A Palette of Passions

By Gabi Weisfeld

Senior Community Services (SCS) held its 12th Annual Art Show: “A Palette of Passions” at Delaware County Community College (DCCC) this summer. Each year, new and veteran artists pick their best works to be exhibited at the show. Each piece holds a special place in their creator’s heart, with each creator hoping to touch the hearts of people attending in the art show.

As always, the SCS Art Show was filled with pride, admiration, and love as people of all ages joined the colorful celebration. Approximately 200 pieces were submitted, created by participants at Senior Community Services’ senior centers: Chester, Friendship Circle, Schoolhouse, as well as Center Without Walls programs in Aston, Brookhaven, and Concord.

Farah Esfahani, who has been the coordinator for the art show since 2011. She begins planning early, first selecting a date for the show, then a theme. With the help of center directors, SCS staff, and volunteers, Esfahani pulls the show together ensuring that all artists are registered and their artwork arrives at the community college in time for the show. In addition to putting the art show together, Esfahani is the Community Coordinator with Senior Community Services and plans programming for older active adults in Aston, Brookhaven, and Concord.

Farah puts countless hours and effort into the art show each year and it shows,” said Arthur Weisfeld, executive director of SCS. “This is a showcase event for our agency to highlight the strength of the art programs we offer. Farah pulls it all together and I’m grateful for her dedication to this event and the agency.”

Artists, friends, family, and public spectators flocked to DCCC to celebrate and enjoy the art produced in a variety of mediums including, oil painting, pencil drawing, watercolor, wood carving, mosaic, and jewelry.

Agnes Wilson-Bakow teaches watercolor painting for Senior Community Services in Brookhaven and Concord. Wilson-Bakow has always been an avid painter, inspired by her mother who would draw for her and her siblings as young children. As she grew up, she participated in art classes throughout her schooling years. Now, as a senior citizen, she leads her own classes. Wilson-Bakow befriended Helen Baur, a veteran of the SCS art program, who ultimately encouraged her to begin teaching in art. Wilson-Bakow started with oil painting in her early years, but, as time wore on, she found a secret love for watercolor and has since stuck with it.

Diane Caggiano helps to make the art show a reality by transporting artwork to the gallery and hanging them on days preceding the show. For many years, Caggiano has participated in two watercolor classes. She enjoys the different variety of styles that each watercolor class presents and likes learning about color.

Caggiano said the skills learned in each art course are transferable and she finds herself applying those skills in each new course she takes. Another hallmark of the art courses, she said, is the great camaraderie developed among students and the art teachers. Caggiano also said that peer relationships often develop as well as students’ own personal relationships with art as they progress through the courses.

When it comes to a personal medium, Caggiano has been experimenting with quick free hand drawing, meaning that she is mastering the skill of creating quick and detailed sketches. The close-knit classes enable students to help one another through each art piece and develop lasting friendships both inside and outside of the classroom, she said.

Students of all skill levels participate in the classes that Senior Community Services sponsors...continued on back page
By Arthur Weisfeld

Late in July, my sister Judy called and told me that my father had developed jaundice. She had taken him to his internist and was told, based on that condition and other clinical facts, that he had “weeks, not months” to live. What we came to learn is that he had days, not weeks to live. On Friday, August 5 at 2:30 a.m., David Weisfeld, age 95, died of pancreatic cancer.

In my eulogy, I talked about my father’s acceptance of all people—that he practiced social justice even before it became fashionable. For most of his adult life, he owned a clothing store in Camden. His store was frequented by persons who were different from him on almost every demographic. And, yet, he opened his arms to them, and they did the same to him. Every Friday afternoon, he arranged for beer to be delivered at the store and he and his community had a TGIF that some of those who dwell there today remember well. In the riots in the 60s, many stores were razed to the ground, but my father’s store was left utterly untouched, so great was the goodwill toward him.

In approaching death, my father showed the same acceptance of life events as he did of other people. When he was first given his diagnosis and prognosis, he responded philosophically saying, “Well, this is the program.” He was able to respond with his customary humor. When I told him we would be there in a week or so, he quipped, “Well, if you’re a day late, you might miss me.” Once the realization that his time was extremely limited, he began to contact old friends to have that one last interaction. “They all want to take me to lunch,” he noted, “But I just don’t have an appetite.” But his appetite for life did not diminish. He continued to check his e-mail and even found the strength to listen to and enjoy a podcast on diversity and multiculturalism that my daughter, Gabi, had created. In the final days, though, the pain intensified so that he simply wanted the transition to occur. We think he was in severe pain for no more than two days. Perhaps the acceptance that was part of his every waking day enabled him to say goodbye to life with little delay.

My mother died two years ago. We don’t know what our post-earthly existences hold. But I like to think that on the day of his death, my mother, holding a deck of cards in her hands, greeted him. He looks over and sees two of his best friends seated at a card table and my mother says, “We have been waiting for you.”

With cherished memories,
Arthur
Meeting to Offer Resources and Solutions for Deaf and Hard of Hearing Community
By Donna Schumacher, HDC Coordinator

Please join us for a town hall meeting co-hosted by Pennsylvania Captioned Telephone Relay Service (CTRS), Friendship Circle, and Hearing Discovery Center. Attendees will learn more about no-cost programs and services that allow individuals who are deaf, hard of hearing, deaf-blind, or have difficulty speaking to communicate over the phone.

The meeting will be held on Friday, October 21 from 1:30 to 3:30 p.m. at St. Bernard’s Hall, located at 600 Wycombe Avenue in Yeadon.

