



Senior News

Swarthmore Senior Citizens Association, Post Office Box 306, Swarthmore, PA 19081

March
April
2019

The State of the Future

In our circles it seems we are fond of saying things like “the children are our future.” Sorry, but I’m not buying it.

Not that I don’t have faith in our young people: I do! It’s just that I don’t think we can wait that long. And as one who has had a hand in creating some of the problems we face, it doesn’t seem fair, really, to sit back and say, “the kids will solve it.” No, we need to step up and take charge of our own future. Who better to tackle the issues at hand but those of us who have a fair amount of experience and, to some extent, a fair amount of time on our hands?

We don’t need someone else to shape our future for us. This is not meant to incite some sort of “battle of the generations”—though a little inter-generational competition to solve our problems might be a good thing—but it is a call to action to our generation: Don’t retire, just yet, from the stage. We need some action, and we need you!

It’s time. It’s *our* time. We can start right now, right here in Swarthmore, by creating the community that we want to live in, and that we think all generations will want to live in. It is not utopian to think that Swarthmore could have homes for all kinds of families; sidewalks that anyone can safely traverse; groceries, pharmacies, and other basic needs nearby; neighbors who pay attention to the needs of their neighbors; a light footprint upon our planet; a happy and joyful—and thankful—people. We’ve already seen glimpses of this future, right here!

This is not a gauntlet thrown down.
This is an invitation to rise to the occasion.



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Hinton Stables

Events

Dew Drop Inn

7A South Chester Road,
Swarthmore

Bridge on Mondays, Tuesdays, and Thursdays from 10:00 a.m. to 1:00 p.m.

Crafts on Mondays from 1:30 to 2:30 p.m. Making polymer clay jewelry, knitting, needlepointing and any other craft projects people are working on or want to share with others. Very casual.

Games such as chess, MahJong, canasta, checkers, and Scrabble on Fridays from 10:00 a.m. to 1:00 p.m.

Gathering Place Programs

3/6 Downsizing

Linton Stables takes on this daunting topic with humor, acknowledging that it can be a painful task.

3/13 Aging-in-Place Progress Report

Bill Davis, Chair of our Aging-in-Place Committee, will update us on what has been done and what remains to be done to make our community aging-friendly.

3/20 Long Term Care: Session 1: How to make your long term care insurance work for you

Expert Ann O'Rourke addresses issues around long term care insurance.

3/27 Long Term Care: Session 2: Planning for the future without long term care insurance

Ann O'Rourke continues on this topic for those who choose not to get LTC.

Gathering Place

United Methodist Church
129 Park Avenue, Swarthmore

Entertaining, interesting, and informative programs for adults of all ages every Wednesday at noon, with the program starting at 12:30. Bring your lunch and we'll provide beverages and dessert. Or make a small donation and have a cup of soup and some bread. A light lunch is provided on the first Wednesday of each month.

SwarthmoreSeniors.com

4/3 Take Me Out to the Ballgame!

Terry Lynch, local enthusiast, will give us an update on the Phillies new line up as we celebrate opening day!

4/10 Spring Recipe Swap

Bring a sampling of your favorite spring dish - warm or cold. Don't forget your recipe to share!

4/17 Restaurant Menus of Old

Take a virtual gustatory tour of past menus from the 19th to mid-20th centuries with Louise Coffin. Your taste buds and your wallet will never seem the same!

4/24 Nick's House

Cheryl Colleluori, President of HEADstrong, will tell us about Nick's House in Swarthmore which gives families coming to Philadelphia for medical treatment a place to stay.

Note: Sometimes our programs change after this newsletter is published. Please check our website and the *Swarthmorean* for the most up-to-date information on programs.

SSCA Travels

Leaving from SUMC
129 Park Avenue, Swarthmore

SSCA Travels offers a series of day trips to nearby places of interest. It is an opportunity to experience those places with friends and make new friends as we travel. The Swarthmore Presbyterian Church is generously providing their bus (and volunteer drivers!) for these trips, which we are currently planning on a monthly basis. Unless otherwise noted, each trip will include transportation, entry fee, and lunch and will be free.

Tuesday, March 5: Philadelphia Flower Show in Philadelphia. Dutch treat.

