day – even in the freezing cold of January or the hottest days in August. Volunteers are the special people who sit through lengthy training sessions to learn about Medicare so that they can go into the community to counsel others. Volunteers are the kind men and women who take time out of their schedule to drive an elderly person to the doctor or to install grab bars in the bathtub of a neighbor. Volunteers are the people with the smiling faces who greet visitors in the centers. Volunteers are the talented people who share their musical gifts with the community. Volunteers are the compassionate people who spend time with homebound seniors to make them feel less isolated.

Without volunteers, our friends and neighbors would not get the services that they need and deserve. Without volunteers, there would be fewer smiles on the faces of seniors throughout the county. Without volunteers, SCS would not be the organization that we are today - 40 years after its inception!

I am looking forward to recognizing our volunteers in many ways during our 40th anniversary celebrations. We began with our advisory council conference in February and our annual Volunteer Recognition Luncheon will take place in April. There will be additional center-based meetings and celebrations throughout the year recognizing the importance of volunteers in SCS.

So, the next time you are working at your volunteer assignment, please remember that without you, there is no SCS - no Senior Community Services. Thank you for all that you do to make SCS an agency that can fulfill its mission of providing services to seniors. We are thankful that you are part of SCS, and we want you to know you are the most important part!
Senior Center Highlights...
Below is a calendar of events at each of our four senior centers. For details and more information on any event, please contact your center director or visit www.scs-delco.org

**ARTS AND CRAFTS**

**Pencil Drawing**  
*Mondays at 11 a.m.*  
*Good Neighbor*

**Pencil Drawing and Watercolor Arts**  
*Mondays from 12:30-2 p.m.*  
*Chester*

**Cost:** $5

All are invited to come and learn the basics of pencil and watercolor. Enhance your artistic abilities with various media.

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

**Cost:** $5 per class; please pay instructor Mary Ash

Learn to draw with pencil and charcoal. Drawing is basic to all art. Take this class to build your skills.

**Watercolor Painting**  
*Wednesdays from 1:45-3:45 p.m.*  
*Schoolhouse*

**Cost:** $53.50/10-week session

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

**Oil & Acrylic Painting**  
*Fridays from 12-2 p.m.*  
*Schoolhouse*

**Cost:** $53.50/10-week session

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

**Crochet Class**  
*Wednesdays at 11 a.m.*  
*Good Neighbor*

**Cost:** $3

Adult Coloring  
*Wednesdays at 10 a.m.*  
*Good Neighbor*

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 in their own.

**SEWING**

**Sewing**  
*Fridays from 10 a.m. – 2 p.m.*  
*Chester*

**Members:** No fee/non-members $5

Learn to create your own beautiful works! Sewers of all skill level are welcome in this group.

**Busy Bee Crafts ~ Clay Pots**  
*March 7 & 21 at 11 a.m.*  
*Chester*

**Cost:** members: $2/non-members $3

Learn to work with clay and enjoy its relaxing properties by creating a clay pot by hand and then painting it to your liking after it is fired in the kiln! This is a 2-step, 2-day project.

**Scrapbooking**  
*Mondays at 10 a.m.*  
*Chester*

Join the scrapbooking group to learn and share together! Supplies will be provided, but feel free to bring in your own as we create beautiful mementos from photos, post cards, letters, and other memorable items!

**Jewelry Making**  
*2nd & 4th Tuesdays from 10 a.m.-12 p.m.*  
*Chester*

**Cost:** members $5/ non-members $7

Design and create your own classic earrings, necklaces, and bracelets. Create matching sets or individual pieces. Supplies included but you may bring your beads and tools as well.

**Cardmaking Class**  
*Tuesdays, March 14, 27, April 11, and 25 at 12 p.m.*  
*Chester*

**Cost:** $5

Create classy and sophisticated greeting cards, gift boxes, tags, candy holders and so much more! Supplies are included.

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

Members create extraordinary art from wood.

**DISCUSSION GROUPS**

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

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

**Men’s Group**  
*Mondays at 11 a.m.*  
*Good Neighbor*

Caregiver Support Group  
*Tuesday, March 7 & April 4 at 3 p.m.*  
*Chester*

Share among peers and professionals as you get support, encouragement, and advice. Learn about valuable resources that will assist you in your caregiver journey.

