

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

# SCS Connection

**SCS**  
SENIOR  
COMMUNITY  
SERVICES

## Help SCS Celebrate Older Americans Month 2019

Each year, more and more older adults are making a positive impact in and around Delaware County. As volunteers, employees, employers, educators, mentors, advocates, and more, they offer insight and experience that benefit all of us. That's why Older Americans Month (OAM) has been recognizing the contributions of this growing population for 56 years.

Led by the Administration for Community Living (ACL) each May, OAM provides resources to help older Americans stay healthy and independent and helps communities support and celebrate their diversity.

This year's OAM theme, Connect, Create, Contribute, encourages older adults and their communities to connect, create and contribute with one another. SCS is celebrating Older Americans Month throughout May by providing myriad ways that community members of all ages can help Delaware County's older adults thrive. You can join us by:

- **Connecting** friends and family with local services and resources – If you or someone you know is over the age of 60 and looking to get involved in the community or needs assistance to age in place, encourage them to visit an SCS senior center or contact our long-term care team to learn more about how SCS programs and services can enhance their lives.
- **Creating** by engaging in activities that promote learning, health, and personal enrichment – Through its senior centers, Center

Without Walls, and Center for Lifelong Learning, SCS brings visual and performing arts programs to thousands of older adults. SCS classes encourage creativity, while trips to plays, musicals and museums enable older adults to engage with great art throughout the region. Make plans now to visit our Annual Art Show in June at Delaware County Community College.

- **Contributing** time, talent, and life experience to benefit others – SCS relies on hundreds of volunteers to provide assistance to older adults who want to age in place. From delivering meals to offering transportation and from completing handyman projects and other chores to helping senior centers run smoothly, SCS volunteers provide the equivalent of nearly 30 full-time employees in service to the agency.

No time to volunteer? Make a contribution to the SCS Annual Fund Drive and help SCS fulfill its mission of enhancing lives, preserving dignity and providing choices to our senior neighbors. Your gift of \$50 provides a week of home-delivered meals to a senior in need!

Delaware County supports and recognizes that the contributions of older adults make us stronger! Join SCS in strengthening Delco – not only during the month of May, but also throughout the year. Visit SCS' website at [www.scsdelco.org](http://www.scsdelco.org) or the official OAM website at <https://acl.gov/oam/2019/older-americans-month-2019> for ideas and inspiration and follow us on Twitter and Facebook.

## Connect with Your Creativity at SCS



### Ceramics

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

### Chester

Create beautiful pieces of ceramic arts using various stains, glazes and firings. Ceramic pieces are available on site, but participants may bring in their own. \$6 per class

### The Hedgerow Theater and Dinner:

*The Three Musketeers*

Saturday, May 11, 3 p.m.

### Good Neighbor

Join us and experience this wild, funny and romantic adventure, adapted and directed by Matthew Tallman. Enjoy dinner afterwards and lively discussion too!

Cost includes theater ticket and transportation. \$35 Members; \$40 Non-Members

### Women's Tea & Jewelry Workshop

Friday, May 10, 2 p.m.

### Friendship Circle

Celebrate mothers, daughters and women and do a project together while making your own unique piece of beautiful jewelry. The instructor is Liz Coates Steele, owner of A New Creation.

Cost: \$12 includes jewelry making kit. Advance registration required.

### Watercolor Painting

Wednesdays through June 19

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

Instructor Mary Ash offers a step-by-step approach for beginners and challenging techniques for more advanced students.

\$53 Members; \$58 Non-Members

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By Arthur Weisfeld, Executive Director



### Remembering Ed Baum

I have had the privilege of knowing Ed Baum for most of my professional life. It has been not only a joy and honor, but also a gift to myself, Senior Community Services, and to older persons in Delaware County.

Before Ed joined our board in 1977, he was the go-to person at Crozer if we had a collaborative program idea or request for a resource. In time, we approached Ed for a recommendation for a Crozer person to be on the SCS Board, and we were equally thrilled and surprised when he said he would do it! The rest is history – an especially wonderful history.

Ed served in many leadership positions: chair of the finance committee, program committee and president. During his four years as president, Ed attended almost every committee meeting – over a hundred meetings in total. When not president, he served on not just one, but five committees: finance, program, marketing, investment and technology. Last year, when we decided to establish a standing development committee to reflect plans to enhance our fundraising

effort, Ed jumped at the opportunity to join this leadership group. Ed Baum was truly a leader, regardless of the titles he held. He was a smart, critical-thinking visionary. He was always reading, staying on top of developments in aging and health care by exploring new program ideas and practice concepts. Whenever we needed to form a special task force, Ed was always at the top of the list. If for some reason Ed was not able to attend a meeting, it always felt we were not operating on all eight cylinders.

Ed was not only an invaluable part of SCS at the governance level, but he also “walked the walk.”

When we created our innovative Senior Center at Home, bringing the senior center’s fellowship and meaningful activity to homebound people, Ed became a dedicated volunteer visitor. Even after the program officially ended, he continued to visit the friend he had made through the program.

When Aging at Home was launched, he signed up to be a volunteer driver, taking people to medical appointments. Ed’s extensive involvement with APPRISE health insurance counseling was legendary. He was viewed as the “dean” of the volunteer counselors, serving over 300 hours per

year, helping people navigate the complex landscape of Medicare and make good decisions regarding their medical coverage.

Another important personality trait of Ed’s: he wasn’t afraid to be provocative. It was not uncommon for him to make challenging comments at board meetings. Usually executive directors do not love board members like that; however, I was never upset or threatened by Ed’s comments. I always accepted, even welcomed, them because I knew he had important things to say and I knew he truly cared about SCS and was an unwaveringly supportive friend of mine. There wasn’t a single mean bone in his body. From his head to his toes, Ed was, above all else, kind.

Right now I cannot imagine Senior Community Services and life in general without Ed Baum. He will be missed dearly. However, his significant and unique contributions are now an integral part of our organization, from the innovative program ideas and important governance policies, to his influence on agency culture – to remain committed to continuous improvement, innovation and a focus on “what it’s all about” – *concern for the people we are serving and those we should be serving.*

## APPRISE

### Honoring Ed Baum: An Unprecedented APPRISE Volunteer Counselor



By Glenda A. Radical,  
APPRISE Program Manager

On March 26, 2019, Edward Baum, a Senior Community Services Delaware County APPRISE Program volunteer counselor for 13 years, passed away. Ed was a son, husband, father, grandfather, and friend whose memory will be cherished by his many family and friends.