Thursday, March 21: African American Museum in Philadelphia.

Tuesday, April 30: Bryn Athyn Cathedral and Pitcairn Estate, Bryn Athyn.

Registration is required. Sign up at <http://bit.ly/SSCAtravels>

Senior Wellness Fair

Inn at Swarthmore

10 S. Chester Road,
Swarthmore

Speakers, exhibitors, and a place to exchange ideas and friendship as we explore growing older together. A full day of presentations and discussion on Saturday, March 30, from 9:00 a.m. to 4:00 p.m. See page 4.

Register at:
bit.ly/wellnesspathways

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4 10:00 DDI bridge 1:00 to 2:30 DDI crafts	5 10:00 to noon DDI bridge 10:00 Flower Show	6 11:00 Board Mtg Noon GP: Downsizing	7 10:00 to noon DDI bridge	8 10:00 to 1:00 DDI board games 10:30 DDI Canasta 6:30 TimeBank Ptlk	9
10	11 10:00 DDI bridge 1:00 to 2:30 DDI crafts	12 10:00 to noon DDI bridge	13 Noon GP: Aging-in-Place Update	14 10:00 to noon DDI bridge	15 10:00 to 1:00 DDI board games 10:30 DDI Canasta	16
17	18 10:00 DDI bridge 1:00 to 2:30 DDI crafts	19 10:00 to noon DDI bridge	20 Noon GP: Long Term Care Insurance Part 1	21 10:00 African Am. Museum 10:00 to noon DDI bridge	22 10:00 to 1:00 DDI board games 10:30 DDI Canasta	23
24	25 10:00 DDI bridge 1:00 to 2:30 DDI crafts	26 10:00 to noon DDI bridge	27 Noon GP: Long Term Care Insurance Part 2	28 10:00 to noon DDI bridge	29 10:00 to 1:00 DDI board games 10:30 DDI Canasta	30

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2 10:00 to noon DDI bridge	3 11:00 Board Mtg Noon GP: Phillies Update	4 10:00 to noon DDI bridge	5 10:00 to 1:00 DDI board games 10:30 DDI Canasta	6
7	8 10:00 DDI bridge 1:00 to 2:30 DDI crafts	9 10:00 to noon DDI bridge	10 Noon GP: Spring Recipe Swap	11 10:00 to noon DDI bridge	12 10:00 to 1:00 DDI board games 10:30 DDI Canasta	13
14	15 10:00 DDI bridge 1:00 to 2:30 DDI crafts	16 10:00 DDI bridge	17 Noon GP: Old Restaurant Menus	18 10:00 to noon DDI bridge	19 10:00 to 1:00 DDI board games 10:30 DDI Canasta	20
21	22 10:00 DDI bridge 1:00 to 2:30 DDI crafts	23 10:00 to noon DDI bridge	24 Noon GP: Nick's House	25 10:00 to noon DDI bridge	26 10:00 to 1:00 DDI board games 10:30 DDI Canasta	27
28	29 10:00 DDI bridge 1:00 to 2:30 DDI crafts	30 9:30 Bryn Athyn trip 10:00 to noon DDI bridge				3

Senior Wellness Fair

Pathways to Senior Well-Being

Saturday, March 30, 2019

9:00 a.m. to 4:00 p.m.

The Inn at Swarthmore

10 South Chester Road

Come spend the day with more than 100 of your friends and neighbors at the Inn at Swarthmore, as we participate in the second annual Senior Wellness Fair. This year's theme is **Pathways to Senior Well-Being**. There are many ways to get from here to there, but the road signs can sometimes be hard to read. The Wellness Fair presentations will help you figure out how you want your life to improve as you grow older.

An exciting group of speakers has been assembled, bringing us the latest in thinking and planning for growing older in Swarthmore. Our featured speakers are local experts who know our community and have knowledge in their special fields that they will share.

