



Swarthmore Senior Citizens Association

P.O. Box 306, Swarthmore, PA 19081

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.

Need more information?

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

Agging-in-Place Bill Davis 610-529-0399 wmdavis@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



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

May - June and Summer 2019



Key Change!

You know that moment in a song—especially if you're a fan of Broadway musicals—when the energy and the emotion get a big boost by changing the key upward a notch? Add a second key change and you have entered the musical realm that someone I know calls *molto schmalzando*. A key change makes you sit up and take notice!

It seems like we're in one of those moments, both in the time of year and in the life of our Association. Spring and early summer seem to bring a daily explosion of new growth, new colors, and happy sounds from nature. In the life of Swarthmore Seniors, the *ante* keeps being *upped* as we go from a second successful Wellness Fair to starting two entirely new programs. Both new programs are appropriate to the season, having to do with walking around Swarthmore. (Read about these programs—and how you can get involved in them—on page 5.)

Not only are we working on these two new programs, but we are keeping tabs on several other efforts like the changes to the zoning code to allow in-home caregiver units and co-operative housing, the SEPTA plans to make the train station more accessible, and the Police Department's effort to gather important emergency information from residents before they call 911 so that the first-responders will know about medical conditions and contact people when they come to your home.

Summer is not going to be a sleepy time for us around here! Come out and be a part of our wonderful community!

Linton Stables

Inside Information

Board notes	6
Calendar	3
Dew Drop Inn	2
Gathering Place	2
Get involved!	2 - 7
President's letter	1
Resources	7
Summer activities	4
Staying active	2 - 6
TimeBank Trial Offer	6
Upcoming events	2 - 4
What to do?	2 - 6

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.

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

SwarthmoreSeniors.com

Gathering Place Programs

- 5/1 Swarthmore College Today
Greg Brown, VP for Finance and Administration, fills us in on what's happening at the College and what's planned.
- 5/8 Andrew Wyeth's World
Bob Brooke will present his lecture "Andrew Wyeth's World." Mr. Brooke holds a MFA degree in painting and taught art for 14 years. He has studied Andrew Wyeth in depth. He also teaches a class on the Wyeths for the WSCC.
- 5/15 An Introduction to Tai Chi
SSCA Member Nancy Daniel teaches Tai Chi locally. Nancy will lead an interactive session of this ancient Chinese art.
- 5/22 Being an Adult Mentor
Compeer matches caring adults in one-to-one, co-equal friendships with people of the same gender who are in mental health recovery. Olga An-

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.

- 5/29 Eating Healthy While Traveling!
Sponsored by Plush Mills Senior Living, Carol Sweeney, dietician and nutritionist, returns to give us some tips for maintaining a healthy diet while traveling.
 - 6/5 World War II on the Home Front
Walter Albert, of the Pennsylvania Veterans Museum, will present on how the people of the Philadelphia area contributed to the war effort.
 - 6/12 Annual Potluck Picnic and Swim
We provide the main dish and beverages, but you bring a side dish or dessert. We have fun. Then we go swimming. All this is at the Swarthmore Swim Club at 201 Riverview Road.
- 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.

Thursday, May 30: Phillies Baseball game in Philadelphia. Lunch on your own.

Monday, June 3: Wallingford Presbyterian Church Strawberry Festival.

Thursday, July 25: Lunch and Chester Children's Chorus Concert at Swarthmore College.

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

Summer Gathering

Hobbs Café
1 Park Avenue, Swarthmore

Starting on June 19, we'll be getting together every Wednesday at 2:00 for a beverage and conversation. No program, no agenda, no expectations except to see friends and make some new ones over the summer. Once in a while (and with plenty of notice) we will decamp to the Broad Table Tavern for adult beverages.

Resources

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.

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!

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.

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.