**Kitchen Table Stories**  
*Fourth Thursday at 10 a.m.*  
*Schoolhouse*

This fun, ongoing program encourages you to tell your favorite stories from all stages of your life. Suzanne Baram facilitates.

**Book Club**  
*Wednesday, March 15 & April 19 at 12:30 p.m.*  
*Chester*

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

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

Square Dance Class
Wednesdays from 7-9 p.m.
Schoolhouse
Cost: $5 per session – first class is FREE
Club Sashay, the oldest square and round dance club in the Delaware Valley, offers a beginner’s classes for modern Western square dancing

Sit and Get Fit
Monday, Tuesday, and Thursday at 10 a.m.
Schoolhouse

Tuesdays and Thursdays from 10:30-11:15 a.m.
Chester
While seated, using light weights and bands, we strengthen muscles, burn calories, improving movement and flexibility.

Yoga (Mat Yoga)
Tuesdays at 9 a.m.
Schoolhouse
Cost: $43/10-week session
Yoga promotes strength, flexibility, balance and focus.

Walking Club
Monday – Friday at 9 a.m.
Good Neighbor

Chair Zumba!
Tuesdays, March 7, 21, April 4, and 18 at 11:15 a.m.
Chester
Tuesdays at 11:15 a.m.
Good Neighbor
Cost: $1.50 per person
This lively exercise fuses Latin dances like Salsa, Cumbia, Merengue, Flamenco, Tango, and even some belly dancing with aerobic exercise!

Chair Yoga
Wednesdays at 11 a.m.
Chester
Chair yoga classes include breathing exercises, stretching, balance, physical components and conclude with meditation or relaxation.

Tap Dancing
Wednesdays at 11 a.m.
Chester
Learn this legendary dance form in a fun atmosphere and get fit all at the same time! Tap shoes are recommended but not required.

Gospel Aerobics
March 1, 15, 29, April 5, 13, and 19 at 10 a.m.
Chester
Join this fun exercise program! Improve your physical and spiritual health through low impact exercise done seated and standing. Fill your body with energy.

Cardio & Strength Training Exercise
Tuesdays at 5 p.m.
Chester
This is a moderate-level exercise class that helps to improve strength, flexibility, and endurance. This class involves the use of mats, weights, and other equipment.

Line Dance Classes
Tuesday Evenings at 6 p.m. ($4)
Thursdays at 1 p.m.
Chester
Tuesday, April 4 and 18 from 1 to 2 p.m.
Good Neighbor
Tuesdays at 2:30 p.m.
Schoolhouse
Cost: $1 per session
Come learn the latest line dances while having fun and exercising.

Pinochle Tournament
Monday, March 27 at 12:15 p.m.
Monday, April 17 at 12:15 p.m.
Schoolhouse
Cost: $5 entry fee
Saturday, March 11 at 10 a.m., tournament begins at 11 a.m.
Fee: $12/No walk-ins, please register

GAMES

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

Table Games
Monday – Friday at 10 a.m.
Good Neighbor

Free Bingo!
Thursdays at 12:30 p.m.
Good Neighbor

Breakfast Bingo
Friday, March 10 and Friday, April 14 from 9 a.m. to 12 p.m.
Good Neighbor
Cost: $5

Pokeno
Mondays & Wednesdays at 12 p.m.
Good Neighbor

RELIGION AND SPIRITUALITY

Bible Study
2nd & 4th Tuesdays from 4-5 p.m.
Chester
Tuesdays at 9:30 a.m.
Good Neighbor
Share the life and words of God.

TECHNOLOGY

Above & Beyond the Basics
Tuesdays in April at 2:30 p.m.
Cost: $20 members/$30 non-members
Friendship Circle
You know the basics and have gone “beyond” them. Now you’re ready to take the next step in your computer education. Not for the novice, this is an advanced computer class that will expand your ability to create a variety of documents and further explore the web. Instructor: Michael Yurcaba

Basic Computers
Tuesdays beginning March 7 at 2:30 p.m.
Friendship Circle
Designed for students who are beginners or relatively new to using a computer. The four-sessions will cover Windows, how to save and find files, using the Internet, email, and more. Instructor: Michael Yurcaba

continued on page 12
**Chester Chatter**

We are well into 2017 and there is so much to celebrate... life's goodness, blessings, healing, family, friendships, service, giving and, love! Despite what may be going on in our lives, in our world, there is always a ray of sunshine, something to make us smile! I choose to see that sunshine as I celebrate the great women who have made a difference throughout my life. I celebrate the Chester Senior Center volunteers during National Volunteer Recognition Month in April, and I celebrate the hours of service given to ensure that the Chester Senior Center shines! I celebrate the center staff that persevere to always get it done! I celebrate the generous donors who provide financial support to keep us going! I celebrate all Chester Senior Center members for your interest, involvement and commitment to what we do! Finally, I celebrate all who encourage me, help me, push me, guide me, pray for and with me, and most importantly love me!