Alice "Putty" Willetts and Irma Zimmer Keynote: Married, Single, or Partnered: Promoting Senior Connections

Two distinguished, nationally recognized psychologists explore the satisfactions and the benefits that ensue when seniors find ways to develop and sustain interpersonal relationships. **Barry Jacobs**, PsyD, and **Julia Mayer**, PsyD, are co-authors of the recent book, *AARP Meditations for Caregivers - Practical, Emotional and Spiritual Support for You and Your Family*. Acknowledged experts in the fields of family caregiving and family therapy, both speak widely on topics related to senior well-being.

Beyond Drugs: Berries & Potions & Other Notions to Maximize Health

A thoughtful introduction to integrative medicine, an approach to complicated health issues that have not responded to routine traditional medical treatments. **Robert P. Denitzio**, MD, is Board-certified in integrative medicine. He practices family

medicine in the Concordville office of Main Line Health, with an emphasis on the emerging field of functional medicine.

The Pleasures and Benefits of Volunteering Volunteering has been described as "Love in Action," or "Everyone Helps, Everyone Wins." This presentation explores volunteer opportunities for everyone, tailored to individual talents, time, and energy. **Sheila Bell**, MEd, enjoyed a long career teaching and supervising in several local school districts. Currently she devotes her creative energies to a wide range of diverse volunteer efforts.

Senior Fraud and Scams: How to Recognize, How to Avoid

Senior citizens today are subject to any number of efforts designed to cheat and exploit them. This presentation offers useful antidotes to these unfortunate practices. **Chesley Price**, MPH, serves as moderator for this presentation. She is Executive Director, Senior Victim Services, Office of the District Attorney, Delaware County, and Adjunct Professor, West Chester University.

Seniors and Technology: A Brief Primer on How to Make It Work for You

A user-friendly description of newer technologies in the fields of healthcare, communication and entertainment, and an overview of how best to access available support services. **Dan Snyder**, MA, was an environmental scientist and research administrator at the Academy of Natural Sciences. A self-taught expert in contemporary technology, he has taught courses on the iPhone and iPad for the Wallingford-Swarthmore Community Classes.

No Place Like Home: Options for Senior Housing and Care

Deciding where to live is a complicated problem as seniors grow older. This presentation aims to clarify the available options and offer suggestions about how to make a comfortable, satisfactory decision.

Linton Stables, CSI, Assoc. AIA, LEED AP, was the chief of specifications for Perkins Eastman Architects, a firm with a specialty in senior living and healthcare. A member of Swarthmore's Aging-in-Place Task Force and on the Board of Directors of Senior Community Services, he is President of the Swarthmore Senior Citizens Association.

Register at: bit.ly/wellnesspathways

News

On the Road Again!

SSCA has taken several trips to various locations in the Delaware Valley. Thanks to the generosity of the Swarthmore Presbyterian Church in the use of their bus and providing volunteer drivers! In January we visited the Herr's Snack Factory in Nottingham, and what a treat that was! You haven't really appreciated potato chips until you've had them right off the production line!

In February we went to the Brandywine River Museum of Art, and had some terrific guides who gave us an overview of the collection, including a special exhibit on the work of Winslow Homer. The day was capped with lunch in the museum's café. The trip to Brandywine was so popular that we signed on additional vehicles.

Upcoming trips include to the Philadelphia Flower Show, the African American Museum of Philadelphia, the Pitcairn Estate and Bryn Athyn Cathedral, a Phillies baseball game with behind-the-scenes tour of the stadium. Right now we have a list of ideas for trips that would have us busy well into the next decade! See page 2 for details on the trips currently taking registrations.

A Different Kind of Annual Meeting

Everyone is invited to the Annual Meeting of the Association at 4:00 p.m. on Saturday, March 30, 2019. This is immediately following the Senior Wellness Fair, in the Sycamore Room of the Inn at Swarthmore, 10 South Chester Road. This will be a very short (but informative) meeting, including brief reports on our activities over the last year, what we have planned for the coming year, and the election of new Board members. Wine (and other beverages) and hors d'oeuvres will be served.

SSCA Annual Meeting

Saturday, March 30, 4:00 p.m.

Sycamore Room, Inn at Swarthmore

10 South Chester Road

Nominees for Association Board

The Swarthmore Senior Citizens Association will vote on new members of the Board at its Annual Meeting on Saturday, March 30. Three people have been nominated to fill three positions on the Board. They will be elected to three-year terms, expiring at the end of 2021.