The following individuals will give presentations and updates:
• Cheryl Deitz, Pennsylvania Captioned Telephone Relay Service
• Lauren Cramer, Hamilton Relay
• Donna Schumacher, Hearing Discovery Center at Senior Community Services
• Shenice Evans, Telecommunication Device Distribution Program (TDDP)

We also invite you to share your feedback, ideas and suggestions about how we can better serve you. ASL interpreters and CART service will be available and light refreshments will be provided.

For more information or to RSVP, please contact Cheryl Deitz, the Pennsylvania CTRS Outreach Coordinator at cheryl.deitz@hamiltonrelay.com or 610-209-3207.

Keeping in Touch Offers Volunteers a Personal History Lesson
By Michele O’Brien

I recently ventured out to Radnor Township to meet with Pip, a World War II veteran and one of our Keeping in Touch (KIT) members and his volunteer Scott. It is easy to see that the two have become fast friends. Scott and his wife Jackie visit Pip on Sundays, and really enjoy getting to learn more about Pip and his past.

Pip’s family room walls are filled with photographs and medals of his days serving in the war. There is also a large globe with pins to illustrate all of the places that Pip has been. Scott removes pictures from the walls so that Pip can get a closer look. After a few seconds, the stories come spilling out, filled with details of Pip’s time serving our country. One photo is from the 1999 reunion of the paratroopers, the last reunion that they had.

Scott told me that he and Pip look through albums and as they talk, more details emerge. As I watched the two of them reminisce, I could see the true affection that they have for one another. Scott is the first one to laugh when at the end of a story, Pip looks at us and says “it’s all a lie.”

During the war, Pip served in the 11th Airborne 472 Battalion in the Philippines. After jumping out of the airplane and retrieving their 105 Howitzer his job was to take the number 1 position. This involved loading the gun, setting the elevation and pulling the lanyard to fire the shell. He was also part of the liberation of the Los Banos prison camp which was 80 miles inside Japanese held territory. Pip proudly recounts that they “didn’t lose a single person and we liberated over 2,000 civilians.” According to Pip, General MacArthur proclaimed this to be the greatest liberation of the war.

When Scott was asked about why he agreed to be a volunteer for KIT he responded, “You can learn about history from reading a book, but you get so many more details from talking to a person who is part of that history.”

As we prepared to leave, Pip ended the visit the way he always does, “don’t forget”– reminding Jackie and Scott not to forget to come back. After meeting Pip, I can certainly say that I will not forget my time with him.
AGING AT HOME

Aging at Home Expands Service Footprint, Remains Committed to Greater Lansdowne Community

By Christine Helmandollar, Director

Coordinated by Senior Community Services and in partnership with the United Way, Aging at Home – A Community Network has served more than 600 seniors in the Greater Lansdowne area in the three years of its existence. The program is growing and branching out to the Ridley area and will serve seniors living in Glenolden, Morton, Norwood, Prospect Park, Ridley Park, Ridley Township, and Rutledge.

Aging at Home aims to mitigate issues that could prevent seniors from living safely and comfortably in their homes. The program brings peace of mind to seniors and their families by providing services such as home repairs, transportation, spring and fall yard clean-ups, classes, and free Medicare insurance counseling.

Aging at Home has provided over 1,400 rides to older adults since its door-through-door transportation service began two years ago. The service connects seniors to local destinations like the grocery store, medical appointments, the hairdresser and barber, as well as the bank. The program has provided a total of 1,291 services to seniors living in the Greater Lansdowne area. Volunteer handymen teams have completed more than 250 small projects and jobs. The Aging at Home team has connected more than 300 members with local businesses to provide fair and discounted estimates, free yardwork services, and has also provided personal assistance helping connect seniors with the services and resources they need.

The annual membership cost is $35 to join and a discount is provided if the senior is already a member of Friendship Circle or Schoolhouse Center. Adults over the age of 60 are encouraged to call the program at 484-534-2201 if they have any questions or would like to become an Aging at Home member. As the program grows in Delaware County, additional volunteers are needed as well. Those interested in serving as a volunteer are encouraged to call. The program is especially interested in volunteer drivers and handymen.

CARE MANAGEMENT

Living in the Sunshine

By Trindy Grundy, Program Manager

Summertime is filled with vacations, biking, gardening, going to the beach and fishing. Summer is also the season for road trips with family and friends, or for just relaxing on the front porch or in the backyard.

As autumn rolls around, we experience the changing of the season and the beautiful way in which nature reminds us of who really is in charge of the universe -- GOD.

Just like the seasons, our lives change within our families, occupations, churches, homes, communities and even within ourselves. This season is a great time to think back on what you were doing 20, 30, 40 or even 50 years ago.

Would you consider this period of time to be the “sunshine” of your life? Just take a moment to reflect on what you were doing at this time in your life.

Reflecting on my own life, 40 years ago I would say I was “living in the sunshine.” I was becoming a mother, learning the joys and challenges of motherhood, and taking care of a husband and home. How about you?

Although this is my reflection, I realize everyone’s recollection of years gone by may not allow them to feel like they were “living in the sunshine.” If you are one of those persons, I encourage you to allow yourself, for today, to “live in the sunshine.”

You may ask: “How can I do this, at this time in my life? I’m older, can’t get around like I used to, have more bills than money, my kids have moved away and I am losing my friends quickly.”

The key word to help you live in the sunshine is ENCOURAGEMENT!

Many times it is difficult to encourage yourself when the sun seems to be setting instead of shining bright.

A major advantage of being a part of SCS’s OPTIONS (Care Management) Program is the compassion and care shown by our care managers and their ability to assess your overall needs, while at the same time helping you reflect on positive life experiences and challenges you have overcome. BE ENCOURAGED!