Always Grateful,
Jamee

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**March and April Special Events!**

### Consumer Protection Week

An agent from the Bureau of Consumer Protection will discuss common scams, identity theft, Do Not Call listings, and other deceptive practices as well as how the district attorney’s office can help you. Meet the Pennsylvania Attorney General’s office staff on Thursday, March 9 from 10:30 a.m. – 12 noon.

### Women’s History Month Celebration

March is Women’s History Month! Honor the greatness of women on March 15 from 10 a.m. to 2 p.m. Start with morning fitness and inspiration in Gospel Aerobics class, followed by a live re-enactment of American abolitionist Harriet Tubman by Dr. Daisy Century, and close with a reading from “Prophetic Triumphs” and book signing with author Katrina Washington of Washington, D.C.

### Community Awareness Day 2017!

Thursday, March 16, 10 a.m. – 2 p.m.

Learn about the rich resources in the community! Visit and talk with professionals from various fields including transportation, fire and community safety, local city services, nutrition, housing assistance, finance, and more. Also, if you are 65 years of age or older you may have your SEPTA transportation photo taken between 10 a.m. and 2 p.m. This pass is your identification for SEPTA free rides.

### Spring Gardening Start Up!

Help to maintain our center garden by preparing for the summer’s planting and harvest. Join in as the Master Gardeners teach us about vegetable and flower gardening, plant selection, composting and soil health, controlling pests safely, pollinator gardening, pruning, and more. We also extend special thanks to Aetna Health for sponsoring the garden program.

Center Gardening Days: Monday-Thursday from 10 a.m.—1 p.m. (Leader: Ola Cannon)

### BINGO MARATHON!

March 27 & April 24

BINGO it is! Try your luck at winning some BIG cash prizes over $100 at the monthly Bingo Marathon. Bingo games are played from 10 a.m. to 3 p.m. (with a short break for lunch) and the prize pot will grow larger as the day goes on. Tickets are $10 in advance and $15 at the door and include 8 Bingo cards and a snack bag. Additional cards and special games can be purchased for an additional $1 each. To join the fun, sign up at the front desk.

### Healthy You Programs – Foot Care Clinic

Consult one-on-one with podiatrist Dr. Verma and get personalized foot care including foot exam, nail trimming, debridement, and treatment for pain and other issues. Finish with a foot massage. Appointments must be made in advance and insurance information is required. Appointments are available March 9 between 1 and 3 p.m. Please sign up at the front desk.

### Vision Care – Cortical Visual Impairment & Eyeglass Cleaning

Learn about vision loss due to neurological damage to the brain that affects both children and adults. This program will occur on April 13 at 11 a.m.

### Basic Computer Class

March 13, 15, 20, and 22 at 12:30 p.m.

Members $25/Non-Members $30

Learn the tricks of using the popular iPad and other tablets for fun, business, and general use. Bring in your device, connect to Wi-Fi and become a pro.

### Individual Computer Instruction

Available Dates: March 3, 17, 24, and April 3, 7, 10, and 12, 11 a.m.—2 p.m.

Members $10/Non-members: $15

Take advantage of one-on-one instruction. Ask questions, learn a trick or short cut to help make your computer experiences easier. By appointment only—sessions are 1 hour!

### Smart Phone Smarts

April 5 at 11 a.m.

Become Smart Phone smarts after taking this class! Learn how to quickly find phone numbers, set up favorites, use the voice command, download apps, and use the calendar and more! Bring your Smart Phone to class!
Friendship Facts

Dedication of the Pool Room – Aldo Liberi
By Christine Helmandollar

The “pink room,” “white room,” and “computer room” are usual titles when referencing a location for classes or lectures at Friendship Circle. The usual title will no longer apply to the “Pool Room” of Friendship Circle as of March 9. On that date, the room will be formally dedicated to longtime member and volunteer Aldo Liberi in recognition of his 20 plus years of outstanding service to pool activities, programs and other special events.