The nominees are Nancy Daniel, Ann Foster, and Tony Mountford. Nancy has been serving on the Board for several months already, having been appointed by the Board in late 2018 to fill a vacancy.

In addition, three current members of the Board are nominated for new terms, also expiring at the end of 2021. They are Sheila Bell, Judie Neale, and Linton Stables. Each has served one term on the Board.

We will honor Peter Bloom and Gudmund Iversen, who both retired from the Board in 2018, at the Annual Meeting.

Other Things to Do

Wallingford-Swarthmore Community Classes is offering many courses with sign-ups right now.

www.wscclclasses.org

Swarthmore College events are often open to the public and are always free.

www.swarthmore.edu

Swarthmore Town Center presents First Fridays on March 1 and April 5. The Farmer's Market starts in May!

www.swarthmoretowncenter.com

Community Arts Center features local arts and crafts.

Check for the schedule of events at

communityartscenter.org

The **Schoolhouse Center** has a full range of activities geared toward seniors.

www.scsdelco.org/centers/schoolhouse.shtml

Swarthmore Public Library offers a huge range of activities in addition to their regular book clubs and readings.

<http://swarthmorepubliclibrary.org/>

The Swarthmore Borough Directory of Community Organizations is a good starting point for getting involved!

Go to:

<http://www.swarthmorepa.org/BusinessDirectoryii.aspx>

Report from the Association Board

The Board of Directors meets on the first Wednesday of each month at 11:00 a.m., just prior to the Gathering Place and in the same location. All are welcome to attend these meetings. Typically, reports are received and the upcoming activities and programs are discussed. From time to time a policy is developed and adopted, or a change to the organization is contemplated. The real work of the Association is done by committees and individuals whose tireless contributions of time and talent can never be fully appreciated.

The committees that get this work done are Personnel, Finance, Membership, Development, Communications, Gathering Place, Dew Drop Inn, Sunshine (member care), Intergenerational Affairs, and Aging-in-Place. In addition the President may appoint *ad hoc* committees from time to time for a specific purpose, such as By-Laws review. Most of the committee chairs are also members of the Board, though this is not a requirement. Committee chairs welcome members from all across the Association, including non-members.

The Association has grown in the last two years, from a budget of around \$18,000 to one nearing \$50,000. This is because the organization decided to take the lead on implementing the Aging-in-Place Task Force recommendations made to the Borough in 2015. To do that, the Borough has granted funds to the Association specific to those goals.

Aging-in-Place has generated a great variety of activities, offered not only to seniors but in some cases to the entire community. The Aging in Place Committee is chaired by Bill Davis and has sponsored the TimeBank, the Wellness Fair, community-wide events to bring the College and the town together, collaborations with Wallingford-Swarthmore Community Classes and the Swarthmore Presbyterian Church, SSCA Travels day trips, the online Community Organizations Directory, and an effort to organize and promote the walks and trails throughout our community.

The Board is concerned that having a major part of its budget funded through a single large contribution may not be sustainable. It has recently taken action to add a more robust fund raising effort to the organization.

Honoring Our Founders

Please contribute to the Alice Willets and Irma Zimmer Keynote Speaker Fund, honoring our two founders and funding excellent speakers at our annual Senior Wellness Fair. Send a check marked "Keynote Fund" to SSCA at PO Box 306, Swarthmore PA 19081.

SwarthmoreSeniors.com

TimeBank is a Community Resource

The response to our time bank has been overwhelming! The **Nether-Swarthmore TimeBank** encompasses the general area covered by our school district. The TimeBank now has over 130 members, and interest keeps building.

If you find yourself in need of a ride to the doctor, or to the airport, think about using the TimeBank! Do you have some mulch that needs to be spread out before the winter sets in? Hey, there are people on the TimeBank ready and willing to help out.



Renew Your Membership

The best way to stay up-to-date on what the seniors in our community are up to—and how you can be a part of us—is to be a member of SSCA. Renewal notices were mailed in early February, so if you didn't get one please let us know. Email Stephanie at samcd112@comcast.net or go online to **SwarthmoreSeniors.com** and sign up.