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
- Ann Foster, Membership 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
- Sue Lawson, Dew Drop Inn Liaison

A Different Kind of Annual Meeting

The Annual Meeting of the Association was held on Saturday, March 30, 2019, immediately following the Senior Wellness Fair. Members received the Annual Report for 2018, including brief reports on our activities over the last year, our financial standing, what we have planned for the coming year, and presenting the candidates for new Board members. Appreciation was given to those who have volunteered their time to make the Association a success. We celebrated raising a significant amount for the Alice "Putty" Willets and Irma Zimmer Keynote Speaker Fund. The election was held (see adjoining story) and the meeting adjourned. According to the Secretary, all this occurred in 11 minutes. Then wine (and other beverages) and hors d'oeuvres were served, and many people stayed for a while to hobnob with friends and celebrate another great year at SSCA. The Annual Report can be downloaded from SwarthmoreSeniors.com.

New Association Directors

The Swarthmore Senior Citizens Association elected two Directors to fill vacant terms expiring at the end of 2019. They are Nancy Daniel and Ann Foster. In addition, three current members of the Board were re-elected for new terms, expiring at the end of 2021. They are Sheila Bell, Judie Neale, and Linton Stables. Each has served one term on the Board.

At the Annual Meeting we honored Peter Bloom and Gudmund Iversen, who both retired from the Board.

Report from the Association Board

This month two new members joined the Board, Nancy Daniel and Ann Foster. The business of the Board has been fairly light, especially after the Senior Wellness Fair and the Annual Meeting, which are two rather high-intensity events, this year combined on one day. The success of those events, however, offset any angst that they brought with them! The Association received its grant check from the Borough, and so financially things are quite solid. The Board will have a planning retreat in August, and any ideas for next year are welcome!

An Offer You Might Not Want to Refuse

Make your wishes come true.....or, at least get that leaky faucet fixed!

Need help around your home?

Looking to learn a new hobby?

How about a ride to the doctor or store?

Would you like someone to join you for a social occasion (attend a concert or lecture, go for a walk, chat, play a card game)?

Here's where you can make any wishes/requests known: SSCA is a member of the Nether-Swarthmore TimeBank and SSCA members can take advantage of TimeBank members' talents to fill their wishes/requests. If you can think of it, there's probably a TimeBank member who is willing to help you with it.



Without having to join individually, SSCA members can make up to three requests. SSCA has time credits that will act as "payment" for the requests. The credits are there just waiting to be used, so take advantage of them!

If you find the TimeBank helpful and want to continue making requests, you can join as an individual member. There is no fee. The only obligation is to be on the lookout for requests from other members that you are able to do (which earns you time credits).

For more information contact Stephanie McDonough at NSTimeBank@gmail.com.

If you're curious, the TimeBank's website has a lot more information: Nether-Swarthmore.Timebanks.org.



May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	10:00 DDI bridge	10:00 to noon DDI bridge	1 11:00 Board Mtg Noon GP: Swarthmore College Today	2 10:00 to noon DDI bridge	3 10:00 to 1:00 DDI board games 10:30 DDI Canasta	4
5	6 10:00 DDI bridge	7 10:00 to noon DDI bridge	8 Noon GP: Andrew Wyeth's World	9 10:00 to noon DDI bridge	10 10:00 to 1:00 DDI board games 10:30 DDI Canasta	11
12	13 10:00 DDI bridge	14 10:00 to noon DDI bridge	15 Noon GP: Introduction to Tai Chi	16 10:00 to noon DDI bridge	17 10:00 to 1:00 DDI board games 10:30 DDI Canasta	18
19 Noon to 4 Rotary Fun Fair	20 10:00 DDI bridge	21 10:00 to noon DDI bridge	22 Noon GP: Compeer: Adult Mentoring	23 10:00 to noon DDI bridge	24 10:00 to 1:00 DDI board games 10:30 DDI Canasta	25
26	27 10:00 DDI bridge	28 10:00 to noon DDI bridge	29 Healthy Eating While Traveling	30 11:00 Trip to Phillies game	31	GP = Gathering Place DDI = Dew Drop Inn