Ed joined APPRISE in May, 2006 and participated in all areas of the program as a volunteer counselor. He assisted an impressive number of people and provided an unprecedented number of volunteer service hours:

- Assisted 1,171 Medicare beneficiaries through individual counseling sessions and group presentations;

- Conducted 3,057.5 hours of counseling;
- Participated in 157 hours of training and volunteer recognition meetings;
- Answered 1,658 calls on Mondays at the telecenter;
- Averaged 14 hours of service per month to APPRISE and its consumers over 13 years.

Ed frequently operated the telecenter on Mondays, answering phone calls from Medicare beneficiaries throughout Pennsylvania, and, over time, became an expert presenter on Medicare and all of the issues consumers need to consider with regard to health insurance. He delivered clear, easy-to-understand presentations, such as Medicare 101 and Medicare Supplemental Plans, throughout Delaware County for many of the county’s 102,000 Medicare beneficiaries.

As a result of the individual counseling sessions and Medicare presentations Ed

provided, hundreds of Delaware County Medicare beneficiaries saved thousands of dollars by selecting better, more cost-effective Medicare Advantage (HMO-PPO’s), Supplemental, and Prescription plans.

Ed’s vast knowledge of the health care system, years of experience, and generosity of spirit made him an effective APPRISE mentor; Ed trained many current APPRISE volunteers. No one will be able to fill his shoes and match his commitment to the APPRISE program and the people it benefits. He was certainly one of a kind! The entire APPRISE program team of volunteers and counselors and I will always remember Ed and look back fondly on the time we spent with him. He left us far too soon.

**Senior Community Services is grateful to the individuals listed below for their gifts in memory of Ed Baum.**

*This list is complete through April 30, 2019. If your gift is not listed, please accept SCS' apology; every attempt has been made to list all gifts.*

- Nancy Ahrendtsen
- Barbara Barton
- Shana Deal Bittman
- Dana & Robert Breslin Esq.
- Thomas Carroll MSW, LSW
- Susan Cherner Esq.
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- Jeff, Lori, Gabriel and Aidan Cole
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- Barbara Simkins
- Wendy & Donald Soslow
- Martin A. Spiegel
- Linton D. Stables III & Gregory Brown
- Debra & Robert Staples
- Brenda & Arnold Steinman
- Norma D. Thomas
- Anne & Michael Tindall
- Helene Feinberg Walker
- Virginia Brabender & Arthur Weisfeld

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**VOLUNTEER SERVICES AND OUTREACH**

**Volunteers Make a World of Difference**

*By Michele O'Brien, Director of Volunteers*



On Thursday, April 11, 2019, Senior Community Services staff, volunteers, and sponsors of the agency's volunteer program gathered at the Lazzaretto Ballroom in Essington, PA to recognize volunteers who provided at least 100 hours of service in 2018. The SCS Legends Band greeted this year's 260 guests as they filled the ballroom.

After Asher Kemp Jr., President of the SCS Board of Directors, warmly welcomed and expressed his gratitude to all of the volunteers, he introduced executive director Arthur Weisfeld.

"I look forward to this Volunteer Recognition Luncheon every year," Weisfeld said, "The 54,000 hours SCS volunteers served this previous year equates to about 28 full-time employee positions, making this a truly valuable contribution to the agency. I think this demonstrates that volunteers, our volunteers, make a world of difference."

Two Chester Senior Center volunteers, Grace Brown Johnson and Cyrise Dixon, received special recognition. Brown Johnson was named the 2018 Volunteer Spotlight Award Winner in Region 1; this award is voted on and presented by the Pennsylvania Department of Aging. Dixon, a longtime member of the SCS board, received the Delaware County Athletes Hall of Fame Humanitarian Award in recognition of her continued work in the community.

Local businesses donated more than 40 door prizes, which were raffled off to the volunteers in attendance. After enjoying a delicious meal, volunteers danced the afternoon away to music provided by D.J. Smoove of Tru Blu Productions.

*SCS would like to thank the following businesses and agencies for sponsoring the Volunteer Programs and Volunteer Recognition Luncheon with gifts of \$500 or more:*

**PREMIER**



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County of Delaware Services for the Aging



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**BENEFACTOR**

- Catania Engineering
- Chester Advisory Council
- The Foundation for Delaware County
- Friendship Circle Advisory Council
- Good Neighbor Advisory Council
- Home Helpers
- Lindsay Insurance
- Main Line Health
- McCausland & McCausland LLC
- PECO
- Providence Rehabilitation
- Schoolhouse Center Advisory Council

**SCS Management Staff**

Executive Director: Arthur Weisfeld  
 Board President: Asher Kemp, Jr.  
 Director Long Term Care: Trindy Grundy  
 Aging at Home Director: Christine Helmandollar  
 APPRISE Program Manager: Glenda A. Radical  
 Caregiver Support Program Manager: Debbie Templeton  
 Center Without Walls Program Manager: Farah Esfahani  
 Chester Senior Center Director: Jamee Nowell-Smith

Cognitive Stimulation Program Manager: Dorothy Darragh  
 Director of Volunteers: Michele O'Brien  
 Director of Advancement: John Federico  
 Associate Director of Advancement: Lynn O'Connor  
 Fiscal Officer: Robyn Cashwell  
 Friendship Circle Senior Center Director: Christine Helmandollar  
 Good Neighbor Senior Center Director: Joanne Graham  
 Hearing Discovery Center Coordinator: Donna Schumacher  
 Schoolhouse Center Director: Kim McDaniel

**Could That Ringing in Your Ears be Tinnitus?***By Donna Schumacher, HDC Coordinator*

Have you ever experienced a constant ringing in your ears, but you can't pinpoint the cause? It might be tinnitus ('tin-ni-tus), the perception of noise or ringing in the ears. In most cases, tinnitus can be managed, but for some, it is a chronic condition that can affect sleep and everyday function. Fortunately, there are ways to reduce its effects.

About one in five people experience tinnitus, making it a pretty common problem. Dr. Gayla Poling, the director of Diagnostic Audiology at Mayo Clinic, says, "Tinnitus can be perceived a myriad of ways: ringing, buzzing, whistling, a cracking, a chirping."

