



Senior News

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

Busybodies

Do you remember Gladys Kravitz on Bewitched? She was the definition of “busybody,” someone whose day was spent—to put it nicely—observing her neighbors. Today we might call it stalking. We, of course, are not like that.

But we are definitely busy bodies! There’s never a dull moment around here as we concern ourselves with our community’s well-being, tend to our own health and family, and enjoy life in our later years. Keeping active is one part of making all those things happen. In the cold of winter it is easy to just curl up by the fire with a good book and a cup of hot chocolate. (There’s nothing wrong with any of that!) But it is just as important to get out and do something, even if it seems pointless at the time. There was a time, not too long ago, that I thought “mall walking” was ridiculous. Now, I’m a big proponent of mall-walking, or any walk-ing! The mall is perfect for getting in a few steps while it’s cold and snow-ing or raining outside.

Here are four things your Association is working on to help all of us get out and move our bodies: The upcoming Wellness Fair on March 28 will have three sessions to get us moving, with low-impact exercise, yoga, and salsa dancing! Yes! (or Sí!). The Sidewalk Committee has made some excellent recommendations to the Borough Council on how we can make our sidewalks more walkable. The Gathering Place is happy to host Team Sun Wellness and their weekly chair yoga classes. And we’re creating a smartphone app (you read that right) to help you find a good trail to hike!

Let’s keep our bodies busy!

Lynton Stables



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

January
February
2020

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Events

Lunch and Learn

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. A light lunch is provided on the first Wednesday of each month. On the third Wednesday each month you may purchase pizza-by-the-slice for \$1. All Lunch and Learn programs are at The Gathering Place, Swarthmore United Methodist Church, 129 Park Avenue.

- 1/8 Dr. William E. Watson Professor of History at Immaculata University, will speak on the Duffy's Cut Project. Bill Watson grew up hearing a ghost story from his grandfather every Thanksgiving. When Bill and his brother, Frank, inherited their grandfather's papers, they suspected there was more to the story. The brothers got some help and were able to locate a mass grave near Malvern. Dr. Watson will share information about how and what they found at the site now known as Duffy's Cut.
- 1/15 Aimee J. Gustitis, BSN, RN, JD, is the leader of Nourish for Caregivers at St. John Chrysostom in Wallingford. She will join us to tell us about the program that helps support family caregivers. She'll also share information on caregiver needs and how the community can support them.
- 1/22 Eden Mahler will speak to us about the benefits of a plant-based diet. Mr. Mahler is visiting us as part of his Bar Mitzvah project. We are thrilled to offer this Intergenerational program and learn something that could better our lives.
- 1/29 Beth Tyson self-published her book, *A Grand-family for Sullivan: Coping Skills for Kinship Care Families*. Ms. Tyson will share her inspiration for

writing this book and will have softcover copies available for purchase.


- 2/5 Kerry Doyle, Library and Public Relations Assistant at the Swarthmore Public Library, will share information about the Library's events and programming. She will also be gathering feedback from our group about the Library. Come find out more about this amazing local resource!
- 2/12 Love Is In the Air: Bring a picture of someone, something, or somewhere that you love as we share a little of ourselves and celebrate Valentine's Day.
- 2/19 Theresa Cunnane is a local pianist who gives lessons and plays at church. She is coming with a friend to lead us in a Broadway Sing-A-Long!
- 2/26 Leslie Worley is the current Mrs.US Woman. She'll join us to talk about her journey and her platform. She founded an organization, Generous Paws, to help animal shelters and rescues with donations of needed items.
- 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.

Coming Up: A Special Lunch in March

- 3/18 Field Trip! We're meeting for lunch with the Chester Senior Center at the Red Brick Cafe. This event is being arranged by FUSE (Fellowship of Urban-Suburban Engagement) and will be a great opportunity to get to know seniors from a neighboring community. Transportation will be provided. The regular Lunch and Learn at the Gathering Place will take a week off.