Living in the Sunshine can be a choice …

CENTER WITHOUT WALLS

Fall Classes Begin

By Farah Esfahani, CW W Coordinator

I hope you had a relaxing and pleasant summer. Center Without Walls (CWW) art classes will start this month. I invite all of our enthusiastic artists to join the classes taught by our gifted instructors: Helen Baur, Agnes Bakow, Marie Gilligan, and Ann Dempsey. They freely share their exceptional talents and love of art with their students. The seven art classes will be held at Aston Community Center, Brookhaven Municipal Building, Concord Senior Center, Rachel Kohl Library, and Springfield Township Building.

Yoga classes at Brookhaven and Springfield with instructor Don Simpson and Zumba classes at Aston and Springfield with Lavinia Ferguson will begin mid-September.

For the fall semester, we have developed a broad, high quality curriculum relevant to the unique needs of individuals 50 years and older. I invite you to join us on a journey of lifelong learning and share the experience with your friends. CWW’s free educational programs include health, legal, AARP safety course, a book club, and Medicare Health Insurance presentations which are held at our different locations.

CWW programs/classes at Springfield Township started in the fall of 2014. Since then many residents of Springfield and the surrounding area have taken advantage of our classes and educational presentations. The chair yoga and Gold Zumba classes have been very successful and well-attended. We will offer our first art class at the Springfield Township Building starting on September 20. Ann Dempsey, who has been teaching Aston and Concord classes, will be the instructor. Ann has a BS degree in art education and has taught classes at William Penn Adult Education Program, Community Art Center in Wallingford, and Darlington Art Center in Garnet Valley.

To find out more about the CWW fall programs, please don’t hesitate to contact me at (484) 496-2143 or fesfahani@scs-delco.org.
No Matter Your Interests, There is a Cognitive Stimulation Kit for You
By Dorothy Darragh, Cognitive Stimulation Program Manager

Well that was fun – a HOT summer!
And now autumn is around the corner – beautiful foliage on the trees, apple harvests, restful and cool nights.

Through the Cognitive Stimulation Kits, reminisce about the season and discover more about the original inhabitants of the USA through American Indians and Indians and Columbus.

Follow the elections and learn about Presidents & Politics and Patriotism. Discuss positive and negative changes the country has experienced.

As the Trees go through their changes see the many ways they have been used in society – furniture, paper, décor…

As we do more indoor activities, reminisce about Movies, Broadway Musicals and TV-The Early Days.

With a woman seeking the presidency, learn about Women & Their Changing Roles.

Take a trip to Lancaster County through The Amish.

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

Tips to Help a Loved One Transition to a New Home
By Herb Jenkin, Care Manager

One of the most difficult decisions families must make is when it is time to relocate their loved ones to a new home in order to provide more safety and support for them. Initiating this discussion carries the threat of many emotional landmines. Here are some tips to navigating these choppy waters.

• Be aware that all parties have an enormous stake in this decision. You must be alert to how this combustible mix of emotions can quickly lead to tempers and raised voices. Make a commitment to yourself to remain calm no matter what ensues.

• Give your loved ones a chance to express their reaction to the move. Do not try to talk them out of their feelings. Do not tell them how many friends they will make or how much better life will be. Listen with patience, empathy and understanding.

• Explain in practical rather than emotional terms why the move is necessary. For example, tell them you simply don’t have enough time anymore to make sure they are safe and comfortable at home, not that the current situation is ruining your life or making you and the rest of the family miserable.

• Do not make promises you cannot keep. Caregivers sometimes coax seniors into moving with an offer to return home if they don’t like the facility. Resist this urge; it could come back to haunt you. Assure them instead that you will remain involved in their life and will always keep their best interests, as well as your own, at heart.

• Have a script mentally prepared. Review what you would like to say and how you would like to say it. Keep your message clear and simple. Planning ahead for this conversation will allow you to deal with your own complex emotions beforehand so you can focus all your energy on being supportive and responsive to the person facing the move.

• Forgive yourself in advance for making this decision. Caregivers must make hard choices based on the realities of a senior’s condition, financial resources and the available support network. If you blame yourself for taking this step, it will be hard to contain your emotions enough to communicate with the senior in the gentlest and most effective manner.

• Leave room for the senior to make some decisions. Even if home care is no longer a viable option, offer them some level of choice about how to make the move. You might line up two or three different types of facilities and let them choose between them.

Good Days are Here Again
By Glenda A. Radical, APPRISE Program Manager

“Good Days” is a program that provides financial assistance to people who have been diagnosed with life altering diseases, allowing them to access the medications they need to improve their quality of life. As long as money is available, Good Days provides assistance to individuals who have chronic diseases, cancer, and other life changing diseases.

The program’s mission is: “No one has to choose between getting the medications they need and affording the necessities of life.”

There are three ways to apply for the Good Days program: you can apply by hard copy application, online at https://patientsandpros.MYGOODDAYS.ORG, or by calling 877-968-7233.

All applications depend on available funding and are approved on a first come, first served basis. Receipt of the application does not guarantee funding.

Coming Soon … Medicare’s Annual Open Enrollment Period October 15 – December 7

During Open Enrollment, Medicare beneficiaries have the option to compare and switch their current Medicare Advantage Plan or Part D Prescription Drug Plan with new upcoming plans for 2017.

Why should you get a free Health/Drug Plan comparison?