This dedication is in deep appreciation for a man who has been described as the “go-to-guy,” a “Mr. Fix-It,” a veteran who shared his memories with fellow members, an advisor who helps solve building problems and implements plans, a team player in both in-house and pool challenges, and an active member of Friendship Circle.

“Aldo shared some points to be a better pool player,” said Robert Jackson about the first time he met Aldo. “I really enjoyed shooting pool with him because he shared techniques that made me feel really good about my abilities.”

Advisory Council President Jerry Sanders and the Friendship Pool Team will present a plaque commemorating Aldo Liberi’s outstanding service and friendship. The pool room, which is a common room for members to congregate, shows the close bonds of friendship among members.

On hand for the dedication will be Aldo’s wife, Henrietta, along with other family members and friends. Many SCS members, not only from Friendship Circle but pool players from other centers too, plan to attend.

Many thanks for this special dedication and congratulations Aldo!

SATURDAY CLASSES ARE BACK!

Zumba
Saturdays beginning March 4 from 10 to 11 a.m.
Cost: $3 per session for members/$5 for non-members

The Saturday class incorporates strength training and a muscle toning session midway through the dancing portion of the class.

Yoga Flow
Saturdays beginning March 4 from 11 a.m. to 12 p.m.
Cost: $3 per session for members/$5 for non-members
Certified Instructor: Amanda Collins

Yoga promotes strength, flexibility, balance and focus. Breath awareness, posture and alignment will be emphasized in a class of sequenced yoga poses.

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Cost: $3 per session for members/$5 for non-members
Certified Instructor: Amanda Collins

Yoga promotes strength, flexibility, balance and focus. Breath awareness, posture and alignment will be emphasized in a class of sequenced yoga poses.

NEW EXERCISE CLASSES AT FRIENDSHIP!

Introduction to Tai Chi Chih
Thursdays in March from 9 to 9:45 a.m.
Cost: First class is free, additional classes $3 for members/$5 for non-members

Would you like to have more energy and experience relaxation at the same time? Tai Chi Chih is not a martial art, but a moving meditation, a series of soft, flowing movements that circulate and balance internal energy for optimal health and wellbeing. These movements can be done seated or standing and may be done by anyone, regardless of age or physical ability. Join accredited Tai Chi Chih instructor Jim Kaib for a four-week introduction to this beneficial practice.

Morning Stretch
Tuesdays beginning March 7 from 9:45 to 10:15 a.m.
Cost: free for members/$1 for non-members

A short 30-minute program to work out those sleep kinks and tightness, breathing techniques to get the oxygen into your blood and get you moving for the rest of the day.

Strength and Stretch
Fridays from 9:30 to 10:30 a.m.
Cost: $2 for members/$3 for non-members

Using bands, balls and weights, and working to upbeat jazz and a little gospel, this class is designed for the more adventurous exerciser.
Instructor: Ronnie Williams

Polymer Clay Workshop
Tuesdays from 1 to 3 p.m.
$5 members/$7 non-members

Polymer clay is a very versatile medium that allows you to make jewelry to match your particular style and color taste. Make a necklace, earrings, or bracelet to match that new outfit or to spruce up an old one, and do it from beads you made yourself. We’ll design, make, bake, and construct your creation.

Each week we’ll try a new technique. You’ll learn to marbleize, make simple canes such as jelly rolls, checkerboard, and bulls eye. We’ll also learn to emboss our clay using stamps and stains. The session is designed for beginners, so get ready for a fun and creative time. Fee includes cost of materials.
Chatting with Barbara

Make Good Health Non-Negotiable

Brian Walker is the living embodiment of the phrase “bloom where you are planted.” Born and raised in Folcroft, upon graduating from Academy Park High School in 1985, he went on to receive his Bachelor’s degree from the Philadelphia College of Pharmacy in 1990. After working in several different disciplines of pharmacy including clinical services, home infusion pharmacy, and large-scale retail pharmacy, Brian opened his first independent store, Delmar Pharmacy, in his hometown of Folcroft in 2005. In 2012, he opened a second store, Pharmacy Solutions Rx, a successful compounding pharmacy currently servicing 10 states.