SwarthmoreSeniors.com

January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	6 1:00—3:00 Bridge 1:30—3:00 Crafts	7 9:30 Bridge 10:00 Bridge 11:00 Chair Yoga*	8 11:00 Board Mtg Noon L&L: Duffy's Cut Mystery	2 and 9 10:00 Bridge	3 and 10 10:00 to 1:00 Mah Jongg 10:30 Canasta 2:00 Co-op Friends	11
12 2:00 N-STimeBank Theater outing	13 1:00—3:00 Bridge 1:30—3:00 Crafts	14 9:30 Bridge 10:00 Bridge 11:00 Chair Yoga*	15 Noon L&L: Caregiver Support	16 10:00 Bridge	17 10:00 to 1:00 Mah Jongg 10:30 Canasta 11:30 Trip to Linc. 2:00 Co-op Friends	18
19	20 1:00—3:00 Bridge 1:30—3:00 Crafts	21 9:30 Bridge 10:00 Bridge 11:00 Chair Yoga*	22 Noon L&L: Plant-based Diet	23 10:00 Bridge	24 10:00 to 1:00 Mah Jongg 10:30 Canasta 2:00 Co-op Friends	25
26	27 1:00—3:00 Bridge 1:30—3:00 Crafts	28 9:30 Bridge 10:00 Bridge 11:00 Chair Yoga*	29 Noon L&L: Beth Tyson, Author	30 10:00 Bridge	31 10:00 to 1:00 Mah Jongg 10:30 Canasta 2:00 Co-op Friends	1

February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 1:00—3:00 Bridge 1:30—3:00 Crafts	4 9:30 Bridge 10:00 Bridge 11:00 Chair Yoga*	5 11:00 Board Mtg Noon L&L: Your Public Library	6 10:00 Bridge	7 10:00 to 1:00 Mah Jongg 10:30 Canasta 2:00 Co-op Friends	8
9 N-STimeBank Cookies and Speed Dating (time to be announced)	10 1:00—3:00 Bridge 1:30—3:00 Crafts	11 9:30 Bridge 10:00 Bridge 11:00 Chair Yoga*	12 Noon L&L: Love is in the Air!	13 10:00 Bridge	14 10:00 to 1:00 Mah Jongg 10:30 Canasta 2:00 Co-op Friends	15
16	17 1:00—3:00 Bridge 1:30—3:00 Crafts	18 9:30 Bridge 9:30 Trip to NCC 10:00 Bridge	19 Noon L&L: Broadway Sing- Along	20 10:00 Bridge	21 10:00 to 1:00 Mah Jongg 10:30 Canasta 2:00 Co-op Friends	22
23	24 1:00—3:00 Bridge 1:30—3:00 Crafts	25 9:30 Bridge 10:00 Bridge 11:00 Chair Yoga*	26 Noon L&L: Rescue Animals	27 10:00 Bridge	28 10:00 to 1:00 Mah Jongg 10:30 Canasta 2:00 Co-op Friends	29

Crafts

Bring your needlework or other crafts to work alongside others, every Monday at 1:30 p.m. at The Gathering Place, Swarthmore United Methodist Church, 129 Park Avenue.

We are working with the Community Arts Center to bring back the art classes where we tried various art forms to see if they were something we'd like to do.

SSCA Travels

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. Swarthmore Presbyterian Church generously provides their bus and volunteer drivers for these trips, which occur monthly. Unless otherwise noted, each trip includes transportation, entry fee, and lunch. We ask for a \$10 reservation fee, which is non-refundable. Departure times will vary and are posted on the website.

Friday, January 17, tour Lincoln Financial Field in Philadelphia, and see back-of-the-house stadium operations. Lunch will be at Xfinity Live before the tour. Bus leaves at 11:30 a.m.

Tuesday, February 18, National Constitution Center in Philadelphia, with lunch nearby. We will experience "Freedom Rising," a live multi-media performance. Bus leaves at 9:30 a.m.

Later in 2020 we will have a cooking (or other) experience in March, and a May trip to Winterthur. Exact dates and itineraries are yet to be established.

Registration is required. Sign up at <https://swarthmoreseniors.com/sign-up>

All trips depart from The Gathering Place, Swarthmore United Methodist Church, 129 Park Avenue.

Friday Friends

We get together every Friday at 2:00 at the Swarthmore Co-op, 341 Dartmouth Avenue, for a beverage and conversation. No program, no agenda. See friends and make some new ones.

Classes and Exercise

Chair Yoga on Tuesdays at 11:00 a.m.

Learn breathing techniques, easy stretches, and specific yoga poses adapted for the chair. Refine your posture and improve your balance, strength, and flexibility in a supportive and relaxing community environment. All ages and mobility levels are welcome.