Ninety percent of those with tinnitus also have hearing loss, which is usually where the search for a reason for the tinnitus starts. Hearing loss can be age-related, stem from a one-time exposure to loud sounds, or result from continued exposure to loud sounds.

There is also a possibility that the tiny hairs in our inner ear play a role. Those little hair cells in our inner ear are very delicate structures that may be damaged by noise exposure or wear and tear on your ears across your life span. So those damaged hair cells might be the whole reason or part of the cause of tinnitus.

While there's no cure for tinnitus, treatment options include:

- Get a hearing aid;
- Use a sound generator or fan overnight;
- Undergo tinnitus retraining therapy;
- Use ear-level masking devices that play sounds throughout the day that are more distracting.

If ringing in your ears bothers you, see your health care provider for a hearing test.

*Reprinted with permission of Dr. Lilianna Piccinini from her website. (Originally appeared on Medical Xpress.)*

The Hearing Discovery Center welcomes student volunteers from Salus University, Osbourne College of Audiology. These students are planning a Hearing Health Day that will include hearing screenings and demonstration of assistive listening devices.

**Art Show, Health and Wellness Event Highlight CWW Calendar***By Farah Esfahani, CWW Program Manager*

Dear Friends,

I hope you are enjoying the dazzling beauty of May, a perfect month for celebrating Older Americans Month, Memorial Day, May Day, Mother's Day and other special occasions.

We also are looking ahead to June, when SCS will present its 15th Annual Art Show -- The Power of Art -- at Delaware County Community College's Art Gallery. After the Opening Reception on Wednesday, June 19 from 4 p.m. to 7 p.m., the exhibit will be open daily through Wednesday, July 17. This exhibit celebrates the impressive artistry of instructors and students in Center for Lifelong Learning classes. The media on display include watercolor, oil paint, pencil, ceramic, clay sculptures, wood working and jewelry. The Art Show gives SCS art students an opportunity to display their work and inspire others. I invite you to check it out.

These free presentations are scheduled for the rest of this semester:

**Aston Community Center:**

Book Club Meeting – Wednesday, May 15

APPRISE Medicare Individual Counseling Sessions - Wednesday, May 15

**Brookhaven Municipal Building:**

Seventh Annual Center Without Walls Senior Health and Wellness Event – Thursday, May 9

Participating organizations include Crozer-Keystone Health System, Riddle Hospital, Penn State University, Delaware County Extension, COSA, SCS APPRISE program, Visiting Angels (Alzheimer's/Fall Prevention), Angel Companions (blood pressure screenings), and the Office of District Attorney Katayoun Copeland (senior exploitation, fraud and scams).

Eating Smart Series by Penn State University – Thursdays, May 14 and June 18

**Springfield Township:**

APPRISE Medicare Individual Counseling Sessions – Wednesdays, May 29 and June 26

*Please contact me at [fesfahani@scs-delco.org](mailto:fesfahani@scs-delco.org) or (484) 496-2143 if you have any questions about CWW programs.*

**Remembering Mothers Through THE WORLD OF MOTHERS Cognitive Stimulation Kit***By Dot Darragh, Program Manager*

Most of us have personal memories of our mother. This is a topic that prompts memories readily, whether one recounts tales of fun times, hard times, how things were different in childhood, or how different things seemed when one became a mother herself. Sometimes, these conversations branch off to other memorable topics.

- 1) What words would you use to describe a "mother?"
- 2) What are some of your earliest memories of your mother?
- 3) What types of things did your mother do to make your life happy?
- 4) Are you a mother? Tell us some of your memories of being a mother?
- 5) What did you do for your child(ren) to make their live(s) happy?
- 6) What type of tasks did you perform as a mother? Share your favorite and most difficult tasks.
- 7) How has being a mother been rewarding?
- 8) What does the phrase "Once a mother, always a mother" mean to you?
- 9) What are your observations of how being a mother has changed over time?
- 10) Are you a grandmother? Tell us what being a grandmother means to you.

*SCS' cognitive stimulation kits prompt structured reminiscences that promote healthy brain aging. SCS provides these kits to residential communities, nursing homes, adult day care centers and other senior programs. For more information about membership and cost, contact Dot Darragh at (484) 496-2144 or at [ddarragh@scs-delco.org](mailto:ddarragh@scs-delco.org).*

## Aging at Home Connects with Lyft, Another Transportation Option

By Christine Helmandollar, Program Manager



Aging at Home is known throughout Delaware County for its highlighted services: volunteer transportation, volunteer handymen, and home contractor referrals. The program receives so many positive testimonials from members, because it really helps them age in place. Members pay dues of \$35 a year, but with a renewal rate of 90%, Aging at Home must be meeting the needs of members and supporting independent living in our area.

With the help of a \$1,000 Activate! Grant from The Philadelphia Foundation and LISC Philadelphia, Aging at Home is piloting a new service – expanding its transportation efforts to provide rides for seniors through Lyft, a California-based transportation networking company. Lyft rides provide members with a backup plan to schedule transportation when volunteers are not available. “It’s fine and it works well – I had some hesitation in trying it, but I don’t anymore,” comments Aging at Home member Joan Monahan. Joan’s words reflect the exact outcome SCS and Aging at Home wanted to happen. Having introduced members to Lyft, we hope they consider using it on a regular basis for transportation. While the grant may run out, at least we have learned that Aging at Home members will not hesitate to use this ridesharing option. Currently, Aging at Home acts as the concierge service, booking and paying for rides, though members are still required to make their \$5 contribution to Aging at Home for each trip, using Lyft. When the grant runs out, Aging at Home will provide its members with instructions on how they can continue to receive rides through Lyft.

While Aging at Home members continue to consider handyman services the most important reason for joining the program, transportation is a close second. In addition to these highlighted services, Aging at Home serves as a great doorway to other senior services.

Aging at Home member Paul Krueger summed up the program recently by calling Aging at Home “insurance coverage” for seniors like himself. He shares this analogy because the program helps members complete the normal household chores and daily living responsibilities of taking care of yourself and your home in ways that seniors may not be able to. Just as insurance protects the people and the things we value most, the Aging at Home enables seniors to protect themselves and their homes – their biggest assets. Aging at Home is a wonderful way to for seniors residing in the boroughs of Aldan, Collingdale, Lansdowne, East Lansdowne, Yeadon, Collingdale, Norwood, Prospect Park, Glenolden, Rutledge, Ridley Township, Ridley Park, Morton and Tinicum to get the support they need to age in place.