Brian is active in many professional societies—locally as well as nationally—and is recognized in the field as a leader, having served a two-year term as President of Philadelphia Association of Retail Druggists (PARD) from 2010-2012, and as their Chairman of the Board from 2013-2014. Brian has served as an advocate of opioid treatment and addiction programs through the region and has been a teaching liaison for Reckitt Benckiser Pharmaceuticals since 2010. For his outstanding achievements in his chosen field, Brian is the distinguished recipient of the 2010 Who’s Who in Pharmacy. However, all of his professional accomplishments notwithstanding, it is Brian’s exemplary service as a Good Neighbor Senior Center Advisory Council member, sponsor and volunteer, in addition to his professional enterprises, that earns him the applause and gratitude of Good Neighbor’s members.

Brian has combined his passion for providing superior pharmaceutical service with his love for his community through several initiatives and philanthropic endeavors. He has freely given his time to teach and counsel Good Neighbor’s seniors on proper medication use, and consults with their doctors on their behalf when needed. When members expressed an interest in hosting a Biggest Loser Contest, Brian saw this as a perfect opportunity to encourage healthy habits by providing the scale for weekly weigh-ins and, the first place prize, a fifty-inch flat screen TV. For those seniors who have difficulty picking up their medications, Brian provides home delivery service. When the flu season rolls around, he volunteers to set up a flu clinic at Good Neighbor. For their 10-year support of his business, Brian even hosted a customer appreciation barbeque for the community. When members wanted to mount plaques on the new benches to commemorate deceased members, who themselves had made a significant impact on Good Neighbor, Brian stepped up and took care of that too. In addition to serving on Good Neighbor’s Advisory Council since 2014, he is an avid sponsor of the Folcroft Boys and Girls Club, the Folcroft Police Christmas Drive and the Darby Township Police Sunshine Club.

Brian’s list of service to his community and Good Neighbor in particular, is endless and only surpassed by his dedication to his family—his wife Lillian of 22 years and his 2 sons, Joseph (20) and Anthony (19), both of whom attend the University of the Sciences in Philadelphia and are pursuing a degree in pharmacy.

Nutrition Talk & Cooking Demonstration:
- Wednesday, March 1 and April 5 at 12 p.m.
- Free Blood Pressure Screenings and Information by Widener University School of Nursing:
  - Every Thursday, March – April from 9 a.m. to 1 p.m.
- Thrift Store Hop:
  - Friday, March 3 and Friday, April 9 from 9 a.m. to 2 p.m.
- Kitchen Table Stories:
  - Wednesday, March 8 and Wednesday, April 12 at 11 a.m.
- Legal Aid:
  - Fridays, March 24 and April 28 at 12 p.m.
- APPRISE (Individual Counseling):
  - Thursdays, March 16 and April 20 from 10 a.m. to 2 p.m.
- Cow Town:
  - Tuesdays, March 14 and April 18 from 9 a.m. to 3 p.m. Enjoy a fun-filled day of thrift store shopping. Wear walking shoes and comfortable clothing!
- Casino Trips:
  - March 8 and April 12 from 9 a.m. to 7 p.m. For more information, contact Dianne Roberts-Gibbs or Dianne Peterson at (610) 586-8170.
- Special Events, Presentations and Trips
  - Rent Rebate Clinic
    - Monday, March 6, 13, 20, and 27 from 10 a.m. – 2 p.m.
  - Income Tax Preparation
    - Wednesday, March 1 from 9 a.m. – 3 p.m.
    - Thursday, March 2 from 9:30 a.m.– 2 p.m.
  - Good Neighbor’s Seventh Annual Legacy Banquet
    - Saturday, April 4 at 1 p.m.
  - Car Fit (Helpful tips and adjustments for a safer, more comfortable driving experience)
    - Wednesday, April 5 from 10 a.m. – 1 p.m.
  - Caregiver Academy
    - Session 1: Understanding Insurance Options: Medicare, Medicaid, and More
      - Thursday, April 6 from 4 – 5:30 p.m.
    - Session 2: A Matter of Balancing: Fall Prevention and Safety in Your Home
      - Thursday, April 20 from 4 – 5:30 p.m.
  - Sister Circle
    - Friday, April 7, 10 a.m. – 12 p.m.
  - AARP Senior Driver Course
    - Wednesday and Thursday, April 12 & 13 from 10 a.m. – 2 p.m.
    - Saturday, March 25 from 7 a.m. – 7 p.m.
  - Monthly Birthday Party
    - Friday, March 24 and Friday April 28 at 11:30 a.m.
  - Information Meeting
    - Friday, March 24 at 12:30 p.m.
  - Red Hatters Monthly Meeting
    - Thursday, March 23
  - Devine Source: Healthy Eating Demonstration
    - Tuesday, March 28 at 9:30 a.m.
  - Risky Behaviors:
    - A presentation by Breyonna HandMuir, prevention specialist, March 31 at 10 a.m.
  - Dr. Daisy Century’ Reenacts Bessie Coleman
    - (The first woman civil aviator of African-American/Native American descent)
    - Wednesday, April 5 at 1 p.m.
  - Creative Writing with Dr. Daisy Century
    - Wednesday, April 19 at 1 p.m.
Dear Friends,