The instructor is Ann MacMullan, a native of Swarthmore, and a certified yoga instructor who specializes in yoga for healthy aging. One class \$15 / 5 classes \$65 / 8 classes \$80. Payments are to be made directly to the instructor. For more info, check out www.teamsunwellness.com.

Games

Bridge

Experienced and new bridge players are welcomed! Come and learn how to play, or build your skills while meeting your neighbors. Tuesday's bridge group includes an instructor.

Every Monday at 1:00 p.m.; Every Tuesday at 9:30 a.m. and at 10:00 a.m. and; Every Thursday at 10:00 a.m.

Mah Jongg

All Mah Jongg players are welcomed, no matter your skill level! Every Friday at 10:00 a.m.

Canasta

Experienced and new canasta players are welcomed! Come and learn how to play, or build your skills and meet your neighbors. Every Friday at 10:30 a.m.

All games are at The Gathering Place, Swarthmore United Methodist Church, 129 Park Avenue.

Senior Wellness Fair in March

The 2020 Senior Wellness Fair is planned for **Saturday, March 28, 2020**, and you won't want to miss it. This will be the third annual Wellness Fair!

This year's theme is **Benefits and Challenges**, covering the many advantages of being older, while recognizing and helping us deal with some of the challenges that also accompany this stage of life. 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 experts who know our community and have knowledge in their special fields that they will share with us.

**Alice “Putty” Willetts and Irma Zimmer Keynote:
The Issues to Watch For in the 2020 Elections.**

Joanne Grossi, President of the Pennsylvania Chapter of the American Association of Retired Persons (AARP), will speak on the issues of particular interest to seniors.

Older and Wiser: Issues for Your Gender Men and women may have a lot in common as they grow older, but we also have gender-specific issues. In separate sessions, women and men will discuss gender-specific medical, emotional, and psychological issues.

Family Caregiving Many families care for their loved ones, either at home or in a nearby home. **Brian Duke** MHA, MBE, will discuss caregiving for a family member.

Spirituality and Growing Older Seniors may have “seen it all,” but that doesn’t mean that we understand it all. **Lydia Muñoz** M.Div., interim pastor of Swarthmore United Methodist Church, and **James F. McIntire** M.Div., Esq., pastor of Royersford United Methodist Church, will address the spiritual (not necessarily religious) issues faced by seniors.

Move Your Body! New this year will be opportunities to get moving and get healthy right on site! **Easy Exercise** will be facilitated by **Mike Wagner**; **Yoga** will be led by **Ann MacMullan**; **Salsa** will be taught by **Alex Evangelista**,

Let’s Bring it Home: Senior Housing in Swarthmore in our Borough (other than living in our current homes): Mixed-Use Downtown Residences and Co-Housing. A short presentation on the two main options that exist for senior housing, followed by an open discussion on what we need to do to actually make one or both of these options happen. **Beth Murray** will present on Mixed-Use Downtown Residences, and **Lynn Gaffney** will speak on the Co-Housing option. **Marty Spiegel**, Mayor of Swarthmore, will facilitate the discussion to follow.

Register now for the Wellness Fair. It’s free!

<http://SwarthmoreSeniors.com/sign-up>

Other Things to Do

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

Swarthmore Public Library has classes, movies, book groups, and other activities every day. <https://swarthmorepubliclibrary.org/>

Swarthmore Town Center presents First Fridays on the first Friday of each month. 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

The Swarthmore Borough Directory of Community Organizations is a good starting point for getting involved! Go to: <http://www.swarthmorepa.org/BusinessDirectoryii.aspx>

TimeBank is Planning Ahead

Nether-Swarthmore TimeBank is sponsoring monthly events that will not only be fun, they will be a good way to get to know fellow TimeBankers, making one-on-one exchanges more comfortable for everyone. We know it can be difficult to respond to TimeBank offerings from people you don’t know. Please join us!

Sunday, January 12 Matinee at the Players Club at 2:00PM followed by drinks and pizza at Swarthmore Pizza.

Sunday February 9 Get ready for Valentine’s Day with cookie sharing and “speed dating” with other TimeBank members. Beverages will be provided.

Friday, March 27 Potluck featuring foods of your world, open to the entire Nether-Swarthmore community. Bring a favorite dish from your family’s ethnic background. Enjoy food from around the world shared by others.

Continued on Page 7.

News

A Report from the Board

The Board of Directors of the Association meets monthly on the first Wednesday at 11:00 a.m. at the Gathering Place. Board meetings are open to the public and all are invited to attend. January's meeting is on the 8th.