Medicare Advantage Plans and Part D Prescription Drug Plans can change yearly. Premiums, deductibles, cost sharing, and formulary updates are just a few of the things that can change with your plan. Open Enrollment only happens once a year, so it’s important that you take advantage of this time period (10-15 through 12-7) and make sure you have a plan that fits your needs and budget. Even if you’re happy with your current plan, it’s always a good idea to compare your options or review your plan to see what changes will happen in 2017.

The Delaware County APPRISE PROGRAM CAN HELP! We can provide free, unbiased insurance counseling to people on Medicare. APPRISE counselors are specifically trained to answer any questions about your coverage. We provide you with clear, easy to understand information about your Medicare options and can assist in comparing plans for 2017. We will also screen you to see if you qualify for any financial assistance programs to get help paying for your prescription drugs or Part B premium.

Please call the Delco APPRISE Program at 484-494-3767 with questions, concerns, locations, and/or to make an appointment.
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

Woodcarvers
Mondays at noon
Schoolhouse

Members create extraordinary art from wood.

Ceramics
Thursdays from 11:15 a.m.-1 p.m.
Chester

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

Scrapbooking
1st & 3rd Thursdays at 11:15 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!

No Knot Knitters
Tuesdays at 12:30 p.m.
Schoolhouse

New knitters or experienced, join us as we make special gifts for special needs.

Sewing
Fridays from 10 a.m. – 1 p.m.
Chester

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

Basic Drawing
Wednesdays from 9:30-11:30 a.m.
Schoolhouse
Cost: $5/class – Pay instructor, Mary Ash.

Learn to draw with pencil and charcoal.

Watercolor Painting
New Session Just Started
Wednesdays – 1:45-3:45 p.m.
Schoolhouse
Cost: $53.50 for a 10-week session

Watercolor Painting at Friendship Circle
Mondays beginning September 26 to December 5 (no class Oct. 10) at 12:30 p.m.

Members: $5 per class/$45 if paid in advance. Non-members: $7 per class/$65 if paid in advance

This 10-session course includes a step-by-step approach for beginners and challenging techniques for the more advanced student. Advanced students should bring their paints and brushes; limited materials provided by instructor for beginners.

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

Pencil Drawing at Good Neighbor
Mondays from 11 a.m. – 12 p.m.

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

Oil & Acrylic Painting
New Session Starts 9/16
Fridays –12:00-2:00 p.m.
Schoolhouse
Cost: $53.50 for a 10-week session

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

Oil & Acrylic Painting
New Session Starts 9/16
Wednesdays from 6-9 p.m.
Schoolhouse
Cost: $53.50 for a 10-week session

Instructor Carol Shelkin will introduce all styles of mosaics for indoor & outdoor use.

Crafting with Mary T.
Wednesday, September 21 & October 19 at 12:30 p.m.
Chester

Do you love to read? Come and discuss and enjoy.

FITNESS

Sit Down Zumba
Tuesdays from 11:15 a.m. – 12 p.m.
Good Neighbor

Chair YOGA
Wednesdays at 3:15 p.m.
Schoolhouse
Cost: $38 or $7 per class – pay as you go
Chair YOGA at Chester
Wednesdays at 11 a.m.

Get the full benefits of yoga (strength & flexibility) during this 10-week session without the difficulty of reclining or returning from the floor.

DISCUSSION GROUPS

Caregiver Support Group
Tuesday, September 6 at 3 p.m.
Chester

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

SOK (Share our Knowledge)
Wednesdays at 10:15 a.m.
Schoolhouse

Members share experience/knowledge. Join in and expand your horizon.

Men’s Group
Mondays from 11 a.m. – 12 p.m.
Good Neighbor

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.

Kitchen Table Stories
Fourth Thursday of each month at 10 a.m.
Schoolhouse

Third Thursday of each month from 11 a.m. to 12 p.m.
Friendship Circle

An ongoing program where you can share your favorite memories from all stages of your life. Information and instruction on creating a written memoir will be provided if interested.

Book Club
Wednesday, September 21 & October 19 at 12:30 p.m.
Chester

Men’s Group
Mondays from 11 a.m. – 12 p.m.
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Wednesday, September 21 & October 19 at 12:30 p.m.
Chester

Do you love to read? Come and discuss and enjoy.
Healthy Steps
Tuesdays & Thursdays at 10 a.m.
Schoolhouse
Begin with a peaceful warm up, followed by light aerobic conditioning and close with a relaxing cool down.

Line Dance at Schoolhouse
Tuesdays at 2:30 p.m.
Cost: $1/session
Line Dance at Good Neighbor
1st & 3rd Tuesday of each month (Sept. 6 and 20, October 4 and 18) at 1 p.m.

Line Dance at Chester
Thursdays at 1 p.m.
Come and learn the latest line dances while having fun and exercising.

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.

Mall Walking
Monday-Thursdays from 9-10 a.m.
Schoolhouse
Get the health and social benefits of walking without worrying about the weather or finding a walking buddy. Meet Bonnie or Jill inside the Target (lower level) entrance at the Springfield Mall.

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

Sit & Get Fit at Chester
Tuesdays & Thursdays from 10:30-11:15 a.m.
Sit and Get Fit at Schoolhouse
Monday, Tuesday, and Thursday at 10 a.m.
Strengthen muscles, burn calories, and improve movement and flexibility. Use light weights and bands for safe and gentle exercise, toning and stretching.

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

Aqua Easy
Monday, Wednesday, and Friday from 9 to 9:30 a.m. (7-week session)

Wednesdays only from 1-1:45 p.m.
Schoolhouse @ Ridley YMCA (900 South Ave., Secane)
An easy to follow, low-impact exercise performed in the shallow end of Ridley’s YMCA pool. No “Y” membership needed. Call for cost and dates.