So many changes are happening in the world. As I write this letter to you, I am anxiously awaiting the birth of my first grandchild. I look to the future of my family with joy and anticipation.

But there are many other changes occurring in the world; some people are looking toward the future with hope for change and anticipation, while others are angry, full of dread and worry, and very concerned for what may come. One thing, however, remains certain—regardless of our opinions, life continues and time moves forward, unconcerned with our hope and fears.

I think most of us were surprised in November. We have all seen the news—the ongoing demonstrations, the violence, the outcry and the inability to find common ground. The result of this has been a deep division that is causing a terrible strain between family, friends, and neighbors. We all have a right to our opinions and the right to act upon them. We all have a right to have our concerns heard. But there is a time and a place for everything.

As your director, my concern is for the relationships between our Schoolhouse friends and family. In the last week, I have witnessed this division cause tension. Conversations have been careless and tempers have flared. Doors have been slammed and angry words muttered as arguments come to an abrupt close. I am asking you, friends, to please be aware and choose your words with care. While there are those who will agree with your point of view, others around you may not and no one needs to feel insulted for their opinions. Words spoken in anger produce poisonous fruit, and will not bring us together. We are a community of friends and neighbors who have celebrated together, endured hardship together and found reason to embrace our differences, political, and otherwise. That is the spirit I want us to live as we share our time together here.

We are a family. Please be careful with one another. Respect and tolerance are things that we all need, regardless of our political affiliation. We can choose kindness. We can choose peace. And we can choose to support one another. Because that is what a family does.

Love,
Kim

April is Volunteer Month Recognition

Many thanks to our amazing Schoolhouse volunteers. Here are some of the volunteer jobs we have at the center: Advisory Council member, meal deliverer, kitchen helper, office support, reception, tutor, ambassadors, travel team, garden committee, computer help with tickets and fliers, 50/50 sales, knitters, crocheters and loomers for those in need, crafters who craft and also sell items to benefit the center, group leaders, teachers, entertainers, party set-up…

In other words, without volunteers, the center would not be able to open its doors. Thank a volunteer not just in April, but every day.

Gardening Time is Upon Us

Who doesn’t like to see things grow, to get fresh air and make things beautiful? Consider joining the garden committee under the leadership of Master Gardener Brenda Troutman. We meet two Mondays a month. This year we will work more on creating a pollinator garden.

Sunshine Wishes to:
Lois Yost, Chuck Becker, Joan Lynn, Jane Renshaw, Marge Flanagan, Mary Yeager, JoAnn Fiscaro, Linda Zapcoski, Dee Trexler, and Bernie Prince.

Accreditation
Things have really been moving—meetings completed, piles of binders stacking up—all to get ready for what will be the final phase, the accreditation visit. On that day, we will have a center pride day. We will encourage everyone to wear their center shirts. You can still get them at Clothes Quarters. Stay tuned for a fabulous day to shine.

Thank You To:
• The cast, the staff and a host of volunteers that pulled off what I think is the best Mystery Dinner we have ever done.
• Our Travel Team: Jeannie, Judy and Barb for a fabulous year of trips and a great line-up of new trips. They do phenomenal work.
• The Advisory Council for being a sponsor of the Mid-Winter Party. I hope you all enjoyed yourselves.
• The Advisory Council of 2016-2017 for a great year of work for our center.