June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 10:00 DDI bridge 5:00 Strawberry Festival Trip	4 10:00 to noon DDI bridge	5 11:00 Board Mtg Noon GP: WW II Home Front	6 10:00 to noon DDI bridge	7 10:00 to 1:00 DDI board games 10:30 DDI Canasta	8
9	10 10:00 DDI bridge	11 10:00 to noon DDI bridge	12 Noon at SSC: Annual Picnic	13 10:00 to noon DDI bridge	14 10:00 to 1:00 DDI board games 10:30 DDI Canasta	15
16	17 10:00 DDI bridge	18 10:00 to noon DDI bridge	19 2:00 at Hobbs: Summer Gathering	20 10:00 to noon DDI bridge	21 10:00 to 1:00 DDI board games 10:30 DDI Canasta	22
23/30	24 10:00 DDI bridge	25 10:00 to noon DDI bridge	26 2:00 at Hobbs: Summer Gathering	27 10:00 to noon DDI bridge	28 10:00 to 1:00 DDI board games 10:30 DDI Canasta	29

Summer Activities

SSCA doesn't stop just because it's summer! The weather might be hot, but we keep going. There will be walks, talks, trips, and any number of other things happening all summer long. Sign up for the e-newsletter to get the latest information on SSCA activities.

Summer Gathering is an informal get-together every Wednesday at 2:00 p.m. at Hobbs Café, 1 Park Avenue.

SSCA Travels will continue this summer with monthly trips, some of them very close at hand.

Dew Drop Inn hosts bridge games every weekday except Wednesday, all summer long.

Swarthmore Walks and Trails is in the works, and you could be part of it! See the story in this newsletter.

Senior Luncheon and Chester Children's Chorus Concert will be on Thursday, July 25. It's not to be missed!

Many activities in the Borough may interest you. Get information on these in the *Swarthmorean*.

Rotary Fun Fair is on Sunday, May 19, and all the community organizations will be giving out information, selling stuff, and providing entertainment.

Farmers Market is every Saturday from 9:30 a.m. until 1:30 p.m. at the Borough Hall parking lot. Live music! Food trucks! The whole town comes out for this.

There will be **Fireworks** over the College lawn on Saturday, May 25, in honor of Swarthmore College's commencement, and all are welcome.

Osher Lifelong Learning Institute (OLLI) at Widener has lots to offer for the Summer session! The Summer session runs from June 3 through July 3.
<http://www.widener.edu/academics/graduate/olli/>

Makers Market is on June 2 where local arts and crafts are featured and sold.

Thursday Night Live provides live music at the amphitheater outside Borough Hall several Thursdays this summer.

Swarthmore Public Library: See the next column.

Fourth of July Celebration with a parade, awards, and speeches! It all starts with a tricycle race!

The Library Offers Many Programs

All programs are free and open to the public. Please register for planning purposes; programs with fewer than three registrants may be cancelled. Call 610-543-0436, email swarthmore@delcolibraries.org, or visit the website <http://swarthmorepubliclibrary.org>.

Special Writer's Series on Thursday, May 9, at 2:00 p.m., Thursday, May 16 at 2:00 p.m., and Thursday, May 23, at 2:00 p.m.

A low-key series with creative exercises, writing time, and constructive feedback. Writer and creative writing professor, Rachel Pastan will facilitate the final session.

Rich Westcott: A lifetime covering Philly Sports on Wednesday, May 15, at 7:00 p.m.

Rich Westcott is a professor of Journalism and has covered Philly sports for over fifty years. He was commissioned by the team to write *A Century of Phillies Baseball* (2000) and wrote the chapter on the Phillies for the Encyclopedia of Major League Baseball.

Collage & Mixed Media with Linnie Greenberg on Thursday, May 30, from 10:00 a.m. to noon

Linnie is a terrifically talented collagist. She sums up her artistic motivations in one word: "fun!" Which is what you will have at this workshop. Don't miss it.

Open Paint with Watercolors on Wednesday, May 18, at 2:00 p.m.

A free, open painting session with watercolors. All materials provided. No experience needed!