Aqua Jogging
Monday, Wednesday, and Friday from 9:30-10 a.m.
Schoolhouse @ Ridley YMCA (900 South Ave., Secane)
Held in the pool’s deep end with buoyancy belts. Exercises are aimed to improve range of motion and to strengthen muscles. No “Y” membership needed. Call for cost and dates.

Gospel Aerobics
September 8, 13, and 22, October 6, 13, and 19 at 10 a.m.
Chester
Join this fun, spiritual exercise program! Improve your physical and spiritual health through low-impact exercise done seated and standing. Fill you with energy in your body.

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

JUST FOR FUN

Movie Monday
Mondays from 10 a.m. – 12 p.m.
Good Neighbor
Free movie & refreshments featured weekly.

Nutrition Talk w/Cooking Demo
Fourth Tuesday at 12:15 p.m.
Schoolhouse
A fun, interactive, delicious way to learn how to make smart eating choices. Sponsored by Penn State Extension.

Just Say Yes—Healthy Eating at Chester
Wednesday, September 28 at 12:30 p.m.
September Topic: “Just Say Yes to – Healthy Eating”/Autumn Fruit Salad

“Healthy Hearing, Related to Healthy Aging” (Lunch and Learn) at Friendship Circle
Thursday, November 3 from 11 a.m.-1 p.m.
No fee; Lunch will be served—must register in advance
Alison Mendez from Cochlear Americas will facilitate a discussion and be available for questions related to hearing loss and cognitive decline as well as cochlear implants and Medicare.

RELIGION AND SPIRITUALITY

Bible Study at Good Neighbor
Tuesdays at 9:30 a.m.
Bible Study at Chester
2nd & 4th Tuesdays from 6-7:30 p.m.
Bible Study at Friendship Circle
Thursdays from 10-11 a.m.
Friendship Circle
Praise & Worship
Thursdays at 9:30 a.m.
Good Neighbor

TECHNOLOGY

Computer Class at Good Neighbor
Every Monday at 1 p.m.
Electronic Club at Chester
Tuesday, Wednesday, Thursday from 10:30 a.m. – 2:00 p.m.
Bring your tablet, laptop or smart phone for peer-to-peer learning!
Chester Chatter

2016-2017 Membership Drive Challenge!!

Take the challenge to reach our $11,500 membership goal in record time!

The annual membership drive officially kicks off on October 1! As many long-standing members of the senior center know, membership drive funds are used to support the day-to-day operations of our organization and every individual member truly does count! Our goal this year is to reach our goal by December 31! What a great start to the new year that will be! So, join in and support Chester Senior Center by making your contribution as soon as possible. Membership levels are:

• $30 Includes membership at one SCS senior center
• $45 Includes membership at two SCS senior centers
• $100 Includes membership at ALL four SCS senior centers
• $1,000 Includes membership at ALL four SCS senior centers, PLUS your name engraved on the recognition plaque in SCS’s Executive Conference Room, in appreciation of your extraordinary gift and commitment to your senior center.

As part of the challenge, the current Chester Senior Center member who brings in the most new members who support the drive (at any giving level) will win a $100 cash prize! Tell your family, tell your friends, and tell them not to forget to mention your name when they sign up! Are you up for the challenge?

Open Enrollment 2017!

Each year, Medicare allows people who are eligible for Medicare benefits to take part in a period of Medicare open enrollment. Medicare Open Enrollment 2017 will occur from October 15 to December 7, 2016. People will be able to shop the different prescription drug plans and advantage plans. The APPRISE program can help you make an informed decision concerning the available plans. You can make an appointment to see the APPRISE insurance counselor at the Chester Senior Center on Thursdays, between 9 a.m. and 12 p.m.

September and October Special Events!

FALL into FITNESS Day!
September 22 from 10 a.m. – 2 p.m.

Join us for one of our Fall Fit activities and talk with our wellness nurse or chiropractor! Enjoy fresh apples and healthy treats! Find out about health services available to you from one of the health vendors! Come on down and fall into fitness!

BINGO MARATHON!!
September 23 and October 31

Bingo games are played from 10 a.m. to 4 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. Sign up at the front desk.

Flu Shot Clinic
September 30 from 12-2 p.m.

Walgreen’s Pharmacy will provide flu shots on Friday, September 30 from 12 – 2 p.m. Flu shots are covered for everyone covered by Medicare. A limited number of vouchers will be available for those who do not have Medicare. Service will be provided on a first come, first serve basis. Sign up at the front desk.

Welcome Home Fall Luncheon
October 13

See what new classes, trips and services are available and just enjoy a day out with live entertainment, and delicious lunch on Thursday, October 13. Registration for lunch is required.

LAW Day – October 13, 10 a.m. - 1 p.m.

Take the opportunity to meet with legal professionals from Delaware County Legal Aid. Representatives will give advice and begin the process to complete any necessary documents on site as well. Don’t miss out and it’s all FREE!! The date is October 13, 10 a.m. to 1 p.m. and registration is required by calling the center at 610-497-3550.

Breast Cancer Awareness Day 2016!
“The POWER of Pink”
October 27, 10 a.m. – 2 p.m.