Aging at Home member Denise Collins visited Friendship Circle Senior Center (Senior Community Services) via a Lyft ride (thanks to an Activate! Grant from Philadelphia Foundation and Philadelphia LISC) to meet with Ellen Abramson, a volunteer with Legal Aid of Southeastern PA.

## SCS Makes Presentation at Annual American Society on Aging Conference

By Trindy Grundy, LMSW, Director, Long Term Care



I always look forward to the annual American Society on Aging (ASA) Conference with great anticipation and joy. Professionals from all around the country congregate to discuss new and innovative ideas and practices in aging services. This year, SCS had the opportunity to represent Delaware County by making a presentation on the Caregiver Academy during the conference’s poster session.

Debbie Templeton, Caregiver Support Program Manager, and I shared with great enthusiasm the impact that this six-session lecture series has had on family caregivers and care receivers in the six years that SCS has operated it. Many visitors stopped by to inquire about our program and to discuss how they might be able to scale this concept to fit their agency’s needs.

I’d like to give credit to Kim McDaniel and MC Paladino for bringing the Caregiver Academy concept to us from another conference, and also to Debbie Templeton, who has provided oversight and organization for this project every year.

The 2019 “Panel of Pundits” covered a broad range of topics: social isolation, depression, nutrition, housing/home safety, and political advocacy, to name a few. I found myself taking a personal interest in the effects of social isolation, as I know many seniors who live at home on their own. A recent study found that social isolation’s impact on premature mortality “exceed those associated with many risk factors that receive substantial public health resources: obesity, air pollution, smoking and physical activity” (Public Policy & Aging Report, 2017). Social isolation is a critical issue that the aging services community needs to face, and I look forward to enacting positive change to combat its grasp on seniors in Delaware County.

As always, I left the conference with a head full of new ideas for SCS’ Long Term Care Department to implement.

# 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](http://www.scs-delco.org)

## \* ARTS AND CRAFTS

### Pencil Drawing and Watercolor Painting

**Mondays at 12:30 p.m. - 2:30 p.m.**

#### Chester

All are invited to come and learn the basics of pencil and watercolor.

\$6 per class

### Ceramics

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

#### Chester

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

\$6 per class

### Diamond Painting

**Fridays at 10:30 a.m.**

#### Chester

Based on the same concept as mosaics and paint-by-numbers, diamond painting leaves behind designs that sparkle. Sign up at the front desk. Please see Vicky Holmes for more information.

Select and pay for your project in advance.

### Creative Paper Crafting

**Fridays at 9:30 - 11 a.m.**

#### Chester

Create and take home your own creative greeting card with that day's theme.

Supplies are available or feel free to bring your own.

### Sewing

**Fridays at 10 a.m. - 2 p.m.**

#### Chester

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

Members: Free; Non-Members: \$5

### Card Making Class

**Every second and fourth Tuesday at 12 p.m.**

#### Chester

Make your own themed greeting cards, gift bags, gift holders and more!

\$8 per class (supplies included)

### Jewelry Making

**Tuesdays 10 a.m. - 12 p.m.**

#### Chester

Design and create your own classic earrings, necklaces, and bracelets. Supplies included in cost, but feel free to bring your own!

Members: \$6; Non-Members: \$8

## \* CLASSES AND DISCUSSION GROUPS

### Summer Bible Study Series

**Thursdays, June 6 - August 8 at 10 a.m.**

#### Friendship Circle

Rev. Yolonda Hughes will present a summer Bible class entitled "The Parables of Jesus."

### Bible Study

**Tuesdays at 5:30 p.m. - 7 p.m.**

#### Chester

Join Pastor Allen Jones for this inspirational study group!

### Individual Computer Instruction

**Tuesdays 1 p.m. - 2 p.m.**

**Wednesdays 12:30 p.m. - 3 p.m.**

**Thursdays 1 p.m. - 2 p.m.**

#### Chester

Bring in your laptop, tablet, or smart phone to take advantage of this one-on-one setting to get answers to all your technology questions. Registration is required!

### "Be the Best You Can Be" Nutrition Class

**Second Wednesday at 12:30 p.m.**

#### Chester

**Wednesday May 8: Reading Food Labels, Food Demo: "Easy Lasagna"**

**Wednesday June 12: Smart Drinks, Food Demo: "Smoothies"**

Join the nutrition discussion and then a food demonstration for all the latest topics on optimum disease prevention. Check the center calendar for future topics!

### Book Club

**Wednesdays, May 15 and June 19 at**

**12:30 p.m. - 2 p.m.**

#### Chester

If you love reading come read and discuss the book of the month. Books are on loan from the J. Lewis Crozer Library.

### Spring Floral Arranging Class

**Fridays in May at 10:30 a.m. - 12 p.m.**

#### Chester

Learn the basic elements of color and balance in floral arranging using silk flowers and accent pieces. Create beautiful spring/summer themed centerpieces just in time for Mother's Day!

Members: \$10; Non-Members: \$15

## \* EXERCISE AND FITNESS

### Cardio & Strength Training Exercise

**Tuesdays at 5 p.m.**

#### Chester

This moderate-level exercise class helps improve strength, flexibility and endurance using mats, weights and other equipment. Private Personal Training and Fitness sessions are available after each class for a nominal fee.

### Line Dance Classes

**Tuesdays at 6 p.m. and Thursdays at 1 p.m.**

#### Chester

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

Tuesdays: \$4; Thursdays: \$3

### Sit & Get Fit

**Tuesdays and Thursdays at 10:30 a.m. - 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.

### Zumba

**Mondays at 11 a.m. and Wednesdays at 1 p.m.**

#### Chester

**Instructor: Lavinia Ferguson**

### 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.

### Chair Yoga

**Wednesdays at 11 a.m.**

#### Chester

Chair Yoga classes include breathing exercises, stretching, balance, and physical components and conclude with meditation or relaxation. You can still participate if you've got some constraints and/or limitations!