MONTHLY MEET-UPS!

Mystery Mondays Every Monday 3:00 to 5:00 p.m.

Get your Mystery Fix! Join us every Monday in the Council Room to watch British and International mystery TV series. See your favorite detectives in action and discover new ones!

Film Discussion Group (Check the SPL Events Page for the title) on Tuesday, May 14 at 2:00 p.m.

"Malek does an impressive job of re-creating Mercury's moves onstage, but the core of the performance is Malek's intensely thoughtful, insight-rich channeling of Mercury's hurt, his alienation and isolation even at the height

of his fame."—Richard Brody, *New Yorker*. Rated PG-13; 134 minutes.

Book Groups on Thursday, May 9, at 2:00 p.m. OR Monday, May 20, at 7:00 p.m. OR Tuesday, May 21, at 2:00 p.m.

A community of readers discusses a monthly read. Inquire in the library or at 610-543-0436.

Italian Conversation on Friday, May 10, at noon (usually First Fridays)

Spanish Conversation on Friday, May 10, at 2:00 p.m. (and second Fridays)

French Conversation on Friday, May 17, at 2:00 p.m. (and third Fridays)

In Stitches: Yarn & Needle Work on Thursdays, May 9 and 23, at 10:00 a.m.

Do you knit, crochet or do needlework? No matter your skill level, you can join our monthly **In Stitches** club to learn and share tips and ideas while enjoying lively conversations with fellow crafters. Some supplies will be available for newcomers.

Shakespeare: Comedies, Histories, Tragedies on Thursdays through June 6, from 10:00 a.m. to noon

Experience your favorite Shakespeare plays through film adaptations and the Great Courses video lectures by the award-winning teacher of Shakespeare, Professor Peter Saccio of Dartmouth College. Each week, you will either watch a selected film adaptation of a Shakespeare play or a video lecture by Professor Saccio about the play. Discussions follow the lectures as time permits. You are welcome to attend on a drop-in basis if you cannot attend the whole series.

Two New Projects Need Your Help!

Did you know that there are about 25 different walks and trails right here in Swarthmore? We didn't, either, until we started doing the research for our latest Aging-in-Place project, called **Swarthmore Walks and Trails**. The original idea was to create some walking routes through town that would bring people (including seniors) out of their homes to get some exercise, with the added advantage of meeting others.

Then we discovered that there are already all these walks and trails, so why re-invent them? The problem is that many people are not aware of these trails, or if they are, they don't know where to start on them or how long the walks would take. Now our project is to gather all that information together and present it in a format that is available to everyone all the time, wherever they are. We are working with Swarthmore College's Office of Sustainability and we hope to create an app for smartphones.

This summer we are doing the basic research on each trail and that's where you come in. We need teams of two or three people to walk each trail, taking notes and photographs, and making certain judgments about difficulty, proximity to parking, whether pets are permitted, and other things that people need to know. If you would like to help with this, please contact Carol Menke at camenke@gmail.com.

SSCA has been promoting stricter enforcement of the codes that require **repair or replacement of damaged sidewalks** in an effort to provide safer walkways not just for seniors, but for all residents of our Borough. The recent improvements have been noticeable and welcomed, but come at some cost, especially to those on a limited/fixed income. Frequently, it is older Swarthmoreans who must absorb the cost of sidewalk repair, without regard for the cause of sidewalk damage (most often via the roots of trees not planted by the homeowner), and with no financial assistance.

The Association is **researching the way sidewalk repairs and replacements are paid for**. If your sidewalk becomes damaged you must pay the price of repair/replacement. However, if you have no sidewalk you never have to pay anything! This arrangement can be expensive, and doesn't seem to be equitable.

SSCA's committee will research how other communities manage the cost of sidewalk repair/replacement in the hope that it can find a more equitable way to deal with the problem. The Committee's research findings will eventually find their way into a report to be presented to Borough Council. If you have an interest in joining this effort please email Bill Davis at wmndavis@gmail.com for more information about the committee, and its meetings.