Join us on Thursday, October 27th from 10 a.m. to 2 p.m. for a fun-filled day of education, screening, indoor one mile Breast Cancer Walk, hang a memoriam or words of encouragement on the Tree of Hope, vendors, entertainment, and more

Chester Travelers

Midway – Harrington Casino
Sept. 28 and Oct. 26 at 9 a.m.
Includes transportation, free luncheon buffet, and $10 coin bonus! Cost: $25

Cape Cod & Martha’s Vineyard
African American Heritage Tour
October 3-7
Cost: $640 members/$670 non-members

Penn’s Landing Playhouse Theater
Featuring Maurice Hines: “Tappin Thru Life”
October 7
Includes transportation, fine dining at La Veranda Restaurant, live show, tips Cost: $130 members/$140 non-members

Please contact Theresa or Jean at Episcopal Place at Park Row—610-872-0100 for this trip ONLY!
Cost: $70. Includes transportation, lunch at Carmine’s restaurant and museum admission

Christmas Celebration at Evangel Cathedral
December 3
Celebrate the Christmas season in song, dance and praise at this lively show featuring gospel greats Marvin Sapp, Tamala Mann, Kirk Franklin, Yolanda Adams, and more! Trip includes transportation, lunch, and the fabulous star-studded show! Please inquire about cost and further details.
As the cooler air approaches, it’s a reminder that inclement weather will be quick to follow. You can find center closings and delayed openings posted on our Facebook page: Friendship Circle (Senior Community Services)

Friendship Facts
My favorite time of the year is right around the corner. I love the way the crisp, cool autumn air feels when I walk out of my house in the morning and head to the center. It’s a great motivator to get me up and running and to stay active. You can stay active too with Friendship Circle’s Fall Center for Life Long Learning classes. We offer a variety of programs to suit your interests and needs. If you’re looking for a great workout with one of our many fitness classes, interested in self-expression with our phenomenal art classes, or want to tap into your spiritual side with our non-denominational Bible study, Friendship Circle is the place to be! Check out this preview of some of the great classes we are offering this Fall:

- Soul Line Dance –
  Mondays, 6:30-8:30 p.m. $5 per class
- Seniorcize –
  Last Tuesday of each month at 10 a.m.
  Members no fee/non-members $1
- Medicare 2017 Update – Wednesday, October 19 at 1:30 p.m. No fee
- Medicare Basics – Wednesday, November 30 at 1:30 p.m. No fee
- Medicare Cost Sharing – Wednesday, December 7 at 1:30 p.m. No fee
- Basic, Beyond the Basics, and Above & Beyond the Basics Computer Classes – 4 week sessions on Tuesday mornings (see CLLL Catalog for dates and times).
  Members $20/non-members $30.

For more information on these programs and to register, please contact Program Coordinator Donna Schumacher at dschumacher@scs-delco.org or 484-534-2033.

Don’t forget to log onto SCS’ website, www.scs-delco.org, to view our monthly activity calendar to see our classes and educational programs throughout the month.

Weather Alert!
As the cooler air approaches, it’s a reminder that inclement weather will be quick to follow. You can find center closings and delayed openings posted on our Facebook page: Friendship Circle (Senior Community Services)

Friendship Outings

Holiday Lights at Longwood Gardens
Thursday, December 1
We’ll stop at Hank’s Place on the way for lunch and then we’ll enjoy the light shows and displays at the garden from 4-8 p.m.
Cost: $65 (includes transportation, entrance to Longwood, lunch, taxes, tips, and gratuities)
*$35 non-refundable deposit due August 1

A Hershey Christmas
When: Monday, December 19
Leave the Center at 8:45 a.m.
Return to Center by 8 p.m.
Cost: $85 (includes all taxes and tips except driver)
*$50 non-refundable deposit due August 26

Enjoy a 2-hour guided tour of Hershey, Yuletide luncheon buffet at Hotel Hershey, admission to Hershey Sweet Lights Drive Through, and 1-hour free time in Chocolate World.

For more trip information, contact Donna Schumacher at 484-534-2033 or dschumacher@scs-delco.org

Health and Information Resource Fair
Friday, October 28
10-1 p.m.
A variety of vendors will offer information on various health care resources, nutrition, and other topics of interest. Hearing, vision and bone density screenings will be available.

SAVE THE DATES
Holiday Bazaar, Saturday, November 12th 12-4 p.m.
Columbus Club Christmas Party, Friday, December 9th, 12-3 p.m.
In-house Christmas Celebration, Friday, December 16th 12-2 p.m.

Sunshine Wishes
Doris Taraba, Esther Booker, Rosemarie, and John Gantz

Deepste Sympathy
Friendship Circle offers its deepest sympathies to Violet DeAngelis’ friends and family. Wednesday afternoon bingo will not be the same without her.

My Experience as a Friendship Circle Volunteer
By Chanelle Frager

Do you remember when you were younger and you’d see people walking around, smiling, and laughing, and just being happy? It made you want to be pleasant and cheerful just because everyone around you was happy. That’s how I feel every single time I walk into Friendship Circle. During the time that I have volunteered here, I have worked in the kitchen and at the front desk and just from those two experiences, I can tell that my perspective on life has changed dramatically. As soon as I walk in, I am greeted with smiles and sometimes even hugs and that alone makes my morning 1,000 times better.

Volunteering in the kitchen, I get to see everyone conversing and playing games in the dining area and there is never a frown on anyone’s face. I get to deliver lunches to homebound seniors and just with that minor interaction every day, I get to see the joy that my visits bring to their morning. Seeing that makes me sit back and think about the things in my life that make me happy and I have not done that in a long time. I can honestly say that my experience here at Friendship Circle has not only helped me to realize that it’s okay to smile and just be happy, but also that every minute, every smile, every word is a blessing and I shouldn’t take those things for granted. Volunteering here has helped to teach me the real meaning of responsibility and hard work. I love volunteering here at the center and I will always carry the lessons I have learned here with me everywhere I go. Friendship Circle is more than just a senior center. It’s a community of laughter, life, and love.