### Gospel Aerobics

**May 8, 15, 22 and June 6, 12, 19 at 10 a.m.**

#### Chester

Improve your physical and spiritual

health! Low-impact seated and standing exercises will fill your body and soul with energy.

### **Stretch and Balance**

**Thursday, May 23 and June 27 at 9:30 a.m.  
Friendship Circle**

Instructor Shilka Patel, an occupational therapist, is offering these exhilarating classes to improve your flexibility and prevent falls.

## **\* GAMES**

### **Big Bingo**

**Second and Fourth Thursdays at 1 p.m.  
Chester**

Come out and win cash prizes playing Big Bingo. The cost is \$1 per board, play as many as you can afford and handle.

### **Handbag Bingo**

**Saturday, May 4 at 6 p.m. - 10 p.m.**

### **Good Neighbor**

Win that perfect designer handbag playing Handbag Bingo! No one should walk away empty-handed.

\$25 per person

### **Big Bingo Money Days**

**Fridays, May 17 and June 21 at 11:30 a.m. - 2:30 p.m.**

### **Friendship Circle**

Set these dates aside and join us for lunch, snacks and prizes! Call the center at (610) 237-6222 to register.

\$10 for 5 cards (additional cards \$1 each)

### **Pinochle Tournament**

**Saturday, June 1 at 10 a.m. - 3 p.m.**

### **Chester**

Register with a partner for the Pinochle Tournament. Enjoy spirited play, a full lunch, and prizes for the winners. Pre-registration is required by May 24. Doors open at 10 a.m. and play begins at 11 a.m. Again, you must have a partner to play in the tournament. The cost is \$15 per person.

## **\* HEALTH AND WELLNESS**

### **APPRISE Insurance Counseling**

**Thursdays, 9 a.m. - 11:30 a.m.**

### **Chester**

Meet individually with a trained and experienced APPRISE Counselor. Appointments are required and can be made at the front desk.

### **Annual Health & Fun Fair**

**Thursday, May 23 at 10 a.m. - 2 p.m.**

### **Chester**

All are welcome to enjoy the fun at this year's health fair. The day will be filled with health information and screenings (including blood pressure, vision and glucose), healthy

eating and cooking demos, fitness and dance demos, giveaways and more.

### **Vision Care Presentation: Ischemic Optic Neuropathy**

**Thursday, May 9 at 10:30 a.m.**

### **Chester**

Ischemic Optic Neuropathy is the loss of structure and function of a portion of the optic nerve. Receive a free eyeglass cleaning and adjustment after the presentation!

### **Vision Care Presentation: Hemorrhagic Retinopathy**

**Thursday, June 13 at 10:30 a.m.**

### **Chester**

Hemorrhagic Retinopathy is a massive intraregional and nerve fiber layer hemorrhage. Receive a free eyeglass cleaning and adjustment after the presentation!

### **Hearing Health and Screenings**

**Thursdays, May 16 and June 13 at 10 a.m.**

### **Chester**

Have your hearing checked and listen to a presentation on hearing loss by Tony Napolitano on keeping your ears clean and other preventative measures followed by a Q & A session.

### **Cannabis and Herbology Workshop**

**Wednesday, May 29 at 11 a.m.**

### **Chester**

Herbology is the new medical marijuana dispensary opening in Delaware County in the Borough of Morton. Join us to learn more about medical marijuana and how it works as medicine.

### **Senior Inspiration**

**Every First Monday at 10 a.m.**

### **Chester**

Be inspired through song, stories poetry and other spiritual readings to increase morale and better your emotional and spiritual well-being. Leader: Rev. Belinda E. Boyer

### **Chiropractor Services**

**Tuesdays and Thursdays at 9:30 a.m. - 12:30 p.m.**

### **Chester**

Meet with Dr. Cara about pain management, alignment, balance or other issues! Private appointments are available. Cost is covered through personal insurance or out of pocket.

## **\* DAY TRIPS AND OUTINGS**

### **Delaware Park Casino**

**Wednesday, May 8 at 9 a.m. - 7 p.m.**

### **Good Neighbor**

Check Good Neighbor's monthly calen-

dar for our June 12 casino trip and other upcoming casino destinations.

Members: \$30; Non-Members: \$35

### **The Hedgerow Theater and Dinner:**

***The Three Musketeers***

**Saturday, May 11 at 3 p.m.**

### **Good Neighbor**

Join us and experience this wild, funny, and romantic adventure, adapted and directed by Matthew Tallman. Enjoy dinner afterwards and lively discussion too!

Cost includes theater ticket and transportation.

Members: \$35; Non-Members: \$40

### **Cape Cod-Martha's Vineyard**

**May 13 - 17, 2019**

### **Good Neighbor**

Visit Martha's Vineyard: visit the JFK museum; take a guided tour of the historic seaside towns of Hyannis, Sandwich, and the outer cape, including Provincetown and Chatham. Costs for this trip are all-inclusive.

\$555 per person

### **Boothwyn Thrift Store Outlet**

**Friday, May 17 at 9 a.m.**

### **Good Neighbor**

Wear your walking shoes for a fun filled day shopping in Boothwyn's outlets and thrift stores!

Members: \$10; Non-Members: \$15

### **Cow Town Shopping Trip**

**Tuesday, June 5 at 9 a.m.**

### **Good Neighbor**

Visit Cow Town with us and enjoy a day filled with indoor and outdoor shopping from a variety of vendors. Make sure to wear your walking shoes and comfortable clothing.

Members: \$10; Non-Members: \$15

### **Tropicana in Atlantic City: Under the Boardwalk**

**Monday, June 24**

### **Friendship Circle**

Cost for this trip includes the show, transportation and \$20 in slot play – the deadline to sign up is Friday May 24.

\$45

### **Delta Daily Double Bingo, Laurel, Maryland**

**Thursday, July 25 at 9:30 a.m. - 8:30 p.m.**

### **Good Neighbor**

If you love bingo and chances to win big, this all-day trip is for you!

\$85 per person

## Chester Chatter

By Jamee Nowell Smith



**May is Older Americans Month ~ Connect, Create, Contribute!**

**Join me in celebrating these Chester Senior Center members who personify this year's theme**

### *Meet David Prendergast...Connect!*

David is an all-around guy willing to help wherever there is a need. A member of the Chester Advisory Council, he is the man who knows someone, something, or someplace that will fill our needs! He will make the call, make the visit, make the delivery all to make the connections!!