The designer contracted to help us make The Gathering Place more user-friendly has made several proposals which the Board is considering. We are developing new programs to take advantage of our new space and we are collaborating with other organizations such as Team Sun Wellness, the Library, and the Community Arts Center to bring programs that will appeal to seniors as well as others in our community. All ideas are welcome as we look for activities throughout the week.

January 1 is the beginning of our fiscal year, and our prospects look bright. The Borough has been generous again in granting us funds to implement Aging in Place goals, while our investment income helps support our regular programming. In January the membership will receive a renewal appeal, and a request for a special donation to maintain and build our programs. In three years the Association has grown from a \$15,000 a year budget to one that is just over \$50,000 each year. It is not our goal to keep expanding our budget, but it is our goal to build an organization that meets the needs of seniors in Swarthmore and the surrounding community. We are getting there, but we're not quite there yet. Direct financial support from the members will help us meet that goal.

Building the Willetts-Zimmer Fund

In order to make the annual Senior Wellness Fair as successful as we can, the planners try to recruit the very best speakers and presenters for the day-long program. In 2019 the Board established the Alice "Putty" Willetts-Irma Zimmer Keynote Speaker Fund to help us attract such speakers for our opening session. The Fund, which the Board hopes will remain invested, will produce income to help with honoraria for our speakers. We would like to raise \$2,500 this year to add to the amount raised in our initial appeal last year. The Fund honors the founders of the Association, and is a lasting tribute to their vision and hard work making our organization successful.

Success Story: Sidewalk Committee

A committee of the Association has been studying the issues of sidewalk construction and maintenance in the Borough, and after careful consideration has made proposals to Borough Council for improvement in three areas of concern:

- Make it easier for citizens to access the rules and regulations governing sidewalk maintenance and construction.
- Help citizens faced with sidewalk repairs form neighborhood groups to collectively procure estimates and employ contractors.
- Have the Borough eliminate the permit fee for fixing sidewalks. **Note:** *The Association is delighted to learn that Borough Council will be eliminating this fee.*

The Sidewalk Committee was chaired by Judy Owen and included Bill Davis, Carol Kennedy, Sharon Lee, Berenice Saxon, and Linton Stables.

Walks and Trails on Your Smartphone

Did you know that there are over 20 documented trails and walks in Swarthmore? Wouldn't it be nice to know where they start and end, and what there is to see along each one?

The Association has a Walks and Trails Committee, led by Carol Menke, whose task it is to document all the walks that exist, and perhaps propose some new ones for the future. The trails are not geared just for seniors. They include the Storybook Walk in Little Crum Creek Park, the Leiper-Smedley Trail that parallels Route 476, and the Historical Society's Historic Swarthmore Walk. This project came out of the Aging-in-Place Task Force Report, and is being partially funded by a grant from the Borough.

The committee is working with a Green Advocate student from Swarthmore College, Tara Cannon, who is helping with a smartphone app to document the trails and walks, and then make the information available to everyone who wants to access it. Print versions of the documentation (maps, descriptions, and important information) will be made available at the Library. Stay tuned!

Resources

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
Heather Jorgensen, Lunch & Learn Hospitality Chair
Sue Lawson, Games and Crafts Chair
Carol Menke, Walks and Trails Chair
Judith Owen, Sidewalks Chair

TimeBank Planning Ahead, *continued*

Friday, April 24 come for Pizza and Game Night. Whether it's board games, card games, or crossword puzzle-solving, there will be something for you! Pizza (and other food) will be available.

Thursday, May 7 from 4:00 to 6:00 PM: Happy Hour at the Swarthmore Inn with reduced drink prices. Meet fellow TimeBank members and get a quick orientation/ refresher on the TimeBank web site.

See Nether-Swarthmore TimeBank's website for more information: Nether-Swarthmore.Timebanks.org.

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.

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.

The Gathering Place

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

Crafts

Sue Lawson snlawson48@gmail.com

Receiving or giving a visit

Maria Mooney jmooney562@verizon.net

Senior Wellness Fair

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

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

Come to the
Third Annual Senior Wellness Fair
Benefits and Challenges
Saturday, March 28
from 9:00 a.m. to 4:00 p.m.
at the Inn at Swarthmore
10 South Chester Road
Register (it's free!) online at
<https://swarthmoreseiors.com/sign-up>



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