If you’re thinking about volunteering at a senior center (especially this one) and you are hesitant for whatever reason, my advice to you is to just go for it. Volunteering with elderly people is fun and it’s a learning experience. Nothing will ever compare to the knowledge you can gain just by listening to the stories they tell or the advice they give. There is always someone here to talk to. So if you are having second thoughts about volunteering for a senior center, push those thoughts out of your mind and just go for it! You won’t regret it.
Joanne’s Journal

The Amazing Power of Habit

During the past few months I have observed how consistent action has produced wonderful results for Good Neighbor members who took on the Biggest Loser challenge this summer. On any given day, I’ve noticed a member or two walking around the perimeter of the center, without prompting, to get in their daily walk. Even our line dancing class has expanded with more members getting on the dance floor at every session to shake their thing, while burning calories and having a great time. I love to hear their laughter permeate the building while sitting in my office. The childlike laughter they emit is worth its weight in gold. Occasionally, the music and the laughter draws me out of my chair, through my office door and onto the dance floor where I get caught up in the rhythmic rapture of line dancing and laughter too. I’m simply thrilled to see more and more members getting in the habit of keeping their bodies in motion, whether its walking, line dancing, daily exercise or stretching. I see the positive impact increased movement is having on their bodies and their dispositions.

When I think about the positive change that has resulted from encouraging the habit of regular physical activity at Good Neighbor, one member in particular comes to mind. Her actions remind me that where you put your attention, there lies your power. No, I don’t see her going to the gym daily. Nor do I sit down with her at the dinner table to peruse her plate. Her life is full of increased energy and enthusiasm for living her life more fully and for helping others do the same.

What habits are you practicing daily? What dividends are you accruing? All habits, healthy or otherwise have a payoff. Join us at Good Neighbor and get in the habit of living a more healthy and joyful life. Keep your body in motion and your mind active through the many stimulating and affordable social, educational, recreational, health promoting and life enriching activities available to our members. Build new meaningful relationships with others. Travel and have fun. Begin a new hobby like painting or creative writing, or come and watch a movie with new friends every week during our movie Monday segment. Good Neighbor Senior Center has so much to choose from and even more exciting activities are on the horizon.

Featured Activities, TRIPS and OUTINGS in September and October

Produce Voucher Distribution:
Mondays, 9 a.m. – 1 p.m.

Nutrition Talk & Cooking Demo:
Wed, September 7 & October 5 at 12:30 p.m.

Biggest Loser Weigh-ins:
Wednesdays 9 a.m. – 11 a.m. thru Sept. 28

Biggest Loser Contest Winner Revealed:
Friday, September 30

Monthly Birthday Party:
Fri., Sept. 23 & Fri., October 28 at 11:30 a.m.

Personalized Exercise and Nutrition:
Wednesdays September 7 from 2-4 p.m.

Good Neighbor Information Meeting:
September 23 at 12:30 p.m.

Spa Day:
Monday, September 26 and October 24 at 1 p.m.

Red Hatters Monthly Meeting:
Thursdays, September 28 & October 25 at 1 p.m.

Fiscal Fitness Series Presentation:
Who Needs A Will? September 29 at 10 a.m.

Resource Fair:
September 23 from 1-3:30 p.m.

Get valuable information and resources from COSA, PECO, DELCO Community Action

APPRISE (individual counseling)
Thursday, September 15, from 10 a.m. – 2 p.m.
Thursday October 20 from 10 a.m. – 2 p.m.

Thrift Store Hop
Friday, September 16 from 9 a.m. to 2 p.m.
Friday, October 21 from 9 a.m. to 2 p.m.

Cow Town
Tuesday, September 27 from 9 a.m. to 3 p.m.
Tuesday, October 25 from 9 a.m. to 3 p.m.

Enjoy fun-filled days of thrift store shopping. Wear walking shoes and comfortable clothes!

Casino Trips
Wednesday, September 14 & Wednesday, October 12, bus departs the center at 10 a.m. promptly. Slot/play package may vary. For information contact Carole Badgette at (610) 586-8170.

Dental Care Presentation
Thursday, October 27 at 10 a.m.

Get information about dental hygiene, dentures, how to save your own teeth, replacement of crowns.

What’s New???

Good Neighbor’s First Annual Flea Market
Saturday, October 8 from 10 a.m. to 4 p.m.

Oldies Night
Saturday October 15 from 7 – 11 p.m.

Come out and dance to the oldies.

Advance ticket purchase only $10 per person. For information call: Carole Badgette at (610) 586-8170.

MURAL ARTS TROLLEY TOUR
Friday, October 21 from 9 a.m. – 2 p.m.

Good Neighbor members embark on an exciting sold out Mural Arts Trolley Tour to see Philadelphia’s rich culture and history come to life through the lens of landmark murals that show the soul of the city and its residents.
Dear Friends,

As I write this, I’ve just returned from the Marin Headlands in the Golden Gate National Recreational Area just north of San Francisco. I am fortunate to have a son who loves to hike. We saw humpback whales, pelicans, puffins, scrub jays, quails, owls, porpoises, seals and sea lions, mule deer and even a bobcat. It’s no secret that Jim and I are lovers of nature and national parks. Our last vacation this year will be in Acadia in Maine in September to enjoy the night sky festival. What fascinates us about the park, besides the natural beauty, is the peacefulness. We especially love the history and the challenge of learning about new environments.