### *Meet Pamela Haynes...Create!*

Pamela is highly creative! If an art class is going on, you can expect her to be a student or, more likely, the teacher! Pamela teaches jewelry making, creative paper crafting, helps to make/create beautiful baked goods for special events, and participates in card making class, sewing class, and mosaics! If we have an art or creative question, she is the go-to creator!!

### *Meet Margaret E. Johnson...Contribute!*

She volunteers in so many ways, making friendly phone calls for the Keep In Touch Program, assisting with center activities, and filling in as the center receptionist. Margaret encourages everyone, promotes the center in the community, and is always willing to give and serve.

## Program Highlights

### Red Hat Society

**Third Tuesday of each month at 12:30 p.m.**

Join the group for outings, fellowship, and special events.

Facilitator: Queen Gerry Corbitt

### Birthday Celebrations

**Fridays, May 31 and June 28 at 11 a.m.**

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

## May and June Highlights

### COSA's Senior Expo at Harrah's

Enjoy the festivities and visit with many vendors that provide services to benefit you. The event will be held Friday, May 3 from 9 a.m. to 1 p.m.

### Older Americans Luncheon

May is Older Americans Month and all are welcome to join the party at the annual Older Americans Month Luncheon on Saturday, May 4 from 12 noon – 3 p.m. Sponsored by Phi Delta Kappa Sorority, the day includes live entertainment with DJ John and a delicious home-cooked lunch! All are welcome to attend, but advance registration is required.

### Memorial Service

Honoring our loved ones who have passed on is a tradition at the Chester Center – one that continues on Friday, May 24 at 11 a.m. We will pay tribute in song, in reflection and in the memorial candle lighting ceremony. Feel free to light a candle in honor of a loved one or friend.

### Who's Who Contest?

How well do you know your fellow center members? Well enough to identify them in a lineup of the cutest baby and young adult pictures around? Well, take your best guess on Thursday, May 30 at 11 a.m. The person who makes the most correct ID's will win a cash prize!

## Chester Travelers

### Woodmere Art Museum – The Jerry Pinckney Exhibit Friday, May 10, 2019

Trip includes transportation, museum admission, and dinner.

Members \$65/Non-Members \$70

### The Motown Years Show Wednesday, May 22, 2019

Day includes transportation to Mount Airy Casino Resort, live Motown Review show, lunch buffet, \$15 slot play and driver tip.

Members \$95/Non-Members \$105

### Midway—Harrington Casino Wednesday, June 26 at 9 a.m.

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

\$25

### Chicago, Illinois June 23-29, 2019

Take on the Windy City! Includes motor coach transportation, lodging in the Chicago area, 6 breakfasts, 4 full course dinners, visit to Greektown, DuSable Museum of African American History, Cruise on Lake Michigan, shopping, casinos, Navy Pier, and much more!.

Members \$824/Non-Members \$859

## Health & Wellness Corner

### Spring & Summer Gardening

It's time to get the Chester Senior Center garden up and running. Join us on Thursday, May 2 at 10:30 a.m. as we prep the garden with soil and fertilizer gearing up for the planting of herbs, vegetables and flowers. Join in to maintain the Center's garden Monday-Friday between 10:30 a.m. and 1:30 p.m.

### “Grow Your Own [Herbal] Medicine”

African American people experience heart disease, stroke, diabetes, hypertension, asthma, and lead contamination at exponentially higher rates than do whites. Diaspora Coalition partners are working to ensure that marginalized people of African descent create self-care alternatives for themselves by producing healing herbs locally. Basil, cabbage, mustard greens, bitter melon, calendula, rosemary, sage, thyme are the herbs we are planning to grow in the Chester Senior Center garden and learn about during the training sessions. Join us at the following sessions all starting at 11 a.m.:

**Thursday, May 2**

**Tuesday, May 21**

**Tuesday, June 4**

**Thursday, June 13**

**Tuesday, June 18**

**Tuesday, June 25**

**Introduction to plants**

**Awareness and importance of plants**

**Growing of plants**

**Harvesting plants**

**Use of plants**

**Study plants**

## Friendship Facts

By Christine Helmandollar



### Celebration Time

May and June are popular months to celebrate. Friendship Circle is planning a few parties that we hope all members will attend:

- **Thursday, May 9 – Friendship’s Bible Course** concludes its structured spiritual curriculum and graduates another class. Many thanks to Sharon Carey for sharing her knowledge and professionalism. We welcome you to continue attending spiritual classes every Thursday in the center under the direction of Yolanda Hughes and Jerry Sanders.
- **Friday, May 10 – 2 p.m. Mother’s Day/ Women Celebration & Jewelry Workshop** The cost for this event is only \$12. Guests will enjoy “the best” pastries from

the Painted Tea Cup in Upper Darby, which will be pleasantly paired with the correct teas and other drinks (for our non-drinkers), and will make a beautiful piece of jewelry under the guidance of guest art instructor Liz Coats!

- **Tuesday, May 21 – Friendship Circle will hold its Town Meeting**, where we recognize members and provide financial and community updates.

Celebrations are fun and an opportunity to recognize family, friends and achievements. Events at the center, my second family, bring joy, yet they bring change as well. Executive director Arthur Weisfeld reminds us of this when he brings his “Nothing stays the same” mug to our meetings. So I personally share that I have two grand events happening at my home:

- My son Mitch has purchased his first home and has officially moved out – I am

so proud of him and what he has achieved so far in life.

- Also, my daughter Annette will walk with her 2019 graduation class from Albright College. After four years of packing and travelling back and forth to music shows and field hockey games, Annette will live at home and commute between here and Albright to complete her master’s degree in Secondary Education.

The one thing that I wanted for both children in their 20s is for them to be self-supporting. Yet, I truly question what I wish for every day. Celebrations can be bittersweet, because they often herald change in our daily lives. My message to myself is to embrace the wonderful accomplishments and achievements of my all my families - center members, Mitch, and Annette. You have my love, and I cherish every event and moment that we have together. Thank you.

## Friendship Circle Highlights – May-June 2019

### Garden Club

May 16 (Rain date: May 17)

9:30 a.m. Planting day.