Are you not a member yet? We would really like to have you join and be a part of our community. Maybe you think you are not "senior" enough, but let us assure you that we have no age requirements to join SSCA! Youngsters like you are always welcome!

Resources

Is Medicare a Mystery?

If you are approaching 65 and are wondering what to do about Medicare, or just have a few questions, there is help for you at APPRISE. The mission of APPRISE is to assist Medicare beneficiaries of any age understand their health insurance options. The Pennsylvania Department of Aging created APPRISE to help Pennsylvanians with Medicare, Medicaid, and other health insurance questions and concerns. Call the APPRISE Program Manager Glenda A. Radical at 484-494-3769 or email her at gradical@scs-delco.org to set up a one-on-one counseling session. Watch the Swarthmorean and our Senior E-News about upcoming APPRISE presentations at Borough Hall and elsewhere around town.

Get Your SEPTA Key Card

You now need a Senior Key Card to ride SEPTA. You can apply by going to one of State Rep. Leanne Krueger's offices: 701 E. MacDade Blvd., Folsom, or Brookhaven Borough Building, 2 Cambridge Road, Brookhaven. Check to make sure they're open. The card is free, and after you get it ALL RIDES on SEPTA are FREE!

Senior Hotline: 484-580-1234

The Senior Care Line is available to anyone, not just Main Line Health members, and serves as a resource for seniors, their families, and caregivers to answer questions, address concerns, and provide guidance in making health care decisions. The 24-hour phone number is 484-580-1234 and the email address is MLHseniors@MLHS.org.

Do You Know a Shut-in Neighbor?

We keep hearing about folks in our Borough who cannot—or just don't—leave their homes but may be in need of assistance. We aren't fully equipped or capable of providing for all their needs, but if we know about people in need, we can probably help connect them to care providers, or new friends who can provide companionship. If you hear of someone like this, please contact Maria Mooney at jmooney562@verizon.net. Contact Maria also if you would like to help provide such assistance or companionship.

Seniors Helping Each Other

Caring

Contact Maria Mooney at jmooney562@verizon.net if you are interested in helping out by Caring for others in our community.

Community

If your interest is in building Community, contact Linton Stables at LStables52@gmail.com

Advocacy

If you want to be involved in Advocacy, contact Bill Davis at wmndavis@gmail.com.

Directors and Officers of the Association

Sheila Bell, Secretary

Louise Coffin, Vice President, Communications Chair

Nancy Daniel, Director, Development Chair

Bill Davis, Aging-in-Place Chair

Sue Dawes, Director, Intergenerational Chair

Maria Mooney, Director

Judie Neale, Director

Linton Stables, President

Gudrun Weinberg, Treasurer

Alice "Putty" Willetts, President Emerita

Advisory Council

Doug Bender

Peter Bloom

Eck Gerner

Gudmund Iversen

Christine Polito

G. Guy Smith

Ann Torregrossa

Committee Chairs (who are not Board members)

Barbara Bernhardt, Sunshine Chair

Ann Foster, Membership Chair

Sue Lawson, Dew Drop Inn Liaison



Swarthmore Senior Citizens Association

P.O. Box 306, Swarthmore, PA 19081

Senior Wellness Fair

Pathways to Senior Well-Being

Saturday, March 30, 2019

9:00 a.m. to 4:00 p.m.

The Inn at Swarthmore

10 South Chester Road

bit.ly/wellnesspathways



Need more information?

Do you want to know how to get involved, or where the next meeting is, or who is in charge of the food? Here's a directory of people you can contact.

Gathering Place

Linton Stables 610-544-3876 LStables52@gmail.com

Dew Drop Inn

Sue Lawson snlawson48@gmail.com

Receiving or giving a visit

Maria Mooney jmooney562@verizon.net

Aging-in-Place

Bill Davis 610-529-0399 wmindavis@gmail.com

More information, continued from above

Program ideas and suggestions

Linton Stables 610-544-3876 LStables52@gmail.com

Someone's in the hospital or stuck at home?

Maria Mooney jmooney562@verizon.net
or Barbara Bernhardt bab7114@aol.com

Women in financial need?

Stephanie McDonough samcd112@comcast.net