I say this every September: learning is so important at every stage of life. Learn the night sky when the weather gets more temperate, take a class, try an art class, a computer class, take up Italian or Spanish, take a trip… You get the idea. Learning new things and having new experiences is as essential to brain health as exercise and a heart-healthy diet.

Be healthy, be active and be grateful for your blessings.

Love,
Kim

An Exciting New Program Coming to the Schoolhouse – Aging at Home

For the last year or two, people would come to me after seeing an Aging at Home brochure asking me, “Why don’t we have this here?” Now, starting in October, we are going to have it here! If you live in Ridley Township, Ridley Park, Glenolden Borough, Swarthmore, Norwood, Prospect Park, Morton, or Rutledge you will be able to join Aging at Home! The benefits are:

- free handyman services, transportation services for medical, grocery and civic and community engagement, assistance with navigating resources and business and partner referrals that are vested and trustworthy (many even extend discounts).
- The goal of the program is to make it easier to stay independent in your home. Look for the brochure in your membership mailing.

A Special Thank You to:

- WAWA in Folsom for giving SCS a $5,000 grant to support the home delivered meal program out of Schoolhouse.
- COSA for a getting us a new Wii console.
- Larry Cambell for coordinating the National Wii Championship games for SCS.
- Our gardening team and our three Master Gardeners for their hard work and lovely gardens!
- The Residence at Glen Riddle for sponsoring our Laughter Yoga class.

Schoolhouse Trips

- Hunterdon Hills Playhouse Dinner Theater – Rock N Roll USA Saturday, September 24. From 9:15 a.m.-5:30 p.m. $84. Songs of Roy Orbison and American Longboards Band.
- Dutch Apple Theatre “Anything Goes,” October 4. $84. Delightful musical and meal.
- Vegas Crooners at Ceasars in Atlantic City, Monday, October 17. Leave at 9 a.m. Receive $20 in slot play and a ticket to the 3 p.m. Vegas Crooners show. Depart for home at 5:15 p.m. Must have government issued ID to receive the casino bonus. Cost: $49
- Organ Concert at Kimmel Center, Friday November 18. – Leave at 12:30 p.m. Cost: $80. With Grammy winner Paul Jacobs. Yannick conducts Respighi’s The Fountains of Rome, Rouse’s Organ Concerto, and Saint-Saens Symphony No.3. Transportation and orchestra level seats.
- Christmas in Hershey, December 12. Cost: $88. See the magical town of Hershey decked out for the holidays including the Chocolate Factory with lunch at the Hershey Hotel. For information call Schoolhouse Center at 610-237-8100.

Sunshine Wishes to:

Paul LaFrance, Barbara Percival, Ginny Schemb, JoAnna Fiscaro, Anne Copper, Dee Trexler, Joan Lynn, Jane Renshaw, Bob Jensen.

Membership

Fall is the time that our annual membership drive starts. Membership provides discounted prices on classes, trip and program priority, free birthday luncheon, and free chance for a Giant gift card at the party. You can vote and run for the Advisory Council if you wish. A $45 membership fee includes membership to two centers. A $100 membership fee gives you membership at all four. Please know that your membership is essential to the operation of the center. The final benefit is that it your gift is tax exempt.

Some people ask – I filled out the form when I first started coming. Doesn’t that make me a member?

The completion of the form and getting a scan tag means that you are registered. Paying the membership fee means you are a member and part of the Schoolhouse community and are eligible for membership benefits. In order to meet our goal of $19,000 we need everyone to become a member!

New After-Hours Class

We are partnering with Club Sashay (the oldest square and round dance club in the Delaware Valley) to present square dancing. The first class is free. For more information call Susan at 610-446-2794 or Fran at 610-761-0450. The classes start at Schoolhouse at 7 p.m. on Wednesday, September 14. The center will only be open to this class on Wednesday evenings.

AARP at Schoolhouse

Tired of the high cost of car insurance? Lower your cost by taking the AARP driving program. No tests.

For Newbies: 2-day session: October 12 and 19 from 10 a.m. to 4 p.m.

Refresher: 1-day session: September 28 or October 26 from 12 to 4 p.m.

Call Schoolhouse to register.

Condolences to:

Helen Godwin, Esther Scalies, and Ginny Nurthen who lost a family member.

Our sincere sympathy to the friends and family of Fred Borda, Matthew Brady, and Pete Fizzano.
A Palette of Passions, continued from page 1

Participants said the classes help to create everlasting friendships and bonds that have withstood many art exhibits and class sessions. Many students said that starting a new hobby can be intimidating especially when other students have already established themselves. However, each class fosters a learning environment that is welcoming and accepting.

Caitlin Flaherty, assistant to the dean for Art Programming and the Gallery Director at DCCC said she looks forward to the SCS Art Show because of the impact it has on the community.

“This is an exhibition that brings together families and communities through art, and we are incredibly happy and honored to help make that possible each year.”

Gabi Weisfeld is the daughter of SCS’s Executive Director Arthur Weisfeld. She is a senior at Elizabethtown College and is majoring in communications.

From Our Centers

Chester

Chester Senior Centers members were busy this summer in the center and out in the community. Members were busy with crafts and many more craft-related activities will continue this fall. Members also enjoyed a bowling outing together. Stop in at the front desk to learn about more trips and activities happening this fall at the center.

Schoolhouse

Schoolhouse members took a trip to New England this summer, enjoying the sights and all things nautical. Check in with the front desk at the center to learn about more upcoming and exciting trips.

Schoolhouse Center members enjoyed a Victorian Tea this summer and spiced things up by wearing pirate masks.

Schoolhouse members enjoy supporting this local Little League team.