Help is needed to prepare the soil prior to planting and to help with the planting. Please contact the center at (610) 237-6222 to volunteer as a part of our garden team.

### Women’s Pool Group

Our pool room is reserved for the ladies on Wednesdays to practice and learn tips from seasoned pool players.

11:00 a.m. - 12:00 p.m.

11:15 a.m.- Pool Tips

### Thank You Members & Town Meeting

To show our appreciation to our members and to offer them the opportunity to become updated on the agency’s vision for the future, we will host a Thank You Members Celebration on Tuesday, May 21 with free water ice from Rita’s Water Ice in Collingdale. Executive Director, Arthur Weisfeld, will be our guest speaker. We invite you to join us for this fun and informative event.

### Put a “spring” in your step. Join a Friendship Circle Exercise Class

Monday	9:30 a.m.	Zumba Gold (\$3)
	10 a.m.	Workout with Avante (\$3)
Tuesday	10 a.m.	Music & Dancing (Free)
Wednesday	10 a.m.	Healthy Steps (Free)
	8:30 a.m.	Walking Club (Free)
Thursday	9 a.m.	Tai Chi (\$3) May 9, June 13, July 18, August 15
	1 p.m.	Chair Zumba (\$1)
	9:30 a.m.	Stretch and Balance, May 23, June 27, July 25, August 22 (free)
Friday	10 a.m.	Cardio & Strength (\$2)

### Legal Aid Services

Do you need some help filling out forms for rent rebates, applying for help with utility bills, or just generally don’t know where to turn with other related questions? Legal aid advice is available by appointment on Fridays with Ellen Abramson, Senior Legal Aid Advocate. Call (610) 237-6222 to request an appointment.

### Shout Out and Thanks

All volunteers are important to the success of our center. We would like to recognize and thank the following volunteers who have gone above and beyond the “call of duty:”

- **Shirley Brown** – Thank you for the beautiful birthday favors, center leading our craft group.
- **Anne Ritchie** – Our dedicated receptionist who has filled in at a moment’s notice.
- **Noreen Coary** – Commitment to our homebound.
- **Robert Jackson** – the center handyman.
- **Althea Tanksley** – Committed to helping out wherever and whenever she is needed.

## Joanne's Journal

By Joanne Graham



### Springing into Summer Fun at Good Neighbor

Imagine being in your 70s, retired and having a fuller social calendar than when you were half that age. Remarkably, that is the norm for many who take full advantage of the wonderful benefits being a member of Senior Community Services has to offer. One need only spend five minutes in the presence of Good Neighbor member, Betty Jackson, Queen of the Ruby Red Hatters of Darby Township, for proof positive. Queen Betty, as she is affectionately known, fills her role well. She exudes an air of, "I'm having a great time! Aren't you?" She and her Red Hat Sisters are avid travelers—ladies in constant motion. They strive to live life to its fullest while giving back to

those in need of comfort and care. They, like many other members, are living their best lives ever! For them, Good Neighbor continues to provide an environment that encourages rich peer interaction without which some would be "shut-ins" with lives void of invaluable socialization and peer engagement. At Good Neighbor, they're making new friends, socializing, exercising, dancing, learning how to stay healthy through life-enhancing informational presentations, giving back through volunteering, having fun playing their favorite card and board games, regularly putting together 1000-piece puzzles, traveling to new and exciting places, and so much more—all in a safe and welcoming environment. Many even take advantage of the opportunity to be a member of more than one of SCS' four centers, so that they can enjoy even more of what Senior Community Services has to offer.

With the warm weather upon us, members are springing into summer fun, enjoying their favorite center activities like a lively game of Big Breakfast Bingo, an evening out to dance the night away at our Annual Spring Fling Oldies Gala, traveling to seasonal hot spots or just enjoying food, friends and fellowship. And everyone looks forward to our Annual Picnic and Resource Fair, on the third Friday in June each year. In addition to enjoying the best barbecued chicken in town and other delectable goodies, this year, members and guests will be treated to lively music provided by DJ Smoove, Jason Felton, of Tru Blu Productions. Some will even win prizes during our dance and hula-hoop contest. So much fun and the season's only just begun! There is so much more to look forward to at Good Neighbor this summer.

## HIGHLIGHTS

### Carson Wentz Audience Of 1 Foundation Softball Game, Citizens Bank Park Friday, May 31, 5 p.m.

Have a great time at this annual charitable event that benefits so many!

Members \$40/ Non-Member \$45

### Spring Fling Oldies Night Event Friday, May 3, 7 p.m. – 12 a.m.

Come out and dance to the oldies! Line dance, bop, cha-cha or just do your own thing!

\$10

### Boy Scouts Garden Project Kickoff Saturday, May 4, 9 a.m. – 12 p.m.

Aldan Troop 2 scouts help kick off Good Neighbor's 2019 garden project. To fulfill his Eagle Scout requirements, Kamran Francis raised funds to provide the center with a brand new octagon picnic table, and flower, herb and vegetable plants for our new patio and raised garden. Join us as we roll up our sleeves and plant some of our favorite flowers, herbs, and vegetables.

### Mother's Day Tea & Hat Contest Friday, May 10, 1 p.m.

Join us as we celebrate moms and those who mother and care for so many. And don't forget to wear your Sunday best hat. It could win first prize.

### Monthly Birthday Party Fridays, May 24 and June 28, 11 a.m.

Join us as we celebrate our member's birthdays the fourth Friday of each month.

### Good Neighbor's Annual Flea Market Saturday, June 15, 9 a.m. – 3 p.m.

Looking for something to do with those items you never use but can't get rid of? Sell them at Good Neighbor's Annual Flea Market and give those items you treasure a new home. Your trash stash could be someone else's treasure.

\$15 to bring your own table

\$20 to rent a 6 foot table

\$25 to rent an 8 foot table

### Good Neighbor's Annual Picnic and Resource Fair

Friday, June 21, 10:30 a.m. – 2:30 p.m.

Good Neighbor family and friends look forward to this day each year to kickoff the summer, and to enjoy great food, fun and fellowship! This is a great time to bring a friend to join the center. Bring the grandkids for a free face painting too. Come prepared to win prizes, eat, dance and have a great time!



Good Neighbor's Annual Picnic is always a good time. Here's Isabella Ponton enjoying a moment.