Congratulations to:
• Phil Atwood, Bertie Ritchie, Judi Haines, and Tom McKelvey who are the winners of the Advisory Council election and will serve the next three years.
• Carl Christiansen and Cathy Gannon on their marriage. This is the second wedding in six months!
• Our woodcarvers who did very well in the Annual Wood Carving Show at Penn State Brandywine. Mary Yeager won first place and Pauline Costello won second place in relief carving. Clair Hagen won at the Intermediate Level for her carving of Santa and an angel. If you want to learn this art form, come on Mondays. The carvers will tell you what supplies you need to start. No formal instruction, just carvers helping one another to get started. There is no fee associated with this activity.

Condolences to:
The friends and family of Tony DelViscio, Sarah Cocco, Jim Jillson, Mary Theadore, Francis Doyle, Pat Carroll, Agnes Brennan, Margaret Drake, Betty Cozan, Edith Hebble and Dorothy Pilarski.

(Since the last issue didn’t list condolences, this is for the months of November-February.)
Dinner, Dessert

...and death!

Murder, VEGAS STYLE!
Murder mystery dinner theater benefitting Senior Community Services
Aging at Home
844-534-2201

Saturday April 1, 2017
LAZARETTO BALLROOM
99 Wanamaker Avenue in Essington, PA
6:00 p.m. cocktails 7:00 p.m. dinner
Tickets are $60 per guest $450 per table

Senior Community Services (SCS) invites you to be our “partner in crime” and join us for dinner, murder and mayhem with the cast of Without A Cue Productions. Proceeds from this event will help sustain Aging at Home, which provides gapfilling services to the senior community in Delaware County. The evening is an interactive event featuring “whodunit” enterainment and a Luck of The Draw Auction with many wonderful prizes!

To Purchase Tickets:
Call: 484-534-2201 or
Agingathome@scs-delco.org

The 2017 Caregiver Academy Series
Tools and Training for Family Caregivers
Good Neighbor Senior Center, 1085 Hook Road, Darby Township, PA 19079

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<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>April 6</td>
<td>Understanding Insurance Options: Medicare, Medicaid, and more</td>
<td>Beth White for two hours</td>
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<tr>
<td>April 13</td>
<td>A Matter of Balancing: Fall Prevention and Safety in Your Home</td>
<td>Beth White for two hours</td>
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<td>May 4</td>
<td>Addressing the Miscellaneous Hospice and Palliative Care</td>
<td>Beth White for two hours</td>
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<td>May 18</td>
<td>Finding Support and Positive Mindset in Family Caregiving</td>
<td>Beth White for two hours</td>
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<tr>
<td>June 1</td>
<td>Ballooning Causes and Caregiving</td>
<td>Beth White for two hours</td>
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<tr>
<td>June 25</td>
<td>Caregiving Yourself: Empowering the Caregiver</td>
<td>Beth White for two hours</td>
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RSVP to Janet Graham at 610-355-8170

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Highlights, continued from page 7

**Beyond the Basics**
Tuesdays beginning March 7 at 1 p.m. OR
Tuesdays beginning April 4 at 2:30 p.m.

**Friendship Circle**
Ready to go beyond your introduction to computers? Then join us for this four-session course on using the Internet, saving (and finding) files, creating new folders and much more.
Prerequisite: Must have knowledge of the computer. Instructor: Michael Yurcaba

**Electronics Club**
Tuesday, Wednesday, and Thursday from 10:30 a.m.–2 p.m.

**Chester**
Bring your tablet, laptop, or smartphone for peer-to-peer learning!

**Technology at Schoolhouse**
Instructor Beth White will open whole new worlds as she teaches about:

**Computer Basics:**
Thursday, March 9 and 16 at 1:30 p.m.

**Using iPhones/Smartphones:**
March 21 at 10 a.m.

**Beyond Basics:** March 27 at 10:30 a.m.

**Using FaceTime on Tablets:**
March 27 at 1 p.m.

**Twitter & Skype:** April 7 at 1 p.m.

**Online Buying & Selling:** April 12 at 10 a.m.

**Using Kindle:** April 24 at 1 p.m.

**Excel:** April 24 at 2 p.m.

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**FALL**

- Raincoat
- Poncho
- Rake
- Chestnut C C B T
- Cornucopia W
- Bitters
- Leaves P C L B
- Cranberry H R V
- Maize H L E A T
- Quilt L Y Q L I

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