## Kim's Korner

By Kim McDaniel



Dear Friends,

I had a delightful call the other day from a former member. Now 99 years old, she has spent the last four years in an assisted living center. My memories of her are wonderful! Her mind was probably better than mine is at 62. An artist, she spent her life being creative and active – a poster child for how important it is to stay active and stretch your mind with creativity. She is getting ready to move to a nursing home and is taking charge by selling unnecessary items, especially her antiques. I admired her ability to pragmatically let go of things. She is staying in charge of her life and her belongings at 99 years old and embracing the next chapter in her life without the burden of stuff and remorse. I hope I age as she has.

Jim and I are already practicing getting rid of things. Like most of you may have learned, the kids are not interested in inheriting our treasures. So when we are done with something, I can't think about the life something has in it, or it's special history. My emotional attachment won't motivate them in taking my stuff. I don't know if you have experienced the same, when I was young, when things were given to us as a remembrance, we felt obligated to take it and keep it, whether we liked it or not. We were very prone to guilt. Our kids feel differently. If they don't like it, there is no way they are going to take it. I had to let go of that frustration. There is a lesson to be learned from our kids and grandkids. How wonderful, they will not allow themselves to feel burdened with all the stuff they don't want and won't use. Hmm, that seems like a good place to start in downsizing and preparing for our next chapter.

Happy Older Americans Month! Don't forget to honor Memorial Day and Flag Day and to enjoy a happy Mother's Day and happy Father's Day!

Love,  
Kim

## Thank You to:

- SCS staff, especially Michele O'Brien, for the wonderful Volunteer Luncheon.
- All those who donated bottles of wine for the Spring Fling.
- Judi Hanes and Pat Dougherty for representing Schoolhouse by manning a table for the Ridley Family Day.
- The family of Mr. Bonnes for designating Schoolhouse for memorial donations in lieu of flowers.
- Shirley Carroll, Gloria Brough and Michelle Smith for making all of the greeting cards. All proceeds go right back into the center. We appreciate all of their hard work and creativity! Thanks to all of you for purchasing them.

### A Change in the Advisory Council –

Marie Carey decided she would like to focus her volunteer hours on her work as an ambassador, which she does very well. Taking her place on the Advisory Council is Susan (Bunny) Serratore, whose selection was taken from the election results. Bunny was the next runner up.

### Special Program Notes:

As you can tell, the garden committee has begun. They now work on the 2nd and 4th Tuesdays of each month. Come around 8:30 a.m. if you like getting dirty and making things grow. Gardeners are considered volunteers.

## Condolences

Our heartfelt sympathy to the friends and family of Edward Bonnes, Doris Eagan, Janet Hammet, and Don Lovett.

## Sunshine Wishes

Mary Heydeman, Ann Moore, Evelyn Quirk.

## Congratulations to:

Jeannie Meserole and Judi Haines for being honored at the VFW Loyalty Day.

## HOW TO STAY YOUNG

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay "them!"
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often ... long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love whether it's ... family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health. If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall ... even to the next county to a foreign country, but NOT to where the guilt is.
10. Tell the people you love that you love them at every opportunity.

## Program Notes for Older Americans Month:

- Caregiver Academy - Tuesday, May 2 and 16 at 4 p.m. - 6:30 p.m. All caregivers are welcome. There is no cost.
- Friday, May 3rd – COSA Expo at Harrah's
- Friday, May 17 – The Schoolhouse Spring Fling at the Oaks
- Thursday, May 23 – Memorial Day Program with the VFW at 11 a.m. All veterans are invited for a free lunch. You must sign up.
- Memorial Day, Monday, May 27 - Center closed

ADVANCEMENT

**Thank You to SCS' Honorary Directors**

*By John Federico, Director of Advancement*



For many years, SCS and its senior centers have been recognizing donors who make gifts of \$1,000 or more as Honorary Directors. On Thursday, April 25, SCS hosted a reception to bring many of these donors together for the first time to acknowledge their generosity. Nearly 50 guests gathered at Schoolhouse Center to thank the following individuals for their past support:

- Philip Atwood
- Cathy Baum
- Michael & Judith Bolotsky
- Grace Brown-Johnson
- Ruby, Vanessa and Alan Bullock
- Shirley Carroll
- Nick and Monique Constantine
- Cyrise Dixon
- Terry Dougherty
- Pamela Dunning-Cross
- Emily Carroll Farrell
- Kim and Scott Schusko
- Linton D. Stables and Gregory Brown
- Virginia Brabender and Arthur Weisfeld

If you'd like to become an Honorary Director, or would just like to support programs and services promote meaningful independent living and aging in place for Delaware County seniors with a gift of any size, please visit our website and click the "donate" button to make a secure gift or contact the Advancement Office at (484) 496-2147.

**Join us for SCS Charity Night!**  
**Thursday, June 13**  
**3 p.m. to 9 p.m.**  
**At 2SP Brewing Company**  
**120 Concord Rd.**  
**Aston, PA 19014**



**Around SCS**

**Supporting SCS in May and June Will be Easy and Fun!**

SCS is working with two new partners in the community to make donating to agency easy, convenient and enjoyable.

First, the Macy's store in Springfield Mall will be offering shoppers the opportunity to "Round Up" the cost of your purchases to the nearest whole dollar amount, with the proceeds benefiting SCS! All you need to do is shop at the Macy's on Baltimore Pike between May 1 and May 15 and tell the cashier that you want to round up your purchase. Macy's will present a check to SCS representing the total provided by shoppers in support of our programs and services. Buy mom a Mother's Day gift at Macy's and support SCS!

Then, in June, SCS provides you with the chance to enjoy beer from one of Delco's fastest-growing breweries – 2SP Brewing Company in Aston. On Thursday, June 13, 2SP will donate 20% of the sales at its tasting room to SCS. Try their award-winning Delco Lager, hazy IPAs and barrel-aged stouts anytime between 3 p.m. and 9 p.m. to benefit SCS. We will have staff on hand to talk up what we do and celebrate with you!



*Red Hat Society Queen Betty Jackson dances up a storm at the VRE.*



*COSA staffer Maria Bonita accepts Grace Brown Johnson's award from Robert Torres, Acting Secretary of the Department of Aging.*



*Volunteers at work on the Chester Senior Center Community Garden.*